The Club Bestows its Highest Honor on Seven Members

NYAC Hall of Fame 2017
Stay at the City House between June 1st and June 30th for two or more nights and you may win accommodations for two nights at:

**University Club of Chicago**  
Chicago, IL

**Union League of Philadelphia**  
Philadelphia, PA

**Cosmos Club**  
Washington, DC

For more information and to make guest room reservations, please call (212) 767-7135, (800) 699-3293 or e-mail reservation@nyac.org.

Eligible members will be placed in a random draw. Three winners will be notified. Restrictions apply.
the MAINE Event

Friday, June 23rd, 2017

City House, Main Dining Room, 5:30pm – 9:30pm

Come and enjoy an endless buffet of fresh lobster and prime rib, plus a raw bar and much more.

$95 per person, plus tax and gratuity.

For more information and to make reservations, please call (212) 767-7080 or visit www.nyac.org.
THE WINGED FOOT

Vol. 136, No 6 June 2017

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The NYAC bestows its highest honor upon seven distinguished members.

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On the cover: The 2017 NYAC Hall of Fame Inductees. Seven exemplary members receive the highest honor that the Club can bestow.
nyac
FOUNDERS’ DAY
1868 2017

A celebration of the Club’s founding in September, 1868

THURSDAY, SEPTEMBER 21st
6pm-9pm | Hall of Fame & Tap Room

SIGNATURE FOOD AND DRINKS
FIVE-CENT DRAFT BEERS

Reservations via CHevents@nyac.org,
www.nyac.org and by calling (212) 767-7044
Reservations open August 1st

$18.68 per person,
plus tax and gratuity

Our 150th ANNIVERSARY CELEBRATIONS Begins!
Plus, we toast the 90th birthday of the City House

The NYAC’s second City House, 6th Avenue and Central Park South
Propose your son or daughter, aged 18 to 24, for summer privileges at the City House. He or she will enjoy access to all of the NYAC’s world class facilities in Manhattan from Memorial Day to Labor Day at a special rate.

Plus – Access to Travers Island for one weekend.

Only open to NYAC member’s children aged 18 to 24.

For complete details, please call Carolyn Gleason at (212) 767-7062 or e-mail CarolynG@nyac.org.

Enroll by July 1st to enjoy all that the NYAC has to offer.
At the time of writing, the weather was improving and planning was in high gear for the grand opening of Travers Island. By the time that you read this, that event - always a celebratory affair - will have come and gone and you will, unquestionably, have enjoyed an evening to remember. There are, in fact, few vistas more appealing than that first sight of TI each summer. The expanse of the athletic field, the gorgeous Club House and that first sight of the Sound; it implores you want to sit right there on the Lawn and enjoy a relaxing cocktail before the beautiful setting sun.

Travers Island manager, Joseph Nicaj and his team have ensured that TI is in impeccable condition for the 2017 season; they have also arranged a schedule of events and activities to keep you - and your children - engaged through Labor Day and beyond. Tennis and yachting are given: both have a lengthy tradition of enthusiastic and engaged members. The pool, too, will be inevitably alive all summer long with competitive and recreational swimmers.

But, if you even skimmed the Summer Fun Guide included with last month’s issue of The Winged Foot, you will also have noted ‘70s Disco Night, Camp Out Night, Pints on the Patio, Havana Night, Family Pizza Night, plus the regular Family Night Dinners with board games, trivia contests and bingo. Those events are just a smattering of what is scheduled for the coming months at our Westchester home. Plus, there is a shuttle from the City House, and it’s free!

If you have not got your Summer Fun Guide on hand, do not despair; it’s on the web site (the Travers Island pages at www.nyac.org) or you can pick one up from Membership Services. It contains all that you need to know to enjoy a superb summer.

If you were contemplating a summer get-away, forget the Hamptons and forget Europe: your perfect summer is just a short drive from mid-town Manhattan. See you there.

NYAC Garages - Special Notice
Following are parking garages at which your membership card will be honored.

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

**Icon 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.

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

NB: These garages are not owned or managed by the NYAC.

NYAC Dress Code
A Relaxed Dress Code is presently in effect at the City House. Please see details below and at www.nyac.org. When visiting the New York Athletic Club, please ensure that you comply with the Dress Code. Thank you for your cooperation.

**City House**
For gentlemen, a dress shirt or golf shirt with slacks and dress shoes is acceptable at all times. Comparable appropriate attire for ladies. A jacket is always required in the Main Dining Room and Cocktail Lounge.

Jeans and other denim wear, sneakers, shorts; T-shirts and athletic wear may only be worn in athletic areas. 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**

**Club House, Main Floor**
Appropriate casual attire for both ladies and gentlemen.

**Dining Room**
Gentlemen may wear slacks and a collared shirt at all times. A jacket is optional. Comparable appropriate attire for ladies.

**Ballroom**
For events in the Ballroom, please check the dress code associated with the event. Jackets are always required.

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.

**Patio/Grill Room**
Shorts and shirts are required. Bathing suits are permitted with a cover.

**Athletic attire may only be worn in athletic areas of the Club House.**
Membership Matters

After two years serving as chairman of Intra Clubs, I am honored to report to you as chairman of the Membership Committee. While Intra Clubs are the backbone of the NYAC, membership is the lifeblood, and chairing the Membership Committee is a great responsibility; but before I get to membership, I would like to let you know about an exciting new Intra Club that began this year.

The New Century Intra Club is for new members of the NYAC, who are automatically enrolled for their first year of membership. The New Centuries meet four times per year at receptions at both the City House and Travers Island. While the annual New Members' Reception will continue in the fall, the New Century Intra Club will allow new members to meet other new members in smaller, more informal settings. They also will have the opportunity to learn about the incredible programming and facilities that the NYAC has to offer, including our 48 other Intra Clubs.

Staff members will be on hand at these receptions to answer questions and help guide new members as they begin to foster life-long friendships. These receptions are planned in different areas of the Club, including the Billiards Room and our beautiful new Field House at Travers Island. Before you know it, the New Centuries will be the next class of Quarter Centuries! And that takes me to my next topic: Membership.

The primary function of the Membership Committee is to oversee the membership process as called for in our Constitution, and to present qualified candidates to the Board of Governors for consideration for election to membership. This is done through monthly Prospective Members' Receptions and one-on-one interviews. Eight receptions and 10 interview nights are scheduled this year.

Just to give you an idea of how active the Committee is, in the past 12 months we have hosted 269 prospective guests at the Prospective Members’ Receptions and interviewed more than 630 candidates. (If you would like to invite a guest to one of the receptions, please contact Membership Services for more details). In addition, as Membership Chairman, I am a member of the Committee on Reinstatements, which considers applications of former NYAC members.

I am happy to report that our membership rolls are strong. As of this writing, we have more than 9000 members from 48 states and 34 countries. (The complete rolls appear in the sidebar). We have more than 350 members with more than 50 years of membership, and over 2500 members with more than 25 years of continuous membership. That said, the Membership Committee is keeping a keen eye on retention and currently is considering several programs to strengthen our retention rates.

The Committee already has been very busy this year, in addition to its usual activities of Prospective Member Receptions and monthly interviews. The Board of Governors has approved several new programs to benefit our members and has extended some current offerings. The Sliding Scale Program, which has been extended through February 28th, 2018, offers special initiation fee rates for new Resident members aged 31-34. New programs include a pay-one-price for athletic facilities that allows members to pay one fee for all athletic facilities at the City House, Travers Island, or both! New this summer is a one-week open house for spouses at both the City House and Travers Island. Spouses of current members will be able to enjoy all that we have to offer, with athletic facilities being free of charge, for the week of June 5th. Finally, for the first time, we will offer summer privileges in the City House for sons and daughters of members ages 18-24. If your college student is returning home for a summer internship or is working nearby, why not let them enjoy all the benefits of membership at the City House? (The program also includes a weekend at Travers Island). Membership in this program is limited, so sign up quickly. Details

The Numbers in a Nutshell

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage of Total Membership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td>3951 (43.6%)</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>1375 (15.2%)</td>
</tr>
<tr>
<td>Senior</td>
<td>1303 (14.4%)</td>
</tr>
<tr>
<td>Associate</td>
<td>1156 (12.8%)</td>
</tr>
<tr>
<td>Life</td>
<td>510 (5.6%)</td>
</tr>
<tr>
<td>Athletic</td>
<td>470 (5.2%)</td>
</tr>
<tr>
<td>Special</td>
<td>94 (1.0%)</td>
</tr>
<tr>
<td>Clergy</td>
<td>60 (0.7%)</td>
</tr>
<tr>
<td>Olympic</td>
<td>65 (0.7%)</td>
</tr>
<tr>
<td>Military</td>
<td>33 (0.4%)</td>
</tr>
<tr>
<td>Child of Member</td>
<td>24 (0.3%)</td>
</tr>
<tr>
<td>Past President</td>
<td>11 (0.1%)</td>
</tr>
<tr>
<td>TOTAL</td>
<td>9052</td>
</tr>
</tbody>
</table>
for these programs are available through Membership Services. We hope you will take advantage of these new member benefits.

In October, we will begin a year-long celebration of our 150th anniversary. There are not many American institutions that can celebrate 150 years of continuous operation. For some perspective, we were celebrating our 50th anniversary when the Boston Red Sox beat the Chicago Cubs in only the 15th World Series, and we celebrated our 100th anniversary before the Apollo 7 launch. I hope you will agree this is a milestone of which we should all be very proud.

Needless to say, none of this work would be possible without the tireless efforts of the Membership Committee and the Membership Services team, under the guidance of Director of Membership Carolyn Gleason. I would like to take this time to thank my predecessor, Governor James Mercante, for his leadership during his two year tenure as Membership Chair, and to wish my successor as Intra Clubs Chair, Cindy Spera, all the best in her new role. Finally, thanks are in order to the Officers and Board of Governors for all of their support and guidance, and to you, the Club’s members, for your trust.

- Jonathan Wells

Our Intra Clubs

As I come into this role as the Board member overseeing Intra Clubs, I have heard various analogies used to describe our Intra Clubs program. “The heartbeat of the Club” is my favorite, because I believe Intra Clubs are what keep the social side of the NYAC alive, pulsating and engaged with other areas of the Club such as Athletics and Membership. The heart of the Intra Clubs beats throughout our facilities.

Intra Clubs are also one of the many things that make the New York Athletic Club unique. The “clubs within the Club” keep our members engaged, offer the opportunity to meet new people with the same interests, and give our members a sense of pride and belonging. Members who are involved in Intra Clubs are typically active in other areas of the Club, tend to propose their friends and colleagues for membership, and are more likely to enjoy a long tenure at the NYAC.

To date, there are 49 Intra Clubs available to members. They range from sports-centric groups to those devoted to the arts, and including activities from backgammon to bridge, snooker to scuba. Our newest Intra Club, the Winged Footers, combines two of the NYAC’s favorite pastimes - supporting our top class athletes, and doing so while enjoying the company of fellow members in a social setting. The complete list of Intra Clubs, with all details, is available at www.nyc.org; there are proposals in the works for still more.

I would like to recognize Jonathan Wells, my predecessor as Chairman of the Intra Clubs Committee, who has passed along a strong network of clubs, and who has helped me in navigating the challenges of my new role while also sharing in the achievements of our Intra Clubs. Thank you, also, to Haley Bien, the NYAC’s Intra Clubs Coordinator and to Carolyn Gleason in the Membership Services Office. Haley and Carolyn keep the heart of the Intra Clubs beating by working with the presidents and committees, organizing events and, most notably, organizing the annual Intra Clubs Expo.

On May 9th, the Intra Clubs Committee held an “All Presidents Meeting,” a gathering of all of the Intra Clubs presidents to review our charter, policy changes and to provide the opportunity to share ideas and discuss challenges. In particular, we discussed the upcoming 150th anniversary of the New York Athletic Club, which occurs in 2018. All of our Intra Clubs plan to designate one “anniversary event” which will have some unique attribute that recognizes the Club’s milestone. Some ideas from the athletic Intra Clubs were a special event or competition; other Intra Clubs suggested some form of volunteer work, while still others may simply transform one of their existing events into a 150th celebration.

At this meeting we also announced the New Century Club. This was a concept of Jonathan Wells and his committee, with the goal of orienting, engaging and retaining new members. The implementation of this new club is now passed to me and the current committee. As new members are accepted into the New York Athletic Club, they will be automatically enrolled in the New Century Club for one year. The NCC will meet approximately once per quarter, and will expose new members to various areas of the NYAC as a form of continuing their orientation. The first event for the New Century Club took place on May 23rd. The new members met at the Travers Island Tiki Bar for cocktails and socializing and also enjoyed a tour of the new Field House coupled with an overview of the history of our gorgeous Westchester home. Several of our Intra Clubs have summer activities at Travers Island; some presidents of those groups gave details of their Intra Clubs and how to get involved. Future meetings of the New Century Club will be at the City House and will feature tours of the building, a history of the Hall of Fame and speakers from various parts of NYAC operations, such as security, engineering and social activities.

The next time you see the Intra Clubs bulletin arrive in your e-mail in-box, please take a moment to read through the events that are coming up and, if you haven’t already, consider joining a club that sparks your interest. Throughout this issue of The Winged Foot, you will see several advertisements for upcoming events, plus Intra Clubs are featured in the Social Circle section.

Intra Clubs are a great way to meet new people, explore other areas of the Club and, most importantly, become part of the heartbeat that keeps the NYAC thriving. I hope to see many of you at an upcoming event. - Cindy Spera
The arrival of summer means another SMP season is about to begin at Travers Island. Boys and girls aged 7 to 16 can participate in a variety of activities including soccer, rugby, fencing, lacrosse and track & field. With the NYAC’s storied history in the Olympic Games, it is not far-fetched to think that a future Olympic champion may be in attendance.
The NYAC’s Saturday Morning Program is open to all NYAC members’ sons and daughters. The program is designed to provide basic through advanced instruction, under the tutelage of coaches in:

TEAM HANDBALL       PHYSICAL FITNESS       BASKETBALL
GYMNASTICS       LACROSSE       SOCCER       TRACK AND FIELD       RUGBY

While the Saturday Morning Program may nurture a future Olympian or gifted athlete, its primary purpose is to engender an appreciation and enjoyment of athletics, teamwork, social skills and sportsmanship.

SMP Boys and Girls must comply with the NYAC’s Dress Code in all social areas of Travers Island.

2017 SATURDAY MORNING PROGRAM AT TRAVERS ISLAND — ENROLLMENT FORM

Child’s Full Name ____________________________
Date of Birth (month/day/year) _____/_____/____ Age _____ Male □ Female □
Member’s name ______________________________
Address ______________________________________
Apartment number ________ City________________________ State ____________ Zip ____________
Telephone: Home ____________________________ Office __________________________
E-mail Address ______________________________
Audit # _____________ Date ______________
Signed ________________________________

Emergency Contact Information
In case of emergency please notify the following:
Name ________________________________
Contact Number _______________________
Name ________________________________
Contact Number _______________________

Note: Parents are automatically enrolled in the Saturday Morning Parents’ Club for a seasonal fee of $25.

A completed SMP application and consent form are required prior to the child participating in the program. To register go to www.nyac.org and click on Travers Island Junior Programs. For more information, please contact Wendy Wang at (212) 767-7094 or e-mail her at wendyw@nyac.org.
Now you can make your own on the Patio at Travers Island.

Every Wednesday and Thursday evening, beginning at 5:30pm, head over to the TI Patio with your family and friends for Pizza Night!

Create your own thin crust pizza with unlimited toppings, cooked over an open fire. PLUS - a fresh garden salad bar and dessert.

A perfect evening with your family and friends at your favorite club.

$18 per adult, plus tax and gratuity
$10 per child twelve and under, plus tax and gratuity

www.nyac.org
The 2017 President’s Dinner

On April 25th, current and former members of the Board of Governors and their guests gathered in the Main Dining Room for an elegant evening of camaraderie. This was also an opportunity to say farewell to departing Board members Dave Shakespeare and Kevin Corbett, not to mention out-going president, Dominic Bruzzese. For their unstinting service to the NYAC, they are all deserving of copious thanks.
As we approach the 150th anniversary of the NYAC, it is appropriate to take a look back to the founding of the Club; specifically, to the founders, those three men whose vision gave rise to the iconic organization that 9000 members today enjoy. As will be illustrated in beautiful detail in next year's commemorative coffee table book, each of those gentlemen - all Civil War veterans and John Babcock, Henry Buermeyer and William Curtis by name - was remarkable in his own right. Collectively, they sparked an athletic revolution; individually, they impacted the course of the nation.

William Buckingham Curtis
William Curtis was born in Vermont on January 17th, 1837. He later moved to Chicago, where he met John C. Babcock; the two became rowing partners and close friends. Curtis was renowned throughout the US for his weightlifting and sprinting abilities. He was, at one time, acknowledged as the fastest sprinter in the country, although his athletic abilities extended still further, being a skilled ice skater and rower. He was also an avid outdoorsman, a founder of the Fresh Air Club, an organization devoted to encouraging what we know today as hiking.

When the Civil War broke out in 1861, Curtis joined the 19th Illinois Volunteers. His regiment fought in the Western Theater and in the famous Battle of Chickamauga. Curtis served for the entirety of the war and ultimately achieved the rank of Captain. He died in 1900 after being caught in a snowstorm on Mount Washington. His body was recovered with a winged foot button affixed to his lapel.

In eulogizing Curtis, the New York Times stated: “If amateur athletics in this country has attained any prominence, or has any recognized standing, it is due to this man's personal efforts and example.” The Times also related: Curtis had no fear of death - he had braved it too often. Years ago, when someone had spoken pityingly of an English sculler who had died of heart disease in a race, Curtis said: “I do not see why he is to be pitied. How could he die happier than when engaged in the sport he loved best?”

Henry Buermeyer
Henry Buermeyer was born on August 19th, 1839, in New York City. Like his fellow NYAC founders, he served in the Union Army during the Civil War. Of the three founding fathers, Buermeyer was involved in the most intense fighting. He was wounded at the Battle of Antietam - the bloodiest single day in American history - in 1862, and again at the Battle of Spotsylvania Court House in 1864. He was also present at the Battle of Gettysburg, the bloodiest battle of the war. In his memoirs, Buermeyer provides a detailed account of the decisive Union victory at Gettysburg, which took place from July 1st to 3rd, 1863.

After the war, Buermeyer became deeply involved in athletics and was recognized as one of the strongest men in America. In addition to being a weightlifter, he was also a renowned shot putter, gymnast and sprinter. He won the first amateur boxing championship in the US at Madison Square Garden in 1878. It was due to his athletic prowess that he was introduced to that other distinguished athlete and Civil War veteran, William B. Curtis.

Buermeyer died in 1922 at the age of 83.

John C. Babcock
Babcock was born on September 6th, 1836, in Warwick, RI. In 1855, he moved to Chicago, where he was introduced to William B. Curtis. Shortly after enlisting in the Union Army in 1861, Babcock became a scout. In addition to being a skilled interrogator of captured Confederates, he was renowned for his remarkable topography skills, so much so that he later made maps for Union General George B. McClellan.

Babcock became a prominent member of Alan Pinkerton's US Secret Service, an intelligence operation that reported directly to McClellan. It has been written that Babcock was the first intelligence officer to learn of Robert E. Lee's northern movement during the latter's invasion of Pennsylvania in the Gettysburg Campaign.

After the war, Babcock was instrumental in organizing the nascent world of amateur rowing in the United States. In 1872, he became the first president of the National Association of Amateur Oarsmen. The NAAO no longer exists in name, having eventually become a part of USRowing, the sport's current governing body. Babcock passed away in 1908 at the age of 69.
Kentucky Derby at the City House

Everybody wins when the classic race comes to the NYAC. A fun evening was assured, with old friends and new gathering in one of the most elegant settings in New York. Inevitably, the irresistible mint juleps truly set the scene. Always Dreaming won the May 6th race, the 143rd running, but the real winners were the attendees at the Club’s now traditional gathering. ▲

The Winged Footers
Our Newest Intra Club

Let’s go to the game! Now, you can follow the NYAC’s teams - as well as our local pro squads - with “The Winged Footers,” the NYAC’s newest Intra Club.

With a full schedule of events and activities, the Winged Footers plan to facilitate camaraderie, sportsmanship and a lifelong interest across all manner of sports. Rugby at Travers Island? The Winged Footers will be there! Rangers at the Garden? The Winged Footers will be cheering them on. The club plans to host joint events with other Intra Clubs and encourage attendance at NYAC sporting events whether it’s lacrosse or soccer, boxing or basketball, rowing or water polo.

And, of course, there will be an emphasis on fun and socializing.

For details and to become a Winged Footer, please e-mail HaleyB@nyac.org.
Welcome to Our Newest Members

The NYAC extends a warm welcome to the most recent additions to its rolls.

Bernadette C. Abaya, Resident, New York, NY.
Richard C. Allin, Jr., Non-Resident, Wayne, PA.
Brian Baker, Associate, New York, NY.
Renee Ballen, Non-Resident, Aventura, FL.
John P. Barney, Associate, New York, NY.
Donald G. Becker, Resident, Branchville, NJ.
Nancy Belton, Resident Spouse, Brooklyn, NY.
Samantha Bower, Athletic (Track & Field), New York, NY.
Lea M. Butler, Non-Resident, Jupiter, FL.
Olivia F. Coffey, Athletic (Rowing), Watkins Glen, NY.
Patrick J. Coleman, Athletic (Rugby), New York, NY.
Brendan P. Colgan, Athletic (Water Polo), Brooklyn, NY.
Martin Cummins, Resident, Belle Mead, NJ.
Matthew Dannecker, Resident, Pelham, NY.
Michael Ditursi, Associate, Rye, NY.
William H. Dodson, Associate, New York, NY.
Hunter F. Dougherty, Associate, New York, NY.
Robert J. Duggan, Child of Member (Legacy), New York, NY.
Neil A. Falcone, Resident, New York, NY.
Christine Ferguson, Associate (Legacy), Rockville Centre, NY.
Brent T. Frissora, Athletic (Track & Field), New York, NY.
Raja Goel, Associate, New York, NY.
Nancy D. Goslee, Resident, New York, NY.
Kirby Gsell, Associate, New York, NY.
Charles R. Gundeck, Associate, Ridgewood, NJ.
Brian Hess, Associate, New York, NY.
Andrew Hoffenberg, Athletic (Water Polo), New York, NY.
Theodore W. Ice, Associate, New York, NY.
Mauricio Jaramillo, Resident, New York, NY.
Seamus Kelly, Athletic (Rugby), New York, NY.
Robert G. Koen, Resident, New York, NY.
Chelsey JoAnn Kohler, Associate, New York, NY.
Kacy L. Kunkel, Elite Athletic (Water Polo), San Diego, CA.
John M. Lockwood, Associate, New York, NY.
Peter Magnone, Associate, New York, NY.
Erika H. Matt, Resident Spouse, New York, NY.
Gary H. Matt, Resident, New York, NY.
Edward M. McBride, Resident, Summit, NJ.
Mark G. Muller, Resident, Summit, NJ.
Catherine Nelson, Resident, Bridgehampton, NY.
Edward O’Reilly, Associate, New York, NY.
Taylor A. Paul, Associate, New York, NY.
Henry Porter, Associate, New York, NY.
Thomas A. Rinaldi, Resident, New York, NY.
Robert L. Ritter, Resident Spouse, New York, NY.
Mikala Rix, Athletic (Lacrosse), New York, NY.
Laura Ryan, Athletic (Lacrosse), New York, NY.
William E. Sause, Athletic (Water Polo), New York, NY.
Robert B. Sheehan, Associate, New York, NY.
Joseph P. Siemens, Resident, New York, NY.
Melinda H. Siemens, Resident Spouse, New York, NY.
Nels D. Stemm, Non-Resident, Leavenworth, WA.
Ryan Sweeney, Associate, Ossining, NY.
Bence Valics, Athletic (Water Polo), Brooklyn, NY.
Sarah A. Veith, Associate, New York, NY.
Trent D. Vichie, Resident, New York, NY.
Ravil Valishev, Athletic (Water Polo), Brooklyn, NY.
Vijayan Viju, Resident, Pelham, NY.
Brady Williams, Associate (Legacy), New York, NY.
William T. Yeatman, Athletic (Lacrosse), New York, NY.

Employee of the Month

The NYAC Employee of the Month for March 2017 is Jose Flores. Jose began his career at the NYAC in 1980, since which time he has proven himself to be an invaluable member of the Housekeeping staff. No task is too difficult or inconvenient; indeed, Jose is as renowned for his friendly smile and always cooperative manner as he is for his professionalism. You are likely to run into Jose in just about any part of the City House, as he goes about his daily routine. When you see him, please join us in congratulating him on this well-deserved recognition and thank him for his continuing dedication to the New York Athletic Club.

In Memoriam

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

Michael Malagiero, Senior member, elected 1972, deceased April 22nd, 2017.
Stephen Vasaka, Life member, elected 1965, deceased May 7th, 2017.
Did You Know...?

...that NYAC Hall of Famer Tony Azevedo will play the final water polo game of his career on June 11th when he captains the US team against Croatia. A five-time Olympian and 2008 silver medalist, Azevedo captained the US team at the 2016 Games, Rio being the city of his birth.

...that the 2017 summer solstice will occur on June 21st, that being the day on which the North Pole is tilted closest to the Sun.

...that the first Travers Island Club House opened in June of 1889.

...that Flag Day, celebrated on June 14th, marks the day that Congress adopted the flag of the United States in 1777.

...that the first Father’s Day in the US was unofficially celebrated on June 19th, 1910.

...that June is named after the Roman goddess Juno, the patron goddess of Rome.

Save the Date!
For the 18th Annual NYAC Athlete’s Fund Golf Tournament

The date has been set for Monday, August 14th and another day of great golf is assured. As is traditional, Winged Foot Golf Club in Mamaroneck, NY will be the host course, this being one of the most renowned golf clubs in the USA. The famed East and West courses will both be available, and all net proceeds will go to support the NYAC’s top class athletes as well as providing funds for athletics oriented programs for inner-city and financially disadvantaged children. You can find details at www.nyacathletesfund.org. So keep August 14th clear; this is a day of golf that you will certainly not want to miss - and all for the most worthy of causes. ▲
The social calendar of the New York Athletic Club is replete with special and unique occasions on a year-round basis. Few events, however, are more special or more significant than the Club’s Hall of Fame banquet, held biennially and honoring those members who have made a truly outstanding contribution to the NYAC. As one may imagine, a visit to the Hall of Fame on the second floor of the City House will illustrate most plainly the caliber of individuals upon whom the honor has been bestowed. Many are cultural icons; others are sporting superstars; all are NYAC members who have gone above and beyond in their efforts to add further luster to the Club’s already glistening heritage.

The 2017 induction ceremony was held on Saturday, April 22nd, and the class of inductees met those criteria in every regard. Gwen Jorgensen, for example, is a titan of the triathlon world, rarely beaten and having dominated the Olympic competition in Rio in 2016. Travis Stevens is a man for whom insurmountable obstacles are grist for the mill. In his third Games, also in Rio, he capped a stellar career with a judo silver medal. Jillian Camarena-Williams, too, has suffered her share of set-backs, none of which have prevented her from residing in the vanguard of American shot putters throughout the last 10 or so years. Megan Kalmoe, similarly, has accumulated laurel after laurel in the world of rowing, not least an Olympic bronze medal from London in 2012. And, Meb Keflezighi - universally known by just his first name - endeared himself to the sporting universe with his win in the 2014 Boston Marathon, a feat sufficiently remarkable to overshadow his New York City win of 2009 and his Olympic silver of 2004. In the pool, Tyler McGill has accumulated title after title, and this in the most competitive swimming country in the world, affirming his abilities through his Olympic relay gold medal from the Games of 2012. And Kevin Earls, a nationally ranked judoka in his salad days who subsequently gave back to the Club through his service to the Athletic Committee as judo chairman - the fruits of which are evident to all fans of NYAC athletics - ultimately serving on the Board of Governors as Captain.

Fittingly, the induction ceremony, MC’d by Hall of Fame Chairman Jim O’Brien and Vice-Chairman Gene DeSozzi, was as elegant as it was celebratory. There is no higher honor that can be bestowed by the NYAC than induction into its Hall of Fame. It is a select group, populated by icons and legends. Congratulations are in order to all of the newest inductees, as are sincere thanks for their contributions towards maintaining the NYAC as an athletic club without equal. - James J. O’Brien
Turn the page for more photos from the 2017 NYAC Hall of Fame Banquet
SEAFOOD Extravaganza

Friday, June 23rd
Seatings at 6pm and 8:30pm

Enjoy an array of fresh seafood dishes and other delicious entrees – featuring steamed lobster, numerous carving stations and much more.

$58 per person, plus tax and gratuity.

Dress Code
Gentlemen: Collared shirt and slacks are required
Ladies: Comparable attire
Jackets are not required.
Jeans and sneakers are not permitted

Cancellations must be made no later than 48 hours prior to the event.

Camp Out Night

Saturday, June 24th: 6:30pm

A unique opportunity to camp out on the Travers Island lawn with your family!

Pitch a tent, sit around the camp fire, tell stories and enjoy a night under the stars.

$85 per tent.

For more information and to make a reservation for these events, please call (914) 738-2700 x1280 or e-mail TIDining@nyac.org.
Every Monday Evening

**LOBSTER NIGHT**

Beginning at 5:30pm

Enjoy 1 1/2 pound fresh steamed Maine lobster in the Tap Room.

PLUS - A selection of delicious side dishes and the Tap Room salad station.

$39 per person, plus tax and gratuity.

Roasted Chicken Buffet

Every Tuesday Evening | Beginning at 5:30pm

Delicious roasted chicken with a variety of sides and the Tap Room salad station.

PRIME RIB DINNER BUFFET

EVERY WEDNESDAY AND THURSDAY EVENING

Beginning at 5:30pm

A NEW YORK ATHLETIC CLUB TRADITION

Enjoy a delicious prime rib dinner with your family and friends.

$39 per person, plus tax and gratuity.

Raw Bar

Every Friday evening

DELICIOUS MARKET FRESH RAW BAR.
The perfect complement to the new Tap Room menu.

LOBSTER, KING CRAB LEGS, OYSTERS, CLAMS and JUMBO SHRIMP.

Reservations are suggested. Please call (212) 767-7166.

Open Monday - Friday from 12pm to 9:30pm
Saturday from 12pm to 2:30pm
Sunday, June 18th: 11am – 3pm

Celebrate Father's Day with a delicious brunch buffet on the Travers Island Patio. It's the perfect way to treat Dad to a special day.

$38 per adult; $16 per child 12 and under, plus tax and gratuity.

Saturday, June 17th: 5:30pm

Come to Travers Island and celebrate the grooviest decade! Boogie the night away on the Patio with your family and friends.

$34 per adult; $14 per child 12 and under, plus tax and gratuity.

For more information and to make a reservation for these events, please call (914) 738-2700 x1280 or e-mail TIDining@nyac.org.
PLEASE JOIN US

AT THE 2017 NATIONAL ASSOCIATION OF BASKETBALL COACHES FOUNDATION COURT OF HONOR GALA AS WE HONOR AMERICA’S COACH

MIKE KRZYZEWSKI
Head Coach, USA Basketball Men's National Team & Duke University

Wednesday, June 21, 2017
6PM | Cipriani 42nd Street | New York

Please visit www.courtofhonorgala.com to learn how you can support this year’s Gala

Proceeds from this year’s Court of Honor Gala will directly support the NABC Foundation and its array of charitable initiatives, including The Emily K Center, the USA Basketball Youth Development Program, and the Naismith Memorial Basketball Hall of Fame’s education and outreach programs.
Three years ago, the NYAC’s Meb Keflezighi effected a stunning victory at the Boston Marathon, becoming the first American male winner since 1983 and securing an emotional US victory one year after the bombings. On April 17th this year, Meb toed the Beantown starting line once more, this time for the final time.

At almost 42 years of age, he was drawing the curtain on a career that had brought him an Olympic silver medal (2004), an Olympic fourth place finish (2012), victories in New York (2009) and Boston (2014) and, not to be overlooked, induction into the NYAC Hall of Fame (2017). This
was the 25th marathon of Meb’s career; notably his 26th and final 26.2 miler will come in New York in November. The symmetry made all the more so by the fact of that 42K race coming at the age of 42.

New York 2017 will be Meb’s 12th as an NYAC member during which time he won Boston and the 2012 Olympic Trials, placed fourth at the London Olympics, second at the 2016 Trials and set his PB of 2:08:37. That’s what you call synergy.

In the distance running world, it is widely known that, like the NYAC, the Boston Marathon is all about tradition. It is, after all, the world’s oldest annually contested marathon. It has become a virtual tradition that Club members will make the trip north each Patriot’s Day to contest the race from Hopkinton to downtown Boston. In addition to Meb’s 13th place finish in a time of 2:17:00, the NYAC women performed exceptionally in the team race, taking second position behind the all-powerful Hansons-Brooks Distance Project and narrowly edging the home-town favorites, Boston Athletic Association. Scoring for the NYAC were: Roberta Groner, 2:36:33, Caitlin Phillips, 2:46:14 and Mallory Anderson, 2:52:11. Congratulations to them and to all who completed the 121st running of this fabled race.

Busy Start to the Season

The NYAC Triathlon team had a busy and successful start to the 2017 season, with races spanning the globe on five different continents. In early March, several members of the team traveled to Abu Dhabi, UAE for the first race of the 2017 World Triathlon Series circuit. Greg Billington led our men with a WTS career-best seventh place finish and Katie Zaferes led our women, also with a seventh place finish. Summer Cook made her NYAC debut here with a 23rd place finish.

The Club likewise was well-represented at the second stop of the WTS circuit at Gold Coast in Queensland, Australia on April 8th. Katie Zaferes continued her strong start to the season with a fourth place finish, with Renée Tomlin a mere one second behind in fifth place and Summer Cook in 12th place. At the time of writing, Zaferes was ranked second in the world after her two top seven finishes.

Away from the WTS circuit, our athletes have landed on podiums across a wide array of races. Ben Kanute debuted at the half Ironman distance at Ironman 70.3 Puerto Rico, where he took the bronze medal. He then traveled to the North American Pro Championship at Ironman 70.3 St. George where he placed fifth in an extremely competitive field. Lindsey Jerdonek took the gold medal in the Bridgeton CAMTRI Sprint Triathlon American Cup and placed second, along with Eric Lagerstrom in the men’s race, at the St. Anthony’s Triathlon in St. Petersburg, FL.

Lastly, we were honored to have the reigning Olympic gold medalist, Gwen Jorgensen, at the City House on April 21st for her induction into the NYAC’s Hall of Fame. After becoming the first American to win an Olympic gold medal in the triathlon, which she accomplished in Rio in 2016, she became the first triathlete to be inducted into the Club’s Hall of Fame. We wish her and her husband, Patrick, the best of luck, as she expecting her first child in August. - Matt Giffuni

Top Class at the Trials

At the US Greco-Roman and Women’s Freestyle World Championships Team Trials, held in Las Vegas, NV from April 28th-29th, the NYAC placed five members on the US team that will contest the world championship in Paris in late August.

In Greco, Cheney Haight, Ben Provisor, G’Angelo Hancock and Robby Smith made the US team, each winning their wrestle offs, two matches to zero.

The women also fared well, although we had a few untimely injuries. Haley Augello dominated her opponents, winning at 53kg. In the final, she beat Whitney Condor, to whom she had lost to several times in the past. Haley moved up from 48kg, at which weight she was an Olympian, to 53kg for these trials.

Sarah Hildebrandt, who was the 2016 non-Olympic weight class world championships team member, also did well; but, in the final she dislocated her elbow early in the first wrestle-off match and had to take an injury default. She looked great in all her other matches and would have certainly fought hard for the win, were it not for the injury.

The rest of our female wrestlers all placed in the top six; so, we definitely have an up
All Athletics Facilities

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Pay one price and enjoy all of the Athletics Facilities at the City House or Travers Island – or both – for one price.

**CITY HOUSE**

ALL ACCESS ATHLETICS PASS

$1,100 per member per year.
Includes:
- Aquatic Center
- Fitness & Wellness Center
- Racquetball
- Squash
- Yoga and Spinning classes
- Gymnasium
- Billiards
- 8 complimentary fitness classes per month

**TRAVERS ISLAND**

ALL ACCESS ATHLETICS PASS

$1,400 per member per year.
Includes:
- Field House
- Swimming Pool
- Tennis
- Platform Tennis
- 8 complimentary fitness classes per month

**CITY HOUSE and TRAVERS ISLAND**

ALL ACCESS ATHLETICS PASS

$1,800 per member per year.
Includes:
- Combines both the City House and Travers Island Athletic Pass options

For more information and to enroll, please call (212) 767-7025 or e-mail MembershipServices@nyac.org.

Please note: Plans are billed annually and a one-year commitment is required.
and coming group. Adeline Gray is sitting out this year, having undergone a couple of surgeries recently. She is healing well but needs to take time off to fully recover. She was with us in Vegas and did a great job helping coach our women.

The US Freestyle nationals, preceded the women’s and Greco Trials in Las Vegas. We are working on re-building our roster; but, our existing team all did well and all qualified for the final world championships team trials in Nebraska in June. Richard Perry lost in the finals at 86kg, while Jimmy Kennedy had several close matches, ultimately placing fourth. Kellen Russell tweaked his knee and took an injury default to place sixth.

One positive surprise was Kallen Kleinschmidt at 97kg. We picked him up a few months ago and he is definitely improving every time he steps on the mat. He made it to the semis, but ended up sixth. He will have an excellent shot at making the US national team at the Trials, which is top three at each weight class. At heavyweight, Justin Grant has also been doing really well for us and has a huge amount of potential.

Thanks to all members for your continuing support. - Dave Foxen

Judo

Next Generation Judo

Much has been said about our Olympians: Kayla Harrison, Travis Stevens, Marti Maloy and Angelica Delgado and so on; but what of the future? Kayla has retired from competition as the most decorated judoka in American history: world junior and senior champion, two time Olympic champion; and Travis, the current Olympic silver medalist, is considering his next steps carefully. But what’s next for American judo, and, specifically for the NYAC’s judo program?

The National Judo Championships were held in Salt Lake City, UT April 29th, and to say that the next generation of NYAC competitors had a good showing would be a gross understatement. We have three national champions, one a long time competitor, Brad Bolen, at 73kg, and two new, young competitors, Isadora Friedlander and Andi Artani.

Both Isa (as she is called in the dojo) and Andi walked onto our mats about six months ago. While both are US citizens, Andi grew up in Kosovo and Isa in Costa Rica. Andi returned to New York and began training with us as a brown belt under the direction of Senseis Matsumura, Bendriss and Johnston-Ono. His talent soon became evident and, after winning the gold medal in Jimmy Pedro’s highly competitive regional tournament, we invited him into the Club’s program as an elite athlete. Two weeks before the nationals, he was promoted to black belt and he lit up the mat in Salt Lake City, winning four matches, each by ippon (judo’s equivalent of a match ending knock out). He had tough matches in the semis and finals, but ultimately threw each opponent. In the finals he dominated his opponent, scoring four times before the winning ippon.

Isa, a senior at Sarah Lawrence College, had three difficult matches against experi-

So how are those new year’s resolutions working out? Are you still as motivated as you were on January 1st? It’s understandable that, sometimes, progress ebbs and flows, as does enthusiasm; but, with a fitness regimen, as with much else, the important thing is to stick with it for the long haul.

So, what do you do when you feel as though you’ve hit a rut? Simple - you contact the NYAC’s personal trainers. The Club’s professional staff has all the knowledge and insight to keep you on track, setting realistic fitness goals, tailored specifically to your objectives while making sure that you stay on track.

To learn more and to book your personal training session, send an e-mail to Chuck Metzger at ChuckM@nyac.org. Very soon, those new year’s resolutions will be just a part of your daily routine. ▲
Membership in the New York Athletic Club for your son or daughter.

Build your family’s tradition of membership in the world’s greatest athletic club.

For full details of the proposal process, please contact Carolyn Gleason, Director of Membership, at (212) 767-7062, or e-mail CarolynG@nyac.org.

Children (aged 18-30) of members receive 50% off the Club’s initiation fee. Your sponsored member will receive a CUSTOMIZED MEMBERSHIP GIFT PACKAGE.
The 2017 annual NACAD tournament was held in Spokane, WA from April 28th to April 30th. The NYAC sent two teams this year: one to the Open division and one to the A division. Both NYAC teams had been adhering to rigorous training schedules before the tournament, preparing for the stiff competition that is attracted to the NACAD every year. Ross Burns (coach of the Open team) and Milton Lee (coach of the A team) had both teams performing shooting drills, running specific offenses, and doing strength and conditioning training to ensure top performance.

On the morning of the first day of the tournament, both teams faced the Olympic Club. The NYAC’s Open team, which lost a tough game in the championship last year, set the tone by winning by a convincing margin of 72-55. Pawel Buczak led the way for the team with 27 points. The A team followed suit, but won by a much tighter margin of 81-77. Paul Vitelli could not be stopped with a cool 21 points, and four other NYAC players were in double digit scoring.

The momentum would stop in the second game for both teams, however. The A team was faced with playing a very technical WAC squad, which was able to create shots and draw foul calls when needed. Despite being down 20 points at half-time, the NYAC was able to claw back and bring the game to within three points with seconds left. Andrew Walsh, who poured in 15 points, hit a last second three to send the game into overtime; but, the WAC was able to keep the game out of the grasp of the NYAC and won 94-89.

For the Open squad, the host Spokane Club shot the ball extremely well, never allowing the NYAC to pull away. With some key stops at the end, Spokane handed
NEW YORK ATHLETIC CLUB - CITY HOUSE

BEEFSTEAK & BOXING

THURSDAY, JUNE 22ND

CITY HOUSE 9TH FLOOR

6pm Welcome Reception | 7pm Dinner

A ONE OF A KIND EVENT
FEATURING EXCITING BOUTS AND
A DELICIOUS BEEFSTEAK DINNER

Dress Code
Gentlemen - Jacket and tie required
Ladies - Comparable attire

$138 per person, plus tax and gratuity.

For more information and to make reservations, please call (212) 767-7093 or e-mail AthleticEvents@nyac.org.
the Open team their first loss, 83-86. Craig Moore led the way for the NYAC with 24 points and five threes.

The second day of games had the Open squad only playing once, against the WAC. The NYAC cruised to an 83-68 win, led by Zahir Carrington’s 26 points. For the A squad, the NYAC was able to flaunt its superior conditioning against its opponent, Fort Worth. Fast play and excellent shooting by Liam Griff, who had 19 points, once again led to five NYAC players in double digit scoring and a 97-61 victory. The A team played its second game against Milwaukee, and needed a win in order to move onto the play offs. Despite an early NYAC lead, Milwaukee was able to shoot the ball at a record setting pace and took down the NYAC squad, 105-98. Matt Minoff led the way for the NYAC with 25 points.

The final day of competition saw the NYAC Open squad facing off against Spokane, the team to which they had lost just two days prior. After an intense first half, the NYAC saw itself up by two points, 51-49. The game stayed very close, and, with 3:38 remaining, it was tied at 82-82. With only 30 seconds left and the NYAC down 86-84, Nate Brown stepped up and hit a very big three, giving the NYAC the lead. After some free throws back and forth, Spokane was forced to run a last second play in order to keep their championship hopes alive; but, the NYAC defense held strong and finished the game with a 90-88 win and a championship to bring back home. Nate Brown brought a championship performance to the court with 22 points.

Despite a disappointing A team performance, the Club overall posted a record of 5-3 and represented New York proudly. It is unquestioned that the teams continued the traditions and cornerstones of the Club by playing with ability, vision and commitment. - Nick Prus

**Basketball League**

**Lakers Claim the Victory**

The Spring 2017 New York Athletic Club Basketball League ended with an exciting finale between the number two seed Spurs, captained by Mark Curran, and the number five seed Lakers, captained by Matt Rader.

The Spurs were the runner up in the fall season and were led by League MVP Jimmy Bitter and dynamic shooting guard Grady Smith. The Lakers were an entirely new team this spring and battled through injuries during the regular season before finding their stride in the play-offs. They were led by League Rookie of the year Corey O’Rourke and had a balanced attack utilizing multi-dimensional players Billy Carbballeria, Jack Fabri, Matt Rader, and Andrew Reynolds.

The first half was dominated by the Spurs, using a match-up zone defense that stifled the Lakers’ offense. Leading 35-20 at half-time, the play of Bitters (29 points) and Smith (23 points) had the crowd in a frenzy. Down by as much as 17 in the second half, the Lakers chipped away at the lead and started to make a run with 10 minutes to go. Carbballeria (21 points) and Fabri (15 points) combined for 30 points in the second half, while Rader (17 points, 10 rebounds) and Reynolds kept the Spurs frontcourt in check.

With five minutes to go, the Lakers were down by seven and went to a full court pressure defense that provided the spark for the final run. Corey O’Rourke (10 points, eight assists) kept finding Fabri and Carbballeria through the Spurs’ zone and, with a minute to go, the game was tied at 61. An intense last minute was decided by defense, as the Spurs would not score again and Carbballeria sunk four free throws that allowed the Lakers to prevail 65-61.

The Lakers finished as champions in their inaugural season, making an unprecedented run in the play-offs, beating the defending champion Knicks, the number one seeded Warriors and the number two seeded Spurs.

The League will break for the Summer and will resume play in September. Interested members should contact the League at ACbasketball@gmail.com.

- Tripp Hoffman

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- Tripp Hoffman
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NEW YORK ATHLETIC CLUB
MAKE IT A
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If so, why not build your family’s tradition of membership in the world’s greatest athletic club? Membership in the New York Athletic Club for your son or daughter is the gift that can last a lifetime.

PLUS
a child of a member receives a 50% discount off the Club’s initiation fee.

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ASSOCIATE MEMBERS

SPONSOR YOUR SPOUSE

Sponsor your spouse for Resident or Associate membership. Then, she or he can enjoy all of the special privileges that are yours as an NYAC member.

50% REDUCTION
IN ANNUAL DUES

INITIATION FEE WAIVED

Don’t delay, the application process can take up to four months.

For full details of the proposal process, please contact Carolyn Gleason at (212) 767-7062 or e-mail CarolynG@nyac.org
Superb Snow, Fun Times

In March, 22 NYAC skiers descended from the sky by helicopter upon the deep powder of the British Columbian mountain ranges of the Selkirks and Monashees. We contracted with CMH, the largest heli-ski company in the world, with over three million acres of skiable terrain. We stayed at their Gothics lodge, which was a treat in-and-of itself.

We received continuous snow the week leading up to, and the week of, the trip. While this is a powder skier’s dream, it did mean limited visibility, which caused a few grounding delays; but, the powder it delivered was well worth it. The powder at the top of the runs and through the trees was some of the deepest and softest that many of us have ever skied. We were able to swap out between fat and fatter skies that the company provided that allowed us to either charge knee- and waist-deep down the deep snowy plumes or gracefully float on a pillow of nature’s soft and abundant powder.

The day started at the lodge with a stretching class and breakfast, followed by a flight to the mountain ranges, where we skied about a dozen runs a day. There was n’t much rest as the helicopter continually ferried the three groups of skiers from one powder filled run to the next. There were three to four brief respites each day for refueling and lunch on the mountain, where skiers had the option to call it a day and return to the lodge - and what a lodge the Gothics was!

We can’t say enough about the staff. From the guides who safely and expertly led us on the mountain, to the chefs and wait staff that cooked the most exquisite meals accompanied by the best of wines, to the ski locker staff that attended to every equipment need and adjustment imaginable, and, finally, to the spa staff that sometimes gingerly and sometimes aggressively brought our sore muscles back to peak condition ready for the next day’s adventure. This trip will certainly be an experience many of us will not soon forget.

Next year’s Ski Week is already set: March 2nd-10th, 2018 in the Arlberg ski region, which is the largest inter-connected resort area in Austria, connecting the three storied resorts of Lech, Zurs and St Anton, where European royalty go for the best Austrian skiing, après-ski and luxury accommodations. See the Ski Club pages at www.nyac.org for more information and to sign up. (As of April, approximately 50% of the spots were already reserved).

- Quentin Foley

Winged feet or winged skis? NYAC Ski Club members enjoyed a memorable heli-skiing trip to British Columbia. Next stop - Austria!

Tennis

Time for TI Tennis

The junior tennis program has experienced tremendous growth over the past few years and we hope to continue that momentum in 2017. Whether your child is an experienced tournament player or just starting the game, we have a program that will help them enjoy their tennis on Travers Island.

Our MITL program offers our juniors the chance to play matches against other clubs in the Westchester area. We have a total of six teams: boys and girls 11’s, 13’s and 16’s. Practice sessions for juniors wishing to participate on the Junior MITL league teams are on Saturdays and Sundays from 4pm to 6pm through May and June, and Mondays to Fridays from 10am to 11:30am from June 21st to September 1st. MITL High Performance sessions are held immediately following the regular MITL practices from 11:30am to 12:30pm from June 21st to August 18th.

Our popular Tennis Academy is open to players of all skills levels for ages five to 16 and runs from 11:30am to 3pm from June 26th to September 1st. Lunch is provided from 1pm to 1:30pm. In this program our instructors coach our juniors in all the fundamentals of the game in a fun and professional atmosphere.

Our hourly Junior Quickstart clinics for ages four to nine are held on Saturdays and Sundays from 9am to noon, beginning on June 3rd and running until September 17th.

Throughout the summer, the NYAC offers numerous tournaments, round robins and social events for our juniors to enjoy; they are posted on the Club’s web site.

We extend an enthusiastic welcome to
four new teaching professionals who are joining our staff this season. Teza Simunyola is a coach with outstanding playing and teaching experience. He is a former number one ranked player in Zambia and a former member of the Zambian Davis Cup Team. Teza studied at Concordia College and, while there, was the number one player on the team. Teza prides himself on player development and is widely recognized as one of best junior coaches in the NY area. He has coached a number of juniors who successfully competed at top US colleges as well as some who went on to achieve world rankings on the pro tour. He takes a caring, positive, and strict approach to his coaching and is a tremendous addition to our staff.

Bernardo Casares was instrumental in Cornell achieving a top 25 NCAA national ranking in 2017 as well as securing their second ever Ivy League title, by winning the deciding match in a thrilling final. He has competed successfully in junior Grand Slams around the world as well as in many top level US College tournaments. Bernado will be our NYAC Junior Academy Head Professional.

Daniel Krutik was a top 10 ranked junior in Israel and now plays NCAA Division 1 at Saint Mary’s College of California. As an instructor, he has taught at several clubs in the San Francisco area, working with players of various areas and skill levels.

Salikh Gilmutdinov was also a highly ranked junior in Russia before coming to the US to play NCAA Division 1 tennis. He now plays at Drew University and, impressively, won many matches on the professional tour, earning a coveted ATP world ranking before embarking on his college career.

We are excited to have Teza, Bernardo, Daniel and Salikh on board to help our members improve and enjoy the game.

- Marty Smith
include more than 40 registered boats and the roster now includes boats from Larchmont Yacht Club, American Yacht Club, Manhasset Bay, Horseshoe Harbor and City Island. Six divisions allow for both competitive and casual cruisers to compete to keep their crews sharp and train for weekend racing. The NYAC YC finished strong in 2016 with Elith Larsen skippering Aegir to first place in Division 1 and Alex Helfand skippering Shadowfox to first place in Division 2.

Congratulations to Alex Helfand for also winning the NYAC YC Trophy and the George Hoffman Trophy for best performance in the fleet. Also congratulations to Elith Larsen for capturing the Dolf LeComte Trophy for best performance for the oldest boat in the fleet. Clearly, the NYAC sailors are stepping up their game and we encourage more members to come out for the 2017 season to race their boats or to join as crew with one of our experienced skippers. Reach out to Alex Helfand at ahelfand534@gmail.com with any questions.

This month’s human interest story features Rocco DiGiorgio, a Yacht Club member since the early 80’s. Rocco brought his 1972 Morgan OutIslander 41 Sea Mist to the Club in 1984. She is a full keel sailboat so she holds her course well in all seas. Rocco leaves Sea Mist in the water all year so he can pick those beautiful winter days to venture out for a day sail. As he describes it, the lure of the sea is too much to resist.

Rocco has a robust appreciation for the natural beauty of our waters and cherishes his time on the boat. Now 81 and retired, he cut his path as a civil engineer in New York City, helping to build the many roads and bridges upon which we now drive. Sea Mist was his escape from the hustle and bustle of work and his frequent sails brought him back to what is most important: his family and the wonderful gift this country has given us with such natural beauty. His loyal first mate, Trudy, often accompanies Rocco and finds ways to conjure up delicious meals in Sea Mist’s small galley.

Also in the planning stages is a possible exchange trip with Huntington Yacht Club on Labor Day weekend. Stay tuned for more details. If you have any interest in this summer’s junior or adult sailing programs, be sure to reach out to Alex Helfand for details. Don’t forget that the Club has mooring balls available in Block Island, Lloyds Harbor and Sand City. Check with Waterfront Manager Tim Kerns for locations and booking details.

Keep a lookout for the date of our annual USCG Auxiliary boat inspections this month. Our next General Membership Meeting will be on June 13th at 6:30pm. Please make every effort to attend.

- James Pintauro

The one that didn’t get away. Former NYAC president, Dominic Bruzzese (L) made a trip to the Bahamas count with Joe Taormina aboard Bella Vita.

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**Gymnasium Etiquette**

As you would expect in the world’s greatest athletic club, the gymnasium sees a lot of activity. On any given day you can see fitness enthusiasts, world class athletes and those just trying to lose a few pounds all enjoying the same superb facilities. With so much action, it’s important to keep a few matters of protocol in mind. Following are some guidelines to remember the next time that you’re heading to the sixth floor to pump some serious iron...or even to walk on the treadmill.

- Conversations on your cell phone are prohibited. Always!
- Check your coats and bags in the locker room before entering the gym.
- Once your work-out is over, please clean up! Dirty towels should be placed in the bins, weights should be returned to racks and other equipment to its proper place.
- Please wear appropriate workout apparel. Hats are not permitted.
- Please wipe down equipment after use.
- Inappropriate language and behavior will not be permitted. Remember - courtesy counts!

The City House contains some of the finest exercise facilities imaginable (including the re-surfaced Mondo track). We encourage you to enjoy them, but also to respect them and your fellow members. Most important of all, remember: any day that includes a good workout is a good day. See you on 6. ▲
Do you need to shake up your fitness program in order to lose weight, but find that you just don’t have the time? The perfect answer could be high-intensity interval training, or HIIT for short. Interval training is not just for elite athletes; everyone is doing it.

High-intensity interval training requires interspersing bursts of intense activity into your regular fitness program. It’s a form of fitness training that alternates high-intensity work efforts with low-to-moderate-intensity recovery efforts.

Don’t confuse interval training with circuit training. Circuit training is moving from station to station to complete a set of exercises. Circuit training can be all aerobic exercise, all strength training, or alternating between cardio efforts and strength training. When you’re circuit training, you don’t rest between the exercises that you do in sequence. When you’re interval training, you take short rests between intense repetitions of a single exercise.

Here are the five benefits of interval training:

1. **You lose weight faster.** The more vigorous your exercise, the more calories you will burn, so even short bursts will help you lose weight.

2. **It eliminates boredom.** By varying the intensity of your exercises, it changes things up. Not only will your fitness program go by faster, but you won’t experience the drudgery that can come from doing the same routine every day.

3. **No extras needed.** You already have the equipment you need for your interval training because you’re already doing the basic workout. Interval training requires no special skills; the only thing needed is more effort on your part.

4. **You increase your fitness levels.** You will improve your ability to exercise and increase your stamina over time.

5. **You reduce the time spent on exercise.** You spend less time exercising, but you burn the same or more calories as with your normal routine.

Anyone can add interval training to a fitness routine. For beginners who walk outdoors for exercise, you will need to find objects at regularly spaced distances when walking or running, such as telephone poles, and use them to judge your intervals. You might start out brisk walking from one pole to the next, then walking at an easier pace for three poles. As your fitness level increases, you can increase the speed of your walk or run for an additional pole or two.

Hills are another way to add interval training to your running workout. You exercise more intensely as you climb the hill and have a relatively easy effort as you come down. You may need to change your course to tackle more hills.

A more structured option is to go by the clock. Walk or run at an intense pace for one minute. Then walk or jog for one minute at a relaxed pace. If you’re really serious about it, use a timer and a heart-rate monitor to time and pace your intervals. You can take the same approach when you’re biking or swimming.

When interval training, it’s important to create an obvious distinction between your work efforts and your recovery efforts. Make sure you work in the “somewhat hard” to “hard” categories for the work, and the “low” to “moderate” categories for the recovery. Plan your interval training for one to three times a week; you should not do it every day.

If you want to apply interval training to make your strength training workouts more intense, simply shorten the rest time in between sets. Not only will your workout time will be reduced, but you also will keep your heart rate up. A higher heart rate can help you burn more fat during your workout.

Interval training is very demanding. Your body needs to be able to handle the stress and recover from the cellular damage you will incur. If you have any heart problems or circulation issues, interval training is not for you. Others who should avoid HIIT include people with diabetes, people who are obese, and those who very out of shape. In all instances, be sure to consult your physician before engaging in this form of exercise routine. - Chuck Metzger
Wine from the Volcano

The wine of the month for June is a red wine from Sicily, a region heavily under-rated in terms of wine-making. Between being overshadowed by popular mainland reds such as Barolo, Amarone, Brunello and Chianti, to confounding the consumers with unfamiliar indigenous grape varietals, the Sicilian counterparts have yet to gain an acclaim to match their quality.

The 2008 Fattorie Romeo del Castello “Vigo” Etna Rosso ($36) is certified as Etna DOC, indicating that they are located within the slopes of the active volcano. The vineyard is located 700 meters above sea level, and the perils of operating within the volcanic zone is evident in the remains of lava flow that border the estate, reminder of an eruption in 1981 that threatened the 14 hectare vineyard.

On the plus side, the volcano imparts rich minerals from the soil and excellent irrigation. In addition, the neighboring Mediterranean Sea reflects sunlight directly into the slopes of Mount Etna, helping ripen the fruit even under the cool conditions that come with being at high altitude.

“Vigo” is a blend of Nerello Cappuccio and Nerello Mascalese, two of popular grapes in Sicily that are mutations of the Nerello. Both are late-ripening and known for high tannins and acids. Nerello Cappuccio adds element of finesse with cherry flavors reminiscent of Burgundian reds, while Nerello Mascalese provides an herbaceous aroma and mineral backbone to the wine that echo Barolo. Combined, they produce aromatic savory wines that are often compared to those from Burgundy.

The wine is produced by the proprietors, Rosanna Romeo and her daughter Chiara Vigo. Their natural winemaking efforts are aided by veteran oenologist Salvo Foti.

The grapes from 100 year-old vines are hand-harvested, macerated in a combination of barrique and large tonneaux, and fermented without yeasts or enzymes. The wine is aged in old oak casks for 14 months, and is bottled without fining or filtration.

As an older vintage, the wine is best served by decanting at least one hour in advance to open up and soften the palate. The aroma is a combination of cherry, herbs and wood, and the palate is soft with vibrant acidity that still shows liveliness. The medium-bodied wine has flavors of dried cherry with underlying earthy tones, and its unique volcanic minerality provides a depth and backbone that lead to a long finish.

While the $8-$15 Sicilian reds are food friendly and great value, “Vigo” provides complexity and depth that is unmatched and unique to this region. Enjoy it with seared tuna, pizza or medium rare steak.

- Kiyoshi Shinozaki
NYAC Teams Set the Pace

The seventh, and penultimate, game of the NYC Inter-Club Bridge League’s 2017 season was held on April 4th at the Metropolitan Club and saw the NYAC’s Gold and Red teams finish second and third, respectively. The NYAC’s Jim Fusco and Michael McPherson paired up for the first time and were the top East/West pair with a 64% game. Congratulations to both Jim and Michael on a noteworthy performance indeed.

The NYAC Reds continue to lead the regular season with 108.5 cumulative points, 7.5 points ahead of second placed Regency Whist, with the Gold team in fifth place at 95 points and the NYAC White team in sixth with 90.5 points. Following the season’s finale at the Harmonie Club on May 2nd, the top five teams will meet in a play-off to determine this year’s winning team; that competition was on May 9th at the Harvard Club, last year’s winner. Watch for the results in next month’s column.

The Golden Passport

When you see the phrase “Harvard Business School” you probably think of an august graduate business institution immune to any kind of exposé. That might have been the truth until recently, specifically April 25th. That was the release date for “The Golden Passport: Harvard Business School, The Limits of Capitalism, and The Moral Failure of The MBA Elite,” by Duff McDonald. This well-researched, crisply-written book dissect the revered case study method and wittily critiques the school’s founding leaders, a few of its revered, tenured faculty, and several management theorists.

McDonald is a Wharton MBA, as is Fine Arts Committee Co-President Bernie Gawley and myself. He does play fair with two of the most respected HBS Professors, Michael Porter and Clayton Christiansen, and he wants his critique to be a call to HBS to step back for a good look at its impact on the US economy and at how business leadership functions. His key word is “ethics,” and how it has been largely overlooked.

Please join the Fine Arts Club at the City House in mid-July to meet Mr. McDonald and to hear his viewpoints from the lexicron. Copies of “The Golden Passport” will be available for sale from independent bookseller, The Corner Bookstore, via wireless card reader, with Mr. McDonald signing books. This event is to be held on Tuesday, July 18th in the President’s Room, 10th Floor, New York Athletic Club City House. It starts at 6:30pm with a reception. The cost for Fine Arts Club members is $20; other NYAC members and guests, $25. This includes a sumptuous cheese and fruit table. Wine, beer and non-alcoholic beverages will be available at a signature bar. Please contact Haley Bein, Intra Clubs Coordinator, for reservations: (212) 767-7022 or haleyb@nyac.org.

- Jim Rowbotham

Dance Club

Review Time, Newcomers Welcome!

On June 5th, we will go over the past semester’s dances. This is also a good opportunity for newcomers to come along and see what we do.

We hope to see you at Travers Island events. Our first class in the Fall is scheduled for the first Monday after Labor Day. Have a wonderful summer, and don’t just sit there, dance to the music. - Gary Nave
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**Sunday, June 18th**  
Celebrate Father’s Day with your entire family at the NYAC. In the City House MDR, enjoy a savory brunch buffet with a special theme - spiced rubbed prime rib and barbecue, plus traditional fare. At Travers Island, enjoy a delicious brunch on the Patio. For City House reservations, please call (212) 767-7080. For TI reservations, please call (914) 738-2700 x1280.

The Maine Event in the MDR  
**Friday, June 23rd**  
5:30pm-9:30pm  
An almost endless buffet of fresh lobster and prime rib, plus an irresistible raw bar...and more. The Maine Event in the City House Main Dining Room has become an NYAC tradition. It’s the most appetizing way for you to end your week - and in the most elegant of surroundings. For reservations, please call (212) 767-7080. $95 per person, plus tax and gratuity.

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Family Night Dinners at TI  
Bring your entire family to Travers Island on Friday evenings for dinner and entertainment. Trivia Night takes place on June 3rd, Board Game Night happens on June 10th and Bingo Night on June 24th. Food and fun for the entire family. For more information, please call (914) 738-2700 x1280. $29 per adult; $13 per child 12 and under, plus tax and gratuity.

Invite Your Candidate  
**Wednesday, June 21st**  
Invite a friend, business colleague or family member to attend this month’s Prospective Members’ Reception at Travers Island. Tour the facilities, enjoy cocktails while overlooking the Long Island Sound and let your candidate see the many benefits of belonging to the world’s greatest athletic club. To make your reservations, please call (212) 767-7025.

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## June

### Thursday 1st
- **Badminton** - Gymnasium, 6:30pm-9:30pm
- **Bridge Club** - Card Room, 2pm-5pm
- **Caymus Wine Dinner** - MDR, 6:30pm
- **Family Pizza Night** - Travers Island, 5:30pm
- **Handball Killers** - 21st floor, 4pm-8pm
- **Knights of the Green Table 3-Way H'cap Tnmnt** - Billiards Room
- **Wrestling Club** - Open Mat Session, 7pm-9pm

### Friday 2nd
- **Boxing Sparring Session** - Boxing Room, 5pm-7pm
- **Old Fashioned Burger Night** - Travers Island, 5:30pm

### Saturday 3rd
- **Family Trivia Night** - Travers Island, 5:30pm

### Sunday 4th
- **Adult Swim Clinic** - City House, 8am-9am
- **Sunday Night Lite Supper** - Travers Island Patio, 5:30pm

### Monday 5th
- **Ballroom Dance Club** - Review, 10th floor, 6:30pm-8:30pm
- **Book Club** - “The Sleepwalker” Q&A with author Chris Bohjalian, 9th floor, 7pm
- **Boxing Workout** - Boxing Room, 5:30pm-8pm
- **Judo Workout** - Judo Room, 7th floor, 6:30pm-8:30pm
- **Racquetball Club** - 21st floor, 6pm-8:30pm

### Tuesday 6th
- **Badminton** - Gymnasium, 6:30pm-9:30pm
- **Cycling Club** - Central Park morning ride, 72nd St Park entrance, 6:30am; Central Park evening ride, 58th St City House entrance, 6:30pm
- **Handball Killers** - 21st floor, 4pm-8pm
- **NYACKERS** - Trump National, Bedminster Old Course outing
- **Wrestling Club** - Open Mat Session, 7pm-9pm

### Wednesday 7th
- **Boxing Workout** - Boxing Room, 5:30pm-8pm
- **Bridge Club** - Card Room, 2pm-5pm
- **Chess Club** - Card Room, 7:30pm
- **Family Pizza Night** - Travers Island, 5:30pm
- **Judo Workout** - Judo Room, 7th floor, 6:30pm-8:30pm
- **Racquetball Club** - 21st floor, 6pm-8:30pm
- **Runners’ Club** - Central Park Run, 58th St. Ent., 6:30pm
- **Sake and Sushi** - Colonial Room, 6:30pm
- **Table Tennis** - Gymnasium, 7pm-9:30pm

### Thursday 8th
- **Badminton** - Gymnasium, 6:30pm-9:30pm
- **Bridge Club** - Card Room, 2pm-5pm
- **Family Pizza Night** - Travers Island, 5:30pm
- **Handball Killers** - 21st floor, 4pm-8pm
- **QCC** - Monthly collation, Travers Island, 6:30pm
- **Wrestling Club** - Open Mat Session, 7pm-9pm

### Friday 9th
- **Boxing Sparring Session** - Boxing Room, 5pm-7pm
- **Old Fashioned Burger Night** - Travers Island, 5:30pm

### Saturday 10th
- **Family Board Game Night** - Travers Island, 5:30pm

### Sunday 11th
- **Cycling Club** - Manhattan Ride to La Marina, 58th Street Club entrance, 11am
- **Sunday Night Lite Supper** - Travers Island Patio, 5:30pm

### Monday 12th
- **Boxing Workout** - Boxing Room, 5:30pm-8pm
- **Judo Workout** - Judo Room, 7th floor, 6:30pm-8:30pm
- **Racquetball Club** - 21st floor, 6pm-8:30pm

### Tuesday 13th
- **Badminton** - Gymnasium, 6:30pm-9:30pm
- **Cycling Club** - Central Park morning ride, 72nd St Park entrance, 6:30am; Central Park evening ride, 58th St City House entrance, 6:30pm
- **Handball Killers** - 21st floor, 4pm-8pm
- **Health & Fitness Club** - Dinner and guest speakers, Colonial Room, 6:30pm
- **Knights of the Green Table** - Awards Dinner & Annual Election
- **Wrestling Club** - Open Mat Session, 7pm-9pm

### Wednesday 14th
- **Boxing Workout** - Boxing Room, 5:30pm-8pm
- **Chess Club** - Card Room, 7:30pm
- **Family Pizza Night** - Travers Island, 5:30pm
- **Judo Workout** - Judo Room, 7th floor, 6:30pm-8:30pm
- **Racquetball Club** - 21st floor, 6pm-8:30pm
- **Runners’ Club** - Central Park Run, 58th St. Ent., 6:30pm
- **Table Tennis** - Gymnasium, 7pm-9:30pm

### Thursday 15th
- **Badminton** - Gymnasium, 6:30pm-9:30pm
- **Bridge Club** - Card Room, 2pm-5pm
- **Family Pizza Night** - Travers Island, 5:30pm
- **Handball Killers** - 21st floor, 4pm-8pm
- **Knights of the Bath** - Manhattan Room, 6pm
- **Mercury Society Cruise Into Summer** - 9th floor, 7:30pm-11pm
- **Wrestling Club** - Open Mat Session, 7pm-9pm
Friday 16th
Boxing Sparring Session - Boxing Room, 5pm-7pm
Old Fashioned Burger Night - Travers Island, 5:30pm
Scuba Club - Discover Scuba, Travers Island, 3pm

Saturday 17th
70s Disco Night - Travers Island, 5:30pm
Anglers - Annual Fluke Trip, NYAC Yacht Club, 8am

Sunday 18th
Father’s Day Brunch - City House MDR, 11:30am
Father’s Day Brunch - Travers Island, 11am-3pm
Sunday Night Lite Supper - Travers Island Patio, 5:30pm

Monday 19th
Boxing Workout - Boxing Room, 5:30pm-8pm
Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm
Racquetball Club - 21st floor, 6pm-8:30pm

Tuesday 20th
Badminton - Gymnasium, 6:30pm-9:30pm
Cycling Club - Central Park morning ride, 72nd St Park entrance, 6:30am; Central Park evening ride, 58th Street City House entrance, 6:30pm
Handball Killers - 21st floor, 4pm-8pm
Pistol Club - Annual Awards Dinner, Manhattan/Colonial Rooms, 6pm
Wrestling Club - Open Mat Session, 7pm-9pm

Wednesday 21st
Boxing Workout - Boxing Room, 5:30pm-8pm
Bridge Club - Card Room, 2pm-5pm
Chess Club - Card Room, 7:30pm
Family Pizza Night - Travers Island, 6pm
Prospective Members’ Reception - Travers Island, 6pm
Racquetball Club - 21st floor, 6pm-8:30pm
Runners’ Club - Central Park Run, 58th St. Ent., 6:30pm
Table Tennis - Gymnasium, 7pm-9:30pm

Thursday 22nd
Badminton - Gymnasium, 6:30pm-9:30pm
Beefsteak & Boxing - 9th floor, 6pm
Bridge Club - Card Room, 2pm-5pm
Family Pizza Night - Travers Island, 5:30pm
Handball Killers - 21st floor, 4pm-8pm
NYACKERS - GlenArbor Golf Club outing
Wrestling Club - Open Mat Session, 7pm-9pm

Friday 23rd
Boxing Sparring Session - Boxing Room, 5pm-7pm
Old Fashioned Burger Night - Travers Island, 5:30pm
Maine Event - City House, MDR, 5:30pm-9:30pm

Saturday 24th
Camp Out Night - Travers Island, 6:30pm
Family Bingo Night - Travers Island, 5:30pm

Sunday 25th
Sunday Night Lite Supper - Travers Island Patio, 5:30pm

Monday 26th
Boxing Workout - Boxing Room, 5:30pm-8pm
Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm
Racquetball Club - 21st floor, 6pm-8:30pm

Tuesday 27th
Backgammon - Billiards Room, 7:30pm
Badminton - Gymnasium, 6:30pm-9:30pm
Cycling Club - Central Park morning ride, 72nd St Park entrance, 6:30am; Central Park evening ride, 58th Street City House entrance, 6:30pm
Handball Killers - 21st floor, 4pm-8pm
Wrestling Club - Open Mat Session, 7pm-9pm

Wednesday 28th
Backgammon - Olympic Suites, 6pm
Boxing Workout - Boxing Room, 5:30pm-8pm
Bridge Club - Card Room, 2pm-5pm
Chess Club - Card Room, 7:30pm
Family Pizza Night - Travers Island, 5:30pm
Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm
Racquetball Club - 21st floor, 6pm-8:30pm
Runners’ Club - Central Park Run, 58th St. Ent., 6:30pm
Table Tennis - Gymnasium, 7pm-9:30pm

Thursday 29th
Badminton - Gymnasium, 6:30pm-9:30pm
Bridge Club - Card Room, 2pm-5pm
Family Pizza Night - Travers Island, 5:30pm
Handball Killers - 21st floor, 4pm-8pm
Wrestling Club - Open Mat Session, 7pm-9pm

Friday 30th
Boxing Sparring Session - Boxing Room, 5pm-7pm
Old Fashioned Burger Night - Travers Island, 5:30pm

July

Saturday 1st
Blues, Brews and BBQ - Travers Island, 5:30pm

Sunday 2nd

Sunday Night Lite Supper - Travers Island Patio, 5:30pm

Monday 3rd
Boxing Workout - Boxing Room, 5:30pm-8pm
Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm
Racquetball Club - 21st floor, 6pm-8:30pm

Tuesday 4th
Fourth of July Celebration - Travers Island, 12pm

For more details of all that is happening at the NYAC, go to www.nyac.org.
Pocket Guide

NYAC Facilities Directory

Aquatics Center - 3rd Floor  (212) 247-5100 x7353/5
Monday - Friday  5am - 8:45pm
Saturday  7am - 5:45pm
Sunday  8am - 5:45pm

Billiards Room - 10th Floor
Monday - Friday  3:30pm - 11pm

Boxing Room - 7th Floor
Monday - Friday  6am - 9pm
Saturday  7am - 8pm
Sunday  9am - 6pm
Boxing team training:
Monday, Wednesday & Friday  5:30pm - 8pm
Saturday  12pm - 2pm

Card Room
Monday - Friday  3pm - 10pm

Communications Center Lobby (212) 767-7195
Open daily:  7am to 11pm
Attendant on duty Monday - Friday  8am - 7pm
Saturday & Sunday  9am - 4pm

Fitness & Wellness Center - 4th Floor  (212) 767-7110/1
Monday- Friday  6am - 8pm
Saturday  8am - 6pm
Sunday  9am - 6pm

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

Gymnasium - 6th Floor (212) 247-5100 x7342
Monday - Friday  5am - 9pm
Saturday  7am - 7pm
Sunday  8am - 6pm

Handball/Racquetball - 21st Floor (212) 767-7145
Monday - Friday  12pm - 8pm
Saturday  12pm - 7pm
Sunday  12pm - 6pm
Attendant on Duty: Tues, Wed & Thurs:  12pm - 8pm

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

Ladies’ Locker Suite, 4th Floor
(212) 247-5100 x7343; Lounge x7341
Same hours as Men’s Locker Floor (below)

Men's Locker Floor, 5th Floor
(212) 247-5100, Cage x7345; Sport Shop x7349
Monday - Friday  5am - 9:30pm
Saturday  7am - 7:30pm
Sunday  8am - 6:30pm

Squash Courts - 7th Floor (212) 767-7105/6
Monday - Friday  6am - 8:30pm
Saturday & Sunday  9am - 3pm

Restaurant Services

City House
Main Dining Room - (212) 767-7080
Last day of service is June 30th, will re-open Sept. 13th
Breakfast  Monday-Friday, 7am-10:30am;  Saturday & Sunday, 7:30am-10:30am
Dinner  Wednesday-Saturday, 5:30pm-9:30pm
Brunch  Sunday, 11:30am-3pm
Lounge/Bar Service:  Wed-Sat, 5pm-11pm; Sun, 11am-3pm

Tap Room (212) 767-7166
Lunch  Mon-Sat, 12pm-5pm
Dinner  Mon-Fri, 5:30pm-9:30pm; Sat & Sun, Closed
Bar  Mon-Fri, 12pm-12am; Sat & Sun, 12pm-8pm

Room Service & Private Dining (Ext. 7310):
Breakfast  Mon-Fri, 7am-10:30am;  Sat & Sun, 7:30am-10:30am
Afternoon and Evening Dining  Mon-Fri, 12pm-9pm
Sat, 12pm-2:30pm & 5:30pm-9pm
Lunch  Sunday: 12pm - 2:30pm

Cocktail Lounge:  Tues-Sat, 5pm - 12am
No jackets required from Memorial Day - Labor Day
Solarium:  Mon-Fri, 5pm-10:30pm

Travers Island
Past Presidents’ Room
Dinner  Fri & Sat, 5:30pm-9:30pm; Sun, 5:30pm-8:30pm
Lunch  Saturday, 12pm-3pm
Brunch  Sunday, 11am-2:30pm

Shore 31:
Wed-Sat, 5:30pm-9:30pm; Sun, 5:30pm-8:30pm
Cocktail Lounge:  Wed & Thurs, 5pm-10pm; Fri, 5pm-12am
Sat, 12pm-12am; Sun, 12pm-10pm
Lawn Bar:  Sun - Thurs: 12pm - dusk; Fri & Sat: 12pm - 10pm
Patio:  Weekday lunch service begins Wednesday, June 7th
Sunday Brunch  11am-2:30pm
Lunch  Wed-Sat, 12pm-3pm
Dinner  Wed-Sat, 5:30pm-9:30pm; Sun, 5:30pm-8:30pm

Pool Snack Bar:  Mon & Tues, 11:30am-8pm
Wed-Sun, 11:30am-6pm
Tennis Courts:  Mon-Fri, 7am-9pm; Sat & Sun, 6am-9pm
Tennis Snack Bar:  Wed - Sun, 8am-4pm; Fri, 8am-6pm
Yacht Club  Office & Yard:  Mon-Fri, 7:30am - 4pm
Waterfront:  Mon-Fri, 8am-4pm
Travers Island Field House  (914) 740-1104
Mon-Fri, 5:30am-9pm; Sat & Sun, 6am-6pm