



February Calendar



S	M	T	W	T	F	S
R.S.V.P. for our very special Valentines Dinner & Dance Only \$44.95 ++ per person (for RSVPs by 2/7 - after 2/7 \$49.95++)		1 Pilates & Stretch Class 8:40 a.m. Tuesday Night Home Style Cooking \$9.95	2 Express Training Class 6:30 & 7:00 RSVP KID'S NIGHT Kids under 8 get one entrée off of the Kid's Menu free!	3 Pilates & Stretch Class 8:40 a.m. Prime Rib Special with Baked Potato and Salad \$14.95++	4 Friday Night Seafood Buffet \$16.95	5 YOGA Core & More 8:30 - 9:30 a.m. Pilates for Men 9:45 - 10:45 a.m. Chef's Special Recipe Night (Call for Details)
6 Try our Sunday Breakfast Special \$6.95 Something Different Every Sunday! Sunday Sailing Series 1:00 p.m.	7 Express Training Class 6:30 & 7:00 p.m. RSVP	8 Pilates & Stretch Class 8:40 a.m. Tuesday Night Home Style Cooking \$9.95	9 Express Training Class 6:30 & 7:00 RSVP KID'S NIGHT Kids under 8 get one entrée off of the Kid's Menu free!	10 Pilates & Stretch Class 8:40 a.m. Prime Rib Special with Baked Potato and Salad \$14.95++	11 Friday Night Seafood Buffet \$16.95	12 Flexibility & Stress Relief YOGA 8:30 - 9:30 a.m. Pilates for Men 9:45 - 10:45 a.m. Valentine Mixer 10:00 a.m. VALENTINE'S Dinner & Dance 7:00 p.m.
13 Try our Sunday Breakfast Special \$6.95 Something Different Every Sunday! Sunday Sailing Series 1:00 p.m.	14 Happy Valentines Day! Club Closed	15 Pilates & Stretch Class 8:40 a.m. Tuesday Night Home Style Cooking \$9.95 Chef Tim's Cooking Class begins RSVP	16 Express Training Class 6:30 & 7:00 RSVP KID'S NIGHT Kids under 8 get one entrée off of the Kid's Menu free!	17 Pilates & Stretch Class 8:40 a.m. Prime Rib Special with Baked Potato and Salad \$14.95++	18 Friday Night Seafood Buffet \$16.95	19 Ultimate YOGA for Balance & Strength 8:30 - 9:30 a.m. Pilates for Men 9:45 - 10:45 a.m. Chili Cook Off 3:00 p.m. Chef's Special Recipe Night
20 Try our Sunday Breakfast Special \$6.95 Something Different Every Sunday! Sunday Sailing Series 1:00 p.m.	21 Express Training Class 6:30 & 7:00 p.m. RSVP	22 Pilates & Stretch Class 8:40 a.m. Tuesday Night Home Style Cooking \$9.95	23 Express Training Class 6:30 & 7:00 RSVP KID'S NIGHT Kids under 8 get one entrée off of the Kid's Menu free!	24 Pilates & Stretch Class 8:40 a.m. Prime Rib Special with Baked Potato and Salad \$14.95++	25 Friday Night Seafood Buffet \$16.95	26 Sunrise YOGA for Energy 8:30 - 9:30 a.m. Pilates for Men 9:45 - 10:45 a.m. Polar Bear Tournament 8:30 a.m. Chef's Special Recipe Night

27

Try our Sunday Breakfast Special \$6.95
Something Different Every Sunday!
Sunday Sailing Series 1:00 p.m.

28

Express Training Class 6:30 & 7:00 RSVP



Get your best recipe out and get ready for our

Chili Cook Off!!

February 19th 3:00 p.m.
First, Second and Third place prizes will be awarded.
\$10 entry fee goes toward prizes. R.S.V.P. to (972)771-2051.
See if your recipe can make you the Club Chili King or Queen!

Hidden Member Number

Check out our newsletter this month for our hidden member number. It may be yours!! If so, call the Club during February for a Dining Certificate for two entrees from our menu.

HOURS OF OPERATION

for the Grill and Main Dining Room:
Tuesday - Friday 5:00 - 10:00 p.m.
Saturday 11:00 a.m. - 10:00 p.m.
Sunday 11:00 a.m. - 9:00 p.m.
(Main Dining Room available unless booked for a private party.)
If you have a party of ten or more and would like to bring them to the Club for lunch, please call (972)771-2051 24 hours in advance to make a reservation.

FITNESS CENTER HOURS

Monday-Friday: 5:30 a.m. - 10:00 p.m.
Saturday: 6:00 a.m. - 10:00 p.m.
Sunday: 6:00 a.m. - 8:00 p.m.
Weekdays Weekends
Guest Fees \$5 \$7
All guests must be signed in prior to usage and must be accompanied by a Club Member. Guests may utilize the Fitness Center no more than two times per month.

TENNIS GUESTS

Tennis guests must be registered when the court reservation is made. Guest fees are \$6 on weekdays and \$8 on weekends.



The

MAINSHEET

OFFICIAL PUBLICATION FOR CHANDLER'S LANDING YACHT & TENNIS CLUB

(972) 771-2051

February 2005

Bring your Sweetheart



to our

Valentine's

Dinner & Dance

February 12th at 7:00 p.m.

Sweep her off her feet with
entertainment by Nite Beat,
offering light romantic jazz,
and a delectable four course dinner

all for only \$44.95 ++

(for RSVP's by 2/7 - after 2/7 \$49.95)

RSVP early for this event
as we usually have a full house!
(972)771-2051

Chef Tim has created a wonderful menu for this special occasion:

Baby Blue Salad

Fresh Baby Field Greens tossed with Blue Cheese, Mandarin Oranges, Strawberries, and Zesty Pecans topped with Aged Balsamic Vinaigrette

OR

Rona Salad

Fresh Baby Field Greens tossed with Red Grapes, Hearts of Palm, Sliced Shallots, and toasted Almonds topped with a Black Pepper Caesar Dressing

Emerald Soup

Potato, Onions, Pears, Watercress, and Baby Spinach pureed and finished off with a hint of Nutmeg

OR

Chestnut Apple Soup

Chestnuts, Carrots, Apples, And Onions pureed and finished with Whipped Cream

Crab Benedict

6oz Filet of Beef, Alaskan King Crab Leg Meat and a Portobello Mushroom topped with Hollandaise Sauce served over Jumbo Asparagus

OR

Grapes of Bass

8oz Chilean Sea Bass pan seared and topped with a Red Grape and Shallot Wine Sauce served over Sautéed Spinach and Pearl Onions

Chocolate Delight

Chocolate upon Chocolate upon Chocolate
ACCOMPANIED BY **DECADENCIA DESSERT WINE**



Discover the

Wonderful World of Cooking

with Chef Tim

Learn to make soups, stocks, sauces and more. In your first class, Chef Tim will determine your areas of particular interest, and gear subsequent classes toward learning about those items.

The first class starts February 15th and runs through March 25th.

Classes are held 6:30 - 8:30 p.m. on Tuesdays and 12:00 - 2:00 p.m. on Saturdays.

The six week course is \$150 for Members and \$200 for Non-Members.

*This would make a great Valentine's gift for the one you love
(and you'll reap the benefits!).*



News from the Ladies Board

Teresa Censullo regrets that she must step down from her position as Ladies Board Chairman in order to attend to family matters. Teresa said she has enjoyed serving as Chairman and will remain on the Ladies Board. Under Teresa's stewardship the Ladies Board hosted many fun and entertaining events. The Fashion Show held on November 12th attracted an unprecedented 130 attendees. Teresa wished to thank Jeanne Bruce and Shelly Hill for all of the hard work they put into coordinating the event, and Chef Tim for the wonderful 'Turkey Feast'. Stein Mart provided the glamorous attire, and Chandler's models strutted their stuff down the runway. Models Chris Hill and Peter Ramsay, our Tennis Pros, were a special feature this year.

The Ladies Board would like to welcome **Lisa Long** who has volunteered to serve as Ladies Board Chairman. We look forward to many exciting events in 2005!

COMMODORE'S CORNER

January had the Club starting off the year in Bristol fashion. The Chandler's sailing fleet sponsored a presentation by the only U.S. Sailor to win an Olympic Gold medal, Paul Foerster. Paul recounted his multi-year effort to bring home the gold, while simultaneously being husband and new father. A great story, many thanks Paul for taking time to share it with the Chandler's Club.

CLYTC was also the venue for Rockwall's Musicfest fund-raiser roast of Mayor Ken Jones. The Club looked fabulous, while Chef Tim, Joni, and the staff worked magic to make each person feel special. What a great success.

On a disappointing note, it has come to my attention that delinquent payments by Club Members has become an issue. Like any business, CLYTC must be mindful of receivables. Late payment of bills causes our Club management to 'borrow' from cash to pay ordinary bills. These funds would otherwise be used for Club functions. In other words, this situation is not fair to the Members who pay their Club bill on time. In the past, Club management posted the names of excessively delinquent accounts in the clubhouse. I have recommended to our management that this practice be reinstated. This will no doubt be a controversial practice, comments and observations are welcomed. Spring is just around the corner, plans are underway for spring tennis and sailing. The Club athletic center has many programs underway. It's your club, Get involved!

See ya' around the club.
Erik Oistad
Commodore@SweetCherryYacht.com



Focus on Fitness

Pilates Classes

with Melissa Weddle

*So **powerful**, professional athletes and dancers use it to increase strength and flexibility. So **safe**, physicians and physical therapists use it for rehabilitation. So **versatile**, it accommodates a wide range of ages and fitness levels. So **effective**, it's recommended for neuromuscular, orthopedic, and pain management clinics.*

Classes are Tuesday and Thursday mornings at 8:40
February 1, 3, 8, 10, 15, 17, 22, 24

Men's Pilates

Saturdays from 9:45 - 10:45 a.m.

Express Circuit Training

with Mel Corporon

An Affordable, One Stop, 30 MINUTE Group Exercise Program. Express Circuit Training is a complete strength and cardiovascular training workout that allows you to GET IN and GET OUT in just 30 MINUTES! In this training session, you will receive professional support from an experienced certified trainer as well as enjoy laughter and conversation from an encouraging environment. **Goals of the Participants:** To lose inches while having fun at Chandlers Landing Yacht and Tennis Club! **How it works:** In the Fitness Room there are 12 stations pre-designed to work certain muscle groups. As you go from station to station to a musical cue every 90 seconds, different sets of muscles are worked. **Motivation:** Certified trainer, Mel Corporon, will help participants determine their individual goals and will do measurements each month. Upbeat pre-designed music will be played during the class to keep members going strong while exercising. **Days / Session Times:** Mondays and Wednesdays from 6:30pm-7:00pm and 7:00pm-7:30pm. (no classes 2-14-05). **Cost / Reservation:** Cost is \$70 for February (equals to \$10 per session). (No classes on Valentines Day!) With each class being limited to ONLY 6 people, you'll get the atmosphere and support of a group exercise class and the benefits of a personal trainer. CONTACT MEL CORPORON (214) 796-9904. Or send e-mail to melissacorporon@hotmail.com

YOGA TECHNIQUES

With Mel Corporon

Sat, Feb 5th YOGA CORE & MORE - Focus on the abdominal muscles while experiencing an invigorating workout for the entire body.

Sat. Feb 12th FLEXIBILITY & STRESS RELIEF YOGA - Especially for busy, overworked people. Learn restorative yoga poses and breathing techniques that will nourish your body, rejuvenate your spirit and relax and calm your nerves.

Sat. Feb 19th YOGA FOR BALANCE & STRENGTH Get ready for a 'balance' challenge! This class includes many balancing poses to improve body posture and strength.

Sat. Feb 26th SUNRISE YOGA FOR ENERGY The morning is the perfect time to open the body and center the mind. Beginning the day with yoga builds a solid foundation for activity. Loosen your muscles, relax your mind, gain some energy and feel healthier.

8:30 - 9:30 a.m. Members \$40 Non-Members \$55
RSVP to Mel at 214-796-9904
(email melissacorporon@hotmail.com)



M165

Tennis Talk

Hello tennis players,

Get ready for some great events! First, we have a Valentine's Mixer on Saturday, February 12th at 10:00 a.m. A favorite event every year is our Polar Bear Member Guest & Mixed Doubles Tourney. Mark your calendars for February 26th. If you need help finding a partner, see the pros. If you can't find a guest, play with a member. You don't want to miss this one!

New to our program!! Monday Night Mixed Doubles is a blast. Every Monday night is Just Show Up tennis. Come with or without your spouse. No commitment necessary. Just \$5 per time.

See you on the courts!

Tennis Tip by Chris Hill

Pros on TV make it look so easy - right?! An important part of this is the consistency of their contact point. They are striking the ball in relatively the same place every time (slightly in front of the body, between knees and chest, with a square racquet face). This takes great footwork and constant adjustments with the feet. Practice this: On ground strokes, get in position so you hit the ball just as it's coming down off the peak of the bounce (no short hops). On volleys, hit the ball before it drops below net level if possible. Get those in position and you will be a leg up on the competition.

Make plans to attend our:

Valentine's Mixer
Saturday, February 12th
10 a.m. - 2 p.m.
and our

Polar Bear Member Guest
Mixed Doubles Tournament
Saturday, February 26, 8:30 a.m. (all day)

These functions include Continental breakfast & snacks.
Keg beer and wine provided while quantities last.



Check out this month's calendar for our

NEW SPECIALS!

You're in for a treat!

Tuesday Night: Home Style Cooking \$9.95++
Wednesday Night: Kids under 8 get one entrée off of the Kid's Menu free!
Thursday Night: Prime Rib \$14.95++
Friday Night: Seafood Buffet \$16.95++
Saturday Night: Chef's Special Recipe



Setting Sail

Attention Sailors: Great News! The 2005 Sailing Calendar is complete and available on the Chandler's Landing Web-site. We have some fun events planned, so check it out.

Founders Series Update: It's not too late to sail in the Founders Series, which is in the third week of the seven week series. Two throw-out races are allowed, so if you've missed the first two weeks, you can still join in the fun. No crew? No Problem. Many boats are sailed by couples, and a few are sailed single-handed. Call Dan Malak @ 214-669-6937, or contact the Club for more information. Sailing instructions for the races are available each week at the starting line or in the Club. If you don't have a sailboat, but would like to participate, why not crew for someone? Just come to the J-22 dock in front of the Club at 12:30 p.m. on Sundays, and we'll find you a ride, or call Dan Malak and he'll pair you up with a skipper in need of crew.

Notice of Regatta: We're calling out the fleet to participate in the Hot Buttered Rum Regatta on Saturday, February 26. Registration will begin @ 8:00 a.m. and the skipper's meeting will be at 9:00 a.m., with three races to follow. There will be a Sport, Auxiliary A, Auxiliary B, and a Main and Jib Fleet. The Club will serve Chef Tim's tasty Hot Buttered Rum at the awards party after the races. This is a fun event and a great way to chase away those winter doldrums!

Event Update: The Paul Foerster event held on Friday, January 21 was a wonderful success. It was great fun to see the actual sails used in the races, and of course to hold the Olympic medals. Paul's presentation was very inspiring. We would like to thank him for his generosity in sharing his experiences and in making himself personally available to everyone at the event. He's a champion in the best sense of the word!

Dan Malak
Chairman, CLYTC Sailing Committee



Bunko, Bunko, Bunko!!!

The Ladies Board has planned an evening of Bunko at the Club on February 8th at 7:00 p.m. Please bring \$5 for the jack-pot. **Reservations** should be made no later than **Friday, February 4th**. Call the Club at (972) 771-2051. The \$8.95++ cost for this event includes appetizer finger food. Your guests are always welcome.

Did you know. . . .

As a member of Chandler's Landing Yacht & Tennis Club you are entitled to a **50% discount off of our room rental rates**. We have hosted some beautiful weddings and professional business functions. Call Brenda at the Club to talk about your next special event.
(972)771-2051