MEET THE STAFF

Steve Franke, General Manager, stevefranke@raviniaclub.com..............................770 395-5181
Rhonda VanSchepen, Membership Director, rhondavanschepen@raviniaclub.com ............770 395-5148
Ginny Mattox, Member Relations Director, ginnymattox@raviniaclub.com..................770 395-5167
Sheila Arant, Club Accountant, sheilaarant@raviniaclub.com..................................770 392-7304
Laura Potts, Catering Director, laurapotts@raviniaclub.com .....................................770 392-7328
Paul Lewis, Athletic/Wellness Director, paullewis@raviniaclub.com ............................770 395-5196
Jennifer Little, Spa Director, jenniferlittle@raviniaclub.com ....................................770 392-7337
Eric DaRin, Executive Chef, ericdarin@raviniaclub.com .......................................770 392-7302
Greg Hazard, Maintenance Director, greghazard@raviniaclub.com ............................770 395-5158

Athletic Desk 770 392-7301 • Receptionist 770 392-7300
Spa at Ravinia 770 392-7337

HOURS OF OPERATION

Rotisserie Grill
Lunch
Tuesday - Friday, 11:30am - 2:00pm
Dinner
Thursday & Friday, 6:00pm - 9:00pm
Rotisserie Lounge
Monday & Tuesday, 4:00pm - 10:00pm
Wednesday - Friday, 4:00pm - 11:00pm

Courtside Café
Complimentary Breakfast
Monday - Friday, 6:30am - 9:00am
Luncheon Buffet
Monday - Friday, 11:30am - 2:00pm

Athletics
Monday - Friday, 5:00am - 8:30pm
Saturday & Sunday, 8:00am - 4:00pm

Ravinia Spa
Tuesday - Friday, 10:00am - 7:00pm
Saturday, 9:00am - 4:00pm

Ravinia Childcare
Monday - Friday, 9:00am - 1:30pm
Monday - Friday, 4:00pm - 8:00pm
(Thursday & Friday, 8:30pm)
Saturday, 8:00am - 1:00pm
$4.00 per child per hour

EMPLOYEES OF THE MONTH

June
Jesus Martinez
Cesar Peralta

July
Claudia Augello
Vara Hardy
Welcome New Members

JUNE
Tony Abourjeili & Karima Abou Rjaily
Fred Neuschwanter
David Barrett & Paula Morton
Ivan Rebolledo
Stephen R. Walker
Selena Pickering
Jill Jenkins
Christie Cohen & Jack Hartrampf
Mohan & Devasena Ramaswamy
Drew Fiorenza
Ram Maganti
Katy McDonald
Stephen Jesdas & Shoba P. Mallik
Michael & Marillyn L. Breyel
Karen Wood

Myung & Angie Yi
Charlotte Blank
Tony & Sandra Hunter
Faye & Mark Henke
Robford & Nicole Epps-Hill

JULY
Tim & Dee Dee Cumberland
Matt & Amanda Fisher
Steve & Allison Thornton
Ben Howard
Mike & Rachel G. Weaver
Kelly Stephens
Christopher Goldsmith
Rajesh Kelkar
Rick & Robbie Houcek
Ben & Colleen Bateman

THANK YOU TO OUR MEMBER SPONSORS WHO ARE ALREADY SPENDING OR ARE AWAITING THEIR $500 REWARD!

Who have you referred? You could be spending … sharing … or treating with your own $500?

• Twelve half hour personal training sessions [share … 6 for you, 6 for a friend],
• Two hundred Club cocktails or glasses of House wines at Two for One Tuesdays [share … 100 for you, 100 for clients],
• Happy hour reception with hour open bar and passed hors d’oeuvres for 20,
• Three course dinner celebration for 12 including featured wine,
• Fifty paid admissions to TGIF for you and to treat your spouse and co-workers,
• Monthly 60 minute massages for 6 months [share … 4 for you, 2 for your boss], OR
• ANY COMBINATION OF SERVICES.

1. Contact Ginny Mattox or Rhonda VanSchepen to send information and arrange a trial week for your referral to experience the Club
2. The Club pays your referral’s Initiation Fee
3. You or we can invite your referral to lunch, dinner or TGIF
4. When they join, you receive $500 that will be available after 3 month [6 months for Young Professional and Corporate memberships]

Rhonda VanSchepen • membership@raviniaclub.com • 770-395-5148
Ginny Mattox • ginnymattox@raviniaclub.com • 770-395-5167

This opportunity has been extended through November 30, 2009.
Realizing your health and fitness dreams

Now that the vacation period has settled down, it is time again to respond to your own body’s needs. Emphatic as we might have been during the summer months to exercise, eat well and manage our stress, realities often conflict with our set goals. Now is the opportunity to improve our metabolism, our fitness levels and physical wellbeing by prioritizing our Health. Contact one of the Ravinia Health Coaches to get started.

*A man’s health can be judged by which he takes two at a time – pills or stairs.* — Joan Welsh

Lunch and Learns

Our Lunch and Learn series continues throughout 2009, offering Members the opportunity to learn and engage in a variety of health and medical related topics. Create the time for these informative programs; you’ll learn more about your body’s functions, disease prevention and health maintenance. More information is available at the Athletics desk.

Weight Watchers. Stop dieting. Start living.

Join this integrated and time-tested approach to weight loss. Weight Watchers emphasizes good choices, healthy habits, exercise and weekly meetings. Join the success that Weight Watchers can offer you. Meetings will be held at the Ravinia Club in the Yoga/Zen Room every Wednesday at 11 am beginning September 9.

Train with the Professionals

- Goal-oriented
- Diverse training programs
- Motivation
- Enhanced energy levels
- Stress-reduction

*Join our team of professional Health Coaches/Personal Trainers and together we will help establish and meet your desired goals.*

Special: for any Member who has not trained with a personal trainer or has not trained with a trainer in the past 3 months: two 1-hour training sessions for $99.
**Athletics/Wellness**

**Flu Shots**
Dates: Monday, September 14 and Wednesday, September 23
8 – 12:30 pm
Dr. Jim Wheeler’s nurses will provide flu shots (immunization against influenza) and blood pressure testing here at the Club. The station will be located at the base of the stairs, of the Athletics floor. Immunize to protect your health and the health of your family. **Cost is $30 per immunization.**

**Chiropractic**
Each year more than 15 million Americans choose chiropractic care for safe, natural and effective relief from back pain, neck pain, headaches, extremity pain, poor overall health, low energy levels and much more.

Pinnacle Chiropractic is dedicated to helping you achieve your wellness objectives -- combining skill and expertise that spans the entire chiropractic wellness spectrum. We are committed to bringing you better health and a better way of life by teaching and practicing the true principles of specific chiropractic care.

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At Pinnacle Chiropractic we care about using the most Specific and Scientifically sound technology possible to help our patients achieve their fitness and wellness goals.

We utilize the Myovision Digital Thermography Scan to find exactly where the problems are occurring within your nervous system. This technology allows for greater accuracy when caring for our patients, which leads much faster and longer lasting results.

**CALL TODAY TO SCHEDULE YOUR FREE DIGITAL THERMOGRAPHY EXAM!**
(770) 395-5179
As the heat of summer leaves the city and fall is in the air, the time has come to plan your annual Holiday events. There are several dates still available for larger affairs. All members referring or sponsoring a holiday event in the months of November, December or January will receive a 10% discount on the food and beverage portion of the event (up to $500) or $500 in Ravinia Bucks. The functions must be booked by October 31 in order to receive the discount.

Due to the success of last year’s event, Chef Eric and the staff of the Ravinia Club are proud to once again offer a unique opportunity…

**Second Annual**
“Share the Affair”
**Holiday Buffet Luncheon**
**Thursday, December 17**
Seating begins at 11:30 am
$ 22 ++ per person

Many members took advantage last year of this lunch-time event to celebrate the holidays with their employees. Join us this year for an elaborate buffet in our Grand Dining Room which will be decorated with the spirit of the holidays. **Reservations are required; deadline is December 14.**

**We want to help you even when you are not in the Club…**

Many of you host casual meetings in your own board rooms and often order out for lunch. We would love the opportunity to cater your business meetings. Delivery Service for Lunch will begin September 1st to the Ravinia Buildings. A menu featuring Salads and Sandwiches will be offered for groups of 5 or more.

For further information, please call Lauren Tucker, 770-392-7305 or Laura Potts, 770-392-7328 in the Catering Department.
The Spa

September & October Featured Specials

COMPLIMENTARY PEEL WITH THE PURCHASE OF ANY MICRODERMABRASION FACIAL

Fall is the perfect time to exfoliate your skin from the sun exposure of summer. Microdermabrasion removes the outer layer of dry, dead skin cells revealing a more beautiful you! The spa offers Microdermabrasion (includes a full facial) on face, neck, and chest areas. When you add a customized peel to your microdermabrasion service the results are even more noticeable. It will continue to exfoliate your skin, diminish brown spots, and stimulate collagen growth.

EARLY MASSAGE APPOINTMENTS AVAILABLE

The Spa is now offering early morning massage treatments on Tuesday and Thursday mornings at 9:00am. Start your day off with a relaxing one-hour massage service of your choice.

INTRODUCING: SOLAR MANICURE

The Solar Manicure features a sea salt exfoliation treatment and shea butter hand cream with the properties of SolarOil™. It helps to remove the skin’s dull, dry surface, revealing and deeply conditioning the underlying layer. Jojoba Oil carries Vitamin E deeply into the skin to help prevent cellular damage and reduce visible signs of aging.

DRAWING

Every client who receives a treatment in September and October will be entered in a monthly drawing for $50 in Spa Bucks. Multiple visits equal multiple entries. Call or stop by and book your appointment today!!

THE SPA AND YOU MAKING A DIFFERENCE! SAVE $10

Bring in new cleaning supplies (disinfectant wipes, all purpose cleaner, dishwashing liquid/automatic dishwashing detergent, glass cleaner, paper towels) for donation to Atlanta Ronald McDonald House Charities, and you will receive $10 off a one-hour Spa Treatment of your choice. The ARMHC provides bedrooms to families of children in Atlanta hospitals. Each year more than 1,000 families call these Houses home. Thank You to all of our members who made a donation for “RRISA.” Together, we are making a difference!

NEW CLIENT $60 SPECIAL

For those members or guests who have not had a service with us, enjoy a one-hour massage, a calm facial, or a mini-manicure/pedicure for just $60.00!

Sign up to be on the Spa at Ravinia’s email list and receive special promotions and savings on treatments and retail.

On Sundays and Mondays when the Spa is closed, appointments may be booked by calling the Athletics Desk at 770-392-7301.
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*Share the Best Kept Secret*

*Sponsor a New Member and Receive 500!*
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SPECIAL CLUB EVENTS

Business Etiquette Dinner With Hostess Peggy Newfield

Wednesday, September 23 • 6 – 9 pm

$ 38 ++ Members • $ 48 ++ Non Members • Reservations. 770-392-7300

An Experience in Fine Dining, Fine Food, and Fine Company

Join us for this unique opportunity to increase your awareness of dining etiquette. Peggy Newfield, founder and CEO of Personal Best, Inc. and the American School of Protocol, has graciously agreed to be our host. While enjoying cocktails and a five-course dinner, Peggy will share business dinner strategies and etiquette which will give you the confidence to enjoy any business occasion whether it is a lunch, a reception or a special invitation to the boss’ house. Limited to an intimate group of 18 participants, topics will include seating, your utensils, selecting wines, Zig-Zag and Continental styles of dining, smoking, how to read your space at the table, and so much more.

During the past 30 years, Personal Best, Inc.* has trained executives from many different industries as well as over 90 Fortune 500 Companies. In addition to her many seminars and speaking engagements geared to executives as well as children, Peggy has written numerous articles on business etiquette and is quoted often in leading publications. She also created a newsbreak series on etiquette and safety for children for cable TV channels.

Join us for this fun and festive evening.

How to Always Look Young

Tuesday, September 29 • 9 am – 1 pm

$ 129  Members • $149  Non Members • Reservations. 770-392-7300

(Includes workshop, two autographed books, tips from the book Never Look Old, make-up tips from Atlanta’s top make up artist, a fabulous lunch and a Ravinia Spa invitation.

Gail Geary and Patti Wood will lead this half-day workshop which will cover the physical aspects of your self-presentation: hair, make-up, clothing and body language. Those employed or unemployed will also learn how to create an ageless resume and answer age related interview questions.

Patti Wood is a professional speaker and coach. Author of Success Signals: Understanding Body Language, Patti has appeared on CNN, the BBC, the discovery Channel, Live with Regis and Kelly, the History Channel and more. Gail Geary is a career transition coach, speaker, author of Your Next Career and the owner of Atlanta Career Transition. She has been featured on CNN, Fox 5, the Atlanta Business Chronicle, the Washington Post and more.
This exciting new program for 2009 is geared for all professionals to enhance their business skills and talents. The format gives participants an opportunity to enjoy a break after work, mingle with Ravinia Club peers and other Perimeter area business people, and learn from noted “experts in their fields.”

**How to Manage Your Boss and Other Skills of Office Politics**

Presented by Dr. Marie McIntyre

Thursday, September 10 • 5:30 – 7:30 pm

Hors d’oeuvres, cash and signature bar available

Reservations. 770-392-7300

Office politics are an unavoidable fact of life in every workplace. With more than 20 years experience in coaching, human resources, and management, Dr. Marie McIntyre presents ways to improve your influence skills and to increase your personal power without compromising your integrity or taking advantage of others. Techniques for managing your boss more effectively, improving your influence skills, changing the way you are perceived, and dealing with difficult people will be shared. Marie writes the syndicated column “Your Office Coach”, which appears in more than 70 newspapers nationwide. She has authored two books and serves as a workplace expert for the Lifetime TV website and the National Institute of Business Office.

**Social Media 101: A Primer on the Power of the Medium**

Presented by Jenny Schmitt

Thursday, October 1 • 5:30 – 7:30 pm

Hors d’oeuvres, cash and signature bar available

Reservations. 770-392-7300

Discover how Twitter, LinkedIn, Facebook and other social media channels are redefining networking and business opportunities. Learn what you need to know about these new channels, how they are used, their current audiences and their potential for growth, evolution or sustainability. Learn quickly which channels might be best suited for you, your network or your company. A veteran public relations and marketing professional, Jenny Schmitt is the founder of CloudSpark, an award-winning strategic communications company that specializes in helping new and emerging companies stand out and achieve results. A self-described nerd for all things new, Jenny can be found tweeting on Twitter, friending on Facebook, chronicling on Plurk, connecting on Ning, and surfing the latest social media channels.
SPECIAL CLUB EVENTS

Third Thursday Family Night at Courtside
Thursday, September 17 & Thursday, October 22 (Pumpkin Carving)
5:30 – 7:30 pm
$ 15 ++ per adult/complimentary for children with paying adult

Mark every third Thursday and bring the family to the Club for Family Night, a Ravinia tradition. Chef Eric will prepare a family-friendly buffet! Paul Wagner will provide simple athletic competitions for the children. For those enrolled in Kids’ Karate, this is a perfect opportunity to feed your hungry children, avoid the traffic and meet other Ravinia families. Reservations required. 770-392-7300.

Want to advertise your business?
Contact Ginny Mattox for details.
**Member Bartender for Charity**

Thursday, September 24 • 5:30 – 8:00 pm  
Benefiting the American Red Cross.

Mary Donne Peters will host the event, and proceeds from the evening will benefit the American Red Cross. Founded in 1881, the American Red Cross has been the nation’s premier emergency response organization. In addition to domestic disaster relief, the American Red Cross offers services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs.


**In the Kitchen with Chef Eric … Chef’s Cooking Class**

Wednesday, September 9 • 6:30 pm ** • $25 ++ per person  
With the arrival of fall comes football! Gourmet Tailgating is the theme for this class. Whether tailgating at the stadium or watching the game with friends, participants will learn to put together a “winning” dish. Chef Eric will lead the class in the hands-on preparation of dishes that look complicated but are easy, healthy and easily transported. At the end of class, you will enjoy the results. Reservations are a must; call early to reserve a spot. 770-392-7300. **Please note that the class will start promptly at 6:30 pm. Limited to 12 persons. Childcare is extended to 9 pm.

**Epicurean Supper Club – “Octoberfest”**

Wednesday, October 14 • 6:30 pm Mix & Mingle with Hors d’oeuvres  
7:00 pm Dinner • $ 38 ++ per person  
October is the month for beers, and this dinner will pair gourmet “small plates” with a selection of beers. The Epicurean Supper format combines casual, family-style settings with the opportunity to tempt your taste buds while expanding food and wine knowledge and meet other Ravinia “epicures.” Space is limited to 24 guests. Reservations required. 770-392-7300. (Childcare will be extended until 9 pm.)

**Wine Tasting**

Thursday, September 24 – Wine and Cheese Pairing (educational)  
Thursday, October 29 – “Not So Scary” Wines (lesser known varietals)  
7:00 – 9:00 pm • $25 ++ (Complimentary for Wine Society Members)

Join us for this unique opportunity to taste a plethora of wines, gain further education, socialize, meet fellow Members, enjoy complementing hors d’oeuvres, and buy wines at great value. Each tasting features 20-30 wines ranging in price from $10-$100 with at least four experts in the field available to educate us. A fantastic chance to sample wines before buying!

Reservations required. 770-392-7300. Childcare is extended until 9 pm.
SPECIAL CLUB EVENTS

TGIF
A Ravinia Member Tradition
The tradition continues every Friday evening!
Join us in the Rotisserie Lounge for an endless array of food and Club brand drinks from 5:30-7:30 pm. A great way to begin the weekend with friends, coworkers and fellow Members! Only $10 for Members and $15 for Guests, all-inclusive.

“Super” TGIF
October 30 Halloween
Come in costume and party with your Ravinia friends and guests. Ghostly hors d’oeuvres and drinks. Super TGIF’s feature special entertainment that will begin at 7 pm.
TGIF will be extended from 5:30 – 8:00 pm on these evenings.
$15 for Members and $20 for Guests, all-inclusive.
Music will continue until 10 pm.

First Wednesday Trivia Night
Wednesday, September 2
Wednesday, October 7
6:30-8:00 pm
Do you remember? Every first Wednesday evening at 6:30 pm, Trivia is played in the Rotisserie Lounge. Enjoy $3 Cocktails and Rotisserie Lounge Menu with a Trivia Night “Feature.” Three rounds are played, and a drink ticket is awarded to each member of the winning team. Teams are limited to four players. Bring a partner or join a team!

Book Club
Tuesday, September 22 • Tuesday, October 20 • 6 pm
Ravinia’s Book Club meets monthly and is open to all Members. The Defector by Dan Silva will be discussed in September followed by Dan Brown’s The Lost Symbol in October. For further information, contact Steve Newfield at steve.newfield@nadel.com.
Upcoming Events

- Wine Tasting (Comfort Wines) .................................. November 19
- Super TGIF .................................................................. November 20
- Thanksgiving Day Grand Buffet ................................. November 26
BOARD OF GOVERNORS

Sean O’Toole
Board Chairman

Henry Aaron  John A. Heagy
Mort Aronson  Malcolm Kilpatrick
Jud Bass  Robert Lane
Shannon Blackburn  Tommy Malone
Nancy Boardman  Jim Manley
Brenda Brettschneider  Steve Newfield
Steve Brown  William Porter Payne
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Sharon Cohen  Hal Smith
Chris Cox  Ben Spalding
Kay Evans  Dr. Jennie Springer
Thomas Evans  William Tidwell
Eva Ferguson  James Underwood
Ginny Greulich  Jackie Ward
Larry Hart  Larry Warner

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