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RAVINIA

CLUB & SPA

BUSINESS • SOCIAL • ATHLETIC

ESTABLISHED 1987



JANUARY/FEBRUARY 2013

EXPAND THE BENEFITS OF MEMBERSHIP...

As a Ravinia Club Member, you have the opportunity to upgrade your membership and join the National Alliance of Private Clubs (NAPC). Alliance Members, and their spouses, have access to over 40 clubs in the Atlanta area, in addition to over 650 reciprocal clubs around the world. Benefits of NAPC membership include:

- Access to 40+ clubs in the Atlanta area, including City Club of Buckhead, Rivermont Country Club, and Indian Hills Country Club, among many others
- Equal privileges for your spouse included at no extra charge
- \$75 each month in dining & golf certificates at participating clubs
- \$1,500 in certificates upon joining
- Travel, golf, tennis & spa services at preferred rates
- VIP seating for major concerts and sporting events
- A multitude of private dining/meeting rooms for business & entertaining
- Monthly magazines which highlight special events and unique benefits
- Month-to-month privileges with no long term commitment or contract

In order to join NAPC, you would pay a one-time processing fee of \$30, and \$30/mo. in dues. Kindly speak to your membership director about joining!

MEET THE STAFF

Steve Franke , <i>General Manager</i> , stevefranke@raviniacub.com.....	770 395-5181
Laura Potts , <i>Membership Director</i> , laurapotts@raviniacub.com.....	770-395-5148
Tina Nguyen , <i>Accounting</i> , tinanguyen@raviniacub.com.....	770-395-5182
Rolanda Culpepper-Peralta , <i>Service Director</i> , rolandaculpepper@raviniacub.com	770-395-5167
Dana Williams , <i>Catering Director</i> , danawilliams@raviniacub.com	770-392-7305
Jen Bignell , <i>Catering Coordinator</i> , jenbignell@raviniacub.com.....	770-392-7328
Ed Scheu , <i>Executive Chef</i> , edscheu@raviniacub.com.....	770-392-7302
Paul Lewis , <i>Athletic/Wellness Director</i> , paullewis@raviniacub.com	770 395-5196
Greg Hazard , <i>Maintenance Director</i> , greghazard@raviniacub.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

Monday - Friday, 7:30am - 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

October

Beverly Armstrong

Paul Wagner

November

Roseanne Perez

Jorge Marin

FROM THE MEMBERSHIP DEPARTMENT

The staff of the Ravinia Club would like to extend a warm welcome
to the newest members of the Ravinia Club!

Angela Esposito	InterContinental Hotels Group
Mike Prieto	Slover, Prieto Marigliano & Holbert
Tony Nelson.....	InterContinental Hotels Group
Josh Crowe & Michelle	Internap
Thomas Banks.....	Berkley Speciality
Zion Cordeiro	AirDigital Cellular
Adam Fancher	InterContinental Hotels Group
George Lampkin	North American Resource Corp
Sharon Snyder.....	Allscripts
Terri Gandy.....	Friend, Hudak and Harris
Wanda Clay.....	Friend, Hudak & Harris, LLP
Amy Burns.....	Gorby Peters
Shawn Hardester	Brooks, McGinnis & Company, LLC
Bill Curran	CEDAR
Ricardo Parada	Elof Hansson USA INC
Jonathan Marigliano.....	Slover, Prieto, Marigliano & Holbert
William Holbert.....	Slover, Prieto, Marigliano & Holbert
Carey Hardy.....	InterContinental Hotels Group
Jack Slover, Jr.....	Slover, Prieto, Marigliano & Holbert
Tanaka Carter.....	InterContinental Hotels Group
Jeffrey M. Mangieri	deAndrade Mangieri, LLC
Daniel Prieta	Slover, Prieto, Marigliano & Holbert
Marty Martin.....	InterContinental Hotels Group

THANK YOU TO ALL MEMBER SPONSORS!

FROM THE BOARD OF GOVERNORS

A special thank you to our 2012 outgoing
Board of Governors:

John Sousa, Chairman
Tom Brettschneider
Ginny Heugle
Bruce Hamilton
Jessica Lalley
Joe Pyen
Dottie Toney
Chet Zalesky

Their dedication, contributions and leadership are
very much appreciated.

We extend a warm welcome and congratulations to
our new Chairman of the Board:

Bill Tidwell

As well as our newest Board Members:

Rick Bawsel
David Bowen
Ginny Heugle
Linda Jameson
Wayne Mangum
Larry Warner

THANK YOU

*The entire staff of the Ravinia Club wishes to thank
our Members for their generous donations to the
Employee Holiday Fund. We wish you a healthy, happy
and successful New Year!*

Wine Tastings for 2013

January	Big Bold Reds
February	Hidden Gems From Secret Places (small production)
March	Southern Hemisphere Harvest
April	Spring Light & White
May	Bubbles, Brews & BBQ
June	French Countryside
July	Wines That Rate: 90 pts plus
August	Wine and Cheese – Perfect Pairs
September	C is for Cabernet & Chardonnay
October	Wines of the Rhine (Germany & Austria)
November	Wines to Give and To Get (\$20 and under)

Epicurean Dinners for 2013

Join us as an intimate group experience foods paired with wines from different regions prepared by Chef Ed.

The evening begins at 6.30pm with light nibbles and a glass of champagne or a cocktail that coincides with the theme of the night. We sit family style at 7pm and enjoy a 3-4 course menu featuring flavors or cooking style from the region we are exploring. Each course is paired with wines from the region or are bottled in the style of the region we are visiting.

Space is limited to 40 members

Reservations required 770-392-7300

24 hour Cancellation Policy in effect

\$43.00 ++ pp

January	South American Fanfare
April	Sailing the Greek Isles
June	Forever French
August	Spanish Tapas & Wines
October	German/Austrian Food with Beers and Wines
December	New Year's Eve

Mark your Calendars for a Cellar Select Wine Dinner

March 6, 2013

6:30pm

\$95++

Kelly Wheeler will be presenting the Wines of Burgundy.

We hope you can join us.

Seating is Limited so make your reservations early.



JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Athletics Only 9am-1pm	2 \$3 Cocktails Trivia Night	3 \$3 Wine Ladies Supper Club 6:30pm Rotisserie Dining 6-9pm	4 Rotisserie Dining 6-9pm TGIF	5 Athletics 8am-4pm Spa 9am-4pm
6 Athletics 8am-4pm	7 \$2 Draft Beer	8 Two for Tuesday	9 \$3 Cocktails	10 \$3 Wine Rotisserie Dining 6-9pm	11 Rotisserie Dining 6-9pm TGIF	12 Athletics 8am-4pm Spa 9am-4pm
13 Athletics 8am-4pm	14 \$2 Draft Beer	15 Two for Tuesday	16 \$3 Cocktails South American Epicurean Dinner	17 \$3 Wine Rotisserie Dining 6-9pm	18 Rotisserie Dining 6-9pm TGIF	19 Athletics 8am-4pm Spa 9am-4pm
20 Athletics 8am-4pm	21 \$2 Draft Beer	22 Two for Tuesday	23 \$3 Cocktails	24 \$3 Wine Rotisserie Dining 6-9pm	25 Rotisserie Dining 6-9pm TGIF	26 Athletics 8am-4pm Spa 9am-4pm
27 Athletics 8am-4pm	28 \$2 Draft Beer	29 Two for Tuesday	30 \$3 Cocktails	31 \$3 Wine Rotisserie Dining 6-9pm Wine Tasting 7pm		

FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Rotisserie Dining 6-9pm Super Bowl TGIF	2 Athletics 8am-4pm Spa 9am-4pm
3 Athletics 8am-4pm	4 \$2 Draft Beer	5 Two for Tuesday	6 \$3 Cocktails Trivia Night	7 \$3 Wine Ladies Supper Club 6:30pm Rotisserie Dining 6-9pm	8 Rotisserie Dining 6-9pm Mardis Gras Super TGIF	9 Athletics 8am-4pm Spa 9am-4pm
10 Athletics 8am-4pm	11 \$2 Draft Beer	12 Two for Tuesday	13 \$3 Cocktails	14 \$3 Wine Valentine's Day Dinner	15 Rotisserie Dining 6-9pm	16 Athletics 8am-4pm Spa 9am-4pm
17 Athletics 8am-4pm	18 \$2 Draft Beer	19 Two for Tuesday	20 \$3 Cocktails	21 \$3 Wine Rotisserie Dining 6-9pm	22 No Rotisserie Dining TGIF	23 Athletics 8am-4pm Spa 9am-4pm
24 Athletics 8am-4pm	25 \$2 Draft Beer	26 Two for Tuesday	27 \$3 Cocktails	28 \$3 Wine Rotisserie Dining 6-9pm Wine Tasting 7pm		

*Ravinia Athletics & Wellness: Establishing unprecedented results!***2013- It's your year!**

Connect with your Ravinia Athletics & Wellness staff, and let us lead, support and motivate you to your most successful year of Health & Fitness.

Social Media — Connect and tweet with like minded Members:

Facebook — follow us on Facebook@raviniaathletics&wellness for programming, updates, interconnection with Ravinia Coaches/Trainers, blogs and live chat.

Twitter — connect, compete and follow the progressive fitness and health results of your peers / other Ravinia Members. Twitter address

Personal and performance training

Discover your best! Set an appointment with Ravinia's professional Coaches/Trainers For further information, contact: (770) 392-7301.

Paul Wagner — specializing in functional; resistance; sport specific training

Claudia Smith — specializing in aerobic; women; resistance training

Paul Lewis — specializing in functional; rehab; sport specific training

Competition 2013

Join us in 2013; Competition 2013 is your way to break your plateaus, expand your objectives and reach beyond the norm! You'll compete with and against your Ravinia peers, to claim the title of Ravinia's male & female health & fitness champions 2013. Lose weight, keep it off, transform your body and increase your energy levels, as you put your body and mind to the test in Ravinia's grueling circuit. Set-up by your Ravinia Coaches/Trainers, the circuit will be fun, engaging and competitive.

Your performance results will be followed on our Facebook page and tweeted on Ravinia's Twitter account. Trophies will be awarded in December 2013, so good luck and may the year yield your best health & fitness goals. N.B. Your results will be measured against a standardized baseline.

Results will be determined by an impartial Athletics & Wellness Committee.

Conversations at Courtside 2013

New Format! Create healthy perspective; Tackle your weaknesses; Live to succeed

Every Wednesday @ 8:30am join Paul Lewis (Ravinia's Athletics & Wellness Director) and like minded, health conscious Members, for a half hour health enrichment program. The focus of these presentations/ interactive discussions is: healthy nutrition, structural alignment, exercise, stress reduction and injury prevention.

Enter 2013 with Rapid 2020

Join Paul Wagner for a fun and intense mix of strength and functional movements, using equipment such as the TRX, total body exercise trainer, kettle bells, and sledge hammers.. Build strength, endurance, flexibility and balance. \$10 per session or \$35 to reserve a spot for the month. Monday's – 6:30pm; Wednesday's – 6:30pm

Swim Ravinia

Pre-Spring training is in the air:

We are entering into the preparation phase and our pool is open to all Members throughout the year. Apart from recreation and relaxation, swimming is an ideal sport for all ages, with both cardiorespiratory and anaerobic benefits. If you are interested in learning to improve your swim technique, contact: Joe Norton (Ravinia's swim coach) joe@apexswimming.com. Joe is also highly experienced training children of all ages.

American Martial Arts

Providing professional family Mixed Martial Artist the Ravinia Club since 1989. Our programs include:

- Kids Karate and Gracie Jiu Jitsu
- Adult and teens Self Defense based Martial Arts; Gracie Jiu Jitsu Muay Thai
- Full Gracie Jujitsu program

Contact: the Athletics Desk or call- Peggy Brown at (404) 245-2210 or Steve Brown at (770) 548-9514 for more information.

Hydrostatic Bodyfat Test

Hydrostatic testing is by far the most accurate and reliable method of measuring body volume and body fat, setting your objectives to reach your lean muscle to body fat objectives. Sign up at Athletics Desk. Cost - \$45 first time; \$35 re-test. Test date: January 30th 7am-10am.

Pinnacle Chiropractic and The Ravinia Spa

Dedicated to your wellness experience

New Spa Services!

You've heard us talking about it...our soon-to-be-unveiled (fingers and toes crossed!), completely revamped, totally sleek, Ravinia Spa website. Of course, we put a great deal of thought into the site's custom design, but even more important, we took our time in researching and developing the necessary training for what we deem to be the spa services that will set us apart as a luxury wellness spa. We're already a spa with a full-time chiropractor surreptitiously tucked within; as the proprietor and visionary of both businesses, Dr. Bart thought it only made sense that the spa services we offer were complementary of this creative approach to full-body healing.

Here is just a sampling of what's in store at the Ravinia Spa in 2013:

Swedish Massage

Swedish massage is a gentle but firm technique that helps to reduce muscle tension. A Swedish massage will often include the use of oils to help with the massage motions called effleurage. Other types of movements include kneading, friction, and tapping.

Swedish Special December – January with Pierre:

\$64 Ravinia Club Members • \$70 Guests

60-Minutes: \$84 Ravinia Club Members • \$90 Guests

90-Minutes: \$120 Ravinia Club Members • \$130 Guests

Deep Tissue Massage

Deep pressure and long strokes. Excellent for targeting specific problem areas.

60-Minutes: \$84 Ravinia Club Members • \$90 Guests

90-Minutes: \$120 Ravinia Club Members • \$130 Guests

Transformative Energetic Healing and Chakra Balancing

A powerful, customized 90-minute healing session incorporating massage, Reiki energy medicine and Foot Reflexology to balance the Chakras, relax the body and heal the energy field. Lie back, quiet your self and experience complete release and relaxation in a safe space while listening to vibrational music specifically attuned with frequencies for relaxation and healing. Come experience a most profound energetic healing experience.

90-Minutes: \$150 Ravinia Club Members • \$160 Guests

This service is performed by Suzanne DeCann, L.M.T., Usui Reiki Master

Sports/Golfer's Massage

Designed to enhance an athlete's performance and recovery time, sports massage increases range of motion by combining deep tissue with targeted stretching.

60-Minutes: \$90 Ravinia Club Members • \$95 Guests

Neuromuscular Massage Therapy/ Rehabilitative Massage

Addresses and helps the body heal from an injury or a specific trigger-point pain.

Migraines • Back pain • Knee and hip pain/replacement

60-Minutes: \$84 Ravinia Club Members • \$90 Guests

90-Minutes: \$120 Ravinia Club Members • \$130 Guests

Ravinia's Rejuvenating "Facelift" Massage

Releases toxins, boosts mood, energy and immune function through gentle head, face and neck massage and lymphatic drainage techniques. This exquisite service is performed by our highly experienced L.M.T. Gwen Baldwin.

60-Minutes: \$84 Ravinia Club Members • \$90 Guests

Lymphatic Drainage Massage

Gentle technique uses soft rhythmic motion to stimulate the body's lymph nodes and keep the lymphatic system in pristine working order. Promotes better immune function, faster healing, removal of toxins and waste from the body, and provides an overall sense of well-being. So gentle on its own that this technique can be applied to post-surgical skin (including cosmetic procedures). Frequently used for individuals who suffer from low energy, chronic illness, stress-related issues and even depression.

60-Minutes: \$84 Ravinia Club Members • \$90 Guests

90-Minutes: \$120 Ravinia Club Members • \$130 Guests

Pregnancy Massage

Helps increase mom's mobility while easing her discomfort after the first and second trimesters of pregnancy. Eases tension, stiffness and restores circulation for both mother and fetus. May help ease length of labor and reduce anxiety during delivery. Postpartum massage helps in the delicate rebalancing of emotions and overall structure within the new mother. Give the mom-to-be or new mommy a gift she'll be sure to remember!

60-Minutes: \$84 Ravinia Club Members • \$90 Guests

90-Minutes: \$120 Ravinia Club Members • \$130 Guests

Hot Stone Massage

A truly unique and healing experience: Heated lava stones are incorporated into a richly relaxing massage, blending the benefits of heat therapy and deep pressure. This technique induces a state of calm like no other massage we offer.

60-Minutes: \$110 Ravinia Club Members • \$120 Guests

90-Minutes: \$145 Ravinia Club Members • \$155 Guests

Reflexology

Utilizing the holistic Chinese healing technique, pressure points on the feet are targeted, helping to restore a sense of internal balance, both emotionally and physiologically. Helps re-establish energy flow throughout the body. A perfect complementary service to our Ravinia Rejuvenating Facelift Massage, in conjunction with a chiropractic adjustment, or simply on its own.

60-Minutes: \$84 Ravinia Club Members • \$90 Guests

Cupping

Adapted from the ancient Chinese art of cupping, this therapy uses light suction and negative ease to bring blood flow to affected areas, allowing for the release of built-up toxins and muscle adhesions and promoting healing and deep tissue release from within. Some say cupping therapy also results in a smoother appearance of the skin. An ideal complement to a spa treatments or on its own, the profoundly relaxing massage cupping is perfect therapeutic addition for those seeking results. (It feels exhilarating, too!)

15 minutes: \$35 Ravinia Club Members • \$40 Guests

60 minutes: \$95 Ravinia Club Members • \$105 Guests

90 minutes: \$135 Ravinia Club Members • \$145 Guests

Bamboo Massage

Gently warmed and bamboo reeds (cho sticks) of differing lengths and sizes are used to gently deliver a deeper, more healing full body massage – at a depth that simply could not be easily manipulated by the hands. Melts away muscular tension and relieves stress. The natural healing energy charge of the bamboo itself enhances circulation and is said to restore inner tranquility in a way that no other modality can.

60 minutes: \$84 Ravinia Club Members • \$90 Guests

90 minutes: \$120 Ravinia Club Members • \$130 Guests

RAVINIA TRADITIONS

First Wednesday Team Trivia Night

Wednesday, January 2nd
Wednesday, February 6th
6:30-8:00 pm

Trivia is the first Wednesday of every month and in 2013, the competition continues ALL YEAR LONG! Form a team and track your results each month for chance to win BIG at the end of the year. Nightly prizes are given for winners of each round. Join the fun!

Wine Tasting

Thursday, January 31st
Thursday, February 28th

“Big Bold Reds”
“Hidden Gems from Secret Places”

7:00 – 9:00 pm

\$25 ++ per person/complimentary for Wine Society Members
Enjoy the 20-30 samplings of wine along with complementing hors d'oeuvres. Reservations required. 770-392-7300.
Childcare is extended until 9 pm.

Epicurean Dinner

Wednesday January 16th “South America”
\$43++ pp

- 1- Salt Cod Ceviche with Avocado, Tomatoes & Cilantro
- 2- Salad of Quinoa with Black Beans, Roasted Choclo, Red Bell Pepper
Cumin - Yellow Chili Vinaigrette
- 3- Chimichuri Marinated Lamb T-Bones
Pastel de Papas and Chayote Squash
Papaya and Chili Relish
- 4- Banana Empanadas with Strawberry Compote

Ladies Supper Club

Thursday, January 3rd
Thursday, February 7th

A tradition continues at the Ravinia Club! The first Thursday of every month will be all about the ladies! Chef Ed will feature a limited menu created specifically for you and paired with a cocktail. So grab your girlfriends, or just make a reservation for yourself. Either way, you will be amongst friends! Call 770-392-7300. Cost is \$20++ per person and includes a shared Appetizer, choice of Entrée and complementing cocktail.

Ravinia Book Club

Tuesday January 22nd at 6:00 PM

Happy New Year all you bookends. Welcome to 2013 and beyond. The two books we will be discussing are The Racketeer by John Grisham and Killing Kennedy by Bill O'Reilly. Can't wait to see you all.

Super Bowl TGIF

Friday February 1st
5:30pm – 7:30pm

\$10 members/ \$15 guests

It's the biggest football game of the year, so let's enjoy one last tailgate as you cheer for your favorite team. All week long, we'll have betting squares available to purchase in hopes you can win BIG on Sunday! Enjoy heavy hors d'oeuvres and unlimited Club brand cocktails, wine and beer. RSVP to 770-392-7300.

Mardi Gras Super TGIF

Friday February 8th
5:30pm – 8:00pm – Cajun buffet and unlimited
Club brand beverages
6:30pm – 9:30pm – Live entertainment
\$15 members/\$20 guests

Laissez les bon temps roulez! Join your friends at the Ravinia Club TGIF tradition, New Orleans style! We'll have Cajun food, Hurricanes, Mardi Gras beads and music to let the good times roll! RSVP to 770-392-7300.

Valentine's Day Dinner

Thursday February 14th
6:00 – 9:00pm

Treat your sweetheart to night of indulgence and romance. Chef Ed and his culinary team prepare a delicious 5 course menu with wine pairings and let our jazz trio set the mood for love. RSVP to 770-392-7300.

Professional Development Lunch and Learn

Thursday, January 24th 12pm Spruill Room

Please join us as we welcome speaker Paul Lazar to discuss “How to get the most leverage from your LinkedIn Account”.
\$10 ++ for members \$15 ++ for guests.

Professional Development

Monthly Dale Carnegie Series to begin February
Executive Presence: Being Perceived as a Leader
No Time to Lead Effective Time Management
Stand and Deliver!! Secrets for a Successful Presentation
Creating Business through Effective Networking
Light Hors d'oeuvres and Cash Bar
\$10 for members \$15 for guests
Purchase the series for \$30.00
Light Lunch Served

CATERING



Wedding Bells are ringing!

Engagement season is now upon us and the Ravinia Club is the perfect place to host your Wedding Ceremony & Reception.

Book your 2013 Wedding between now and March 1st and receive a complimentary Champagne Toast for up to 150 guests!

Contact Dana Williams at 770.392.7305 or danawilliams@raviniaclub.com to book your tour of the Club today!

VALENTINE'S DAY DINNER AND DANCE

Thursday, February 14

6:00 - 8:30 PM

\$60++ Without Wine • \$75++ With Wine Pairings

Reservations required, 770-392-7300, and are available on the half-hour starting at 5:30 pm.

A 24-hour cancellation policy will be in effect. Steal away and join us for an enchanted evening to include music and dancing for the perfect celebration of this special day!

M E N U

1st Course

Baked Scallops on the Half Shell
Fresh Mozzarella
Baby Portabella Mushrooms
Sharon Sauce

2nd Course

Chunks of Lobster
Crisp Greens
Gala Apples
Crumbled Goat Cheese
Saffron Aioli
Red Chili Oil Drizzle

3rd Course

Champagne Sorbet

4th Course

Chateaubriand with Peppercorn and
Brandy Demi Glace
Bleu Cheese au Gratin
Roasted Asparagus

5th Course

Red Velvet Cake with Cream Cheese Frosting
Dark Chocolate Drizzle





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Established 1987

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Atlanta, GA 30346

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BOARD OF GOVERNORS

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