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# RAVINIA

CLUB & SPA

BUSINESS • SOCIAL • ATHLETIC

ESTABLISHED 1987



MARCH/APRIL 2011

## MEET THE STAFF

**Steve Franke**, *General Manager*, stevefranke@raviniacub.com..... 770 395-5181  
**Lauren McJenkin**, *Membership Director*, laurenmcjenkin@raviniacub.com..... 770-395-5148  
**Sheila Arant**, *Club Accountant*, sheilaarant@raviniacub.com ..... 770 392-7304  
**Laura Potts**, *Catering Director*, laurapotts@raviniacub.com ..... 770 392-7328  
**Dana Williams**, *Corporate Catering Manager*, danawilliams@raviniacub.com..... 770-392-7305  
**Ed Scheu**, *Executive Chef*, edscheu@raviniacub.com..... 770-392-7302  
**Paul Lewis**, *Athletic/Wellness Director*, paullewis@raviniacub.com ..... 770 395-5196  
**Greg Hazard**, *Maintenance Director*, greghazard@raviniacub.com ..... 770 395-5158

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

## WELCOME NEW MEMBERS

### DECEMBER & JANUARY

Gennady & Alla Kemelmakher (T-Mobile)  
Tim Alexander (Composit Technology Corp)  
Cheryl Simmons (AllScripts)  
Elie & Elisheva Engler (Ashford Advisors)  
Christopher & Lauren Sands (Ashford Advisors)  
Reagan Wolfe (Ashford Advisors)  
Grace Dean-Fossett (Access General)  
Keelan Jenkins (IHG)  
Emily Michaud & Jason Porche (IHG)  
Sabrina Altenbach (Prudential Financial)  
Ileana Branisteanu (IHG)  
Ted Hinson (Access General)  
Tracey & Dale Patterson (IHG)  
Nick Nicholson (Via Video)  
Michael & Susan Meadows (Access General)  
Thelma Funes (Access General)  
Cynthia Potter & Peter Lasser  
Scott & Jacqueline Keniley (Keniley Kumar, LLC)  
Sandy Weng (T-Mobile)  
Mark Foley  
Anthony Sisco (H&A Consulting)  
Amy Peterman (IHG)  
Chip & Leah Taylor (Expert Technical Solutions)  
Ram & Jagruti Bhojwani (Expert Technical Solutions)  
Kristen & Felipe Pardo (IHG)

**THANK YOU TO ALL MEMBER SPONSORS!**

## 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

### December



Tamir Clemons



Julien Bustos

### January



Janice Cotton



Paul Wagner

### 2010 Employees of the Year



Rolanda Culpepper



Leotis Perdue



*Ravinia Athletics & Wellness: Assessing. Empowering. Exceeding.***Fitness & Health Assessments**

Improving your health and fitness is our objective and at Ravinia we encourage wellness as part of your daily schedule. If you are:

- Looking to establish new goals
- Wanting to create goals for the year
- Disgruntled with your current training program
- Burdened by health issues
- In need of fitness/health advice

...Ravinia's Athletics & Wellness Director, Paul Lewis, is available to meet with you throughout the week. Please contact Paul directly – 770-395-5196 or e-mail: paullewis@raviniacub.com to schedule a suitable time.

**Lunch & Learn –  
Men's Health & Wellness**

Monday, March 14 at 12:00pm

Men's Health, presented by Joseph H. Blumberg (Executive Director, Men's Health & Wellness Center). Men live 6 years less than women, on average, Why? As part of Ravinia's Lunch & Learn series, the following will be discussed: Prevention & early diagnosis; Treatment options; Quality of Life; Cancer; Healthy Living. RSVP at athletic desk by March 10<sup>th</sup>.  
Group Fitness Classes

For 2011 we are endeavoring to improve the quality of group fitness classes. In order to make the classes participation friendly the following are our objectives:

- Classifying classes into degrees of difficulty
- Having group fitness instructors educate and motivate Members, with results-oriented programs
- Creating timelines to improve performance and reach specific and individual goals
- Explain the need for cross-training to help you achieve your objectives
- Offer fitness related advice based on class content and your individual goals

**Spring Training –**

Creating, re-assessing or enhancing your fitness program: As we move into warmer weather and are motivated by the outdoors, Ravinia's Health Coaches/ Personal Trainers will provide you with the direction, motivation and support by developing individualized training sessions, based on your current condition and objectives. Whether you are looking to revamp your training program or gear yourself to the golf, tennis, baseball...season, together, we will establish your goals and help you exceed your objectives.

**TRX/Kettlebell Classes-**

The popularity of this evening program, instructed by Paul Wagner, has resulted in additional classes being added to the Ravinia fitness format. As the program expands so does your strength and skill set. The results speak for themselves and evenings at Ravinia have taken on new meaning, with this challenging and enjoyable small group setting. An additional cost is involved, as you work as a group to achieve your desired results. Sessions are \$10 individually, or \$35 per month.

**Ravinia Rollers:**

As the weather improves, so does the desire to cycle outdoors! Ravinia Rollers Cycling Club is a group of members and friends who take to the outdoors on their bikes for exercise and exploration of the beautiful terrain Georgia provides. Some rides are in the city and some rides are day trips that include other activities such as picnics and hikes. What a great program to change up your normal routine—and great people too! For more information about RRCC contact Randy Bailey at randy.bailey@comcast.net or visit [www.raviniarollers.com](http://www.raviniarollers.com)!

**Athletics Maintenance Initiative**

Our focus on hygiene and equipment maintenance will reach a new level in 2011. Our objective is to meet new standards and address your requests. As Members of the Ravinia Club your concerns become ours and we wish to address these issues, for your benefit and improvement of the Club. Please feel free to bring your concerns to our attention and we will do our best to resolve them as soon as permissible.



# CALLING ALL GOLFERS!



## Golf – Body Mechanics & Flexibility

Sunshine days mean more time on the golf course. If you've decided this is the year you are going to really improve your golf game, then

consider adding 30 minutes a week to your fitness routine with Paul Lewis. This weekly session will focus on the body mechanics, increasing flexibility and how to prevent or deal with injuries. For more information, contact Paul Lewis at 770-395-5196. *What is half an hour worth to you if it will increase your distance by yards?*

## Get Your Spine Aligned at Pinnacle Chiropractic

Spring has almost sprung, and golfers (as well as gofers!) are excited about the start of the golfing season. Now is the time to get your spine aligned with Dr. Daniel Bart, chiropractor and owner of Pinnacle Chiropractic and The Ravinia Spa.



Dr. Bart, who is originally from New York, has been dedicated to health and fitness his entire adulthood, working as a personal trainer with a special emphasis on rehabilitative joint replacement exercise therapy. With a thriving business that spanned three states, he yearned to help others to an even further extent and moved to the Atlanta area to attend Life Chiropractic University. Today, nearly a decade after graduation, Dr. Bart relies on the latest in **Digital Thermography** and other equipment to help him assess his patients' underlying injuries. Still an avid exerciser himself, he merges his own professional knowledge of fitness and exercise to increase the benefits of healthy living with the chiropractic experience.

Chiropractic care can help with chronic back pain and improve balance and flexibility, which together can add up to a better golf swing.

**Who says there's no hope for your golf game?**

## Fore!

Ravinia's own **19th Hole Club** will be back in full swing with the warmer weather! Upcoming dates will be posted around the club and in the weekly newsletter so be on the lookout!

# THE SPA AND WELLNESS CENTER

770-392-7337

## The Ravinia Spa:

*Luxury and Master Technique in the Heart of Dunwoody*

Offering a full array of luxury and wellness spa services, **The Ravinia Spa** is the destination in Dunwoody for the latest in facial and massage therapies. *What sets us apart?* Our staff is made up of top-tiered experts in each of their fields – all are certified, and all bring a unique perspective and dedication to their craft. Wellness is their livelihood as well as their passion.

## Facials

*Did you know that when administered properly, a facial is so much more than skin deep?*

Our professional aestheticians are trained in the latest anti-aging techniques, including: **lymphatic drainage** or the **non-invasive facelift**, **Moor mud**, **ultrasonic** and **Deep Oscillation Therapy**. While these therapies combat aging, acne, skin discoloration and uneven skintone as well as sagging skin and wrinkling, they are also known to be beneficial to pre-and post surgical healing. Some even say they promote overall healing from within, as blood and oxygen circulate through the face, neck and chest areas. Utilizing a well-trained professional aesthetician is the key, and we are fortunate to have **Misha** and **Inkeri** here at The Ravinia Spa. Other facial services we provide:

microdermabrasion, waxing and hair removal, brow and lash tinting, glycolic, pumpkin and calming peels, and even facials for teens!

## Massage Therapy

Our massage therapies include **hot stone massage**, **deep tissue/Swedish massage**, **sports massage**, **pregnancy massage**, **pre- and post surgical massage**, and the **Eastern art of the energy-releasing reflexology**, all administered by trained and certified massage therapists who specialize in their individual fields. Also available: **Chi cranial massage**, and **medical massage** or **lymphatic drainage massage**, which release toxins subcutaneously and promote the ultimate healing experience from within.

Brand new at The Ravinia Spa from our own **Gwen Baldwin**, is **Cupping Therapy**, which is 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 also results in a smoother appearance of the skin! (It feels exhilarating, too!)

*Amazing on their own or in any combination, our spa services are second to none! Call Rachel to schedule your visit or ladies' night out!*

# MARCH



| SUNDAY              | MONDAY               | TUESDAY               | WEDNESDAY                           | THURSDAY  | FRIDAY  | SATURDAY                       |
|---------------------|----------------------|-----------------------|-------------------------------------|---|---|--------------------------------|
|                     |                      | 1<br>Two for Tuesday  | 2<br>\$3 Cocktails<br>Trivia Night  | 3<br>\$3 Wine   | 4<br>Rotisserie Dining 6-9pm<br>Mardi Gras Super TGIF | 5<br>Athletics 8-4<br>Spa 9-4  |
| 6<br>Athletics 8-4  | 7<br>\$2 Draft Beer  | 8<br>Two for Tuesday  | 9<br>\$3 Cocktails                  | 10<br>\$3 Wine<br>Rotisserie Dining 6-9pm<br>Professional Development | 11<br>Rotisserie Dining 6-9pm<br>TGIF                 | 12<br>Athletics 8-4<br>Spa 9-4 |
| 13<br>Athletics 8-4 | 14<br>\$2 Draft Beer | 15<br>Two for Tuesday | 16<br>\$3 Cocktails                 | 17<br>\$3 Wine<br>Rotisserie Dining 6-9pm<br>St. Patrick's Day        | 18<br>Rotisserie Dining 6-9pm<br>TGIF                 | 19<br>Athletics 8-4<br>Spa 9-4 |
| 20<br>Athletics 8-4 | 21<br>\$2 Draft Beer | 22<br>Two for Tuesday | 23<br>\$ 3 Cocktails<br>Orientation | 24<br>\$3 Wine<br>Epicurean Dinner<br>Rotisserie Dining Closed        | 25<br>Rotisserie Dining 6-9 pm<br>TGIF                | 26<br>Athletics 8-4<br>Spa 9-4 |
| 27<br>Athletics 8-4 | 28<br>\$2 Draft Beer | 29<br>Two for Tuesday | 30<br>\$3 Cocktails                 | 31<br>\$3 Wine<br>Wine Tasting<br>Rotisserie Dining 6-9pm             |   |                                |

# APRIL



| SUNDAY                               | MONDAY               | TUESDAY               | WEDNESDAY  | THURSDAY   | FRIDAY                                   | SATURDAY                       |
|--------------------------------------|----------------------|-----------------------|--|--|--|--------------------------------|
|                                      |                      |                       |  |  | 1<br>Rotisserie Dining<br>6-9pm<br>TGIF  | 2<br>Athletics 8-4<br>Spa 9-4  |
| 3<br>Athletics 8-4                   | 4<br>\$2 Draft Beer  | 5<br>Two for Tuesday  | 6<br>\$3 Cocktails<br>Trivia                                   | 7<br>\$3 Wine<br>Rotisserie<br>Dining 6-9pm                  | 8<br>Rotisserie<br>Dining 6-9pm<br>TGIF  | 9<br>Athletics 8-4<br>Spa 9-4  |
| 10<br>Athletics 8-4                  | 11<br>\$2 Draft Beer | 12<br>Two for Tuesday | 13<br>\$3 Cocktails  | 14<br>\$3 Wine<br>Rotisserie<br>Dining 6-9pm                 | 15<br>Rotisserie<br>Dining 6-9pm<br>TGIF | 16<br>Athletics 8-4<br>Spa 9-4 |
| 17<br>Athletics 8-4                  | 18<br>\$2 Draft Beer | 19<br>Two for Tuesday | 20<br>\$3 Cocktails  | 21<br>\$3 Wine<br>Rotisserie<br>Dining 6-9pm<br>Orientation  | 22<br>Rotisserie<br>Dining 6-9pm<br>TGIF | 23<br>Athletics 8-4<br>Spa 9-4 |
| 24<br>Athletics 9-1<br>Easter Buffet | 25<br>\$2 Draft Beer | 26<br>Two for Tuesday | 27<br>\$3 Cocktails<br>Administrative<br>Professional's<br>Day | 28<br>\$3 Wine<br>Rotisserie<br>Dining 6-9pm<br>Wine Tasting | 29<br>Rotisserie Dining<br>6-9pm<br>TGIF | 30<br>Athletics 8-7<br>Spa 9-4 |



# EASTER BRUNCH AND EGG HUNT

Sunday, April 24

Seatings from 10:30 am to 1:30 pm

\$28.95++ adults, \$12.95++ children ages 5-12

Complimentary for children under age 5

Reservations 770-392-7300 (24-hour cancellation policy in effect)

A Ravinia Club family tradition, Chef Ed's Easter Brunch will feature an elegant buffet certain to appeal to both adults and children alike. Bring your Easter baskets for photos with the Easter Bunny and our annual Egg Hunt in the Ravinia Club Gardens at 11:30 and 1:00.

## *The menu features:*

### *Chef Attended Stations*

Laduxido Marinated Lamb Leg  
Oregano Yogurt Sauce

Korean BBQ Roasted Prime Rib.  
Spring Onion Marmalade

Made to Order Omelets

### *Brunch Buffet*

Black Forest Ham & Egg Tulip  
Country Red Eye Gravy, Chive Sour Cream

Buttermilk Pancake with Assorted Toppings:

- Vermont Maple Syrup
- Cinnamon Whipped Cream
- Chambord Blueberry Compote
- Calvados Apples

Applewood Smoked Bacon, Sausage Links

Peel and Eat Shrimp Display  
Vermouth Cocktail Sauce

Cornmeal Crusted Chicken and Belgium Waffles  
Pecan Praline Drizzle

Macadamia Nut Crusted Atlantic Salmon  
Orange Chili Sauce, Mango Relish

Sweet Potato & Bourbon Soufflé  
Spiced Pecan Streusel

Smashed Red Skin Potatoes  
Chives and Sour Cream

Southern Style Succotash

Haricot Verts tossed with a Spring Onion Vinaigrette

### *Salads*

Mixed Field Green  
Grapefruit Segments, Pine nuts, Crumbled Chevre,  
Lemon and Thyme Vinaigrette

Rustic Panzanella Salad

### *Desserts*

Assorted Shot Glass Desserts

Dark Chocolate and Pecan Bread Pudding

Chocolate Bread Pudding, Assorted Topping



# RAVINIA TRADITIONS

## Mardi Gras Super TGIF

Friday, March 4

5:30 – 8:00pm

*Laissez les bon temps rouler!* Join your fellow members Friday March 4th for a Super TGIF, New Orleans style! We'll have Mardi Gras beads, hurricanes and a Zydeco band to keep the party rolling all night long. So, come on out and let the good times roll!

**\$15 for Members and \$20 for Guests, all-inclusive.**

Music for entertainment will begin at 6:00 and continue to 9:00 pm. RSVP to 770-392-7300.

## First Wednesday Trivia Night

Wednesday, March 2

Wednesday, April 6

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!

## Ravinia Club's Professional Development Series 2011

The Professional Development Programs will be scheduled quarterly throughout the year and will be 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."

**Cocktails and Connections: An Introduction**

Thursday, March 10 • 6:00 – 7:00

Hors d'oeuvres, cash and signature bar

Reservations. 770-392-7300

This kick-off event will allow all attendees 30 seconds to plug his/her business! Bring business cards for a raffle prize and spend the evening socializing and making business connections. Event is complimentary for members and guests. Hors d'oeuvres and Cash/Signature bar available. RSVP to 770-395-5148.

## Book Club

**March 1st Discussion:** "Obsession, Deceit and Really Dark Chocolate" by Kyra Davis

**March 29th Discussion:** "Atlas Shrugged" by Ayn Rand  
Ravinia's Book Club meets monthly and is open to all Members. Please contact Steve Newfield (steve.newfield@nadel.com) for more information!

## Third Monday Veteran's Breakfast

Monday March 21

Monday April 18

9:00 – 10:00am

*Are you an Armed Forces Veteran or a Reservist?* Please join us for coffee and donuts as you share stories, reminisce with old friends or make new ones! This new tradition will be held the 3rd Monday of every month in the Rotisserie Grill and is open to all members and their guests. Everyone is invited to stay for Paul Lewis' Recess class afterwards beginning at 10am. There is no charge for this event or for guests to stay and participate in the fitness class.

## Epicurean Supper Club

"Nouveau California Cuisine"

Thursday March 24

6:30pm Mix & Mingle with Wine and Hors d'oeuvres

7:00pm Dinner

**\$50++ per person**

This dinner will feature small plates paired with wines from the Red Car winery in Sonoma, CA. This is a great opportunity to tempt your taste buds while expanding food and wine knowledge with other Ravinia "epicures". Space is limited. Reservations required. 770-392-7300.

## Last Thursday Wine Tasting

Thursday, March 31st: Wines from the Southern Hemisphere

Thursday, April 28th: Vive Italia!

Wines from Italy

7:00 – 9:00pm

Join your fellow members for one of the Ravinia Club's most popular tradition, wine tastings. Enjoy 20-30 samplings of wine from 5 or more vendors. Complementing hors d'oeuvres included.

**\$25++ per person.**

## Masters TGIF

Friday April 8th

5:30pm – 7:30pm

This TGIF will be golf inspired! We'll have the big screen TV on all day showing the Masters Tournament and a hole-in-one golf game for prizes! \$10 for members/\$15 for guests. For parties of 8 or more, call 770-392-7300 for reservations.



# Super Bowl TGIF



# Valentine's Day





## RAVINIA

CLUB & SPA

BUSINESS · SOCIAL · ATHLETIC

*Established 1987*

Two Ravinia Drive  
Suite 100  
Atlanta, GA 30346

[www.raviniaclub.com](http://www.raviniaclub.com)

## BOARD OF GOVERNORS

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*Board Chairman*

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