



RAVINIA

CLUB & SPA

BUSINESS • SOCIAL • ATHLETIC

ESTABLISHED 1987



MAY/JUNE 2011

MEET THE STAFF

Steve Franke , <i>General Manager</i> , stevefranke@raviniacub.com.....	770 395-5181
Lauren McJenkin , <i>Membership Director</i> , laurenmcjenkin@raviniacub.com.....	770-395-5148
Tina Nguyen , <i>Accounting</i> , tinanguyen@raviniacub.com.....	770-395-5182
Laura Potts , <i>Catering Director</i> , laurapotts@raviniacub.com	770 392-7328
Dana Williams , <i>Corporate Catering Manager</i> , danawilliams@raviniacub.com.....	770-392-7305
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

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

February



Ceasar Peralta



Tina Nguyen

March



Ethias Young



Pat Cosby

WELCOME NEW MEMBERS

February & March

Leonard Whitlock & Family (Blue Meridian Holdings)
John & Bess Scholl (LandAmerica)
Alex Grigorian (IHG)
John Poirier (Commonwealth of Massachusetts)
Tamara Washington (IHG)
Joseph Sisto (IHG)
Theron McLarty (IHG)
Michael & Elizabeth Farley (Munich RE)
Dan McGeown & Family (Lifetest of Atlanta)
William Crouch (H&A Consulting)
Natalie Martinez (H&A Consulting)
Helen Meyers (Helen Meyers Real Estate)
Tony & Marsha Cintorino
Jane Hamilton (United Way)
Jarrett Sappington (Prudential)
Marcel Turner (West Coast Life)
Mark Marmon (Ivize Corp)
Ron Self (Ivize Corp)
Charles & Christina Darville (Darville & Assoc)

George Lampkin (North American Resource Group)
Jessica Callaham (Regus)
Steve Bachman
Alex Guenault (IHG)
Joseph Hirth (Expert Technical Solutions)
Jonathan Poehlman (Expert Technical Solutions)
Drew & Jana Blanchard
Lee Ramsaur
Tamara Wacholz (Sava Senior)
June Giustra (Document Technologies)
Steve Zeitman (Berkely Specialty Underwriting)
Richard Bak (Berkely Specialty Underwriting)
David Leibowitz (DMI Venture)
Craig Williams (IHG)
Douglas Oesterreich (IHG)
Steve Bachman (Hi Tech Partners)
Drew & Jana Blanchard (Merchant Data Systems)
Lee Ramsaur (Digital Media 360)

THANK YOU TO ALL MEMBER SPONSORS!

GEORGIA ALLIANCE BECOMES THE NATIONAL ALLIANCE

Introducing the National Alliance of Private Clubs

As many of you are aware, the Georgia Alliance has officially changed its name to the National Alliance of Private Clubs (NAPC). New membership cards have been ordered for all current members and the website has been upgraded to a new design that is easier to navigate, includes more details about the reciprocal clubs and allows you to update your personal information. Please visit them at www.nationalallianceclub.com today! In case you aren't familiar with the benefits, as a member of Ravinia Club you may upgrade to a premier-level of membership called the National Alliance of Private Clubs. This expands your current membership privileges to also include:

- Social/Dining privileges in 35+ strategically located clubs in the Atlanta area
- Over 650 private clubs when traveling, both Domestic & International
- Space-available golf, tennis & spa services at preferred rates
- VIP seating for Chastain park, The Fox Theatre and sporting events
- Complimentary dining & golf certificates that may be used at specific clubs
- A multitude of private dining/meeting rooms for your entertaining needs
- Georgia Alliance privileges for your spouse at no additional cost
- Monthly magazines that highlight special events and unique benefits

How Do I Enroll?

For a limited time you may upgrade for a **ONE-TIME PROCESSING FEE OF \$30**. (The initiation fee is normally \$500.) Members who upgrade will also receive bonus dining/golf certificates valued at over \$1,000! **The additional monthly dues amount for Ravinia Club Members is only \$30**, with no long-term commitment. Yes, the \$30 provides benefits in ALL the additional clubs, even though it's a fraction of what one would typically pay to join just one club.

Atlanta Area Clubs Include:

- The 1818 Club
- Achasta
- Alpharetta Athletic Club
- Athletic Club Northeast
- Barnsley Gardens Resort
- Berkeley Hills Country Club
- Big Canoe
- BridgeMill Athletic Club
- Brookstone Golf & Country Club
- Catechee Golf Club
- Chestatee Golf Club
- City Club of Buckhead
- Concourse Athletic Club
- Cuscowilla Golf Club & Resort
- Durham Lakes Golf & Country Club
- Echelon Golf (formerly GA Tech)
- The Georgian Club
- Golf Club at Bradshaw Farm
- Hamilton Mill Golf Club
- Hampton Golf Village
- Heritage Golf Links
- Indian Hills Country Club
- Kingwood Golf Club & Resort
- Midtown Athletic Club
- Monarch Athletic Club
- Office Suites PLUS - 9 Atlanta Locations
- Olde Towne Athletic Club
- The Orchard Golf & Country Club
- Polo Golf & Country Club
- Racquet Club of the South
- Ravinia Club
- Reunion Country Club
- Roam Atlanta
- Smoke Rise Country Club
- Summit Chase Country Club
- Sunset Hills Country Club
- Trophy Club of Apalachee
- Trophy Club of Atlanta
- University Yacht Club
- Wolf Creek Golf Club
- Woodmont Golf Club
- World Trade Center Atlanta

For more information or to begin receiving your benefits NOW, call Lauren McJenkin at 770-395-5148 or email laurenmcjenkin@raviniaclub.com!

RAVINIA CLUB'S PROFESSIONAL DEVELOPMENT SERIES 2011



Your Next Career. Do What You Always Wanted to Do

Presented by Gail Geary

Friday May 13, 12pm – 2pm

Join us for lunch and presentation/discussion on how the over 40 Business Professional can rejoin the job network and transition to a new career. Gail Geary, recognized career transition expert for mature workers and author of the highly successful *Over-40 Job Search Guide* and *Your Next Career-Do, What You Always Wanted to Do*, will be our presenter. Gail is a Ravinia Club member, a former corporate attorney, and President of Atlanta Career Transition. Don't miss this leading edge program based on Gail's personal experience as a career consultant. **Cost for lunch, program and a signed copy of her latest book only \$30 all inclusive.** Members and invited guests may attend. Call 770-395-5148 to register.



Executive Presence: Turning Initial Impressions into Lasting Impacts

Presented by Sally Williamson

Wednesday, June 8, 6:00pm – 7:30pm

“Executive Presence” is a combination of behaviors and attitudes that present confidence, competence, commitment and authenticity. Learn how to set the right impression, create energy in your message, and engage your audience whether it's for 1 or 1,000. Sally Williamson brings over 25 years of experience to spoken communication. As a coach, she has supported CEO's and Executive leadership, sales leaders and teams, and hundreds of individuals in developing effective communication strategies and business presentations. Her latest book *The Hidden Factor* will be on hand for purchase. Event is complimentary for members guests. Call 770-395-5148 to register.

RAVINIA GETS CONNECTED!

If you have ever used Linked-in and Facebook, then you know the benefits of making social and business connections online are endless. Your next opportunity could be only a few clicks away!

Ravinialife.com was created to help you feel more connected to the fellow members you see every day. Your next client, associate or new hire could be sitting next to you in the Rotisserie Lounge, or running on the treadmill!

Your member profile can be as general or as specific as you would like and allows you to include not just professional information, but also includes the activities you enjoy at the Club. Here, book club members, squash players and wine tasters alike can find each other and build a stronger connection to the people around them.

Log on to www.ravinialife.com to begin! Questions, call Lauren McJenkin at 770-395-5148.

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Athletics 8-4	2 \$2 Draft Beer	3 Two for Tuesday	4 \$3 Cocktails Trivia Night	5 \$3 Wine	6 Rotisserie Dining 6-9pm Cinco de Mayo Super TGIF	7 Athletics 8-4 Spa 9-4
8 Athletics 8-4 Mother's Day Brunch	9 \$2 Draft Beer	10 Two for Tuesday	11 \$3 Cocktails	12 \$3 Wine Rotisserie Dining 6-9pm	13 Rotisserie Dining 6-9pm Professional Development TGIF	14 Athletics 8-4 Spa 9-4
15 Athletics 8-4	16 \$2 Draft Beer Veteran's Breakfast	17 Two for Tuesday	18 \$3 Cocktails Cigars Under the Stars Ladies Night Out	19 \$3 Wine Rotisserie Dining 6-9pm	20 Rotisserie Dining 6-9pm TGIF	21 Athletics 8-4 Spa 9-4
22 Athletics 8-4	23 \$2 Draft Beer Lunch & Learn	24 Two for Tuesday	25 \$ 3 Cocktails	26 \$3 Wine Rotisserie Dining 6-9pm Wine Tasting	27 Rotisserie Dining 6-9 pm TGIF	28 Athletics 8-4 Spa 9-4
29 Athletics 8-4	30 \$2 Draft Beer	31 Two for Tuesday				

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 \$3 Cocktails Trivia Night	2 \$3 Wine Rotisserie Dining 6-9pm	3 Rotisserie Dining 6-9pm TGIF	4 Athletics 8-4 Spa 9-4
5 Athletics 8-4	6 \$2 Draft Beer	7 Two for Tuesday	8 \$3 Cocktails Professional Development	9 \$3 Wine Rotisserie Dining 6-9pm	10 Rotisserie Dining 6-9pm TGIF	11 Athletics 8-4 Spa 9-4
12 Athletics 8-4	13 \$2 Draft Beer	14 Two for Tuesday	15 \$3 Cocktails Epicurean Dinner	16 \$3 Wine Rotisserie Dining 6-9pm	17 Rotisserie Dining 6-9pm TGIF	18 Athletics 8-4 Spa 9-4
19 Athletics 8-4	20 \$2 Draft Beer Veteran's Breakfast	21 Two for Tuesday	22 \$3 Cocktails	23 \$3 Wine Rotisserie Dining 6-9pm	24 Rotisserie Dining 6-9pm TGIF	25 Athletics 8-4 Spa 9-4
26 Athletics 9-1	27 \$2 Draft Beer	28 Two for Tuesday	29 \$3 Cocktails	30 \$3 Wine Rotisserie Dining 6-9pm Wine Tasting		

*Ravinia Athletics & Wellness: Assessing. Empowering. Exceeding.***Equipment**

We are excited to offer additional athletic equipment to the Ravinia Athletics and Wellness department.

- 15 spin bikes
- 2 Stepmills
- 3 Free Motion machines

Please take this opportunity to Spin at Ravinia and expand your resistance/aerobic program with the additional equipment. Accelerate your goals by contacting Ravinia's coaches/trainers and group fitness instructors to help guide you and show you the way to correctly use the added equipment: 770-392-7301.

Lunch & Learns

Sleep Apnea, Dr. Randy Muecke, DDS

Monday May 23rd, 12:00pm

As part of our Lunch and Learn series, we are excited to bring Dr. Randy Muecke, DDS to the Club to present an in depth look at the symptoms and treatments for Sleep Apnea. This innovative presentation focuses on obstructive sleep apnea - disrupted sleep, and low blood oxygen levels. Obstructive Sleep Apnea has been associated with high blood pressure, cardiovascular problems and excessive daytime sleepiness. Enjoy lunch at Courtside Café for only \$5 compliments of Dr. Muecke!

Ravinia Athletics and Wellness is teaming up with, **The Men's Health & Wellness Center.** The Men's Health & Wellness Center is about men from all walks of life who face serious health issues as they age and want to take action to improve the quality of their life. Ravinia will be hosting Lunch and Learns throughout 2011/2012. Topics will include: Healthy Living, disease and disease prevention. Contact 770-395-5196 to request presentation topics, from orthopedic to cardio/pulmonary disorders.

Conversations at Courtside

Contact Paul Lewis to schedule time for this complimentary assessment and discussion of your health and fitness goals. In the past week and a half over 30 Members have undertaken to improve and adjust their lifestyles, becoming accountable and driven. Let this be you! 770-395-5196 or paullewis@raviniaclub.com.

Swim Instruction

Perfect for any level, from novice to competitive swimmer, private instruction makes it easy to focus on your particular swimming needs and is an ideal way to improve technique for adults and children.

These individualized lessons are perfect to help polish or create swimming techniques that will last a lifetime. For more information or to make an appointment, call: Bill Hammons- Total Immersion Swimming- Ravinia, 404-791-4221 –or- Joe Norton, 678-882-5333

Evening Programs

If your day is busy and yet you still strive to introduce an exercise program into your busy schedule, then look no further. Now Ravinia offers exciting weekday evening programs, including:

- Water Aerobics
- Kick boxing
- TRX/kettlebell training
- Yoga

Inquire at the Ravinia Athletics & Wellness desk: 770-395-5196, for further information.

TRX/Kettlebell Class-

Swing into summer with this challenging group exercise program. Run by Paul Wagner, this class is offered in a small group setting and will have you stronger, more coordinated and excited, in anticipation of the next class. (\$)

Golf Clinic

Focusing on correct body mechanics, overcoming/avoidance of injury, and performance enhancement, your results and distance will systematically improve as we build foundation into your game. We meet every Wednesday from 8:30am- 9:00am at the Ravinia Club. Contact Paul Lewis – 770-395-5196 for further information.

MOTHER'S DAY BRUNCH

Sunday, May 8

Seatings from 11:00 am to 2:00 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)

Celebrate Mom in grand style at the Ravinia Club! Chef Ed and the culinary team will prepare an elegant Buffet Brunch in Mom's honor.

The menu features:

Breakfast Buffet

Orange Blossom French Toast with
Grand Marnier Maple Syrup

Applewood Smoked Bacon

Link Sausage

Breakfast Potatoes

Farmers Egg Casserole

Assorted Breads and Pastries

Chef Attended Omelet Station, Assorted Topping

Entrees

Seafood Display

Smoked Salmon, Poached Shrimp,
New Zealand Mussels

Carving Stations

Roasted Pork Steamship with
Orange Horseradish Marmalade

Prime Rib with Manchego and Vidalia Onion Relish

Quinoa and Spring Vegetable Salad, Spring Peas,
Mint, Shitake Mushrooms, and Roasted Red Peppers

Watermelon, Feta and Basil Salad
with EVOO and Sea Salt

Baby Mixed Green Salad with Assorted Dressings

Macadamia Nut Crusted Kingfish
topped with Peach and Vidalia Relish, Grana Crisp

Applewood Smoked Bacon Wrapped Chicken,
Carolina Caviar and Sweet Tea Reduction

Sautéed Haricot Verts, Deviled Pecans
and Cherry Tomatoes

Loaded Smashed Potatoes

Paella Style Rice Pilaf

Desserts

Dark Chocolate and Caramel Fountains

Strawberry Waterfall and Assorted Topping

Peach Cobbler with Cinnamon Ice Cream

Tropical Fruit Display with Honey Yogurt

Strawberry Shortcake Trifle

Triple Chocolate Brownie with Peanut Butter Mouse

Key Lime Tart

Chocolate Bourbon Pecan Pie

Pinnacle Chiropractic and The Ravinia Spa
Dedicated to your wellness experience

Chiropractic care:

Planting and maintaining your summer garden can be a lot of work. Though you love the time spent in the fresh air, we're guessing you could do without the stooping, kneeling and bending required to plant your garden's lovelies and keep it weed-free? While we haven't yet come up with a way to garden from a chaise lounge, we do know a way to ease your strained back: Come see **Dr. Dan Bart**, chiropractor and owner of **Pinnacle Chiropractic and The Ravinia Spa**, for your spinal adjustment. Feel better, all summer long!

We accept all major insurance plans and are open most mornings as early as 7:30 a.m.!

Massage Therapy:

Need a massage? Who doesn't! Did you know that real, therapeutic massage is so much more than a relaxing hour spent on a table in between facial and manicure appointments? At least it should be. At **The Ravinia Spa**, we have the massages to suit your health needs, and the licensed professional staff at the ready to administer them. From a cleansing **deep tissue massage** to a **healing sports massage**, and everything in between, our staff has the knowledge and the ability you should be seeking in a massage therapist. We offer massages to aid in **stress reduction, relaxation** and **pain management**, as well as massages for the **pregnant, pre- and post-natal** woman. Additionally, our massage therapists specialize in **work-related injuries, sports injuries, pre- and post-cosmetic surgical healing techniques** and so much more!

Call 770-392-7337 today for your appointment!

Office parties:

Studies show that we all work more efficiently when we give our bodies the breaks they need during the workday. We know it's difficult to escape from the hustle and bustle of your office, so **we will gladly come to you for an office party!** That's right—we'll supply the massage therapists and the massage chairs, and you supply the guests. Call Rachel at 770-392-7337 to book your office party. Your colleagues will thank you!

OFFICE PARTY RATES:

\$1.25 per minute per chair

*Need a gift for your special graduate?
Give her a day of relaxation at our spa!*

RAVINIA TRADITIONS

First Wednesday Trivia Night

Wednesday, May 4

Wednesday, June 1

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!

"Cinco de Mayo" Super TGIF

Friday, May 6

5:30 – 8:00pm

In the tradition of the celebration of Cinco de Mayo, this Super TGIF will feature margaritas, cervezas, and live entertainment. Enjoy plentiful festive hors d'oeuvres and cocktails. TGIF will be extended from 5:30 – 8:00pm. **\$15 for Members and \$20 for Guests, all-inclusive.** Entertainment will begin at 6:30.

Third Monday Veteran's Breakfast

Monday May 16

Monday June 20

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 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.

Cigars Under the Stars

Wednesday May 18, 6:30pm

\$20 includes 3 cigars

In the cool of the evening, many members of the Ravinia Club move the bar to our gardens to enjoy a fine cigar. Buckhead Cigar Co. will be on hand to provide several cigar options and the bar is well stocked with your favorite drink of choice. Phone 770-392-7300.

Ladies Night Out

Chef Cooking Class: Cocktails & Canapés

Wednesday May 18, 6:30pm

Ladies—grab your girlfriends for a fabulous night out at the Ravinia Club! Join Executive Chef Ed Scheu in the kitchen to learn a few canapé (small bite) recipes and enjoy complementing cocktails! Cost is \$30++. Reservations required as space is limited. Call 770-392-7300.

Last Thursday Wine Tasting

Thursday, May 26th: Bubbles & BBQ

Thursday, June 30th: A Wine for All Seasons

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 local vendors. Complementing hors d'oeuvres included. \$25++ per person. RSVP 770-392-7300.

Epicurean Supper Club

"East Meets West"

Thursday June 16

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

7:00pm Dinner

\$40++ per person

This month's dinner will bring the distinct flavors of the Far East to the Ravinia Club. Enjoy multiple courses of Chef Ed's culinary delights inspired by Asian cuisine paired with the perfect wine. Space is limited. Reservations Required. 770-392-7300.

Book Club

May Discussion: Books by Georgian author Ferrol Sams

June Discussion: "Unbroken" by Lauren Hillenbrand

Ravinia's Book Club meets monthly and is open to all Members. Please contact Steve Newfield (steve.newfield@nadel.com) for more information and meeting dates!

Mardi Gras



February Wine Tasting



Easter





RAVINIA

CLUB & SPA

BUSINESS · SOCIAL · ATHLETIC

Established 1987

Two Ravinia Drive
Suite 100
Atlanta, GA 30346

www.raviniaclub.com

BOARD OF GOVERNORS

John Sousa

Board Chairman

Henry Aaron
Jim Abrahamson
Shannon Blackburn
Tom Brettschneider
Steve Brown
Ly Bui
Nance Donaldson
Shirley Franklin
Larry Freiman
Dave Greulich
Bruce Hamilton
Larry Hart
John Haubenreich
Bob Herdina
Brad Houck
Jessica Lalley

Robert Lane
Tommy Malone
Jim Manley
William Porter Payne
Tom Purcell
Joe Pyen
Gary Seacrest
Ben Spalding
William Tidwell
Dottie Toney
Jim Underwood
Jackie Ward
Larry Warner
Chet Zalesky