



# RAVINIA

CLUB & SPA

BUSINESS • SOCIAL • ATHLETIC

ESTABLISHED 1987



SEPTEMBER/OCTOBER 2011

# MEET THE STAFF

<b>Steve Franke</b> , <i>General Manager</i> , stevefranke@raviniacub.com.....	770 395-5181
<b>Lauren McJenkin</b> , <i>Membership Director</i> , laurenmcjenkin@raviniacub.com.....	770-395-5148
<b>Tina Nguyen</b> , <i>Accounting</i> , tinanguyen@raviniacub.com.....	770-395-5182
<b>Laura Potts</b> , <i>Catering Director</i> , laurapotts@raviniacub.com .....	770 392-7328
<b>Dana Williams</b> , <i>Corporate Catering Manager</i> , danawilliams@raviniacub.com.....	770-392-7305
<b>Ed Scheu</b> , <i>Executive Chef</i> , edscheu@raviniacub.com.....	770-392-7302
<b>Paul Lewis</b> , <i>Athletic/Wellness Director</i> , paullewis@raviniacub.com .....	770 395-5196
<b>Greg Hazard</b> , <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

### June



*Joseph Musa*



*Ishmael Gonzalez*

### July



*Julien Bustos*



*Rolanda Culpepper*

# WELCOME NEW & SUMMER MEMBERS!

## June & July

Christopher Elliott (Caldwell & Watson)  
Thomas Gould (Caldwell & Watson)  
Jeremy Moeser (Caldwell & Watson)  
Harry McDougald (Caldwell & Watson)  
Laura Bonander (Caldwell & Watson)  
Kirk Suson (Caldwell & Watson)  
David Nix (Access Insurance)  
Terry Lentz (Minibank Management Co)  
Bryan Snyder (Regus)  
David Horne (Parkway Realty Services)  
Richard Mitchell (The Partnership, Inc)  
Virginia Simms (The Partnership, Inc)  
Christine Sutton (Caldwell & Watson)  
Brittany Carruthers (Caldwell & Watson)  
Gerald Cleary  
Rita Kendrick (T-Mobile)  
Demetrious Isom (IHG)  
Sonya Collins (T-Mobile)  
Mark Jaster (IHG)  
Jacqueline Plair (IHG)  
Midori Patterson (Tokio Marine)  
Kathy Stephens (Tokio Marine)  
Jeanna Slusser (IHG)

Jacob Garland (IHG)  
Eddie Goepp (Ashford Advisors)  
Thomas Crouch (TEK Systems)  
Sharon Tokanel  
Sonia Nabors (T-Mobile)  
Gregory Session  
Star Bradley (IHG)  
Emily Goodson (Access Insurance)  
Eugene Smoak  
James Hallsworth & Kristen Mays  
Bobby Breese (Ackerman & Co)  
Angela Gee (T-Mobile)  
Holly Titus (Malone Law Firm)  
Mark Ziskand (Headwaters Group)  
Kirk Kinsell (IHG)  
Kellie Parod (Malone Law Firm)  
Lauren Harper (H&A Consulting)  
Shalini Musini (IHG)  
Michelle Adams (MediTech Media)  
Adriana Stahl (IHG)  
Darin Buck (IHG)  
Bob Rodgers

THANK YOU TO ALL MEMBER SPONSORS!

## LETTER FROM THE MEMBERSHIP DEPARTMENT



### Greetings Ravinia Club Members!

Fall is here and you know what that means...back to school! If you think you have everything checked off on your "Back to School" list, think again:

- Register for School
- Go shopping for new clothes
- Buy school supplies
- Meet and Greet with Teacher

**Invite a friend to Ravinia Club!**

Carpool isn't just for going to school! Start back into your workout routine and bring a friend who may be interested in the Club with you. Just contact your Membership Office and let me know who you'd like to invite to the Club and I'll take care of the rest.

Best Regards,

Lauren McJenkin

RAVINIA CHARITY CHAMPIONS PRESENTS....

# Havana Nights

A Fundraiser to benefit Alzheimer's Association,  
Shepherd Center & the Wounded Warriors Project.

Every year the members of the Ravinia Club gather to  
support a cause that is near and dear to them.

This year, we are supporting 3 worthwhile causes  
while partying "Cuban" style!

**Friday, September 23**

**6:00 – 10:00pm**

**8:30pm Silent Auction ends; Live Auction Begins**

**\$ 35 ++ per person**

Old Havana means casino games, cigars, dancing and  
plenty of rum and amazing food for all!

Tickets include heavy hors d'oeuvres, your first beverage  
and enough gambling dollars to get you started

Please call 770-392-7300 to RSVP *today*.

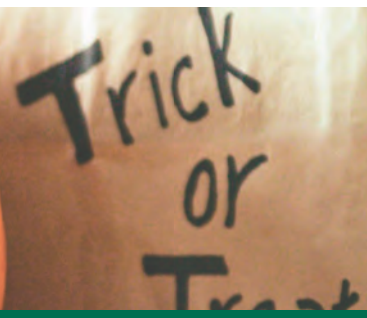
Guests are welcome and encouraged!

TGIF and Rotisserie Dining will not be available.

# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Rotisserie Dining 6-9pm	2 Rotisserie Dining 6-9pm TGIF	3 Athletics 8-4 Spa 9-4
4 Athletics 8-4	5 <b>Labor Day!</b> Athletics Only Open 9am-1pm	6 Two for Tuesday	7 \$3 Cocktails Trivia Night	8 \$3 Wine Rotisserie Dining 6-9pm	9 Rotisserie Dining 6-9pm TGIF	10 Athletics 8-4 Spa 9-4
11 Athletics 8-4	12 \$2 Draft Beer	13 Two for Tuesday	14 \$3 Cocktails	15 \$3 Wine Rotisserie Dining 6-9pm	16 Rotisserie Dining 6-9pm TGIF	17 Athletics 8-4 Spa 9-4
18 Athletics 8-4	19 \$2 Draft Beer Veteran's Breakfast Professional Development	20 Two for Tuesday	21 \$ 3 Cocktails	22 \$3 Wine Rotisserie Dining 6-9pm	23 Ravinia Charity Champions 5:30pm	24 Athletics 8-4 Spa 9-4
25 Athletics 8-4	26 \$2 Draft Beer	27 Two for Tuesday	28 \$ 3 Cocktails	29 \$3 Wine Wine Tasting Rotisserie Dining Closed	30 Rotisserie Dining 6-9 pm TGIF	

# OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Athletics 8-4 Spa 9-4
2 Athletics 8-4	3 \$2 Draft Beer	4 Two for Tuesday	5 \$3 Cocktails Trivia Night	6 \$3 Wine Rotisserie Dining 6-9pm	7 Rotisserie Dining 6-9pm TGIF Screen on the Green	8 Athletics 8-4 Spa 9-4
9 Athletics 8-4	10 \$2 Draft Beer	11 Two for Tuesday Ladies Night Out	12 \$3 Cocktails	13 \$3 Wine Rotisserie Dining 6-9pm	14 Rotisserie Dining 6-9pm TGIF	15 Athletics 8-4 Spa 9-4
16 Athletics 8-4	17 \$2 Draft Beer Veteran's Breakfast	18 Two for Tuesday	19 \$3 Cocktails Epicurean Dinner	20 \$3 Wine Rotisserie Dining 6-9pm	21 Rotisserie Dining 6-9pm TGIF	22 Athletics 8-4 Spa 9-4
23 Athletics 8-4	24 \$2 Draft Beer	25 Two for Tuesday	26 \$3 Cocktails	27 \$3 Wine Wine Tasting Rotisserie Dining Closed	28 Rotisserie Dining 6-9pm Halloween Super TGIF	29 Athletics 8-4 Spa 9-4
30 Athletics 8-4	31 \$2 Draft Beer					

*Ravinia Athletics & Wellness: Assessing. Empowering. Exceeding.***Indoor Triathlon 2011**

August 29th thru September 7th

At your designated start time, you will begin with a ten-minute swim in our indoor pool. Shift gears and spend the next thirty minutes in the cycling studio. Then race toward the finish line with twenty minutes on the treadmill. Times are kept by each participant and reported to the athletics desk. Fun, challenging and rewarding, there is no participation fee for this competition and you'll be involved in the lead-up to the Biggest Loser competition.

**Biggest Loser Returns**

September 19th thru October 24th

Participation fee of \$30 per member

*Let Your Transformation Begin.* After a highly successful 2010 competition we are re-igniting the challenge to drop weight and compete in a fun atmosphere. Gather 4-6 of your fellow Ravinia Members and enter you as a group! Otherwise we will randomly slot you into a group. The team that loses most weight will receive dinner at Ravinia.

**New this Year:** Biggest loser heart healthy meals will be available at courtside, prepared by Chef Ed. Strive to be Ravinia's Biggest Loser 2011!

**Personal Training**

*Spice up your life and exercise routine.* For your best results train with the professionals: Ravinia's health coaches/ personal trainers – contact 770-392-7301. September Special: **Introductory**

Package with Paul Wagner or Claudia Smith – 2x1 hour sessions – \$99, for Members who haven't previously trained with a Ravinia coach/trainer.

**Input - Athletics & Wellness Committee**

We are offering members the option of attending the first half hour of every Athletics and Wellness committee meeting, so we can address your requests and constructive input. An e-mail blast will be sent out prior to the meetings, allowing you to coordinate dates and times with your schedule.

**Group Fitness Variety, Energizing Fun and Flair –**

Monday thru Saturday every week, Ravinia's Classes include the latest in strength workouts, cycling classes and group exercise. Contact Claudia Smith (Ravinia's group fitness supervisor) to create the group fitness routine that meets your needs – 770-392-7301.

**Now Offering Fencing Classes!**

Beginning Tuesday October 4th, Ravinia Club is proud to host classes with a private instructor for fencing. Fencing builds stamina, agility, strength & self-esteem to improve your Wellness. Classes are available for adults and children of all experience levels. Classes will be held Tuesdays or Thursdays and are \$160 for a 4 week period. For more information, see the athletic desk or contact Coach Mahran at 404-808-5991. *Coach Walid Mahran is a 3 time member of the Egyptian Olympic fencing team and has been a coach in the US for over 10 years. He currently has classes at the Athletic Club Northeast and can be found online at [www.lotusfencing.com](http://www.lotusfencing.com).*

**Pinnacle Chiropractic and The Ravinia Spa***Dedicated to your wellness experience***Back-to-School Chiropractic and Spa Special!**

We hope you had a great summer spent with friends and family. Perhaps you went on the vacation of your dreams, or maybe you and yours stayed put in order to tend to your garden or a special home project?

No matter how you spent your summer days you're still entitled to *either* of Dr. Dan Bart's Back-to-School Specials (even if you don't have kids ... or none still left at home!):

**Back-to School Special #1:**

Get 15% off ANY spa special of your choice with one chiropractic visit and alignment

**Back-to-School Special #2:**

Ease yourself back into the swing of the school year with our "Indulgence and Energy"

Special:

60 mins. Hot Stone Massage +  
30 mins. Foot Reflexology

For just \$110 dollars  
(non-members add \$10, please)

**Mobile Massage**

Need a break but can't get away from the office? Call us to inquire about our Mobile Massage services, where our own massage technicians bring their massage chairs to your office and provide back, shoulder and neck massages during your lunch break. Your office mates will thank you!

*We're looking forward to seeing you soon!*

# RAVINIA TRADITIONS

## First Wednesday Trivia Night

Wednesday, September 7

Wednesday, October 5

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!

## Cigars under the Stars

Wednesday October 5, 6:30 pm

\$20 includes 2 cigars and hors d'oeuvres

In the cool of the evening, many members of the Ravinia Club move the bar to our gardens to enjoy a fine cigar. This is a great opportunity to make friends and entertain clients. Buckhead Cigar Co. will be on hand to provide several cigar options and the bar is well stocked with your favorite drink of choice. Reservations 770-392.7300

## Third Monday Veteran's Breakfast

Monday September 19

Monday October 17

9:00 – 10:00 am

*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 10 am. There is no charge for this event or for guests to stay and participate in the fitness class.

## Last Thursday Wine Tasting

Thursday, September 29: Stock the Cellar

Thursday, October 27: Wine & Cheese, the Perfect Pair

7:00 – 9:00 pm

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. RSVP 770-392-7300



Friday, October 28 • 5:30 – 8:00 pm Finger Foods and Witches Brew • 6:30 – 9:30 pm "Live" Entertainment

\$15 per member / \$20 per guest

*We're dying to have you at our party...* Come in costume and party with your Ravinia friends and guests!

Ghostly hors d'oeuvres and spooky drinks will be served. Live entertainment will begin at 6:30 pm and continue until 9:30pm.

RSVP to 770-392-7300 *or else...*





# EPICUREAN SUPPER CLUB PRESENTS ... A NIGHT IN TUSCANY

Wednesday October 19th

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

7:00 pm Dinner

\$ 45 ++ with wine; \$35++ without wine

*The menu features:*

Passed Hors d'Ouevres

Fried Eggplant  
Sultana Raisins  
Gorgonzola Crostini

Grilled Lamb Kabobs  
Sun Dried Tomato Pesto

Arancini  
Fra Diavlo

First Course

Lobster Ravioli  
Pecorino Cheese  
Lobster Fumè  
Fried Sage  
Toasted Walnuts

Second Course

Rosemary Piandina Romagnola  
Baby Arugula  
Cannelloni and Soppresata Vinaigrette

Third Course

Braised Osso Bucco  
Soft Polenta  
Broccoli Rabe  
Cippolini Onions  
Pecorino Crisp

Fourth Course

Crème Caramel with Sicilian Sea Salt  
Frangelico Chantilly Cream

## RAVINIA'S SCREEN ON THE GREEN



### “Dial M for Murder”

Friday October 7, following TGIF at 8:00 pm

Just in time for the spooky season, the Ravinia Club is bringing you a classic Alfred Hitchcock movie in a fun outdoor setting. Following TGIF, we'll set up a jumbo movie screen on the lawn and let you and your friends enjoy the great outdoors while watching Grace Kelly and Ray Milland in a murder mystery plot that is not to be missed—even if you know how it ends! Call 770-392-7300 to RSVP today!

## LADIES NIGHT OUT

### *Paint, Pour & More!*

Tuesday October 11th, 6:00 pm

\$35++ per person includes canvas, supplies and hors d'oeuvres

Grab your girlfriends for an exciting night out at the Ravinia Club! The “art” of creating your own masterpiece while enjoying cocktails and good conversation is taking over Atlanta – and the Ravinia Club is no exception. Karen Johnston brings years of artistic experience, plus all the supplies necessary so you can bring home your own *piece de resistance*...no talent required!

Call 770-392-7300 to reserve your spot today as space is limited.



## PROFESSIONAL DEVELOPMENT SERIES

### Dressing the Man

Monday September 19 at 12:00 pm

President of Fonseca Clothiers, Mark Fonseca is an on-air image consultant to CNN, Mark has developed over a decade of *best practices* in non verbal communication. *Dressing for Leadership* includes: Do you look like a Leader with Whom People Would Want to do Business? Guidelines for Appropriate Business Casual; How to Select the Right Color Clothing for any Business Situation; Traveling Light – A Survival Guide for the Business Traveler; Dressing by the Numbers – Being Perfectly Dressed – Easy as 1 – 2 – 3.

RSVP to 770-395-5148 or [laurenmcjenkin@raviniacub.com](mailto:laurenmcjenkin@raviniacub.com).



# AROUND THE CLUBHOUSE – SUMMER PARTY





**RAVINIA**

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BUSINESS · SOCIAL · ATHLETIC

*Established 1987*

Two Ravinia Drive  
Suite 100  
Atlanta, GA 30346

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

## BOARD OF GOVERNORS

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