

The Bellevue Banner



The Bellevue Club — Celebrating 89 Years, 1929 – 2018

Volume 22, Issue 8 August 2018

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COMING EVENTS

Wednesday, August 1
Wellness Wednesday Fitness
Dinner 6-8pm

Wednesday, August 8
Wellness Wednesday 11:30am

Friday, August 10
Movie Night
The Women (1939) 7:30pm

Wednesday, August 15
Noon Book Group

Wednesday, August 22
Bridge Marathon 11am

Sunday, August 26
Mid-Summer Dinner 5:30pm

Sunday, September 9
Gatsby Summer Afternoon

Thursday, September 13
Bridge Lessons 10am

Please join us in AUGUST
for dinner

August 1st 6-8 p.m.

**All athletic members, regular members, and
fitness instructors are invited to RELAX & DINE
together at**

WELLNESS WEDNESDAY DINING

COCKTAILS & DINNER

IN THE MAIN DINING ROOM

COCKTAILS 6:00PM—A LA CARTE DINNER 6:30PM

Grab a friend! Make reservations at the front desk TODAY
using your membership number. (510) 451-1000 ext. 0.



*"Socializing is as crucial to long-term
health and wellness as exercise!"*

"Relax" logo by Kristen Caven

NEW MEMBERS MAKE US HAPPY!

Welcome to the Bellevue Club!

Simon Knight, Junior Active
Suzi Goldmacher, Athletic

We welcome all new or returning members who have joined in the last six months or so to send us a brief bio and photo. We want to get to know you and welcome you personally. Just drop off info in an envelope addressed FOR THE BANNER at the front desk or send one paragraph and a 2x2 high resolution image to lclifton@bellevueclub.org. Thank you!

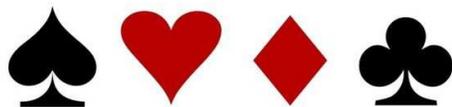
BRIDGE AT THE BELLEVUE CLUB

By Barbara Chinn

BRIDGE MARATHON continues on Wednesday, Aug. 22, at 11 am in the Mural Lounge. With summer and vacation time here, it is very important that you get a substitute if you cannot play. The coordinators are not responsible for this. The substitute does not have to be a Club member. Next month is the last Marathon for this series. Play begins SHARPLY at 10 am. Twenty hands are played and then our awards luncheon is in the main dining room at about 1 pm.

The Fall Series of six **BRIDGE LESSONS** begins on Thursday, Sept. 13, and continues on Sept. 27, Oct. 11 and 25, Nov. 8 and 29. Please note that the lessons are now on the second and fourth Thursdays of the month. Jim Leuker is returning as the instructor. The fee for this series is \$180 with no substitutes or refunds. Non-members are always welcome. Bring your bridge group.

The **HALLOWEEN BRIDGE PARTY** is on Wednesday, Oct. 31. It is a nice way to entertain your bridge friends.



BOARD OF DIRECTORS 2017-2018

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The Board of Directors meets the third Thursday of each month at 3pm

The Membership Committee meets the second Thursday of every month at 10am

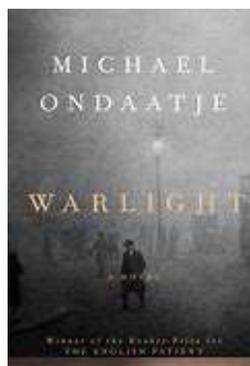
LUNCH BOOK GROUP MEETS WEDNESDAY AUGUST 15

By Peggy Darnall

We are reading *Warlight*, Michael Ondaatje's new novel. Ondaatje's 1992 novel, *The English Patient*, was recently awarded the Golden Man Booker Prize, the award for the best of the Booker Prizing winning books over the last 50 years. A British reviewer has called *Warlight* the flip side of *The English Patient*. It is a wonderful haunting story of two London children, seemingly abandoned by their parents in 1945 and looked after by an odd assortment of characters. Part 1 describes the children's lives and thoughts from their perspective. Part 2 is the son's attempt, as an adult, to reconstruct the reality of those years. This is a beautifully constructed story, beautifully written, which leaves just enough pieces of the tense puzzle unanswered. Join us!

Our book for September will be *Word by Word: The Secret Life of Dictionaries* by Kory Stamper.

Meet us in the main dining room for lunch at noon, and book discussion at 12:30. Sign up at the front desk or call Peggy Darnall at 836-1805 for more information about the group or to suggest interesting.



Ladies of the Club...



IT'S MOVIE NIGHT!



Get your Jungle Red on for a special showing of

THE WOMEN (1939)

at The Bellevue Club,
Friday, August 10
7:30 p.m.

Optional No-host cocktails
& Dinner starting 5:30
- Reservations at Front Desk -

Fashion parade featuring
Art Deco Society members
& "The Women" Workout

in the Mural Lounge
Tickets at the door \$12

Hosted by
chatelaine Mrs. Kristen Caven

L'Amour!
L'Amour!

GENTLEMAN WELCOME!



In The Kitchen with **CHEF HENRY**

FROM OUR CHEF/WEATHERMAN

Dear members,

Where we live we often get a cooling effect at the end of a hot day caused by the atmosphere being vacuumed Eastward. The phenomenon lends itself well to wine grapes and provides my house with a variety of seasons in a single day, ranging from sunny California to north (or south) pole conditions, complete with a seemingly gale force breeze. **TBC's** location is exempt from this effect.:-)

But back to more relevant topics, I hope you made it to our Mid-Summer Dinner on the last Sunday of July. We'll have the second **Mid-Summer Dinner** on Sunday, Aug. 26, with seatings from 5:30 – 7:30; reservations please. The weather should be delightful.

Is your garden producing anything (meaning vegetables) that you would like TBC kitchen to prepare for you? Bring it in, and we'll do our darndest to deliciousize it!

Bon Appetit!

- Chef Henry

FROM THE PRESIDENT

By Carole Levenson

Mark your calendars now for our Annual Meeting, set for Oct. 28 at 4 p.m.

Please contact the Nominating Committee if you or someone you know, who is an active member in good standing, is interested in serving on the Bellevue Club Board for a two year term.

Some of our seriously needed repairs have been completed. Many thanks to our Treasurer, Paul Justison, for his part in assessing the problems and coming up with solutions, and thanks to our members

who donated money so we were able to get the projects on the road to completion.

We have some fun events coming up -- the Art Deco Society Gatsby Sunday Afternoon, Movie Night, Fitness Dinner, and more. Hope to see you there!

Carole Levenson



Dining at The Bellevue

BRUNCH SERVICE:

Brunch will be served the last Sunday, however there will be no brunch in August.

LUNCH SERVICE:

11:30 am to 1:30 pm
Every Wednesday and special event days.

DINNER SERVICE:

Dinner is served every Friday from 5:30 to 7:30 pm. Dinner is also served on First and Third Wednesdays. All dinners now offer a la carte service, unless a buffet is specified.

Wednesdays:

Casual Dress

Please make reservations as early as possible so our chefs can be sure to have enough great food on hand to serve you the finest and freshest ingredients.

Please refrain from using cell phones in the Main Dining Room, Mural Lounge and the Crystal Lounge. If you need to use your phone, please step into the hallway. Thank you!

Henry Vortriede
Exec Chef / Events Manager
(510) 451-1000 ext: 112
C: (510) 610-5661
HenryV@bellevueclub.org

FITNESS IS FUN – AND ESSENTIAL



By Janet Rodriguez, Fitness Chair

Note: To get the most accurate pool and fitness information, consult the weekly schedule that you receive from LaTonya via email, pick up the weekly schedule at the desk, or look for copies that are posted. We sometimes have to make changes after the Banner has been printed.

Water Wisdom

This month in response to recent requests and some confusion, I am describing and, I hope, clarifying all of our pool offerings.

Aqua Fitness - In this class you will use our foam belts to keep you upright, so there is no need for a shampoo. A good cardio workout and also core strengthening. Safe and effective. Mondays and Wednesdays at 10 am. Free for members; a fee for non-members. No lap swimmers, please, during classes on these two days.

Aqua Bike – Our newest class suited to a very wide range of fitness from people who have had strokes and muscle weakness and stiffness, to very serious and fit athletes who want to be even more fit. (An NFL player took this class at the Bellevue Club to get in shape for training camp!) Offered Mondays 8:30-9 pm, Tuesdays through Thursdays 8-9 pm and Saturday mornings 8-9:00 am. Everyone pays for a series. Contact Piankhi Gibson at 510-593-5319 or piankhigibson@gmail.com

Water Works - a class originally designed for people with Parkinson's and Multiple Sclerosis, but so well taught and effective that people without either also take it. Open to members and non-members. Everyone pays for a series. Mondays and Fridays 11 am-noon. No lap swimmers please. Contact Kate Johnson 510-891-0463 –or- Kfullerjohnson@gmail.com

Swimming lessons These are available for all levels and all ages. Learn to swim or improve your technique. Open to non-members but members get a discount. One-on-one lessons start in the afternoon and continue every day until 8 pm or on Mondays to 8:30 pm. Everyone pays for a series. Contact Kate Johnson (see above) or Woody 393-0352 (cell) or woodysprivateswim@gmail.com

Lap swimming instruction 1. "Pre lap" on Mondays from 7:30-8:30 pm for beginning swimmers who are currently taking lessons at the Bellevue Club. Additional practice with drills that build strength and muscle memory. All participants pay for a series. 2. Lap swimming – Wednesdays at 7:30 – 8:00 pm. For intermediate or advanced swimmers. Work to improve techniques and prevent bad habits. Open to everyone. You need not be doing personal training. Everyone pays for a series. Contact Woody (See above)

A reminder:

1. The pool is available from 6 am to 10 pm every day, but we ask lap swimmers not to swim Mondays from 10-noon, Wednesdays from 10-11 am and Fridays 11-12 pm. If you want to swim at any other time and the pool looks full, please let the instructor know.

2. Shower before you get in the pool.

3. Please use the dry stairs if you are dry and the wet stairs if you are wet.

Wellness Wednesdays

AT THE BELLEVUE CLUB

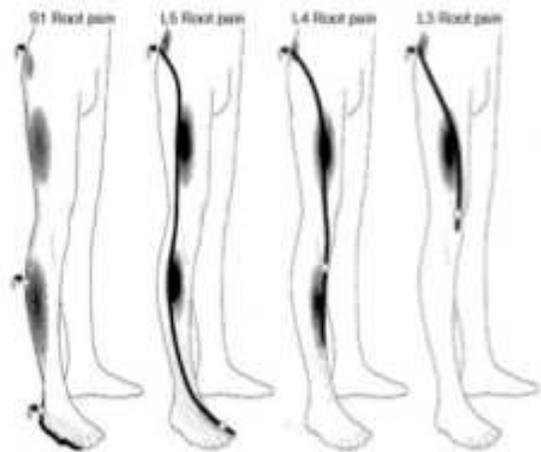
August 8th, 11:30 to 1 in the Dance Room

SELF-CARE CIRCLE

We are all on a path of health and healing. On Wednesday, August 8th, please join us for our first Self-Care Circle, in which we bring questions and answers in the spirit of sharing solutions to common health issues. This circle will be focused on

Sciatica

The sciatic nerve is the longest nerve in your body. It starts in your lower back and splits to run through your hips, buttocks, legs, and feet on both sides. Pressure on this nerve can show up in various types of pain. Do you struggle with sciatica? Have you solved it? Members and fitness instructors will get the mats out and share challenges and solutions.



Due to Summer travel, this month's Wellness Wednesdays is in the second week.

Donations welcome.

Recommend a speaker to tbcprograms@gmail.com

WHAT'S ALL THIS GATSBY STUFF?

By Alice Jurow, Secretary, Art Deco Society of California

You've probably noticed the flyers for the Art Deco Society of California's "Gatsby Summer Afternoon," an annual event held since 1984 at the beautiful Dunsmuir Hellman Historic Estate. This year it will be on Sunday, Sept. 9. It is a picnic, a dance, and a car show rolled into one.

The Sept. 9 Gatsby Summer Afternoon will focus on the Art Deco Era of the 1920s, '30s and early '40s. All the lovely antique autos on display are from that era; so is the nostalgic music of the Royal Society Jazz Orchestra and the outfits of party goers. We ask everyone to dress up, and that is part of the fun. You don't have to wear authentic vintage; in fact, you probably already own something that has the flavor of that era – like a floaty garden party dress, or a summer suit or a Panama hat.

Please visit www.GatsbySummerAfternoon.com for tickets and more information. ADSC Member prices for Art Deco Society events are always extended to members of the Bellevue Club, where ADSC is headquartered.

We hope you'll join us!



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 Wednesday, August 22 Bridge Marathon
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 Sunday, September 9 Gatsby Summer Afternoon
 Thursday, September 13 Bridge Lessons

FIND YOUR NUMBER...

If you find your membership number hidden somewhere in the Banner, bring it to the Front Desk for a certificate entitling you to 2 free meals at the Club.

COMMITTEES

COMMUNICATIONS / BANNER:

Jan Silverman
sliver@cal.berkeley.edu

FINANCE:

Paul Justison

FITNESS:

Janet Rodriguez

MEMBERSHIP:

Cory Nott

PROGRAMS / ACTIVITIES:

Gail Nott

OPERATIONS:

TBD

BUILDING & GROUNDS:

Elaine Oldham

CATERING / DINING:

Bridget Flanagan

BRIDGE:

Barbara Chinn
 (510) 653-0619

SUNDAY MUSICALES:

Jessie Yee (510) 451-5949

BOOK GROUP:

Peggy Darnall (510) 836-1805

RECIPROCAL CLUBS:

Bridget Flanagan



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Now on the National Register of Historic Places,

The Bellevue Club is Oakland's unique private social and fitness club, situated in a beautiful French Château overlooking the birds and boats at Lake Merritt.



Sign-up to receive
News and Event E-mails

The Bellevue Banner is the monthly newsletter of The Bellevue Club. Please email submissions by the 15th of each month to Jan Silverman, Editor: sliver@cal.berkeley.edu. No email? Bring typed items to the front desk in care of Lindsay Clifton.

The Bellevue Club
525 Bellevue Avenue
Oakland CA 94610