

The Bellevue Banner



The Bellevue Club — Celebrating 89 Years, 1929 – 2018

Volume 22, Issue 9 September 2018



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Wellness Wednesdays AT THE BELLEVUE CLUB

ESSENTIAL OILS FOR BETTER SLEEP AND VITALITY

September 5, 10-11:30am

Please join us and discover simple ways to incorporate essential oils to improve sleep, energy, and overall wellness.

Learn what essential oils are and why they are so effective in supporting our bodies' wellness.

Go home with practical natural solutions for health that will help to support you and people you care for.

There will be a fee of \$5 for materials per item you'll make in class. Choose between a rollerball, spritzer and/or bath salts.

The class will be lead by Devin Fleurdujon with Deva Flora Healing Arts, and Bellevue Member Gail Nott.

RSVP with Gail at 925-709-4245 or gail@gailnott.com.

COMING EVENTS

Wednesday, September 5
Wellness Wednesday 10-11:30am

Sunday, September 9
Gatsby Summer Afternoon

Thursday, September 13
Bridge Lessons 10am

Wednesday, September 19
Noon Book Group

Sunday, September 23
First Sunday Musicale

Wednesday, September 26
Bridge Marathon 10am

Thursday, September 27
Bridge Lessons 10am

Saturday/Sunday, September 29/30
An Afternoon with Julia
5000 Piedmont Ave. 2pm

Sunday, October 21
Performance Encore 6-10

Sunday, October 28
Annual Meeting 4pm

FIRST SUNDAY MUSICALE SEPTEMBER 23

The 20th anniversary season of our Sunday Musicales begins on Sept. 23, with classically trained guitarist Ross Thompson playing selections from Bach to tangos. Become a sponsor of these delightful Sunday afternoon performances. It's a great bargain and helps insure the opportunity to hear fine music in an intimate salon setting. All musicales start at 4 pm, and dinner is available after the show. Please remember to make reservations.



BRIDGE AT THE BELLEVUE CLUB

By Barbara Chinn

The Fall Series of **BRIDGE LESSONS** begin on Thursday, Sept. 13, from 10 am to noon in the Crystal Lounge. They continue on the second and fourth Thursdays of the month: Sept. 27, Oct. 11 and 25, Nov. 8 and 29. Note Nov.29 is the fifth Thursday of the month because of Thanksgiving. Our favorite instructor Jim Leuker is returning to tweak and improve our game. The fee for this series is \$180 with no substitutes or refunds. Non-members are always most welcome. Bring your bridge foursome.

BRIDGE MARATHON concludes on Wednesday, Sept. 26, at **10 am**. **NOTE: earlier starting time!** 20 hands are played, without a break, followed by the Awards no-host Luncheon about 1 pm in the Main Dining Room. Menus will be at each bridge place and will be filled out as usual. The prizes are \$100 for first place couple; \$70 for the second place couple; and \$50 for the couple placing third. Sign-up sheets for next year's Marathon, beginning in January, will be passed at the luncheon.

The Club's annual **HALLOWEEN BRIDGE PARTY** is on Wednesday, Oct. 31. It begins at 9:30 am with pastries, fruit, and coffee followed by lunch at 12:30 pm in the Main Dining Room. The party is \$45 all inclusive per person. Please reserve your table(s) with Barbara Chinn, 653-0619 or chinnacres@sbcglobal.net. It is not too early to get together your bridge friends for a day of tricks and treats.



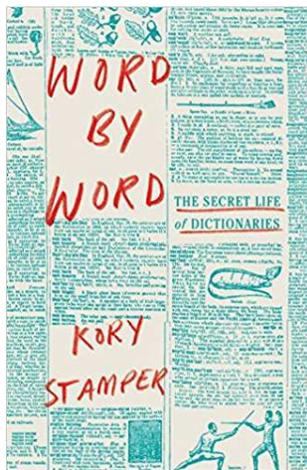
LUNCH BOOK GROUP MEETS WEDNESDAY SEPTEMBER 19

By Peggy Darnall

We are reading *Word by Word: The Secret Life of Dictionaries*, a work memoir by the Merriam-Webster lexicographer Kory Webster. Everyone who is fascinated by words will find this book irresistible. Above all, this is entertainment from a field that no one thinks is entertaining. This book was recommended by the American Association of University Women. We cannot put it down. Ms. Webster somehow manages to combine words, grammar, and history with humor. Join us!

Our book for October will be *The Purple Swamp Hen* by Penelope Lively.

Meet us in the 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 books.



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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



In The Kitchen with **CHEF HENRY**

TBC September calendar is back to looking busy, and **Sunday a la carte dinners** are back. Also, brunch will be served Sept. 30. Food-wise virtually everything under the sun is in season. Among other fruits/vegetables, we'll look forward to having fresh pumpkin, and making ravioli! Although I recommend that members enjoy their ravioli quotas at the club, here is a fine recipe. Please try making them, and bring me a generous sample if they come out ok.

Ingredients

1 small fresh pumpkin, halved and seeded
 2 tablespoons olive oil
 1 tablespoon light brown sugar
 Sea salt and black pepper
 1 egg
 ½ teaspoon freshly grated nutmeg
 ¼ cup Semolina flour
 2 pounds fresh pasta sheets

Heat oven to 400 degrees and line a rimmed baking sheet with parchment paper. Place pumpkin on pan, cut sides up, drizzle with olive oil and generously season with brown sugar, salt and pepper. Roast for 35 to 45 minutes, or until soft. Allow to cool slightly.

Scoop out the flesh of the pumpkin into the bowl of a food processor. Add egg and nutmeg, and purée until smooth.

Dust a work surface with semolina flour. Lay out a sheet of pasta, and place 2 teaspoons of filling every few inches. Brush around the filling with water, and then place a second pasta sheet over the top. Cut with a ravioli stamp or sharp knife, and crimp to seal individual raviolis.

Bring a large pot of water to boil and season with 2 tablespoons salt. Drop in ravioli a few at a time and cook for 5 to 7 minutes.

Bon Appetit!

- Chef Henry



Dining at The Bellevue

BRUNCH SERVICE:

Brunch will be served the last Sunday of the month, September 30.

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

FROM THE PRESIDENT

By Carole Levenson

September...it used to be the month of back to school, but now, school starts around mid to late August. Fall is in the air, after an extraordinarily foggy and smoky summer. And with Fall, it is time to think about our Annual Meeting, scheduled for Sunday, Oct. 28, at 4 pm. Please remember to make reservations if you plan to stay for dinner after the meeting!



Our resident playwright, member Mary Spletter, is looking forward to another production of her play about Julia Morgan, which will be staged on two afternoons, Sept. 29 and 30, at 2 p.m, at the Mountain View Cemetery Chapel, designed by Julia Morgan herself. Free admission. One reviewer described the play as "a love story wrapped in a mystery." Mary also has a new work in progress, which will have its first reading soon right here at the club.

And while we're on the entertainment theme, *Performance Encore* will present a lovely evening of jazz music here at the club on Oct. 21, 6-10 pm. This will be a fund raising event for *Performance Encore*, an organization promoting "Music as Medicine." Be sure to buy a ticket!

And finally, the new season of our Sunday Musicales begins on Sept. 23, with guitarist Ross Thompson playing selections from Bach to tangos. So mark your calendars. If you are not yet a sponsor of these delightful Sunday afternoon performances, please consider becoming one. It's an opportunity to hear fine music in an intimate salon setting. Come celebrate our first Musicale of the 2018-19 season.

See you at the Club!

-Carole Levenson

"BLOOM WHERE YOU ARE PLANTED."

Make *The Bellevue Club*
your "home away from home"

- beautiful indoor pool, gym, holistic spa services & top-notch fitness instructors
- parties, bridge, wellness, historic, arts, musical & literary events
- meeting, banquet & hotel rooms overlooking Lake Merritt
- fine dining with our awarded chef & talented bar staff
- a sunny private patio & secure off-street parking
- PLUS worldwide reciprocal membership!

No initiation fees!
FREE drink & dinner
for new members in 2018

Call today for
the Grand Tour!

510.451.1000 • www.bellevueoakland.com • 525 Bellevue Ave.

Have you seen the new postcard advertising our club tours? Grab a few from the front desk to pass out to friends who might be interested. The Club's purpose is for "the conduct of social, health, recreational, and educational activities." We need to let our communities know we are actively seeking new members who are kind, generous, and share our collective passions for bridge, music, great food and great company, beauty, friendship, fitness, self-improvement, community service, and of course historic preservation!

Club tours are by appointment on Saturdays at 10am, or by special arrangement. There is a sign-up form at the front desk or you can contact the front desk directly. Volunteers are always needed for club tours! Leave your name at the front desk if you would like to give one.

Thank you Kristen Caven for transforming the Dance Studio. With your vision and diligence you have made it into a beautiful and more usable space. Well done.

FITNESS IS FUN – AND ESSENTIAL

By Janet Rodriguez, Fitness Chair



Belly Fat

“These days my goal is not to change my body but to make peace with it.”

- Woman quoted in *Health* magazine June 2018

Recently we are seeing overweight but pretty and happy looking models in catalogues and fashion magazines. And it is hard not to approve this just-learn-to-love-your-body message. With 70% of us overweight or obese does overweight really mean anything?

And as a former high school teacher I like to imagine that a favorite student – Clare – might have removed her ever-present green coat in my never air-conditioned classroom in Concord and still felt attractive. But she never did.

So good news all around, except for one really important problem. Gaining weight in your face, shoulders, hips and thighs apparently doesn't make much difference to your health, but too much belly fat does, a serious difference.

How much is too much? Measure your waist. If it is over 35 inches you can stop there. You have too much belly fat. If it is less, divide the widest part of your hips into the inches around your waist and hope it is less than .85. Or consider:

“Women who gained only 5-20 pounds after age 18 had a higher risk of type 2 diabetes, cardiovascular disease, high blood pressure, obesity related cancers, gallstones, and severe arthritis compared to women whose weight was stable.” *Nutrition Action* January/February 2018

I think that includes all the rest of us.

So apparently there is no safety in numbers, and here is what we need to do.

- . Avoid sodas and sugar in general. Eat fruit for dessert. Drink water, low or non-fat milk, and diet soda (if you must have a soda).

Concentrate your calories at the beginning of the day and eat a small dinner early. (When I try this I find it helps me lose weight but interferes with my sleep. If someone has a solution please share it.)

Move a lot throughout the day. You will want to exercise once vigorously (classes help me work out a little harder than I feel inclined to), but also move throughout the day. Don't think you can sit for long periods just because you took a vigorous class. Sitting encourages your weight to head for your belly.

You might try this: Our Tai Chi teacher, Robin Rosario, lost weight and has kept it off for years following the advice of a nutritionist cousin who told her to eat every three hours and always include protein.

Substitute vegetables for starches – carrots and cauliflower instead of rice and pasta.

Find a diet – Mediterranean or DASH - that you actually enjoy.

Above all don't make peace with a too-large belly. Losing belly fat and especially keeping it off is really hard, but necessary. Just stay focused and keep trying.

WHAT I DID ON MY SUMMER VACATION

By Janet Rodriguez

My memories of a very brief childhood in LA are not happy ones. I think I recall a mean 1st grade teacher who told my mother that she had taught me to “read wrong.” And I am sure I recall wading into water at the Pike with my little sister and then wondering why adults were yelling at me as my father ran into the water fully clothed to turn her right side up.

But this time, as a much older adult, I stayed at the Los Angeles Athletic Club, a reciprocal club in downtown LA (yes, there is one), swam in its large as ours, beautiful pool and marveled at the large women’s dressing room which contains, in addition to the showers which I had to ask directions to, a sauna, a spa, a steam room and a lounge with magazines and TV. There are also courts for basket and squash and every new exercise device.

The complimentary breakfast buffet was generous – eggs lots of ways or to order, sausages and bacon, pastries, fresh fruit and yogurts. And every Wednesday evening there is a free jazz concert for guests, which was wonderful. If you are not already a jazz fan you will convert. Sit up close.

But the best part was the location. It is an easy walking distance to the Mark Taper Forum, the Dorothy Chandler Concert Hall, Frank Gehrey’s Disney Hall, the Japanese Museum, the Museum of Modern Art, the LA Public Library (one guide book called it the best building in LA), the new Broad Museum (get tickets on line ahead of time), and lots of great art deco buildings. The Norton Simon is a short walk to the underground (yes, there is one of these too) and then another short walk. And don’t miss the Bradbury building (think Blade Runner).

Los Angeles is awash with beautiful jacaranda trees in early June, but for good walking around weather I recommend fall, winter (especially), or spring, when we are going back.



NEW MEMBERS MAKE US HAPPY!

Welcome to the Bellevue Club!

Brian Ripley, returning Active Member

Karina Umehara, Athletic Member

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!

Actors Ensemble of Berkeley & Mountain View Cemetery
present

A Staged Reading of

An Afternoon With Julia

An Adaptation of ARCHES,
BALANCE AND LIGHT

by Mary Spletter
Directed by Michael R Cohen

September 29 & 30 at 2:00PM
Admission is Free and
Open to the Public

Optional 15-minute Docent Walk or Individual
Dinner to Julia Morgan's Final Resting Place Follows
the Reading





5000 Piedmont Ave, Oakland, CA 94611

Produced in special arrangement with Art Age Productions

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BOOK GROUP:
Peggy Darnall (510) 836-1805

RECIPROCAL CLUBS:
Bridget Flanagan

MARK YOUR CALENDAR ...

- Wednesday, September 5 Wellness Wednesday
- Sunday, September 9 Gatsby Summer Afternoon
- Thursday, September 13 Bridge Lessons
- Wednesday, September 19 Noon Book Group
- Sunday, September 23 First Musicale
- Wednesday, September 26 Bridge Marathon
- Thursday, September 27 Bridge Lessons
- Saturday/Sunday 29/30 An Afternoon with Julia
- Sunday, September 30 Brunch
- Friday, October 21 Performance Encore
- Sunday, October 28 Annual Meeting

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.

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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.

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