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The Bellevue Banner

VOLUME 15, ISSUE 13

January 2012

The Bellevue Club ~ Celebrating 83 Years, 1929 - 2012

HAPPY 2012 TO MEMBERS AND FRIENDS OF THE BELLEVUE CLUB!

We're starting the year with lots of special events.

Celebrate New Year's Day, Sunday, Jan. 1, with a Prime Rib Dinner. Call to reserve a prime cut, or they may be all gone. But other entrees will be available.

Want to find out what all this Art Murmur talk is about? *January 6* is the Oakland art community's regular "First Friday" open house and street fair, and Mischelle Mandel and Club President Nancy Conway will take us neophytes by the proverbial hand and show us around. They'll even arrange transportation. But they must know how many people to expect, so call the Front Desk and tell them you're interested. We'll leave the Club around 5 pm and return a little before 7, in time for dinner. Call now.



COMING EVENTS

**FAB EVERY FRIDAY
STARTING AT 5PM
SEE YOU THERE!**

Sunday, Jan. 1

Prime Rib Dinner 5:30pm

Friday, Jan. 6

Art Murmur Trip 5pm

Thursday, Jan. 12

Bus to Legion of Honor 1pm

Full Member Cocktail Party
5pm

Wednesday, Jan. 18

Winesday
Partners Bridge CL 4pm
Bookgroup MDR 7pm

Sunday, Jan. 22

Crab Feed

Wednesday, Jan. 25

Marathon Bridge 11am

Thursday, Jan. 26

Symphony Bus 12:45pm
Lunch Today 11:30am

Friday, Jan. 27

Pre-symphony Dinner 5pm
Poets Corner 5:45pm

Sunday, Jan. 29

Brunch

Sunday Feb. 5

Superbowl Party



Thursday, Jan. 12, is a very busy day. In response to popular demand, a bus will leave the Club at 1 pm and cross the bridge to the Palace of the Legion of Honor to see Pissarro's *People*, wonderful paintings of everyday citizens caught on canvas by this impressionist master. Also on view – a collection of beautiful artist books amassed by Reva and David Logan, who gave their collection to the Fine Arts Museums. Mr. Logan recently died, and this exhibit honors him. An artist book is a unique art form that combines text about the artist and examples of his or her work, usually original prints. The exhibit closes Feb. 12.

Our bus will return from San Francisco just in time for the Full-Members-Only cocktail party at 5 pm on *Jan. 12*. Held to honor and say thank you to our Club's full members, the party will feature heavy hors d'oeuvres passed around the Crystal Lounge. Our no-host bar will be open as well.

Our Crab Feed is Sunday, *Jan. 22*, and you won't even have to pick the delicious morsels out of the shell. Our kitchen crew will do the work. Our job – enjoy it! Yummm...

Lunch will be available to all on Thursday, *Jan. 26*, when subscribers to the San Francisco Symphony take the bus across the bridge. For more symphony information call *Jo Meikle* at 891-8127.

And fans of the Oakland Symphony can enjoy a prix fixe dinner in our dining room before the performance on Friday, *Jan. 27*. Service begins at 5 pm, so there's plenty of time to get to the Paramount and park before the first downbeat at 8.

The events above are the special offerings in the month of January. There are also the usual classes, bridge games and other happenings. And please, please

– remember to make reservations. Thank you.

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Reservations for all events 510.451.1000 (ext 0) or reception@bellevueclub.org



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PRESIDENT'S COLUMN - By Nancy Conway HAPPY NEW YEAR!!!!

This month we thank our full members with a special cocktail party on Thursday, Jan. 12, at 5 pm. The party is for full members only, to thank them for their continued support throughout the year in making this a great Club. Heavy appetizers will be passed, and the no-host bar will be open for your favorite libations. Please RSVP to the front desk so we can plan food. Full members may bring guests, with two days advance reservations, for \$10 each, to be added to your bill.

Members have been asking for trips to the SF museums, so we have organized a bus trip to the Legion of Honor on Jan. 12. We leave the Club at 1 pm to tour the French Impressionist Pissarro's People and take in the Logan collection of distinguished art books. You will have time on your own before heading back to the Club, just in time for the cocktail party. The charge for the bus is \$12 each with at least 20 people. Museum admission is on your own. The bus trip is also for full members only, but guests are welcome. Please reserve at the front desk right away.

We had a great visit last month with Vessel Art Gallery owner Loni Lee, a leader in Oakland's Art Murmur group, responsible for First Fridays and Saturday Stroll in the arts district. Loni encouraged us to come visit her gallery and check out the emerging art scene in our backyard. We are organizing our first foray, a trip to First Friday on Jan. 6. We leave the Club around 5 pm and come back for dinner around 7. We will arrange transportation. But we need to know if you're interested, so call the front desk and let us know in advance. We can also arrange a Saturday art walk the next day. We'll phone you with final details.

We really want to make sure that members can get to events at their Club. If you need a ride, call the front desk.

We have beautiful dining room chairs in our basement that need a makeover. Angels are needed to give them a facelift. If you can help fund a chair or two please let me know. Each chair has a brass dedication plate which can reflect your name or someone you choose to honor.

January is traditionally slow. We encourage you to join us and support your Club. As Club President I can always use some volunteers for discreet tasks and committees. Let me hear from you.

NEW MEMBERS MAKE US HAPPY!

Margaret Paternek has joined as a new swim member.
Welcome to the Bellevue Club, Margaret!

Attention SF Symphony Subscribers – There is a symphony matinee on Thursday, Jan. 26. The bus leaves the Club promptly at 12:45 pm and returns to the Club around 5 pm. Make reservations with the front desk for luncheon at 11:30 am for the no-host table or for your own table. Questions? Call Jo Meikle at (510) 891-8127.



Lunch will available for all members and guests on Jan. 26; please call for reservations.

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PRIME RIB EVERY FIRST SUNDAY OF THE MONTH

If you forget to make reservations for PRIME RIB SUNDAY, you may be asking, "Where's the beef?" Only those with reservations will be guaranteed Prime Rib! Other entrees will be available. Reservations should be made at the front desk at least 48 hours in advance. Please reserve by Friday before Prime Rib Sunday.

SUNDAY BRUNCH Jan.29, the Last Sunday of every month

Come enjoy your favorite breakfast treats in a beautiful setting. Really good piping hot coffee with all sorts of homemade goodies, fresh fruit, crispy bacon, blueberry pancakes, fancy egg dishes and, of course, MIMOSAS! Bring your friends and the whole family to start the day right! Reservations, please, so we don't run out of your favorite dish.

DINNER BEFORE OAKLAND SYMPHONY Friday, January 27

Bellevue Club members and guests can dine at the Club before the second concert of the Oakland Symphony's new season on Friday, Jan. 27. There will be a prix fixe dinner with an entrée, salad and dessert for \$22 ++, a discount over ordering individual dishes. There will also be an a la carte menu for the less hungry. Come as early as 5 pm, and you'll have plenty of time to make the concert without rushing. Of course, non-concert goers are most welcome. Call now for reservations.

POETS CORNER, Friday, January 27

Actually, it's not a corner but a balcony, that cozy space off the Crystal Lounge overlooking the Dining Room. Bring your favorite poem, anything that touches your heart, your soul or your funnybone. Or just listen. They meet at 5:45 p.m. before dinner on the last Friday of each month.

WINESDAY JAN. 18 – Whether you are a serious oenophile, a casual wine drinker or just enjoy good conversation over several glasses of the cultured grape, sign up for Winesday, the third Wednesday of every month. Newcomers are welcome to join the big round table, sometimes with a special theme. If that table is full, we'll start another one. We always learn something, and it's always fun.

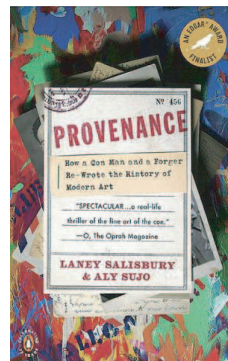
SUNDAY, JAN. 22, is the annual Crab Feed at the Bellevue Club. It comes with all the fixings, and the tasty morsels are already removed from their shells! Call now for reservations. You'll be glad you did!

WEDNESDAY EVENING BOOK GROUP January 18th

Provenance is journalism at its finest. Laney Salisbury and Aly Sujo follow British art forgers and their accomplices and victims from the inception of the scam to its spectacular unraveling. Join us!

Meet us in the main dining room for drinks at 6 pm, dinner at 6:30, and book discussion at 7. Sign up at the front desk or call Peggy Darnall at 836-1805 for more information about the group.

Our February book is *The Cat's Table*, Michael Ondaatje's recent novel/memoir.



DINING @ THE BELLEVUE

BRUNCH SERVICE:

Last **Sunday** of each month
10:30 a.m. to 1 p.m.

LUNCH SERVICE:

11:30 a.m. to 2 p.m.
Every **Wednesday** and
Lunch will be served on
Thursday, 1/26, 11:30 am

DINNER SERVICE

A la carte service
5:30 to 8:00 p.m. every
Friday and **Sunday**, except
the last Sunday of the
month when Brunch is
served

Dinner is also served on the
First Wednesday (buffet)
and **Third Wednesday** (a la
carte)

Wednesdays: Casual dress

Please remember to make
reservations for all meals

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, freshest ingredients.
Advance notice makes it
possible to order
efficiently and avoids
wasting food. Thank you
for your cooperation!

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Committees 2010-11

COMMUNICATIONS

Jan Silverman

FINANCE

Kathy Ryan, Chair

FITNESS

Janet Rodriguez, Chair
2nd Thursday, 8:30 a.m.

MEMBERSHIP

Marlene Zuehlsdorff and
Rick Zuehlsdorff, Kathy Ryan
Co-chairs

PROGRAMS/ACTIVITIES

Nancy Conway, Board Chair

OPERATIONS/ Building & Grounds

Carole Levenson, Board
Chair, Rick Zuehlsdorff, Co
Chair

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Jan Silverman, Editor

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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



~ FITNESS IS FUN AND ESSENTIAL ~

By Janet Rodriguez, Fitness Chair

Test yourself.

A new quiz for the New Year:

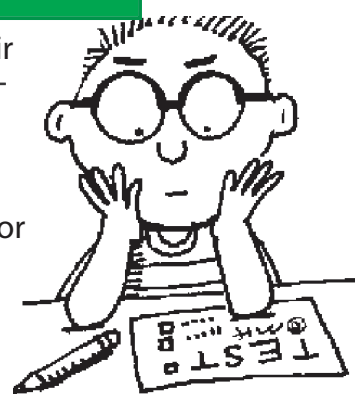
1. Is it better to eat before exercise or after?
2. Does it matter when I consume the most calories, early or late in the day?
3. What is the best exercise to do if I am concerned about my balance?

Answers:

1. It's counterintuitive, but apparently eating some good protein after you exercise will help you build muscle instead of add fat. (*NY Times Magazine Oct. 2, 2011*). And those of you who already exercise vigorously before a meal- the Aqua and aerobics people – know that it makes you less rather than more hungry. (Swimmers may have a different experience.)
2. There was a controversy about this for a long time, with some people arguing that the total number of calories consumed in a day was all that mattered. But recent research (see above) tells us that the same number of calories consumed early in the day will not put on as much weight as calories consumed later. (Note that most diets put the most calories at the end of the day.) And apparently eating breakfast is crucial to weight control. Why? Skipping the first meal of the day, after your long overnight fast, "affects hormones related to appetite," causing us to eat more later in the day. Even snacking throughout the day, a recently touted method for losing weight without ever being hungry, caused overweight people to gain even more weight. So stick to three meals a day with a protein snack in the afternoon. (I recommend a glass of skim milk and some nuts.)
3. Tai Chi is the best exercise if you are concerned about your balance. The reason, according to recent research and our yoga teacher Karen Schneider, is that you are balancing while you are in motion, which is apparently more effective than the static balances we do in Pilates, yoga, and our aerobic/circuit classes. And, as we reported in the October Banner, skeptical researchers discovered that Tai Chi will also reduce blood pressure, reduce stress, help you sleep better, enhance your mood, improve immunity, improve your brain (it is complex a requires a lot of focus) and relieve pain from "all types of arthritis, including fibromyalgia, rheumatoid arthritis, and osteoarthritis." *Duke Medicine HealthNews Jan 2011*

So the Bellevue Club is offering a Tai Chi class as part of the regular fitness program on Thursdays at 9 am, starting January 5.

I know that many of you who expressed an interest can't come then, so we are also looking into late or early times for people who work. In the meantime our instructor Robin Rosario will be available for private lessons. robinrosario@comcast.net or (510) 685-0290. And our Monday and Wednesday Pilates classes are available at 6:30 am. Our International Dance class (think Cuban and African) on Mondays at 6:15 pm returns in February when instructor Robin Fletcher returns from Cuba and London. And, finally, a big thank you to Rick Zuehlsdorff for donating 2 new treadmills, one of which can be programmed for your own personal best, and to Rick and Noah Harms for their time and hard work transporting and installing them in our Club.



~ 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.



The Bellevue Banner



**The Bellevue Club Foundation
invites you to
Super Bowl Sunday
February 5, 2012
Crystal Lounge**



The Second Annual Super Bowl Sunday is being hosted by the Bellevue Club Foundation. Join the Football Pool and test your luck. Peruse the Silent Auction for a special treasure. Enjoy beverages and tailgate tidbits during the game, and stay for the Prime Rib Dinner or perhaps a bowl of chili. This is a perfect time to invite your friends; credit cards are accepted. Don't miss this fun-filled event. Admission free.

PROBLEM AT THE CLUB? TELL OPERATIONS ABOUT IT

When you are visiting our beautiful clubhouse, if you notice something that needs attention, please let us know!

Leave your comments at the Front Desk, to be brought to the attention of the Operations Committee. We will do what we can to correct the problem.

On another thought, the Operations Committee has been trying to find the best day and time to meet. We have tentatively come up with a new meeting time -- the 1st and 3rd Fridays of the month at 2:30 in the Committee Room. Interested members are welcome to attend.

Thank you,



BRIDGE AT THE BELLEVUE CLUB

By Barbara Chinn, Bridge Chair



The VALENTINE BRIDGE PARTY will be on Friday, Feb. 10, with coffee and pastries at 9:30 am. A special luncheon will be served at 12:30. It is a fun day and a nice way to reciprocate invitations. The party is \$45 inclusive, with prizes and surprises. Please make your table(s) reservations with Barbara Chinn (510) 653-0619 or chinnacres@sbcglobal.net.

PARTNERS BRIDGE resumes on Wednesday, Jan. 18, 4 to 6 pm in the Crystal Lounge with dinner following in the Main Dining Room. Make reservations for you and your partner with Joyce Hart (510) 654-3890. It is important that you also make reservations for dinner.

MARATHON BRIDGE for members only will begin a new set of play on Wednesday, Jan. 25, at 11 am in the Mural Lounge. Marathon Bridge is played on the fourth Wednesday of each month beginning in January and ending at the awards luncheon in September. Rubber bridge for 20 hands is played with a no-host luncheon break. If you would like to play, call Flo Weber (925) 254-8473.

If you or a non-member are interested in taking BRIDGE LESSONS in a new Spring series, please call Barbara Chinn. Jim Leuker, ACBL Gold Champion, continues as instructor. Standard American Bridge is taught at the intermediate level. This is the best way to sharpen your game.

The METROPOLITAN CLUB of San Francisco invites all bridge players to a day of SWISS TEAMS on Tuesday, Jan. 24. Registration and coffee at 9 am with play at 9:30. Please sign up as a partnership or a team of four at (415) 673-0600 by Jan. 20. The fee is \$38 each including lunch. Swiss Teams consist of four players assigned to play a round of 6-8 hands with another team close to their own level. After several rounds with different teams, final scores are computed, and master points are awarded. Call Barbara Chinn for more information.

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