

The University Club of Grand Rapids

November 2005

Home of the Press Club

From the Membership Committee

WELCOME NEW MEMBERS!

The Board of Directors, the entire membership, and staff of the University Club of Grand Rapids welcome the following new members:

TRACY LARSEN Managing Partner, Barnes & Thornburg LLP

Sponsored by Bill Holmes and Mike Robinson

DR. MURLENE E. MCKINNON. CEO, MACNLOW Training Associates

Sponsored by John Young and Sharron Reynolds

KEVIN MURPHY (AMY SCHAUS MURPHY) Staff Writer, Gemini Publications

Sponsored by Carole Valade and Clare Wade

No Initiation Fees for all Membership Categories and 20/20

To continue the upward trend in membership experienced in 2004, your board of directors has approved waiving the initiation fees for all categories of membership including our 20/20 paired dining membership (where the dues are \$20 per month with a \$20 minimum food and beverage requirement). Applications and information packets are available in the athletic area or main office.

Membership Bonus

The University Club is a superior club offering stimulating events, fine food and service, and good value to its membership. To encourage our members to share that information with others, starting in November, any member bringing in a new member, either dining or athletic, will receive a \$40 gift certificate toward food and beverage at the University Club.

Updated Web Site Activated

Our newly designed web site has much more data available than before, including the Press Club site. Requested information that changes frequently (events, athletic class schedules and soup calendars) will be updated monthly for your convenience. Look for the newsletter on the web site, too! Check it all out at www.universityclubgr.com.

Book Your Holiday Get-Togethers

Christmas is around the corner and it is not too late to reserve your business or family gathering in December. Large or small, the Club still has availability on many weekdays and some weekends for your holiday parties. You will be surprised by our competitive pricing and remember, parking is included for private functions at the club in the evening. Contact us either by phone (456-8623) or e-mail (mail@uclubgr.com), for questions or to check availability. Menus and further details may be obtained on our web site, www.universityclubgr.com.

University Club Board of Directors 2005-2006 Officers and Committee Chairpeople

President: Robert Benson

Vice President: Larry Oberst

Secretary: M. Gayle Robinson

Treasurer: P. Jeffrey Towner

Directors: Jennifer L. Jordan, Patricia McGettigan-Morgan, Sharron Reynolds, Mark W. Smith, Clare Wade, Margaret S. Walker, Stephen C. Waterbury, Stephen Yoder

Athletic Committee: Mark W. Smith/Stephen Yoder

Finance Committee: P. Jeffrey Towner

House Committee: M. Gayle Robinson/Sharron Reynolds

Personnel Committee: Jennifer L. Jordan

Marketing/Membership

Committee: Clare Wade/Stephen C. Waterbury

Press/Social Committee: Patricia McGettigan-Morgan/Margaret S. Walker

Hours of Operation

.....
10th Floor M-F 7-7 p.m.*

Phone: 456.8623 FAX: 456.8639

* Open for dinner by reservation

Athletic Club M-F 7-6 p.m.*

Phone: 456.8311

*24 hour access with card

.....
Club E-Mail Address

e-mail address: mail@uclubgr.com.

FROM YOUR MANAGER

Autumn is upon us and the club is in full swing. New menus have been introduced, member functions are being planned and my staff and I are working hard to add value to your membership.

As you can see by the newsletter, the next couple months are full of both new as well as long-time popular club functions for you and your guests to enjoy. Besides our traditional events such as the **Art of the Table wine tastings** held on the first Thursday of every month, the **Children's Lunch with Santa**, and our most popular event of the year, the **Holiday Open House Extravaganza**, we have several new, and revised events planned.

The **Prime Rib and Seafood Lovers night** has been expanded to every Friday evening in the month of November. It has been tweaked however to include the usual dinner menu and a choice of prime rib or seafood feature or a combination of both options. A soup, salad and seafood appetizer bar will be offered at an additional cost if you choose it. All members are invited to attend the **Athletic Club Open House** to show off the new areas of the facility on November 10, with complimentary hors d'oeuvres, beer, wine and personal tours. Back from the past is the breakfast prior to the annual **Santa Claus Parade** (or during if you do not wish to brave the cold). These events are a perfect opportunity to meet your fellow members, show off your club and have a great time.

In an effort to constantly monitor our members likes and dislikes, a survey has been sent in your October statement. Please take a moment to fill it out and help us make your club a proud place to be a member.

Just a reminder.... the club is open for dinner any week night with no minimum number of guests, if you have a reservation by 2:00 p.m. In case of a last minute decision to dine, simply phone the club that evening as we are often open for dinner this time of year and would be happy to accommodate your party, large or small.

See you at the club!

Cindi



The Annual Press Club Meeting

Thursday, November 10,

6:30 p.m. - Light hors d'oeuvres

Now that the articles of incorporation have been acquired, the Press Club will move ahead with elections of a Board of Directors, discuss fund raising opportunities, plan events and other club related issues. Please plan to attend this very important meeting.

Texas Hold 'Em, Canceled

The poker fund raiser scheduled for November has been cancelled. Please look for it to be rescheduled sometime in late winter.

Press Club Signage Needed

We are looking for media logo signage and/or memorabilia related to your organization for the Press Club. Call the club office for suggested sizes.

Every Friday in November is Prime Rib and Seafood Lovers!

In addition to the regular dinner menu, we are featuring prime rib and seafood entrees with a soup, salad and seafood appetizer buffet that will include shrimp cocktail and other interesting offerings.

Prime rib with soup or salad - \$21.95

With buffet - \$27.95

(Petite cut available)

Combination prime rib & seafood

feature w/ soup or salad - \$22.95

With buffet - \$28.95

Featured Seafood Entrees:

November 4

King crab legs w/soup or salad - \$23.95

With buffet - \$29.95

November 11

Crab stuffed jumbo prawns w/soup or salad - \$22.95

With buffet - \$28.95

November 18

Salmon wrapped scallop saute' w/soup or salad - \$22.95

With buffet - \$28.95

Buffet ala carte - \$16.95

PARKING INCLUDED

Preferred Parking Rate Offered to Members

University Club members receive a special rate in the Fifth Third parking lot when using the club for dining or working out in the athletic club. Complimentary parking is now for banquets only.

The discounted rate is \$1.10 per half hour and a \$10.00 maximum daily rate. To use this option members **MUST** get their stub stamped at the club and a member number must be clearly written on it. The fee will be charged to your club account. The discount is also given to members who prefer to pay in cash. In that case it is still necessary to get the stub stamped, but you should not include your member number.

Chef's Corner

A MESSAGE FROM THE CHEF: The joy and comfort that Thanksgiving and the impending holiday season bring is the perfect time to pause and reflect. Here at the University Club, we feel an important and timeless feast such as this one can feed the body as well as the soul. Now more than ever, gathering around a table with family and friends to give thanks and share is an occasion not to be passed up. So in the upcoming cool, November evenings, let us provide you with the setting and the opportunity to do so. Bon appetit.

GELATTO OF THE MONTH: Mincemeat and Chocolate Frangelico

ATHLETIC CLUB BUFFET: To better plan your lunch cravings, we now feature a hot entree item on a specific day of the week: Pasta Dish Monday, Chicken Entree Tuesday, Comfort Food Wednesday, Pizza Thursday and Catch of the Day Friday.

NOVEMBER SOUP CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Vegetable Fagioli	2 Cream of Wild Mushroom	3 Chicken Tortellini	4 New Orleans Gumbo
7 Broccoli Cheddar	8 Tomato Basil	9 Mushroom Brie	10 Beef Barley	11 Shrimp and Artichoke Bisque
14 Tomato & Bleu Cheese	15 Herb Mushroom	16 Lentil & Roasted Tomato	17 Dijon Chicken	18 Manhattan Clam Chowder
21 White Turkey Chili	22 Tomato Garden	23 Split Pea with Ham	24 25 CLOSED FOR THANKSGIVING	
28 Greek Tomato Florentine	29 French Onion	30 Sportsman	Tuesdays the Club offers a light, healthy soup, low in fat and calories (1-3 points on the Weight Watchers® scale per cup). All of our soups can be ordered by the quart the entire week.	

Happy Birthday to November-Born Members

In November, members celebrating a birthday may choose to receive a complimentary dessert with lunch or dinner. Our Club Delight Sundae comes with brownie bits, ice cream, toffee, caramel, chocolate, whipped cream and is topped with a cherry and served in an oversized martini glass. If you would prefer, you may also request nonfat ice cream.

- 11-1 Bruce Young, John Young
- 11-3 Lynn Afendoulis, Mary Beth Norris
- 11-4 Peter Armstrong, Jeff Cartwright
- 11-5 Jon Muth, Margaret Talburtt
- 11-6 Emery Freeman Sr., Jennifer Snowling
- 11-12 John Bertsch, LeRoy Carter, Gordon Quist
- 11-13 Stephen Waterbury
- 11-14 Nicholas Fink VI, Tracy Larsen, Joseph Sack
- 11-15 David Eisler, Richard Roane
- 11-17 Nancy Laferriere
- 11-18 Randall Bergers, Elizabeth Jolly, Norbert Kugele
- 11-19 Patrick Fox
- 11-20 Frederick Deane
- 11-21 Daniel Caldon, Peter Sears, Valerie Simmons
- 11-22 Frederick Bogaert, William Ruoff
- 11-23 Eric DeLong
- 11-25 Anthony Kolenic, Robert VanDongen
- 11-26 Richard VandenVeen, John White
- 11-27 Clinton Scobey

Hoops Safety (reprinted from Mayo Clinic Health Information)

Whether it's a pick-up game in the neighbor's driveway or an organized league at the gym, basketball can be great fun and great exercise. In addition to being a fast-paced aerobic activity, it helps improve your balance and coordination. Unfortunately, though, basketball players experience a high number of injuries including ligament sprains, muscle strains and broken bones. If you play basketball, take these steps to protect yourself from injury.

- Warm up before playing; walk or run in place then gently stretch your major muscle groups.
- Wear proper gear including non-skid shoes that fit snugly and offer enough support.
- Remove jewelry and watches before play.
- Wear sports or safety goggles instead of your everyday glasses.
- Stay fit in the off-season with strength training and endurance-building exercises.

Athletic News

Initiation Fee Waived:

Initiation fees have been waived for all categories of membership including athletic. Now would be a terrific time to encourage friends and coworkers to join the UClub. Bring them by and show them just what a great facility and good value we are.

Golf Instruction:

The University Club offers golf instruction with rates running \$45/hour or \$25/halfhour. Take instruction at the Club or at a course of your choosing if that course allows outside trainers. Contact Jason at 456-8311 or 889-2041 for more information.

Body Cycle Classes:

We need those interested to sign up for Body Cycle in order to keep it on the current schedule. The class times offered are posted on the bulletin board in the athletic club. Please sign up for the days you feel you will attend so we can continue with these classes. If you wish you may call or e-mail me at the club (456-8311 or uclubgr@comcast.net) and we will gladly sign you up.

New Group Exercise Studio and Cardio Room:

The athletic club now has a new aerobics studio and cardio room. We have added a level above the former cardio room creating additional workout space. For those who have not been in, please stop down and check out the new cardio room and group exercise studio. I have already heard great compliments on the new rooms from members but I would love to hear your input. Any suggestions or concerns about the new space or the athletic club in general, please feel free to contact Jason at 456-8311 any time.

City Fit Walk Ends for Season:

We have ended our City Fit Walk for the season but are replacing it with a Spin class. This new class meets on Thursdays from 11:30 - 12:30. Preregistration is required. Please sign up in the athletic club or call 456-8311.

Basketball Tournament: November 10

Attention basketball players! It's time to find out who the best ball players are at the Club. We have not had a tournament in over ten years so this is the year! Get your team together now! Sign up sheets are in the athletic club. Winners of the league will have their names engraved in the University Club plaque and prizes will be awarded for first and second place. Join the open house between games. Sign up for the tournament today!

Member Open House:

Stop down to the athletic club on Thursday, November 10 from 4:30 - 6:30 (with a guest) and show off your athletic facility. We will have all our instructors and trainers on hand to answer questions as well as running demonstration classes of Pilates, Cardio Chaos, Strength Training and Body Cycle. This will also be the kickoff night for our University Club b-ball tournament. Come have some drinks, food and fun on the 10th. See you there!

Athletic Club... TO GO:

If you are in a hurry and don't have time to do lunch, have us do it. TO GO slips are located in the athletic club dining room, locker rooms and on Jason's desk. Fill one out and return it to the kitchen or an attendant with a pick up time and we will do the rest. You may also prepare your own to go lunch as well.

AEROBICS NEWS BY BETH DAMON:

Welcome to November, University Club members!

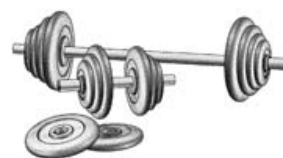
Lots of new exciting changes will meet you if you have not been to the athletic club lately. A new aerobic studio and cardio theater are waiting for you to take advantage of. It looks great in the athletic club with more room to move, play, tone, and strengthen.

A new schedule is available this fall with new classes to choose from. Spinning is being offered at 6:45 a.m. on Mondays and Fridays. Remember to sign up for these classes so an instructor will be present to take you on a cardio and toning journey.

At lunch time you may choose from BLT, spinning, Step 'n Tone and Kick'n Tone classes. There are many choices for a total body workout and to keep your mind and body alive and challenged.

There are many classes being offered after your busy work day so you can let off some steam! On Tuesdays at 5:15 we offer a Pilates class in the aerobic studio. Come join this class for some great core strengthening, stretches and poses. Wednesdays at 5:30 p.m. there is a yoga class being offered in the new aerobics studio. This yoga class is strength and stretch focussed. Yoga and Pilates are both user friendly classes. Your instructors are willing to guide new participants so please feel free to join in at any time.

There are many new classes available to you this fall. Come down to the athletic club and grab a new fall schedule. Post it in a convenient place and highlight the classes you are interested in and the GO FOR IT! See "U" at the "Club".



Upcoming Events

DINNER CLUB

Wednesday, November 2

5:30 p.m. - Cocktails
6:15 p.m. - Dinner off the menu
with additional featured entrees offered
Please reserve by calling the Club at 456-8623.

PRE-SYMPHONY DINNER

"Pictures at an Exhibition"

Friday and Saturday, November 4 and 5

5:30 - 8:00 p.m. - Cocktails and dinner

PRE-POPS DINNER

"Hip Harp"

Friday and Saturday, November 11 and 12

PRE-THEATER DINNERS

"Hairspray"

Tuesday, Wednesday and Saturday, Nov. 22, 23 and 26*

15 person minimum on Saturday



ART OF THE TABLE WINE TASTING

Thursday, November 3

"Spectacular Aussies"

6:00 - 7:30 p.m. - Heavy hors d'oeuvres and wine tasting
Selected wines: Estate bottled vineyards such as Hewitson,
Elderton, and Pikes to name just a few.

INTERCHANGE LUNCHEON SEMINAR

Wednesday, November 9

Speaker: Roger W. Spoelman,

President and CEO of Mercy General Health Partners

Topic: "Great Leadership Takes..."

Held in the Press Club at the University Club

11:30 - Networking 12:00 - Lunch buffet

12:20 - 1:00 p.m. - Topic of discussion

Cost: Individual meeting fees are \$15 for members, \$5 for
nonmembers and \$12 for students.

A walk-in fee of \$10 without lunch is also offered.

Membership to Interchange is just \$40 per year.

Contact Greg Melvin at 956-7373 or gmelvin@grotenhuis.com.

ATHLETIC CLUB OPEN HOUSE

Thursday, November 10

**Come celebrate the opening of the
new cardio room and fitness studio.**



- **Meet our fantastic trainers**
- **Tour the facilities**
- **Potential members welcome**

**4:30 - 6:30 p.m. - complimentary
beer, wine, and hors d'oeuvres**

**For more information call.456.8623
or e-mail mail@uclubgr.com.**

HAPPY HOLIDAYS • HAPPY HOLIDAYS • HAPPY HOLIDAYS

PRE-SANTA PARADE BREAKFAST

Saturday, November 19

9:00 - 11:00 a.m.

BREAKFAST BUFFET:

Scrambled eggs, breakfast sausage, bacon,
hash browns, French toast, fruit,
assorted breads and sweet rolls, juice, hot chocolate and coffee

Adults: \$10.50 Children under 12: \$6.50

Children under 2: FREE

Note: parade does not reach 5/3 area until 11:00 - 11:15 a.m.

For reservations call 456-8623. Please let us know if
you will need a high chair or booster seat.

CHILDREN'S LUNCH WITH SANTA

Saturday, December 3

- 11:00 - 12:30 p.m. Crafts
11:30 - 1:00 p.m. DJ the Clown
12:00 - 1:30 p.m. Special Children- Friendly Lunch Buffet
12:30 - 1:30 p.m. Visit with Santa
1:30 p.m. Magic Show

Gifts and goodies for all the little ones.

Reserve by calling 456-8623

MEMBERS HOLIDAY OPEN HOUSE

Wednesday, December 21

11:30 - 2:00 p.m. - Buffet Extravaganza

Strolling carolers

Don't miss this holiday favorite!

The University Club of Grand Rapids

111 Lyon N.W., Suite 1025 • Grand Rapids, MI 49503

RETURN SERVICE REQUESTED

November 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Body Cycle Pilates Aikido Lunch * Dinner	Kick-n-Tone Strength Training Fitness Yoga Lunch DINNER CLUB	Body Cycle Lunch * Dinner ART OF THE TABLE WINE TASTING	Body Cycle Step-n-Tone Strength Training Lunch * PRE- SYMPHONY DINNER	* PRE- SYMPHONY DINNER
Club Available	Body Cycle - BLT Strength Lunch * Dinner	Body Cycle Pilates Aikido Lunch * Dinner	Kick-n-Tone Strength Fitness Yoga INTERCHANGE Dinner	Body Cycle Lunch * Dinner ATHLETIC CLUB OPEN HOUSE	Body Cycle Step-n-Tone Strength Training Lunch * PRE- POPS DINNER	PRE-POPS DINNER
Club Available	Body Cycle - BLT Strength Lunch * Dinner	Body Cycle Pilates Aikido Lunch * Dinner	Kick-n-Tone Strength Fitness Yoga Lunch * Dinner	Body Cycle Lunch * Dinner	Body Cycle Step-n-Tone Strength Training Lunch * Dinner	PRE-SANTA PARADE BREAKFAST * Dinner
Club Available	Body Cycle - BLT Strength Lunch * Dinner	Body Cycle Pilates Aikido Lunch * Dinner HAIRSPRAY •	Kick-n-Tone Strength Fitness Yoga Lunch * Dinner HAIRSPRAY	Closed for Thanksgiving	Club Closed	* Dinner HAIRSPRAY
Club Available	Body Cycle - BLT Strength Lunch * Dinner	Body Cycle Pilates Aikido Lunch * Dinner	Kick-n-Tone Strength Training Fitness Yoga Lunch * Dinner	* indicates a 15- person minimum		