

The Bellevue Banner



The Bellevue Club — Celebrating 91 Years, 1929 – 2020

Volume 24, Issue 1 January 2020

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COMING EVENTS

Wednesday, January 1
Lunch and Dinner **CANCELLED**
HAPPY NEW YEAR!!

Thursday, January 9
Membership Committee Mtg 10am

Thursday, January 16
Board Meeting 2pm

Thursday, January 16
Bridge Lessons 10am

Wednesday, January 22
Bridge Marathon 11am

Thursday, January 23
SF Symphony Lunch/Bus Trip
-Lunch: 11:30am
-Bus: 12:45pm

Sunday, January 26
Performance Encore 7pm

Tuesday, January 28
Finance Committee Meeting 3pm

Thursday, January 30
Bridge Lessons 10am

Sunday, February 9
Musical 4pmS

START THE NEW YEAR WITH MUSIC ON JAN. 26

Performance Encore will be kicking off the New Year 2020 with its January 26th Sunday Jazz and Cabaret Show in the Ballroom of the Bellevue Club.

There is something magical taking place once a month on Sunday in this grand space, with its ambience, special lighting, great acoustics and spectacular views. Along with a wonderful wait staff and bar, cocktails, grand piano, dance floor, and Chef Henry's Buffet. We added the fabulous five-piece Benny Watson Band and the memorable music from a remarkable past.

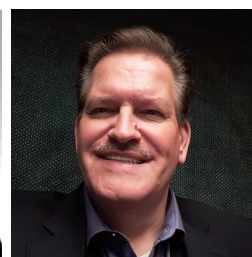
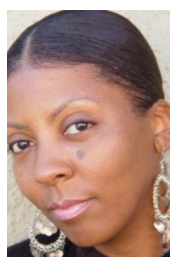
Unfortunately the original artists of the timeless music are almost all gone. But the good news is that we, who make up Performance Encore, are making a huge effort to keep the music alive and relevant here at the Club with our own wonderful, accomplished, heartfelt vocalists. They have come together from all walks of life, as we have created a community of music lovers, both the performers and the audience, who share the appreciation of the great eras and sounds of those incredible musicians and vocalists.

We have created something very worthwhile and unique here at your Club on Lake Merritt. And we will guarantee that once a month, on a Sunday evening, in this case January 26th from 7-9:30 or if you're dining 6-9:30 p.m., you can forget your "cares and woes" and immerse yourself in the glorious music of times gone by, surrounded by a like-minded community deep into "jazz and conversation."

So please mark the date and try us out. There is absolutely nothing to lose, the Show is complimentary to members, and possibly a whole evening of music, nostalgia and new friends to gain.

Thanks,

Lawrence Marcus of Performance Encore



BRIDGE AT THE BELLEVUE CLUB

By Barbara Chinn

A new series of **BRIDGE LESSONS** begins on Thursday, Jan. 16, from 10 am until noon in the Crystal Lounge. The lessons, with our favorite instructor Jim Leuker, continue on Jan. 30. The January dates are on the third and fifth Thursday due to Jim's schedule, but the classes are normally held on the second and fourth Thursdays of the month. The remaining dates are: Feb. 13 and 27, March 12 and 26, and April 9 and 23. The fee is \$240 for the series. Jim teaches Standard American Bridge at the intermediate level. There are no substitutions, refunds, or make-up lessons. You do not need a partner, and non-members are always welcome. Please notify Barbara Chinn, 1-510-653-0619 or chinnacres@sbcglobal.net, if you want to take the lessons. There is a limit of 16 players.

BRIDGE MARATHON resumes on Wednesday, Jan. 22, at 11 am in the Mural Lounge. Marathon is played on the fourth Wednesday of the months January through September at the Club. Rubber Bridge is played for 20 hands with a break for no-host lunch in the main dining room. You must have a partner to play and non-members are most welcome. There is a fee of \$20 per player for the nine games. The fee goes towards the prizes awarded after the September Marathon. Please sign up with Barbara Chinn, if you and your partner are interested.



NEW MEMBERS MAKE US HAPPY!

Andrea & Omar Cameron, Couples Junior

Heather Patterson, Athletic

Jen Harrison and Heather Anderson, Couples Junior

Welcome to the Bellevue Club!

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 Clifton@bellevueclub.org. Thank you!

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The Board of Directors will meet this month on Thursday, January 16 at 2pm.

FROM THE PRESIDENT

By Carole Levenson

Happy New Year!

I hope 2020 brings us all the best possible year!

To Us! and to the Bellevue Club!

Cheers!

Carole



IN MEMORY

We send sincere condolences to Mary Brown in memory of her son, and to Edith Schroeder on the passing of her husband Donn.

THE BLUE BIN IN OUR LIBRARY

For years The Bellevue Club has supported the East Bay Children's Book Project, whose office is just a few blocks away. Thank you for placing children's books in the blue bin in our library. They go to kids whose families don't have the money for "luxuries" like books.

The EBCBP is a 501(c)(3) organization, so your donation is 100 percent tax deductible.

You can make your gift in person, by mail or through their website.

EBCBP

2501 Harrison St.

Oakland CA 94612

Thanks for considering our appeal.

East Bay Children's Book Project

www.ebcbp.org



FITNESS IS FUN – AND ESSENTIAL



By Janet Rodriguez, Fitness Chair

Advice for 2020:

Think habits and forget resolutions. Here are 3 good ones:

1. **Weigh yourself every day.** This is easy and surprisingly effective, which is probably why both Weight Watchers and the usually skeptical UC Wellness Letter recommend it. I am not sure why it works. But I have noticed that I pay more attention and make a plan for each day. (No resolving to lose 15 pounds by June) and I have lost 6 pounds since I started.
2. **Try Nia** (W8:45amSat 8:30am.) I have made taking this class a habit ever since we introduced it this year. I like the way we each must concentrate so thoroughly we can't watch anyone except the teacher and the way it gets our heart rates up almost playfully, while we think we are just having fun dancing like a native American, a jazz dancer, or a martial artist.

And when I spoke with someone who had made Nia a habit longer, I learned what it could do for my balance and brain.

"In 2008, I experienced a stroke leaving me with a slight left side deficiency, affecting my balance, which caused me to trip, fall and break my shoulder and leg. I found that when most people become off balance they can catch themselves; I could not. Once I started to fall my brain signal was 3 seconds delayed, so I would fall. In 2011, I had a complete shoulder repair. After taking physical therapy for months my balance improved to about 85%, and my range of motion in my shoulder to 90%, but my balance still felt 'a hair off'. Now, I've always considered myself athletic; never really one for taking classes; however, since taking **Classic Nia (a fusion of martial arts, dance arts and healing arts)** from Lorna for the last 8 months, I have realized some amazing results. The Nia movements have seemed to create new neural pathways that improved **my balance and ability to catch myself when I fall, and my range of motion in my shoulder has improved to 99%; plus, I've lost 8 lbs.** Amazing!" –JD

3. **Lift weights.** If you aren't, you are not staying the same, you are getting weaker and risking injury, which is why weight lifting is included in almost everyone's classes. (Lap swimmers who also ski know that even swimmers miss some major muscles.)

Body Conditioning (TuTh 6:30am)

Aqua Fitness (MWF at 10am)

Pilates (MW 7:30amF 9am) are especially good for core and upper body strength.

Ballet is best for feet (M 2pm).

And when I want to be sure I am strengthening effectively and safely I am grateful for the individual help I get in **Mark's Circuit class (W 9:30am)**

So start the new year with three healthy habits - weigh yourself daily, try a new class, and start or continue, at least three times a week, strengthening **all** of your muscles. The world may not be better in 2020, but you can be.

Dining at The Bellevue

BRUNCH SERVICE:

Brunch is served every Sunday.

LUNCH SERVICE:

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

DINNER SERVICE:

Dinner is served every Friday, as well as First and Third Wednesdays from 5:30 to 7:30 pm.

The only Sunday dinners will be the nights of the Musicale and Performance Encore, when a buffet dinner will be available.

LUNCH AND DINNER ARE CANCELLED WEDNESDAY, JANUARY 1

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 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



Thank you to all who donated to the 2019 Employee Holiday Fund. Your generous gifts were truly heartfelt and helped to make the season brighter. Happy New Year!

Sally Adams	Susan Jeffries	Jim Ratliff
Norma Ahern	Thomas Job	Rose Mary Richmond
Oscar Anderson	Susan Johnson	Marianne Robison
Art Deco Society	Mrs. William Kinney	Janet Rodriguez
Joseph Brignole	Carole Levenson	Suzanne Royce
Anne Bruff	Sally Lewis	Lynn and Bill Rundstrom
Barbara Cox	Ann Lister	Noriko Sato
Danine Cozzens	Dennis & Sally Lum	Elizabeth Schenk
Margaretta Darnall	Gerry Mack	Eric Scott
Sheila Dobbins	Carol Madigan	Margaret Sigurdson
Poppea Dorsam	Lawrence Marcus	Jan Silverman
Dorothy Finger	Beverly Matson	Shirley Soper
Ellin Firth	Dai Meagher	Mary Spletter
Bridget Flanagan & Peter Van der Naillen	James Meagher	Nancy Sweetland
Cynthia Hill Ford and Roy Ford Jr.	Barbara Meyer	Sarah Van Roo
Teresa Burns Gunther	Kyle Milligan & Susan Casentini	Benjamin Webster
Earl Hamlin	Stephanie Mooers	Kurt Winter
Victoria Hartsock	William and Carol Morris	Rose Yee
David Harvey	Nancy Murakami	Jessie Yee
Constance Herrick	Cory Nott	Jane Yoo
David Hollander	Nancy Page	
Dorothy Hoover	Carole Plum & Claire Wing	
Bonnie & Lee Jameson	Hazel Powell	
	Lenore and Peter Raffo	



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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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