

ACCENT MAGAZINE

THE OFFICIAL PUBLICATION OF THE ATHLETIC CLUB OF COLUMBUS • SINCE 1912

MAY & JUNE 2016



Connecting Members to Members

see pages 6 and 7



The 62nd season of **Gym & Swim** wrapped up in February, with over 90 kids participating in the program this year! The end-of-the-season banquet is always fun for the kids and families; this year, the banquet was held on March 5 in the ACC ballroom, with plenty of pizza and ice cream to go around!



Basketball League Champs:



Team Anderson



Over 150 members and guests attended the **Downtown Dynamics panel presentation** on April 13. Five Columbus neighborhoods were represented during this discussion revolving around development and demographics in our city. Thanks to the ACC Associate Committee for hosting the program.



Team Husted



Weddings at the ACC:

Congratulations to the following three ACC couples who celebrated their weddings at the club in April:



Team Wohl

Erin (Huenke) and Dan Martin, April 2
 Cathy (Syms) and Troy Judy, April 29
 Lucy (First) and Kyle Gerlach, April 30

The Athletic Club of Columbus. What's the first thing that comes to mind? For many of us we think of something athletic. Sounds simple and logical, correct? Well, you may be surprised that those of us that use the wide range of athletic options on a regular basis are in fact in the minority of the membership.

Putting together the various ways we track usage in order to provide the best that we can to those that workout at the club we now know that there are more of us, on a percentage basis, that rarely, if ever, "go above the second floor." With that in mind I sought out some data on what we do in the area of food and beverage.

On a monthly basis we service 11 different menus in our dining rooms. On average each month we run over 5000 "tickets" for food and/or beverages. Last year we held, wait for it, 1100 private events and 69 member events. And these numbers do not count our monthly beer tap takeovers and signature cocktail additions to our menus. Suffice to say we aren't just a place to go get a workout!

Every day we challenge our staff to strive to be the best. There is a constant review on what we provide as a member experience. We are always looking and listening to make sure that we never assume we have hit everything square.

Continuing on the theme that "our club doesn't cost, it pays," we on the Board want to assure our fellow members that this club serves ALL of its members, not just those that enjoy a workout. When considerations are made regarding areas to improve and develop, we do not default to only athletics. We look to what can be done, at the highest level of delivery, for the entire membership's enjoyment.

What can you do as a member? Start with using the WHOLE club. If you are a person that almost solely considers this a gym, have lunch, dinner or a beverage. If you are one of those that rarely gets to floors 4 and up, go up there. And after you do that, let us know what you think. We only get better when we know what we need to know to get better (say that fast).

So, invest in your club. That investment will pay off. See you around the club!



Timothy D'Angelo
President



Learn more about ways to enhance your ACC membership to include more access at Columbus Country Club!

Membership options for Full Golf, Social Golf and Social Activity are available.

Please contact Sarah Favara, Clubhouse Manager, for more information: sfavara@accolumbus.com, 614.643.3119.

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Don't miss the 3rd Annual Derby Party at CCC on May 7!
See page 8 for details.



LIFE BRINGS CHANGES



From time to time, life brings changes that affect our financial picture: new jobs, promotions, retirement, births, deaths, marriage or divorce, etc. Such life changes make it necessary for us to periodically review our financial plans to determine if they are still working toward our current and future goals.

If you would like a free consultation, please give us a call.

Steve Jefferis

Senior Vice President/Investments

Edward Yen

Senior Vice President/Investments

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This past month, The ACC culinary team introduced new menus in Carmichael's and The Grill. While this freshening-up of things is a common occurrence, there is a feature that needs special mention. We have turned up the dial on healthy options on the first floor menus, and we don't want it to be a secret!

Over the past several years, you've seen an increasing number of food options introduced that are nutritious and healthful. In these recent menus, our Chef has continued this practice. For sure, this has been in response to our membership's growing appreciation for foods that are cleaner and fresher food, so you feel great after eating them. We are limiting the high cholesterol and starchy options, but not sacrificing flavor. Going forward, we will continue to gauge your feedback on menus. Lest you worry, please know that you can expect us to maintain the range of menu options you see now. You will continue to see the refined pub food in Carmichael's, the fresh chophouse items in the Grill. And the addition of health conscious foods does not mean that you will stop seeing our remarkable burgers and steaks and our terrific hand-cut french fries aren't going anywhere.

Chef John Wolfe, along with Sous Chefs Sam Westlake and Matt Hinkle, are thrilled about these menus, as they allowed the team to express their natural culinary drive. They have been able to merge their interests of satisfying our members with their personal curiosity and passion for food. The chefs have devised a mission statement that they live every day. In fact, you can taste it in the food and see it written on the dining menus, "The (ACC) strives to provide our members with a menu that utilizes local and season ingredients whenever possible, supporting our community and guaranteeing the freshest produce and meats."

The same level of determination shown by our kitchen is on display in the club's beverage area. We have two new Sommeliers! In March, Sara Newcomer and Brandon Boucher both passed the Court of Master Sommeliers Introductory level course. We are very proud of these two managers for stepping up to develop their careers and our wine program.

If you're new to the club, or you haven't had the club in your dining line up, there have been revolutionary-level changes

over the past couple years. Our wine list, for example, has the finest options for California and Oregon wines in the city, really. Our pricing for 90% of these wines are at or \$10 above state minimum pricing. One caveat, our list is choc-full with superstar producers. The mark-ups are low, to the point of making you giddy. However, the pricey options currently outweigh the day-to-day bottle wine options. We're working to increase our selection of wines in the \$30 - \$50 range while maintaining our commitment to top-tier producers.

The club's cocktail and beer selections are terrific, and only getting better. ACC mixologist Jodie Hlavachek ensures that we have monthly fresh options in both first floor and The Booth outlets. If you're a fan of craft cocktails, your club is among the most enjoyable places to find yourself. Craft beer is also on tap throughout the club; from The Booth to Carmichael's Pub, you'll find plenty of selections that will pique your interest year round. Don't miss the monthly Tap Takeovers, too (see page 13). You may stumble upon a new favorite brew by simply enjoying the wide selections at your club.



Paul Kroll, Jr., CCM
General Manager

WELCOME New & Returning Members

February 2016

David Bonomo
Roaby Browning
Kevin Bruns
Anthony Catanzaro
Nathan Fisher
Oliver Flint
Jason Gambone
Benjamin Goodman
Stacie Hunt
Lara Lashutka
Jacob Mays
Ian Thickstun

March 2016

Jonathan Allison
Robert Alt
Derrick Bailey
Michael Foley
Kyle Gerlach
Austin Germain
Michael Hinterschied
Andrew Hutter
Kara Kelley
Ed Klopfer
Wendy Lemon
Curtis McElhinney
Tony Meredith
Dan Murphy
Nick Pavlik
Jake Seymour
Kevin Servick

*For more information about
membership at the ACC,
please contact Mary Alvarado:
malvarado@accolumbus.com,
614.545.1351.*

ACC Blue Wings

Connecting Members to Members

The ACC Blue Wings, established in June 2012 by the Membership Committee, is a group of members dedicated to the success of the club through the mentorship of new members. As a way to aid in retention efforts, Blue Wings meet up with new members within their first 30 days of membership to answer questions, invite the new member to an event, or simply just to chat over lunch or drinks.

Connecting Blue Wings and new members is a key role that Mary Alvarado in the ACC Membership Office takes to heart. Since Mary joined the ACC team in July 2013, she has spearheaded the Blue Wings program to become what it is today. Her tireless efforts to find connections with common interests, and then to continue to follow up and coordinate meetups, is all part of the deal. She loves to hear the success stories behind her connections, with many members becoming good friends through the program!

Currently, the Blue Wings roster is 50+ strong. But, we're always looking for more members to join the ranks! Members from all membership categories are encouraged to participate in this vibrant membership-based initiative. The only pre-requisite is that you must be a member for one year before you can act as a Blue Wing for a new member. Once you've filled that first year requirement, you're good to go!

Please feel free to get in touch with Mary Alvarado with any questions you may have or to join the Blue Wings roster: malvarado@accolumbus.com, 614.545.1351. In the meantime, check out what a few of our **Blue Wings All Stars** have to say about their experience on the next page! Also, don't miss the ACC Connection Expo on June 8 (see page 9) to find more ways to make the most of your membership.

Membership Snapshot as of March 30, 2016

Total Membership as of 3/30/16 - 1465
New and Returning Members for February - 12
New and Returning Members for March - 17



Dan and Samantha Sharpe
(with son, Henry)
Members since 2008

Participating in the Blue Wings program has allowed us to do our part to ensure the vitality of our club. Helping new members feel at home and make the most of their experience benefits us all with a healthy, active, and relevant club experience. We have an appreciation and a respect for the more established members that went out of their way (and continue) to make the ACC an extension of home, and a personally and professionally enriching asset. Participating in Blue Wings was the least we could do to pay that forward.

Courtnee Hawkins
Member since 2014

Blue Wings remove the awkwardness of being the new kid on the block. We are a community within ACC that eagerly waits to connect you and your interests with all the club has to offer.



Nathan Coe
Member since 2009

One of the primary reasons to join a private club is to develop and grow relationships. The Blue Wings program has immensely enhanced my membership experience personally by being able to connect with other young professionals with similar interests. It has also been a great way to be involved and give back to the Club.



When we joined the ACC we immediately signed up for the Blue Wings program. Our Blue Wings were great at getting us plugged in to certain events and committees. It was so nice to have a friendly face at the club and we still see them regularly. Now, as Blue Wing mentors, we are able to give back and help new members assimilate into the club the same way our mentors helped us. The connections are fun and we have made some great friends through the program. Participating as a couple is great because it's something we can share.



Rob & Molly Tafate
Members since 2014

3rd ANNUAL DERBY PARTY

Saturday, May 7 | 4:30 PM

Wear your Derby best to this special event for all ACC & CCC members! Mingle with friends, watch the races on the big screen, and enjoy plenty of food, drinks and live music outdoors on the patio **at Columbus Country Club**. Don't miss the "Best Hat" contest too! \$50 per person, plus tax and gratuity, includes bottomless mint juleps and sparkling wine, food stations and entertainment. RSVP online or at the Front Desk: 614.221.3344.

MOTHER'S DAY BRUNCH

Sunday, May 8

Celebrate Mother's Day at the ACC! Enjoy a bountiful brunch buffet in the ballroom with family and friends, plus a special gift for all moms. Seating times are 11 AM, 12 PM and 1 PM. \$40 adults, \$16 children ages 7 - 12, \$6 children ages 6 and under. Please make your reservations with the Front Desk: 614.221.3344.

SUMMER OPEN HOUSE

Thursday, June 2 | 5:30 - 7:30 PM

Share your member experience with friends and family this summer! Bring your prospective member guests to tour the ACC, enjoying summertime food and drinks throughout the clubhouse. Complimentary to attend for all members and guests. RSVP to Mary in the Membership Office: malvarado@accolumbus.com, 614.545.1351.

HOP TO THE FIELD

Thursday, June 23: Wolf's Ridge

Monday, August 1: Elevator

Make your way to Huntington Park for the Clippers game with a bar stop along the way! Meet at the ACC at 5:30 PM and walk to the stadium by way of a stop for drinks and snacks. Game starts at 7:05 PM. \$20 per person, includes drinks at the stop and reserved ticket to the game. Sign up online.

drink pink!

Thursday, May 12

PRE-EVENT: MARGARITA MIXOLOGY

Mixology Class: 6 - 7 PM

Learn how to make the perfect margaritas at home! ACC bartender and mixologist Jodie will feature three margaritas for summer entertaining. \$20 per person, includes education and tastings.

MAIN EVENT: COCKTAIL PARTY

Begins at 6:30 PM. Enjoy plenty of pink cocktails, plus complimentary seasonal hors d'oeuvres. Don't miss the raffle and 50/50 drawing, all to raise funds for Komen Columbus! Cash bar. Guests welcome!

PLUS! SQUASH & BASKETBALL

Participate in the "Squash Cancer" tournament or "Hoop for a Cure!" \$20 per participant, includes beer at the courts, drink ticket to the cocktail party, plus a piece of ACC pink swag. Sign up in the 5th Floor Athletics Office.

Hosted by the ACC Women's Committee. Proceeds from all events benefit Komen Columbus.



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ted.inbusch@ampf.com

View the complete calendar online at www.accolumbus.com.

MAY

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New Member Social
see online

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Derby Party at CCC
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RMR Testing
see online

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Mother's Day Brunch
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May 10 & June 14
Tasting Tuesday
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Drink Pink!
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Birthday Night
see page 13



23
Carmichael Cup Golf Outing
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27
Family Night in The Booth
see online

27
Tap Takeover: Boulevard Brewing
see page 13

30
Holiday Hours:
Athletics open 6 AM - 2 PM, no classes; Dining, offices, Spa and Kid Zone closed

JUNE

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Open House
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6
Summer Hoops begins
see page 11

6
Summer Slimdown Challenge
see page 10

ACC CONNECTION EXPO • Wednesday, June 8 | 5:30 - 7:30 PM
 Make the most of your ACC membership! Find new ways to use your club, meet staff members from all departments, and mingle with fellow members to share ideas and interests. Set up as an expo, this event will have tables for departments, committees, and clubs-within-the-club to showcase information and member benefits.
Free to attend. Complimentary hors d'oeuvres. Member charge bar. RSVP online.

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Annual Walleye War
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Birthday Night
see page 13

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Hop to the Field
see page 8

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Tap Takeover: Dogfish Head Brewing
see page 13



SUMMER SLIMDOWN

June 6 - August 28

This 12-week challenge will give you the accountability you need to stay on track this summer! The goal is to lose 5% of your bodyweight through cardio and resistance training to keep your body composition in check. Stay toned, stay fit and stay healthy this summer!

\$40 per participant, includes weekly raffle prizes!

Sign up at the 5th Floor Athletics Desk.

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 AM BURN 6 th Floor Studio Jennifer \$	6:00 - 7:00 AM Endurance Spin Spinning Studio Jamie	6:00 - 7:00 AM Endurance Spin Jennifer 6 - 6:45 Total Strength 6 th Fl/Sarah	6:00 - 7:00 AM Endurance Spin Spinning Studio Erin	6:00 - 7:00 AM BURN 6 th Floor Studio Jennifer \$	8:00 - 8:45 AM Meditation & Movement 6 th Floor/Noelle	
6:30 - 7:30 Master Swim ACC Pool Reggie	6:30 - 7:15 Vinyasa Flow Floor Studio Mira	7:00 - 7:30 TRX \$ 9:30 - 10:15 Aqua Cardio & Core ACC Pool/Reggie	6:30 - 7:15 POWER Flow 6 th Floor Studio		8:00 - 8:45 Ride in 45 Spinning Studio	8:30 - 9:15 Ride in 45 Spinning Studio Erin
9:30 - 10:30 BODYPUMP 6 th Floor Studio Catherine	9:30 - 10:15 Mat Pilates 6 th Floor Studio Kendra	9:30 - 10:15 Total Strength 6 th Floor Studio Kendra	9:30 - 10:15 Mat Pilates 6 th Floor Studio Noelle	9:30 - 10:30 BODYPUMP 6 th Floor Studio Catherine	9:00 - 10:00 Balance 6 th Floor Studio Noelle	9:30 - 10:15 Cardio Abs 6 th Floor Studio Dr. Sandy
11:30 - 12:15 50/50 6 th Fl/Spinning Dr. Sandy	11:30 - 12:15 50 / 50 6 th Fl/Spinning Jon	11:30 - 12:15 Ride in 45 Spinning Studio Kelli	11:15 - 12:00 Yoga Flow 6 th Floor Studio Noelle	11:30 - 12:15 50/50 6 th Fl/Spinning Dr. Sandy	9:00 - 10:00 Spinervals Spinning Studio Gina	10:30 - 11:25 Mat Pilates 6 th Floor Studio Jess
	12:15 - 1:00 PM BODYPUMP EXPRESS 6 th Floor/Catherine	12:00 - 12:30 PM Active Stretch 6 th Floor Studio Audrae \$	12:15 - 1:00 PM BODYPUMP EXPRESS 6 th Floor/Catherine			11:30 - 12:30 BODYPUMP 6 th Floor Studio Gina
12:30 - 1:15 PM Ride in 45 Spinning Studio Laura	12:30 - 1:15 PM Ride in 45 Spinning Studio Sarah	12:30 - 1:15 PM Ride in 45 Spinning Studio Laura	12:30 - 1:15 PM Ride in 45 Spinning Studio	12:30 - 1:15 PM Ride in 45 Spinning Studio Erin		
		12:45 - 1:15 TRX \$				
6:00 - 6:45 Ride in 45 Spinning Studio Jennifer	5:45 - 6:30 BODYPUMP EXPRESS 6 th Floor/Gina	5:15 - 6:00 Barre 6 th Floor Studio Karie	5:45 - 6:30 BODYPUMP EXPRESS 6 th Floor/Gina		Kid Zone & Nursery Hours of Operation: Monday - Friday 9 AM - 1:30 PM 5 PM - 9PM Saturday 8 AM - 12 PM <i>Arrangements made at the Front Desk. Reservations may be made 48 hours in advance.</i>	
6:00 - 7:30 Ashtanga Modified 5 th Floor/Nora		6:00 - 6:45 Ride in 45 6 th Floor Studio Gina				
	6:35 - 7:30 Mat Pilates 6 th Floor Studio Jess	6:00 - 6:45 Vinyasa Flow 6 th Floor Studio Meredith				

IMPORTANT: Spinning, Bodypump, and Barre class reservations are made through the Front Desk 24 hours before the start time of the class. Reformer reservations are made through the Athletic Office or email Sarah: snashar@accolumbus.com. *Classes marked with a "\$" denote an additional fee to attend.

Basketball League:**SUMMER HOOPS****Register by May 27 Games start June 6**

Play in the Monday Night League (Competitive) or the Tuesday Night League (Recreational). Sign up as an individual or as a team. *Up to two non-members permitted per team, billed to the sponsoring member.*

\$20 for ACC members / \$120 for non-members
Sign up with Jake Kuhn: jkuhn@accolumbus.com

Rod & Gun Club:**30th ANNUAL WALLEYE WAR****Friday, June 10, Port Clinton, Ohio**Join the Rod & Gun Club for the 30th Annual Walleye War!

\$100 per person for Rod & Gun Club members, \$125 per person for ACC members (non Rod & Gun) and \$150 per person for guests
*Price based on six fishermen/boat

Includes charter boat, bait, rods, continental breakfast, lunch on boat, pizza back at the marina, beverages, prizes & awards, fish cleaning and a bag of walleye for you! *Guests and families encouraged to attend! RSVP with Dana Johnson: 614.221.3344.*

*Lodging available on Thursday, June 9. Contact Dana for details.

Golf:**CARMICHAEL CUP****Monday, May 23** at Columbus Country Club

Registration and Lunch at 11:30 AM / 12:30 PM Shotgun

Named after ACC and CCC member and elite athlete Dan Carmichael, the Carmichael Cup Outing kicks off the season in fine form! Enjoy a day of golf with friends and colleagues on the Donald Ross Championship Course at CCC. \$110 per golfer. *Guests welcome! Sign up with Dana Johnson, djohnson@accolumbus.com, 614.221.3344.*

SAVE THE DATE! Annual Golf Outing, Monday, September 19 at Jefferson Country Club. More details coming soon.

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Congratulations to the winners of the "I Lost It at The Club" Challenge!

Highest % of Body Fat Loss:

Sean McGlone & Allyson Irving

Highest % of Body Weight Loss:

Brent Soller & Barb Fisher

Most Activity Cards in raffle bin:

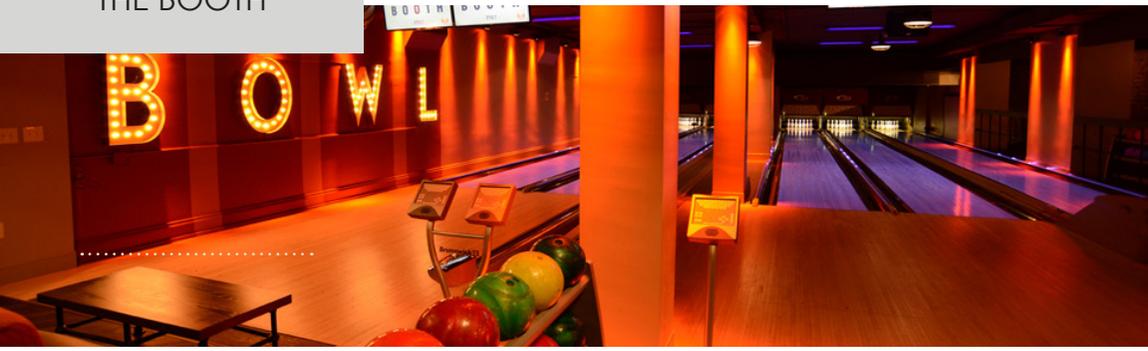
Sharon Koon & Barb Fisher (tied at 9 punch cards each!)

Job Opportunity:

The ACC Housekeeping Department is looking for qualified candidates to fill full and part time positions. If you know of anyone that would be an asset to our team, please contact Angel Mitchell (Director of Facilities) at amitchell@accolumbus.com, 614.221.3344.

Thank you!

THE BOOTH



Summer Bowling Pass

June 1 - September 3

Escape the heat this summer! Chill out with friends and family in The Booth. \$100 Summer Bowling Pass includes one lane rental for one hour each day for up to (6) bowlers and up to (6) shoe rentals. Buy your pass today!

Contact Sara Newcomer:
snewcomer@accolumbus.com.

Summer Bowling League

Wednesdays, July 20 - August 24

Teams of 4 - 8 bowlers will compete in The Booth this summer! Games will be held at 6 PM and 8 PM each week.

Sign up your team today with Sara in The Booth: snewcomer@accolumbus.com. \$30 per bowler, minimum of six bowlers per team. Two non-members permitted per team. All bowlers must be at least 21 years of age.



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birthday nights



Wednesday, May 18
Wednesday, June 15

Birthday Nights are held the third Wednesday of each month in the Grill Room! All members with a birthday during the month are invited to celebrate with friends and family on these special nights. Receive \$25 off your birthday dinner, plus a complimentary dessert! Live piano music. Reservations to the Front Desk: 614.221.3344.

dining features

Softshell Crabs: May 23 - 28

Softshell crabs come around once a year, enjoy them before they're gone! Served in Carmichael's and the Grill Room this week only.

Hot Dog Week: June 6 - 11

An annual favorite! Chicago dogs, Super Dogs, and more! Enjoy these summertime favorites during this special week in Carmichael's Pub.

tap takeovers

Friday, May 27, 5 PM in Carmichael's Boulevard Brewing Co.

Boulevard Brewing Co., out of Kansas City, has grown to be the largest specialty brewer in the Midwest. The Boulevard beers will be tapped in Carmichael's on May 27 and served throughout the month of June.

Friday, June 24, 5 PM in Carmichael's Dogfish Head Craft Brewery

Ever since the summer of 1995, Dogfish Head has been brewing, cooking, selling and talking everything beer out of Rehoboth Beach, Delaware. Their beers will be tapped on June 24 and served throughout the month of July.



Summer Whites

Thursday, July 14

6:30 - 9 PM

Take in the best of summer at the 5th annual Summer Whites Wine Party!

Enjoy crisp and fresh white wines, paired with seasonal hors d'oeuvres.

Wear your summer best to the cocktail event of the season!

\$30++ per person. Sign up online.

Guests welcome!



Clippers Baseball

CLIPPERS BASEBALL

@ HUNTINGTON PARK

The ACC has **four tickets and one parking pass** to every Clippers home game! Seats located in Loge D behind home plate.

\$19 per ticket, sold in pairs
\$10 parking pass



COLUMBUS CREW SC

@ MAPHRE STADIUM

The ACC has 15 tickets to the following two games this season:

Saturday, June 25, 7:30 PM

vs. New York Red Bulls

*fireworks after the match

Saturday, July 16, 7:30 PM

vs. DC United

*\$1 beer and \$1 brat night

\$30 per ticket. Seats located in lower sideline section.

Contact Mary Alvarado
for your tickets:

3rd floor office, malvarado@accolumbus.com, 614.545.1351

EXECUTIVE STAFF

Paul Kroll, Jr., CCM

General Manager

pkroll@accolumbus.com

Sarah Favara, CMP

Clubhouse Manager

sfavara@accolumbus.com

John Wolfe

Executive Chef

jwolfe@accolumbus.com

Dana Johnson

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Sara Newcomer

Bowling Manager

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David Clark

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Alex Parke

Front Desk Manager

aparke@accolumbus.com



ACC SPA

Relax. That's all we ask when you're in the ACC Spa.

Whether you need to escape the busy day or you need significant therapy for sore muscles, the ACC Spa has you covered. A variety of massage therapy and esthetic services are offered six days a week by a staff of licensed professionals.

ACC Spa Director Jen Rankin, LMT, leads the team and manages the Spa on the 3rd Floor. Stop by Jen's office to schedule your next appointment, or book online at www.accolumbus.com. The full list of services is also available online.



Hours of Operation:

Massage Therapy:

Monday – Thursday 10 AM – 7 PM

Friday 9 AM – 5 PM

Saturday 9 AM – 2 PM

Esthetics:

Monday 10 AM – 2 PM *by appointment only*

Wednesday 10 AM – 2 PM/6 PM – 8 PM

Friday 10 AM – 2 PM *by appointment only*

Saturday 10 AM – 2 PM *by appointment only*



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www.888oviohio.com

or e-mail:
info@splaws.com





The Athletic Club of Columbus
136 E. Broad Street
Columbus, OH 43215-4386

Hello Summer!

The calendar is packed this summer with new and exciting happenings at the ACC! From the annual Summer Whites Wine Party, to Summer Hoops and Golf Outings --- there's something for everyone year-round at the ACC!

