
SINCE 1912 · MARCH-APRIL 2024

BLUE WINGS

THE OFFICIAL PUBLICATION OF
THE ATHLETIC CLUB OF COLUMBUS



Board of Directors 2024 - 2025



Josh Harrison
Board President

On February 20, membership voted to officially appoint Randy Arndt (First Term), Will Dokko (Second Term), and Josh Harrison (Second Term) to the Board of Directors.

A sincere thank you to Veronica Bradley for her leadership as President this past year and thank you to departing Board Member, Rob Ferguson. We are grateful for our Board of Directors and look forward to the year ahead under the leadership of our new Board President, Josh Harrison.

Meet Our New Board President

Josh Harrison is a technology executive experienced in managing companies and growing teams. He is president of Improving, a software development firm focused on building long-term trust with clients and all stakeholders that interact

with the organization. Since joining Improving in 2012, the company has consistently been recognized by the business community as a fast-growth, best place to work.

Josh is actively engaged in the non-profit community in areas related to education and social services. He serves on the board of the Columbus State Community College Foundation and the Columbus Metropolitan Club. Additionally, he is a board member for Elford Construction. As a result of his professional and community work, he has been recognized by Columbus Business First as a 40 Under 40 professional and a C-Suite award honoree.

Within the ACC, he has been an active member in social activities, governance, and squash. He lives in German Village with Dr. Jessica Fleming where they spend most of their time when not traveling or hanging out at the ACC.



Josh Harrison



Will Dokko



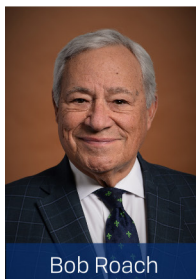
Derrick Clay



Veronica Bradley



Dan Sharpe



Bob Roach



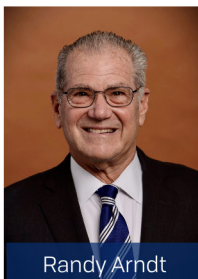
Nicole Phillips



Board of Directors
2024 - 2025



Nathan Coe



Randy Arndt

Gratitude & Farewell from Steve Clark

Dear Esteemed Members,

It is with a blend of emotions that I share this letter to express my deepest gratitude and farewell to each and every one of you.

I have accepted the position of General Manager at Tartan Fields Country Club, marking the beginning of a new chapter in my professional journey. However, this transition means that my time with the ACC will conclude on March 8, 2024.

Reflecting on the past two years fills me with immense joy and a sense of accomplishment. Working alongside you, the Amazing Membership, has been an enriching experience that I will forever cherish. It is your collective spirit and dedication that truly set the ACC apart from any other club.



Steve Clark
AGM



Together with our exceptional team, we have achieved remarkable milestones during my tenure. I am confident that the ACC will continue to flourish under capable hands, and I have no doubt that the waitlist for membership will only grow longer as the Club's reputation soars.

The heart of our community lies in its people, and I am profoundly grateful for the opportunity to have worked alongside such a dedicated and talented team. Your unwavering support and commitment have been the driving force behind every success we've celebrated together.

As I embark on this new adventure, I carry with me fond memories of our time together and the invaluable lessons I've learned from each of you.

Though I bid farewell to my role at the ACC, please know that I leave with a heart full of gratitude and admiration for the remarkable community we've built together.

In closing, I extend my sincerest appreciation to each member of this esteemed club. Thank you for everything.

With warm regards,

Steve Clark
Assistant General Manager



Thank you, Steve!

Beef & Boxing 2024

Beef & Boxing 2024 was presented by Title Sponsor, IceMiller. At this signature event, attendees enjoyed a steak dinner followed by bouts of live boxing from The Ohio State University, Miami University, University of Cincinnati, University of Dayton, and the U.S. Air Force Academy.



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Membership Initiatives

Give the Gift of Membership

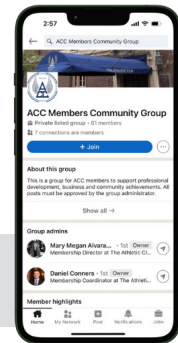
Graduation season is coming! Give the Gift of Membership with the ACC's Legacy Membership program. The children of current members who have reached age 23 (and beyond) are eligible to join through a simplified membership process and half the current initiation fee.

LinkedIn: ACC Members Community Group

The Membership Committee started a new initiative on LinkedIn! This private group is a place for ACC members on LinkedIn to share community achievements, support professional development, and expand their professional connections within the ACC community.



To join the group, scan this QR code or search "ACC Members Community Group" on LinkedIn.



Prospective Member Happy Hour

Share your member experience with your Prospective Member guests on Thursday, April 4 from 5:30pm - 7:30pm! This reception offers a casual, yet personal, opportunity for Prospective Members to learn more about the ACC community. Group tours will be offered. Space is limited. Please RSVP on the Club Calendar.

Welcome, New and Returning Members!

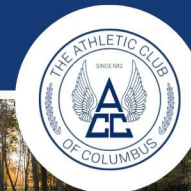
NEW MEMBERS:

- Matthew & Amber Busser
- Burt Capel
- Calvin Cooper
- Stephen Fechtor & Amy Thompson
- William Grant
- Abe Jacob & Kevin Benson
- Kip & Beth Opgrand
- Alex & Sally Rintoul
- Kevin Sanker
- Bruce & Carol Savage
- Alex & Taylor Tyndall

SPONSORS:

- Returning Members*
- Mike Schuler
- Returning Members*
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- Jared Holt
- Zane Daniels
- Colby Crall
- Lorraine Lutton
- Eric Hutchison
- Returning Members*
- Jeff Tyndall

A unique retreat for members




COMPLIMENTS & COMMENTS
ON THE ACC APP

"Daniel Conners is consistently so friendly and professional. Same for Alex and August at the Front Desk. They are outgoing and provide amazing service. It feels like family."



Follow us! @hugga_inthehills

Stay with us at www.huggainthehills.com

Developed by Brian Gunnoe



Father Daughter Dance



Annual Meeting & Dinner

The Residence

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The Willcut Group



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Etiquette Corner

Parlor Rooms

Reservations are required to use the Second Floor Parlor Rooms for meetings or as a workspace. Please contact Sarah Day (sday@accolumbus.com) to reserve a Parlor Room.

Phone Usage

Telephone conversations are limited to the lobby areas on the First, Fourth, and Fifth Floors, per house rules. A reminder that telephone conversations are not permitted in Carmichael's, in the locker room, or while using exercise equipment.

Valet & Loading Lane

Please do not park your car in front of the clubhouse in the valet and loading lane. These spaces are reserved for valet service and carryout pickup only. If you do choose to park there, tickets may be issued by local authorities.



Etiquette reminders for a better Club experience.

New Front Door Technology

Have you seen the new technology outside the clubhouse? This is part of the Paxton App system that will help improve clubhouse safety. With the Paxton Key App, members will have a unique access code linked to their phone that will unlock the front doors of the clubhouse. As long as you have the Paxton Key App and your Bluetooth turned on, the maglock system will unlock the doors as you walk in the building.



This technology will go into effect on Monday, March 4. It will be utilized daily from 5:00am - 7:00am, after 9:00pm, and all day on Sundays. Outside of these times, the doors will remain open as usual for members and guests. If the doors are locked and you need assistance, you can press the green bell on the keypad to speak with the Front Desk attendant.

Do you access the Club in the early morning, late at night, or anytime on Sunday?

We ask that members who might utilize this technology opt-in to receive an access code for the Paxton Key app. To opt-in and receive a Paxton Key access code, please email Membership Coordinator Daniel Connors at dconnors@accolumbus.com.



SPRING FLING 2024:

California Dreaming



LIVE MUSIC • RETRO-INSPIRED COCKTAILS • DANCING

Escape to the West Coast at the ACC's cocktail party of the season. \$100 per person, plus tax & gratuity. Members Only, Ages 21 & Up. Registration opens Wednesday, March 20 at 10:00am EST.

MOM PROM

Totally 80's

FRIDAY, APRIL 12 | 6PM - 9PM



Grab your hairspray and high tops for the ACC's 80's themed Mother Son Dance! Enjoy a dinner buffet, music, and dancing at this rad event for moms and sons of all ages. Adults: \$30++, Kids: \$15++. Registration opens March 13.



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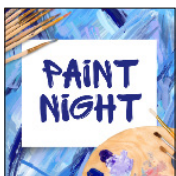
All listed prices do not include additional tax and gratuity.



International Women's Day Happy Hour

Wednesday, March 6 | 6:00pm - 8:00pm

Celebrate International Women's Day with the Women's Committee! Maci Lloyd with Jackson Family Wines will provide the wines, along with a short program. Complimentary to attend. Please RSVP online.



Family Paint Night

Wednesday, March 20 at 5:45pm

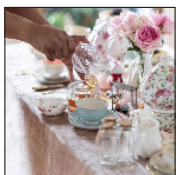
Paint a spring-themed work of art! Paint Parties for Fun will host a night of canvas painting in the ballroom as instructors lead you through a step-by-step tutorial. \$35 per person. Please RSVP online.



Trivia in The Booth

Thursday, March 21 and Thursday, April 18 | 7:00pm - 9:00pm

Test your knowledge with trivia in The Booth. Teams of up to four will compete to answer General Knowledge questions. Space is limited. Adults Only. Drink and food specials available. Please RSVP online.



Mad Hatter Tea Experience

Saturday, March 23 | 2:00pm - 4:00pm

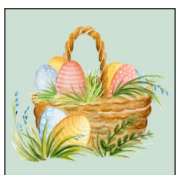
Savor seven courses of tea with all the accoutrements. Includes tea history, etiquette demo and keepsake card. Mimosa & champagne bar available. \$89 per person. Ages 14+ preferred. Please RSVP online.



Florals & Flights

Tuesday, March 26 | 6:00pm - 7:30pm

Indulge in a burst of blooms this spring! With instruction from Petals That Inspire, you'll create a beautiful floral arrangement while enjoying a wine flight. \$85 per person. Ages 21+ only. Please register online.



Easter Brunch - SOLD OUT

Sunday, March 31 | Seatings at 11:00am and 1:30pm

Celebrate the holiday with family and friends at the ACC! Dine at the Club with an elegant brunch buffet and a visit from the Easter Bunny. Adults \$42, Ages 7-12: \$20, Ages 6 & Under: \$10. Waitlist room available.



Decoupage Workshop with Orchard Lane

Thursday, April 18 at 5:45pm

Learn the art of decoupage bottles with instruction from Orchard Lane! You'll decoupage a full bottle of Prosecco to create the perfect gift for springtime. \$105 per person, includes all supplies. RSVP online.

FISH FRY FRIDAYS

Available for dinner in Carmichael's every Friday now through March 29.



Fish Fry Special | 24

beer battered fish with house fries, coleslaw, tartar sauce, & lemon



CLIENT CENTERED.

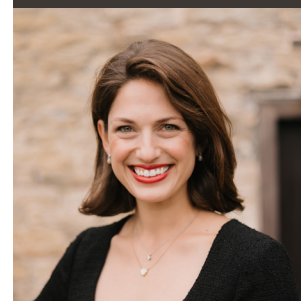
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Music

Enjoy live music in Carmichael's on select Saturdays each month!

SATURDAY, MARCH 9 | SATURDAY, APRIL 13

Live music from 5:30pm - 8:30pm.
Dining reservations strongly encouraged.



When my mom had a stroke, she refused to believe it was a stroke. Through it all, she maintained that her malfunctioning right arm was due to a weak rotator cuff and her cheek sag (only on the right) was silly genetics. Sitting in the hospital bed, looking at the brain imaging with the neurologist, she still did not accept it. Other than being 69, she had zero risk factors for a stroke, so it was nowhere on her radar, and more importantly, it did not fit into her plan. Her non-acknowledgment was impressive, albeit unsettling.

I finally had to straight-talk her. "Mom, you had a stroke, and just because you didn't sanction the stroke doesn't mean it didn't happen." (To this day, she is still skeptical). When our bodies change unanticipatedly or stop performing "normally," it can feel like self-betrayal. Aging or other unplanned, adverse health events, minor or catastrophic,

disrupt our groove and are wholly frustrating. Systems change, bodies change, and our daily habits and lifestyles that have helped us function optimally in the past may not work anymore, whether we consent to the change or not.

We then find ourselves in a gap where our body's ability doesn't match our mind's expectations of said ability, and this gap is often a vexing place to be. Our bodies may have been able to handle the lifestyle beatings we meted out in youth or even in adulthood, but to maintain health, eventually, our approach needs to change. We may need more sleep, hearing aids, or, more horrifyingly, to examine our diet from a disease management vantage. Give up excess salt, sugar, and fat... that's no fun (pout pout)!

Exercise, my favorite, is another area that needs periodic modifications. Over time, our biomechanical integrity or energy production may change, yet we often continue to use old ideals of self when it comes to working out. Exercise selection, intensity, and frequency should be based on what one can recover from rather than on what one always did. Outdated fitness plans often result in overdoing it, leading to unnecessary fatigue, pain, or even worse, injury. Some, out of zeal, may repeatedly forge ahead and grit out the pain, but more frequently, said discomfort takes the wind out of the motivational sails, resulting in inactivity. Neither option is ideal.

Resolving the Gap

Physical activity, at any stage of life, can be challenging to implement. Navigating the changing bodily terrain over time makes this journey even more "interesting." When we are young, almost everything works to move us towards fitness (if done regularly). As we age, our limitations, injuries, and pain increase, thus decreasing the pool of appropriate beneficial exercises.

Dour as this sounds, take heart as there are endless activities and exercises appropriate for every "body" at every age. It just takes time, trial, and the right mindset.

Start with the following:

1. Acknowledge the need for change - or not.
 - Am I willing to change, and what in my lifestyle will I change, if anything?
 - Ostrich Mode is valid if you are willing to accept the consequences. Golf hurts your back, but you refuse to give it up. OK.
2. Mourn the loss.
 - There is considerable grief in not being able to do what was always doable. Just don't get stuck here.
3. Update the self-concept (past vs. current).
 - Are we clinging to an ideal, youthful self, engaging in behaviors that no longer benefit our health and happy functioning?
4. Conduct a physical assessment (this is an ongoing process).
 - It's not about how much you can do but how much you can recover from doing.
 - Recovery time increases as we age. Set gung-ho aside and start an exercise program slowly, recover, and ramp up from there. Recovery time should be within 72 hours (3 days), not an entire week.
5. Set appropriate fitness goals. As much as we love progress, adjust expectations.
 - Perhaps pain-free is a more appropriate goal than max reps.
 - Maintenance is a valid plan.
6. Practice patience.
 - Acquiring knowledge and implementing new strategies will take time and experimentation.

Like my mom, many of us are "not ready" for things to happen, but Father Time marches on and brings with him what he will. Keep searching for what works, and see you around the Club!

Audrae Hughes
Wellness & Training Manager

InBody

Available at the ACC! In just 50 seconds, an InBody Test will show your body fat, muscle, and body water, giving you a better understanding of your weight and health.

\$25 per test. Please visit the 5th Floor Athletics Office to schedule your test or email athletics@accolumbus.com.



UAHS Athletic Hall of Fame



Michele DeVault
Group Fitness Manager

Congratulations to ACC Staff Member, Michele DeVault, who was inducted into the Upper Arlington High School Athletic Hall of Fame earlier this year.

DeVault earned four varsity letters and posted one of the greatest careers in the history of Upper Arlington High School girls basketball, rewriting the record book for the Golden Bear cagers during her four years on the court.

When she graduated from UAHS in 2004, she held records in six statistical categories: games played, single season scoring, career scoring, single season 2-point field goal percentage, single season 3-point field goal percentage, and career 3-point field goal percentage. Twenty years later, DeVault still stands atop the record books in two of those categories – single season 2-point field goal percentage and

career 3-point field goal percentage – while remaining in the top five in the four other categories.

She continued her career at East Tennessee State University, where she lettered all four years and set single season and career records for both 3-point field goals attempted and made. As a senior, DeVault led the Buccaneers to their first ever NCAA tournament berth and was named to the Atlantic Sun Conference All-Tournament Team. She received 2nd team Atlantic Sun Conference recognition in 2007. DeVault finished her career playing professionally overseas in Iceland.

In her acceptance speech at the UAHS Hall of Fame induction ceremony in January, DeVault stated, “No one knows me better than the game of basketball and I am forever indebted to everything and everywhere the sport has taken me.”



▲ DeVault honored at UAHS with her family.

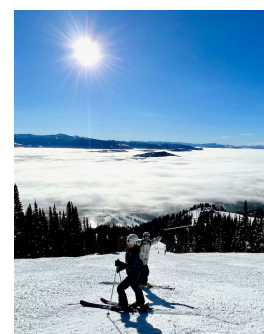
DeVault started at The Athletic Club of Columbus in 2016 and currently serves as the ACC’s Group Fitness Manager and Reformer Pilates Instructor.

Congratulations, Michele!

Left: The 2024 Upper Arlington High School Athletic Hall of Fame inductees. DeVault pictured front row, center. (Photo and bio courtesy of UAHS.)



ACSKI Trip to Jackson Hole



Over 40 ski enthusiasts from the ACC traveled to Jackson Hole, Wyoming in February! Interested in joining ACSKI for future trips? Stay tuned for more adventures planned by the group.

Photos courtesy of Luciano Carfagna.



Swim Lessons

New sessions of Swim Lessons start the second week of March! We have a variety of swim lessons for all ages - from infants to adults. Please register online. Questions? Contact Aquatic Director Ben Fox at bfox@accolumbus.com. Options include:

- **Adult Swim Lessons** for those looking to learn the basics of swimming with the goal to swim laps. Classes available Monday or Wednesday evenings.
- **Children’s Swim Lessons** for ages 6 months to 12 years. Classes available Tuesdays, Thursdays, and Saturdays.
- **Junior Swim Club** for kids at a higher swim level than swim lessons. Classes available on Wednesdays, Thursdays, and Saturdays.
- **Adaptive Swim Lessons** for individuals of all ages with disabilities. Classes available on Wednesday evenings.

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Rod & Gun Club Events

Fly Fishing Film Tour

A cult fishing event unlike any other! Join the action with more than 200 of your fellow fly fishing aficionados for more than a dozen fly fishing adventures captured on this nationally acclaimed film. Event will be held at Studio 35 Cinema in Columbus on March 21 from 5:00pm - 9:00pm. The ACC has limited tickets available. Please RSVP on the Club Calendar. For more information about the film, visit flyfilmtour.com.

Rod & Gun Club Members Only Dinner

Save the date for this exclusive event on Wednesday, May 15. Enjoy a four-course meal from Chef Matt and the ACC culinary team. More details and registration coming soon.

Walleye War

This signature event returns for its 38th year on Friday, June 7! Enjoy a day of fishing and competition on the waters of Lake Erie. More information coming soon.

Gym & Swim Banquet

It's time to wrap up our 69th Annual Gym and Swim program! Come eat pizza, grab some prizes, and join in the fun as we recognize our ACC Juniors for participating in this year's program. Free for participants, \$6++ for siblings, \$10++ for adults. Please RSVP online.

Gym & Swim Banquet: Saturday, March 9 from 12:00pm - 1:00pm



Wild Game DINNER

MARCH

8

5:00PM

Hosted by the Rod & Gun Club, this annual dinner event is filled with friendship and food! Extensive raffle and live auction items also featured.

Annual Wild Game Dinner

Friday, March 8, 2024

Doors Open at 5:00pm

Dinner Begins at 7:00pm



Please RSVP online.

R & G Members: \$50 per person

ACC Members & Guests: \$125 per person

Now Leasing THE LOFTS AT 44



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SAVE THE DATE

2024

CARMICHAEL CUP

MAY 13

 + 



PHYSICAL THERAPY AT THE ATHLETIC CLUB OF COLUMBUS

Physical therapy sessions are on-site at the ACC with Doctors of Physical Therapy, **Dr. Meg Lynskey Pleiman** or **Dr. Gaston Pleiman**, who use a manually-based treatment philosophy combined with therapeutic exercises, patient education, and neuromuscular re-education to get the most out of every treatment session.

No prescription is needed to treat conditions such as:

knee pain, hip pain, lower back pain, shoulder pain, neck pain, headaches, foot and ankle pain, balance issues, relief from tight muscles, post-operative joint replacements, or post-operative joint rehabilitation



CONCIERGE
PHYSICAL THERAPISTS



To book an appointment, please select "Physical Therapy Request" on the ACC app under Athletics - Fitness Requests.

**also accepting out-of-network insurances or cash pay options*



Experience the practice of Reiki in the ACC Spa with our Reiki Master, Sharon Thomas.

Available Thursdays, 11am - 4pm.
Book your appointment online.



Columbus Crew home game tickets are available for purchase through the ACC Front Desk.

Please call 614-221-3344 for availability.



The Blue Wings magazine is created and designed by Kacy Poage.

ACC Event Photos:
Picture the Love Photography

ACC Executive Staff

Paul Kroll, Jr., CCM
General Manager
pkroll@accolumbus.com

Steve Clark
Assistant General Manager
sclark@accolumbus.com

Angel Mitchell
Director of Facilities
amitchell@accolumbus.com

Dana Johnson
Athletic Director
djohnson@accolumbus.com

Matt Hinkle
Executive Chef
chef@accolumbus.com

Brooke Keebaugh
Accounting
bkeebaugh@accolumbus.com

Dave Clark
Controller
dclark@accolumbus.com

Mary Megan Alvarado, CMP
Membership Director
malvarado@accolumbus.com

Alex Parke
Director of Member Services
aparke@accolumbus.com

Ben Fox
Aquatic Director
bfox@accolumbus.com

Audrae Hughes
Wellness & Training Manager
ahughes@accolumbus.com

Kayla Bertsch
Food & Beverage Director
kbertsch@accolumbus.com

Evan Woodford
Food & Beverage Manager
ewoodford@accolumbus.com

Daniel Conners
Membership Coordinator
dconners@accolumbus.com

Tessie Smith
Events Manager, Corporate
tsmith@accolumbus.com

Kelsey Basar
Event Coordinator, Weddings
kbasar@accolumbus.com

Sarah Day
Event Coordinator
sday@accolumbus.com

Kacy Poage
Marketing & Communications Manager
kpoage@accolumbus.com



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