CLEVELAND SKATING CLUB
Membership Alliance Program
HER ONE-TWO PUNCH GIVES CLEVELAND AN EDGE

With business assistance and funding support from JumpStart, Anjua Maximo’s boutique fitness studio, GrooveRyde, delivers high-energy workouts that motivate more people to say “yes” to Cleveland.

Her new downtown Cleveland location brings the type of dynamic vibe that attracts young professionals and gives businesses another perk to help retain talent.

See what entrepreneurship can do for Northeast Ohio at JumpStartImpact.org/uc

What a spectacular holiday season! The calendar was full and the decorations stunning as membership enjoyed their club at record numbers. We truly have become the place to be and be seen during the holiday season. Our holiday party laid claim to new and unique offerings that will set the standard for the upcoming year. Thank you to all of you that shared such a special evening with us.

Your club is thriving as the greater downtown area continues to grow, and events populate business and social calendars. In response, we have opened on Saturday nights the past three months and will maintain the offering until late spring. Each Saturday features unique menus created just for the evening. I am pleased to see members frequenting the club on weekends as they prepare for the theater or other social engagements.

With the arrival of our new Chef, Friday nights now feature a Community Chef’s Table in the Grille Room. I encourage you to join fellow members in feasting on Chef’s Michelin Star-level culinary dishes, prepared with fresh ingredients and his latest market finds. Whether it’s just you, you and your spouse, or party of six, all will dine together and share the culinary secrets on display.

Winter brings key business programs to the club, as well as our first annual Bow Tie Ball. This “Black Tie” experience will kick off the festivities for the new year and should be the talk of the club this month. Join us for this old-school evening of dancing, music, and world-class cuisine.

Many of you have recently heard of our new partnership with the Cleveland Skating Club. This issue of the magazine features a complete overview of this exciting offer. Be sure to attend one of the open houses to be held at both clubs that will highlight the benefits and details of the program. Membership certainly has its benefits, and this relationship is a natural fit for both clubs.

Thanks for your continued support of your club and I look forward to seeing you this month.

Lawrence McFadden
THE UNION CLUB CULINARY SERIES PROUDLY PRESENTS

COMMUNITY CHEF’S TABLE ON FRIDAY NIGHT

Come taste a truly unique culinary experience!

Each Friday night, we’ll have a table for 12 set in the Grille Room. There will be no menu, rather you’ll be served a customized repast from our world renowned Executive Chef Arnaud Berthelier.

Sit with your fellow members at the Chef’s Community Table and enjoy an exclusive gastronomic affair you won’t find anywhere else.

Each week, Chef Arnaud will do seasonable shopping to find the best and freshest ingredients to create his gourmet indulgences. Carefully selected beverages will also be available by subscription for this five-course presentation.

Cost is $55++ per person. Reservations are required.

THE EVENT WILL START AT 6 PM
and seats will be reserved for the first 12 MEMBERS who register online (www.theunionclub.org) or through the Front Desk at frontdesk@theunionclub.org or 216-621-4250.
**MEET NEW MEMBERS**

**John Barnes** is a Partner with Grant Thornton and leads the Advisory Services Practice in Ohio, Western PA, and Michigan. John recently transferred from the Washington DC area where he led the Risk Advisory Practice. John has more than 20 years of experience in internal audit, Sarbanes-Oxley, specialty attestation reports, and tax and accounting consulting services. He currently serves on the audit committee for the Greater Cleveland Food Bank, the Accounting Advisory Board at Penn State University and the fundraising committee for Athletics at Penn State. John received his master’s in business administration from the University of Maryland and a bachelor’s degree in accounting and international business from Pennsylvania State University. John resides in Brecksville with his wife, **Kassie**, and son.

**Matthew Brigeman** is a Financial Advisor at One Seven. Matt works with his clients to plan for their financial future and achieve goals they may have thought were out of reach. Matt grew up in Chagrin Falls, attended Purdue University, and now lives in downtown Cleveland. In his spare time, he enjoys supporting all the city’s sports teams, spending time outdoors with his fiancé, **Alexis Christlieb**, and playing golf.

**Brendan Hardin** is a Senior Research Associate with Northcoast Research, an Equity Research firm headquartered in Cleveland. His fiancée, **Sarah Pelger**, is a pharmacist with Walgreens and the two will be wed at the Union Club next August. Both Brendan and Sarah attended Ohio Northern University and reside in Westlake.

**Alison Corning Nordell** is a senior American Studies major at Yale University, with a concentration in the International U.S. In addition to her studies, she is a four-year varsity member of the Yale Women’s Crew Team, to which she dedicates 20+ hours each week from September to May for training and competitions. She also spends time working for the University’s Office of Disabilities as a note taker for many of her classes. This past summer she attended the Tuck Business Bridge Summer Program, a month-long intensive business school. She and her family also travelled to Switzerland and France in August, where she had the opportunity to hike outdoors, eat delicious food, and explore new parts of the world. She also enjoys riding horses, swimming in the ocean, and singing.

**Samuel Snyder** is an equity research analyst with Key Private Bank specializing in the Materials and Consumer Staples sectors. Prior to this, he was an equity research associate with Northcoast Research Partners. In 2014, Sam graduated with a B.S. in Finance from the Max M. Fisher College of Business at The Ohio State University. Sam is currently pursuing the Chartered Financial Analyst (CFA) designation as a Level 2 candidate, and enjoys traveling in his free time.

**Thomas Strauss** joined the Sisters of Charity Health System in January 2017 as its president & CEO from CEO Advisory Network, where he was the managing member and co-founder. The Sisters of Charity Health System includes two Catholic hospitals, two elder care facilities, three grantmaking foundations, and five outreach organizations in Ohio and South Carolina. Tom is the former president & CEO of Summa Health System. During his 15-year tenure and under his leadership, Summa grew into a leading integrated health care system generating a $2.86 billion economic impact, making it the largest employer in all five counties it serves. Tom and his wife, **Sue**, reside in Aurora and have three grown children, six grandchildren and another on the way.

**Ben Woodcock** is a Vice President and Relationship Manager for Key Private Bank. Ben assists high net worth individuals and families simplify their complex wealth management needs. He serves on the Shaker Heights Development Corporation and Sussex Community Association boards. His wife, **Amanda**, is a trauma therapist at the Cleveland Rape Crisis Center. They live in Shaker Heights with their two daughters.

**Rob Frost** is a founding partner of the government relations firm Capitol Partners, with offices in Cleveland and Columbus. Rob is Chairman of the Republican Party of Cuyahoga County, a position he has held since January 2005. He currently is serving his second term on the Cuyahoga County Board of Elections, and is a former city councilman for the City of Rocky River. Frost is a graduate of Emory University and the Case Western Reserve University School of Law. He is a native Clevelander and currently resides in Lakewood with his wife, **Amy**, and their three children.

**SOUND BITES**

“Club Connect Happy Hour continues to deliver a unique opportunity to connect with fellow club members and community leaders from diverse industries.

As an emerging leader in the sports marketing industry, the chance to meet Marc Termini offered me an unparalleled opportunity to connect with someone else in my field to talk about the current and future state of the industry.”

—— Chrissi Sanders
After more than a year of hard work and collaboration, members now have a unique opportunity for dual membership at both the Union Club and the Cleveland Skating Club. Announced in December, the Membership Alliance Program (MAP) offers members the opportunity to enjoy the benefits of each club at a fraction of the cost of joining both clubs on a full-time basis.

The Cleveland Skating Club in Shaker Heights is a premier social and athletic club, providing members with year-round social, professional, and athletic opportunities. Known for its family-focused environment, club facilities include an ice arena for skating, hockey and curling; indoor and outdoor tennis courts; squash courts; paddle/platform tennis courts; indoor swimming pool; and full-service fitness center.

The Skating Club offers locally inspired dining in both casual and formal settings. Other club amenities include a business center, licensed massage therapist, and a full calendar of social events throughout the year. Children enjoy sports lessons, organized team sports, and fun camp experiences. There’s even a childcare center for children under age eight for parents who want to stay active.

“This is a really interesting new member connection,” says Howard Edelstein of Edelstein Financial Corp, a Union Club Board Member who serves on the Membership Alliance Committee. “We developed a unique affiliation between two exclusive clubs that offer non-competitive services. The Cleveland Skating Club is a first-rate club with many sports-oriented amenities that I believe will be very appealing to our members.”

“Both the Union Club and the Skating Club have a rich history and are highly regarded as stalwart contributors to the business and civic life of greater Cleveland,” says Lawrence McFadden, Union Club General Manager. “In recent years the Union Club has undergone some well-received enhancements to our clubhouse and we are cultivating an exciting culinary culture that we are excited to showcase to Cleveland Skating Club members.”

An abbreviated application process and flexible billing options make it easy for current members of either club to take advantage of the new Membership Alliance Program. (See How it Works on page 7.) “It was important to all those involved that the path to dual membership be as simple as possible,” says McFadden. “Interested members need only fill out a one-page application to get the process started. With only a few exceptions, MAP members will enjoy all the rights, privileges and responsibilities as regular members at each club.”

“A special thank you goes to Trustees Geoff Williams and Howard Edelstein, as well as General Manager Lawrence McFadden, who spearheaded this creative partnership,” says Brent Ballard, managing partner at Calfee, Halter & Griswold, and Union Club President. “Many members will find this added benefit quite attractive.”
A PEEK INSIDE THE CLEVELAND SKATING CLUB (CSC)

UNMATCHED ATHLETICS: Members have access to a wide variety of year-round athletic offerings, including swimming, figure skating, hockey, curling, squash, tennis, paddle/platform tennis, pickleball, and studio fitness classes. Members can participate in clinics, private lessons with highly qualified pros, and competitive or recreational teams.

HISTORIC ICE RINK: Members can join the Curling Club (one of only six USA Curling Clubs in the state of Ohio), sign kids up for Learn to Skate and Learn to Skate: Hockey, and make plans to attend the Annual Ice Show featuring top international and Olympic guest stars.

FAMILY-FRIENDLY ATMOSPHERE: CSC allows you to enjoy time together or apart thanks to programming for both kids and adults.

SOCIAL EVENTS: CSC’s social calendar is a busy one, with holiday brunches, wine dinners and live music nights. The Club’s Fallfest, Winterfest and Summerfest offer great food and fun activities for kids.

ENTERTAINING AT THE CLUB: CSC offers various meeting and event spaces fitting for small dinner parties to formal affairs. Catering and event professionals are available to assist you for all your private party and meeting needs.

ADDITIONAL AMENITIES: CSC’s Kids Clubhouse is an on-site childcare center catering to infants through children age eight. A variety of camps for kids age six to 13 years are offered during winter and summer breaks. A licensed massage therapist is also available at the club three days a week.

HOW IT WORKS

• Available to full-time members of both clubs.
• Simple and easy abbreviated MAP application process – no need to go through the full admission process again.
• Flexible billing options to suit your needs.
• Spouses, significant others, and children are automatically eligible for full MAP benefits.
• Unless noted otherwise, MAP members will have the same rights, privileges and responsibilities as regular members at each club.

INTERESTED IN MAP? Learn more at one of these informational happy hours:
• Thursday, JAN. 18 at Union Club (4:30 – 6:30 p.m.)
• Friday, JAN. 19 at CSC (6 – 8 p.m.)
• Thursday, FEB. 15 at Union Club (4:30 – 6:30 p.m.)
• Friday, FEB. 16 at CSC (6 – 8 p.m.)

CAN’T MAKE IT TO A HAPPY HOUR? For more information contact:
Carla Williams
Director of Membership & Marketing
Cleveland Skating Club
216-791-2900, ext. 212
cwilliams@clevelandskatingclub.org

Lori Izeman
Membership Director/
Special Assistant to General Manager
The Union Club
216-621-4230, ext. 177
lizeman@theunionclub.org

“The Union Club, with its wonderful downtown facilities, is thriving. It is growing its membership where many clubs of its kind are not, and attracting a lot of younger members. Those younger members who have young children interested in youth sports offered at the Cleveland Skating Club will be doing backflips over this new companion affiliation.”
HOWARD EDELSTEIN, Edelstein Financial Corp. and Union Club Board Member

“How a member of both clubs has been great for me and my family. I take advantage of the Union Club’s downtown location for work, and my family and I love the relaxed, family-oriented atmosphere of the Skating Club. Although both clubs have a similar membership feel, the amenities are different and complement each other well.”
CARL GREPPIN, managing partner of Transpac Access
## Meet Board Member

**Matt Barkett**

### Profession:
Chief Client Officer, Dix & Eaton

### Home:
Solon

### Interests:
“Spending time with my family – wife Meghan, son Mason (17) and daughter Claire (15). I enjoy going to Indians games, particularly with my family. I am an avid (if not terribly good) golfer, and I also enjoy hiking and biking.”

### Book Most Recently Read:
*House of Spies* by Daniel Silva. “I’m a huge fan of his work and look forward to each new installment in the series.”

### What’s Playing in Your Car Right Now?
“I’ve been listening to the pop channels on Sirius XM so I can understand the new hit music that my kids and junior colleagues at the office are listening to now. I guess I’m trying to stay somewhat relevant in the face of a big birthday coming up.”

### Favorite Movie:
“Skyfall. I’m a big James Bond (and Daniel Craig) fan. I think the newest Bond is the most interesting by far because he is both very human and flawed but also still cocky and capable.”

### Questions and Answers:

**Q: You joined the Board this spring. What inspired that decision?**
**A:** It has honestly been a dream of mine for some time. I was honored to be asked, especially by someone I respect so much in Brent Ballard. The club is a special place with incredible history and members, and I am thrilled to be a part of it.

**Q: What is the most important benefit of club membership to you, personally and professionally?**
**A:** Friendships and networking in a place that is both traditional but also increasingly relevant to younger professionals.

**Q: Have you recently tried anything new at the club?**
**A:** I like the direction the food is trending! I’m excited to see what our new chef can do to make us a favored destination among many great downtown options.

**Q: What would you say about the strengths of the club’s staff and overall service?**
**A:** Without a doubt, I would have to say the personal service. From the wait staff to the bartenders and management, everyone is friendly, capable and accommodating.

**Q: Anything we would be surprised to learn about you?**
**A:** Although my work as a crisis PR manager is often stressful and difficult, nothing makes me happier in my career and personal life than helping people grow and succeed. Mentoring, whether it’s my junior colleagues or my kids, is something that truly fulfills me. It also extends to my peer relationships. If I can help someone, I will. And I love it.
STEP BACK IN TIME AT THE BOW TIE BALL

Cocktail Hour, Spectacular Meal, and Entertainment by the Dan Zola Orchestra

“Everyone should get dressed up and dance once in a while!” — Fred Kemp, Bow Tie Society President

Trust us when we say you’re not going to want to miss fashion’s biggest night out at the Club as the Bow Tie Society hosts its grand Bow Tie Ball in January. Guests, dressed to the nines in cocktail dresses and black-tie finery, are promised a rollicking good time filled with fine cocktails, exquisite food and lots of dancing. “Everyone should get dressed up and dance once in a while,” says Fred Kemp, president of the Bow Tie Society, which has been holding monthly dining events for several years. “We were looking to create a large-scale event that would put a little fun in the middle of winter in Cleveland,” says Bow Tie Society member and event co-organizer Richard Pollock.

Every event detail will be a nod to the iconic style of a more elegant time. “It’s a throw-back to another era,” says Fred, who describes the dress for the event as Black Tie Optional, Bow Tie Required for men and Cocktail Fabulous for ladies. “This event will recreate the atmosphere of those glory days of the Copacabana and Stork Club in the ‘50s and ‘60s where people put on their best and danced ‘til dawn to the sounds of Big Band,” says Fred.

Guests will be treated to a cocktail hour, spectacular meal, followed by entertainment by the Dan Zola Orchestra. This 19-piece big band is steeped in the tradition of famous swing and dance bands like Glenn Miller and Benny Goodman and of the smooth crooning style of Sinatra. “The band is fabulous and I’m truly excited to taste Chef Berthelier’s food,” says Richard.

The event is open to guests of club members and is a wonderful opportunity to show off the club to family and friends. “All club members are welcome, and I think even our youngest members would enjoy a chance to experience a party of a different era,” says Richard.

The Bow Tie Ball takes place FRIDAY, JAN. 26 in the Club’s Ballroom. Tickets are $95++ per person and include appetizers, a four-course meal, red and white pour at the table, open bar, dessert, entertainment and parking. Make reservations through the online calendar on our website, via email (frontdesk@theunionclub.org) or by calling the Front Desk at 216-621-4230.

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CUISINE SCENE
MEET CHEF DE CUISINE HANSUN JO

The Union Club is excited to introduce our new Chef de Cuisine, Hansun Jo in the kitchen. Chef Jo, who has experience cooking in private clubs, independently owned restaurants and high-end catering, joined the kitchen team in November. He comes to the Union Club from the Everglades Club in Palm Beach, Florida where he served as Banquet Chef for five years. Before that, he directed large-scale wedding functions and corporate events as Banquet Sous Chef for the renowned Abigail Kirsch Catering Company in New York City. Chef Jo is a graduate of the Pittsburgh Culinary Institute and specializes in American Regional and Comfort Cuisine, International and Asian Cuisine and Classical French Cuisine. He is also trained in ice carving and design. Welcome Chef Jo!

HOT SPOT

THE BUTCHER AND THE BREWER

East Fourth Street, Cleveland

Locally owned and operated Brew Pub with public house seating, progressive dining and shared plates and a farm-house inspired menu.

Price Point ($$)

Chef Arnaud’s Take:

“I have been staying downtown while waiting to move into our new house and the place I enjoy going to eat and relax is the Butcher and the Brewer. They feature a great selection of interesting dishes as well as hand-built brew.”

Try This: “The Josper Roasted Chicken was quite good. I chose this dish because it is cooked in a wood burning oven, which brings a nice light smokiness to the food you roast in it. I would like to introduce this type of equipment to the Union Club.”

SNAP SHOT: A NEW FAVORITE

Executive Sous Chef Chris Kocsis readies one of the many daily soup creations coming from our outstanding culinary team.

GAME DAY GUACAMOLE

On Super Bowl Sunday your crowd will cheer for this crowd-pleasing dip recipe from Chef Arnaud.

Ingredients:

- 3 avocados peeled, seeded, halved
- ½ onion, minced
- Cilantro julienne
- 1 tsp Cayenne
- 1 tsp Cumin
- 2 Tomatoes seeded and small diced
- Salt
- Pepper
- Lime juice to taste
- ½ Jalapeno, brunoised
- 1 garlic clove, minced

Method:

In a large bowl place scooped avocado pulp and lime juice, toss to coat. Drain and reserve the lime juice after all avocados have been coated. Using a potato masher, add the salt, cumin, and cayenne and mash. Then, fold in the onions, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.

AT THE BAR

TRENDING NOW: WINE IN A CAN

I know, I know. We just got used to screw-top bottles! But wine consumption continues to evolve with the next generation of wine drinkers, and it’s no longer just pairing the right burgundy with your beef. It’s wine all the time, and anything goes.

Technology has come a long way since canned wine first hit the scene about 10 years ago, and many wine producers today are offering premium quality wines in a can that can easily go where bottled wines can’t – to the beach, poolside, even tailgating. Cans are ultra-efficient to transport, lightweight, unbreakable, and provide superior product protection. Another bonus: Canned wine is eco-friendly. Cans are the most recycled beverage containers in the world and are 100 percent recyclable.

So next time you’re looking to take your wine on the go, ditch the cork and try wine in a can!

Try This: Underwood Sparkling Wine from Oregon – one of my favorite wineries and my favorite canned wines, now available at the Union Club Bar ($7 per can).

Tip: One can is equivalent to two glasses of wine. Two cans typically equal one bottle.

Linda Wenninger
Union Club Beverage Manager

CERTIFIED MASTER CHEF® DESIGNATION

Chef Arnaud Berthelier

In January, Chef Arnaud returns to Detroit for his final day of cooking to earn his Certified Master Chef (CMC®) designation by the American Culinary Federation. The CMC level is the highest and most demanding level of achievement of all ACF certification levels, granted only after the candidate has passed an intensive test of culinary skills and knowledge.

Chef Arnaud completed the first seven requirements in October and returns to take the final test on Buffet Catering. To prepare for his final review, Chef Arnaud has been busy in the kitchen. “I have been working on different terrine pate with meat, poultry and seafood. I look forward to realizing my goal of CMC designation,” he says. “It is a very challenging testing process, but I feel it has given me the opportunity to renew my skills all around.”

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MEMBER SPOTLIGHT

IVAN SCHWARZ
Greater Cleveland Film Commission

Ivan Schwarz is determined to bring a fair share of the billions of dollars spent each year on movie and TV production in the U.S. to northeast Ohio. And a quick look at the industry figures suggests he’s definitely on the right track.

As President of the Greater Cleveland Film Commission, Ivan Schwarz has been instrumental in building the film industry in Cleveland from the ground up. Since the passage of the $40 million Ohio Motion Picture Tax Incentive in 2009, the film industry has produced more than a half-billion dollars in economic impact and created more than 1,900 full-time equivalent jobs in the region. These numbers are only a fraction of the success Ohio can have. Therefore, Ivan is focused on raising the Ohio Motion Picture Tax Credit again to $80-100 million, which will put Ohio in the top five of desirable locations to film.

Ivan, who spent a good part of the ’90s and ’00s traveling the globe as a location manager and producer for TV and film, including for popular shows like My Name is Earl and Entourage, came to Cleveland in 2006 with a vision of building a film industry here and adding value to the community. He had spent time in Cleveland in 1999 scouting locations as a producer for HBO’s Band of Brothers and had always been impressed with the people and potential of northeast Ohio.

Ivan sees no limit to the potential for the film industry here and has his sights on building additional infrastructure to keep the momentum going, including a film school, soundstages and production offices. “We don’t have to be just a medical town,” says Ivan. “Diverse industries can attract young people to a city and generate a real economic impact. Movie making is straight-up manufacturing, just like cars or steel production.”

When asked his reason for joining the Union Club two years ago, the non-profit leader admits that although he has always seen value in membership, it took a relaxing of the club’s dress policy for him to seriously consider joining. “Our industry is definitely geared more toward jeans rather than a suit and tie, and the new policy is more suited to our industry,” he says before adding, “I bet you’ve never heard that answer before!”

Ivan takes advantage of the Club’s networking opportunities and its meeting spaces, dining room and bar. “The Union Club is a beautiful club with a very professional and accommodating staff and great food,” he says. “We do a lot of winning and dining and the club is the perfect venue for entertaining visitors checking out Cleveland as their next location to film,” he says.

Two recent movies shot in Cleveland – White Boy Rick starring Matthew McConaughey and the Sylvester Stallone feature Escape Plan 3 – will hit theaters in 2018 and Ivan teases upcoming announcements of other exciting projects in the works. Meanwhile, he’s busy building an industry, and with it, is bringing jobs and hundreds of millions of dollars in economic impact to our region. Stay tuned for more exciting filming in CLE.

Ivan and his wife, Katia, live in Cleveland Heights, with their children Eliza (12) and Lydia (9).
The Union Club Foundation wishes to thank everyone who contributed to the Foundation this year. Your generosity and support of our ANNUAL FUND and WES COWAN APPRAISAL NIGHT raised more than $65,000 to date. It is only with the commitment of our members that we are able to continue our work.

We have exciting plans in store for 2018! The Foundation will once again sponsor the WES COWAN APPRAISAL NIGHT on WEDNESDAY, APRIL 25, so start looking for those treasures lurking in your home to be appraised. Keep your eyes open for the new leather album descriptions of Union Club artwork, as they will soon be unveiled. The Union Club Foundation Board wishes all Union Club members a very Happy New Year!

The Union Club Foundation is a 501(c)(3) public charity dedicated to preserving and promoting the cultural, artistic, architectural, and historic resources of the club and Cleveland.

UNION CLUB ARTWORK PROFILE

EAST-SIDE WEST-SIDE GOES WAY BACK

TITLE: CLEVELAND-COLUMBUS BRIDGE  ARTIST: C. H. HICKS (American), May, 1835  LOCATION: MAIN LOBBY

Loan Courtesy of the Western Reserve Historical Society, Cleveland

The rather benign-looking bridge being constructed in this painting sparked an episode of intense violence between the residents of Cleveland (east bank of the river) and Ohio City (west bank of the river) when it became the first permanent bridge open to traffic over the Cuyahoga River in 1836. By the 1830s, Ohio City (a separate city until it was annexed by Cleveland in the 1850s) was falling behind its more prosperous neighbor on the east bank of the Cuyahoga. When a Cleveland land developer constructed this bridge on Columbus Street in the Flats, Ohio City residents were outraged. The new bridge took a southerly route that bypassed Ohio City’s main commercial district on what is now West 25th Street. Given that this new bridge was far superior to the floating bridge further north that had previously been the only span connecting the two cities, Ohio City rightfully feared a drastic decline in traffic and goods moving through their city. Incensed, they decided to boycott the bridge. Cleveland retaliated by removing their half of the old floating bridge.

On October 31, 1836, some five months after this painting was produced, an angry mob of Ohio City residents marched to the Columbus Street Bridge intending to destroy it. Cleveland’s mayor and a number of Cleveland residents met them and fighting broke out, leaving three men seriously injured before the County Sheriff put a stop to the violence. The courts eventually resolved the issue, allowing for both bridges to be opened to traffic. The old Columbus Street Bridge was replaced by an iron bridge in 1870. After that, a double swing bridge – then the world’s first – took that bridge’s place. Finally, in 1940, WPA workers installed a steel lift bridge on Columbus Road.
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<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>CLUB CLOSED</strong>&lt;br&gt;Happy New Year!</td>
<td>1</td>
<td><strong>FITNESS CENTER OPEN</strong>&lt;br&gt;5:30 AM – 8 PM</td>
<td>2</td>
<td><strong>Membership Committee</strong>&lt;br&gt;4 p.m.</td>
<td>4</td>
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</tr>
<tr>
<td><strong>NEW MEMBER ORIENTATION</strong>&lt;br&gt;Roundtable Luncheon&lt;br&gt;12 p.m. – 2 p.m.</td>
<td>7</td>
<td><strong>Foundation Board</strong>&lt;br&gt;12 p.m.</td>
<td>9</td>
<td><strong>Engaging Women’s Committee</strong>&lt;br&gt;12 p.m.</td>
<td>11</td>
<td><strong>COMMUNITY CHEF’S TABLE</strong>&lt;br&gt;6 p.m.</td>
</tr>
<tr>
<td><strong>SATURDAY NIGHT ALIVE</strong>&lt;br&gt;Enjoy Dinner at the Club&lt;br&gt;5 – 8:30 p.m.</td>
<td>13</td>
<td><strong>ICE SKATING AT PUBLIC SQUARE</strong>&lt;br&gt;3:30 – 5:30 p.m.</td>
<td>12</td>
<td><strong>SATURDAY NIGHT ALIVE</strong>&lt;br&gt;Enjoy Dinner at the Club&lt;br&gt;5 – 8:30 p.m.</td>
<td>14</td>
<td><strong>CLUB CLOSED</strong>&lt;br&gt;Martin Luther King Jr. Day&lt;br&gt;<strong>FITNESS CENTER OPEN</strong>&lt;br&gt;5:30 AM – 8 PM</td>
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<tr>
<td><strong>JUST LUNCH PLUS</strong>&lt;br&gt;18 Healthy Ideas&lt;br&gt;11:30 a.m.</td>
<td>15</td>
<td><strong>Finance &amp; Audit Committee</strong>&lt;br&gt;4 p.m.</td>
<td>16</td>
<td><strong>CLINTON SKATING CLUB OPEN HOUSE</strong>&lt;br&gt;Shaker Hts&lt;br&gt;6 – 8 p.m.</td>
<td>18</td>
<td><strong>COMMUNITY CHEF’S TABLE</strong>&lt;br&gt;6 p.m.</td>
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<tr>
<td><strong>SATURDAY NIGHT ALIVE</strong>&lt;br&gt;Enjoy Dinner at the Club&lt;br&gt;5 – 8:30 p.m.</td>
<td>19</td>
<td><strong>COMMUNITY CHEF’S TABLE</strong>&lt;br&gt;6 p.m.</td>
<td>20</td>
<td><strong>BOW TIE BALL</strong>&lt;br&gt;6 – 11 p.m.</td>
<td>21</td>
<td><strong>HOUSE COMMITTEE</strong>&lt;br&gt;12 p.m.</td>
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<td>22</td>
<td><strong>BOARD OF TRUSTEES</strong>&lt;br&gt;12 p.m.</td>
<td>23</td>
<td><strong>MENTORSHIP PROGRAM HAPPY HOUR</strong>&lt;br&gt;5:30 p.m.</td>
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<td><strong>COMMUNITY CHEF’S TABLE</strong>&lt;br&gt;6 p.m.</td>
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<td>26</td>
<td><strong>COMMUNITY CHEF’S TABLE</strong>&lt;br&gt;6 p.m.</td>
<td>27</td>
<td><strong>BOW TIE BALL</strong>&lt;br&gt;6 – 11 p.m.</td>
<td>28</td>
<td><strong>SATURDAY NIGHT ALIVE</strong>&lt;br&gt;Enjoy Dinner at the Club&lt;br&gt;5 – 8:30 p.m.</td>
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<tr>
<td>30</td>
<td><strong>JUST LUNCH</strong>&lt;br&gt;12 p.m.</td>
<td>31</td>
<td><strong>FITNESS CENTER OPEN</strong>&lt;br&gt;MONDAY through FRIDAY, 5:30 a.m. – 8:30 p.m.&lt;br&gt;SATURDAY and SUNDAY, 5:30 a.m. – 6:30 p.m.</td>
<td>32</td>
<td><strong>SATURDAY NIGHT ALIVE</strong>&lt;br&gt;Enjoy Dinner at the Club&lt;br&gt;5 – 8:30 p.m.</td>
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**RESERVATIONS REQUIRED FOR ALL EVENTS.** Contact the Front Desk, 216-621-4230 (frontdesk@theunionclub.org), unless otherwise indicated.
# Membership News

**January–February 2018**

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<thead>
<tr>
<th>SUNDAY</th>
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<td>8</td>
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<tr>
<td><strong>NEW MEMBER ORIENTATION</strong></td>
<td><strong>BREAKFAST WITH LEADERS</strong></td>
<td><strong>Emerging Leaders Committee</strong></td>
<td><strong>Engaging Women’s Committee</strong></td>
<td><strong>COMMUNITY CHEF’S TABLE</strong></td>
<td><strong>COMMUNITY CHEF’S TABLE</strong></td>
<td><strong>SATURDAY NIGHT ALIVE</strong></td>
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<tr>
<td>Roundtable 9 a.m.</td>
<td>Dan Walsh, CEO, Citymark Capital 7:30 a.m.</td>
<td>5:30 p.m.</td>
<td>12 p.m.</td>
<td>6 p.m.</td>
<td>6 p.m.</td>
<td>Enjoy Dinner at the Club 5 – 8:30 p.m.</td>
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<td>9</td>
<td>10</td>
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<tr>
<td><strong>VALENTINE’S DAY DINNER</strong></td>
<td><strong>Finance and Audit Committee</strong></td>
<td><strong>Club Connect Happy Hour</strong></td>
<td><strong>Finance and Audit Committee</strong></td>
<td><strong>CLEVELAND SKATING CLUB OPEN HOUSE</strong></td>
<td><strong>2ND ANNUAL CHILI COOK-OFF</strong></td>
<td><strong>SATURDAY NIGHT ALIVE</strong></td>
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<td>5 – 10 p.m.</td>
<td>4 p.m.</td>
<td>William Friedman, president &amp; CEO, Port of Cleveland 4:30 – 6:30 p.m.</td>
<td>4 p.m.</td>
<td>Shaker Hts 6 – 8 p.m.</td>
<td>4:30 – 6:30 p.m.</td>
<td>Enjoy Dinner at the Club 5 – 8:30 p.m.</td>
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<td>16</td>
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</tr>
<tr>
<td><strong>Club Closed</strong></td>
<td><strong>MENTORSHIP PROGRAM LUNCH AND LEARN</strong></td>
<td><strong>CUVÉE CLUB TASTING NO. 1</strong></td>
<td><strong>FACES OF TECHNOLOGY</strong></td>
<td><strong>Club Connect Happy Hour</strong></td>
<td><strong>Club Connect Happy Hour</strong></td>
<td><strong>COMMUNITY CHEF’S TABLE</strong></td>
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<tr>
<td>President’s Day</td>
<td>12 p.m.</td>
<td>6 p.m.</td>
<td>6 p.m.</td>
<td>4:30 – 6:30 p.m.</td>
<td>4:30 – 6:30 p.m.</td>
<td>6 p.m.</td>
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<tr>
<td><strong>FITNESS CENTER OPEN</strong></td>
<td><strong>CUVÉE CLUB TASTING NO. 1</strong></td>
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<td>5:30 AM – 8 P.M.</td>
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<td>28</td>
<td>29</td>
</tr>
<tr>
<td><strong>SATURDAY NIGHT ALIVE</strong></td>
<td><strong>JUST LUNCH</strong></td>
<td><strong>BOARD OF TRUSTEES</strong></td>
<td><strong>JUST LUNCH</strong></td>
<td>** Board of Trustees 12 p.m.**</td>
<td><strong>CUVÉE CLUB TASTING NO. 1</strong></td>
<td><strong>SATURDAY NIGHT ALIVE</strong></td>
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<tr>
<td><strong>Enjoy Dinner at the Club 5 – 8:30 p.m</strong>.</td>
<td>12 p.m.</td>
<td>12 p.m.</td>
<td><strong>Club Closed</strong></td>
<td><strong>President’s Day</strong></td>
<td><strong>Just Lunch</strong></td>
<td>Enjoy Dinner at the Club 5 – 8:30 p.m.</td>
</tr>
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</table>

## HAPPY HOUR

Drink specials **Monday through Friday**, 4:30 – 6:30 p.m. and 9 – 11 p.m.

## GROUP EXERCISE

All classes except yoga are free. Class reservations are required, with a minimum of two participants. See our website or contact the Fitness Center for a complete schedule.

## SAVE THE DATE! MARCH/APRIL

**Whisky Tasting**

**Wednesday, March 14**

6 – 9 p.m.

**Appraisal Night**

**Wednesday, April 26**

5:30 – 8:30 p.m.
“I have participated in the Cuveé Club since its beginning and it has been a wonderful opportunity to spend time with old friends, make new friends, sample excellent wines, eat terrific food and have the opportunity to buy wines that wouldn’t otherwise be available through wine and grocery stores. I’ve expanded both my knowledge of wines and my collection in a number of areas. Linda is simply terrific. She is always available with solid advice and recommendations and 99 percent of the time when my guests at home compliment the wines that I am serving, they were selected with Linda’s help!” — James S. Simon, Esq., Partner, Buckingham, Doolittle & Burroughs, LLC

**LOOK, SWIRL, SMELL, TASTE**

*Cuvée Club Has Winning Lineup for 2018*

Whether you’re a beginner or a wine connoisseur, there’s always something new to discover as a member of the **CUVÉE CLUB.** The Cuvée Club brings together people to enjoy each other’s good company and a shared passion for beautifully crafted wine. Members enjoy exclusive benefits, including preferred pricing, private wine and food tastings, and access to special beverage-focused events.

“We have a wonderful lineup of events for the coming year,” says Linda Wenninger, the Union Club’s Beverage Manager. “We will host five tastings throughout the year that will explore a diverse range of wines to broaden your wine knowledge and help you discover wines you are sure to love.” Plans for a bonus tasting and tour are also in the works, as well as the culinary indulgence known as the Club’s End of Year Dinner. “Guests are always inspired by the decadent food and select wine pairings; it’s always a popular event with our members,” says Wenninger.

**ATTENTION WINE LOVERS!**

If you truly appreciate a fine bottle of wine, you’ll want to become part of the Cuvée Club. The group samples select wines from around the globe, all carefully paired with delectable items from our culinary team.

New membership in the Cuvée Club is just $400 for the year and entitles you to:

<table>
<thead>
<tr>
<th><strong>MEMBERSHIP PRIVILEGES</strong></th>
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<tr>
<td>Five tasting experiences with hors d’oeuvres</td>
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<td>Year end wine dinner (6th Tasting)</td>
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<td>Discounts on general beverage events and promotions</td>
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<tr>
<td>30 percent off bottles of wine when dining in club</td>
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<tr>
<td>Carry out specials</td>
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<tr>
<td>Private winery tours (based on availability)</td>
</tr>
</tbody>
</table>

To become part of the Cuvée Club or to learn more, contact our beverage manager, Linda Wenninger at beverage@theunionclub.org.
STURDAY NIGHT ALIVE

DINE AT THE CLUB
TAKE ON THE TOWN

The club comes alive on Saturday nights during Playhouse Square’s Broadway Series. To enhance your enjoyment of these great productions, we are proud to present dinner from 5 to 8:30 p.m.

Consider These Entertainment Options in Our Neighborhood

**JANUARY 9-28**
*Love Never Dies*
STATE THEATRE
7:30 PM

**MARCH 6-25**
*Rent*
CONNOR PALACE THEATRE
7:30 PM

**APRIL 10-29**
*The Humans*
CONNOR PALACE THEATRE
7:30 PM

**MAY 2-27**
*Aladdin*
STATE THEATRE
7:30 PM

**JUNE 5-17**
*Beautiful, The Carole King Musical*
CONNOR PALACE THEATRE
7:30 PM

Book dinner and guest room reservations through the Front Desk (frontdesk@theunionclub.org) or 216-621-4230
STAFF SPOTLIGHT

HOUSEKEEPING TEAM: AT YOUR SERVICE

“Member service is about exceeding expectations.” — Tamera Towns, front desk and rooms manager

Tamera Towns, front desk and rooms manager

Superior service is the cornerstone to preserving the heritage of the Union Club, and our team is committed to providing first-class service to members in every interaction. Member service is about exceeding expectations, and we do this by being available and flexible, doing whatever needs to be done to ensure that members have the best experience possible.

VARIETY IS THE SPICE OF WORK
My favorite part of my job is that no two days are alike. I enjoy the diversity of people I meet, from the children to the housewives to the CEOs. Some I know by face, others by name, and I like being able to greet them personally and accommodate them, whether it’s making dining reservations, arranging reciprocal club visits, or making sure a member is able to stay in their favorite overnight room.

THERE’S NO I IN TEAM
I am fortunate to work with a wonderful group of people that truly meet my definition of Team Players. Our Front Desk Team on call 24/7 (Karen, Sandra, Chris, Ashley, and Candy), all bring unique qualities to the position. They don’t mind coming in early, staying late or filling in for each other at a moment’s notice. Our Housekeeping team (Rose (supervisor), Larry and Enis), are invaluable assets to the club, always willing and eager to assist wherever they are needed.

JUST SAY YES!
My main goals for the team in the coming year is to continue to focus and improve on the changes we have implemented thus far, and at the same time, I want to make sure we maintain the quality of service we give to members with a smile. We consistently strive for excellence, always letting “Yes” be the affirmative answer, because that is what the Union Club is about and that is what our members deserve.

EMBRACING CHANGE
I’ve been with the Club just over a year and in that time, there has been a great deal of positive change. I have watched membership increase, as enhancements are made throughout the Club — from the Grille Room upgrade to the new Valet experience to the new kitchen team. I have forged relationships with members and co-workers that will be beneficial in maintaining the quality of service throughout the Club.

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SALUTE OUR FRONT DESK AND HOUSEKEEPING TEAM

Left to right: Larry Perry, Ashley Norwood, Sandra Burke, Rose Cross, Chris Gehrig, Tamera Towns, Enis Hester, Candy Scott and Karen Smith

EMPLOYEE OF THE QUARTER

Congratulations SAMUEL WARNER, Valet Team.

MANAGER OF THE QUARTER

Extend best wishes to PAT HOLT, Accounting.

A Heartfelt Thank You from the Staff

The staff of the Union Club would like to thank all the members who fully funded the EMPLOYEE HOLIDAY FUND this past season. The Club’s 80 full-time employees received a holiday bonus in December as a direct result of member contributions to the fund.

The staff says thank you again to our members and as always it is our pleasure serving you!

*The bonus we get at the holidays makes the staff feel like all the hard work we put in all year is appreciated and recognized. I’ve been at the club for more than 32 years and I am impressed how our members step-up year after year and contribute. I know the staff really appreciates it!*

— Charlene Waller, main dining room captain

“I truly appreciate that the members support the staff each year at the holidays, because we can all use a little boost at this time of the season. It’s a beautiful thing and it means a lot to me and I know it means a lot to my co-workers.”

— Lawrence White, engineering and facilities

“It’s a wonderful thing the members do for us each year. We can all use some extra money at this time of the year to help us support our families during the holidays. I can’t thank them enough.”

— Antoine Hundley, assistant manager, valet

“Working in the kitchen, I don’t have a lot of direct interaction with the members, but I do touch their taste buds. After giving our best all year to the members, it’s nice that the members give back to us. Thank you!”

— Martyn Aiken, culinary team

www.theunionclub.org        216-621-4230

18 The Union Club of Cleveland
OPEN THAT BOTTLE NIGHT

Have you been waiting for a “special occasion” to open an interesting bottle in your wine collection? Do you have a bottle at home with an interesting back-story? If so, this is the night you’ve been waiting for!

Join fellow members in the Reading Room for a night of wonderful conversation and delightful wine at OPEN THAT BOTTLE NIGHT on FRIDAY, JAN. 12 from 6:30 to 8:30 p.m. The club’s culinary team will prepare heavy hors d’oeuvres for everyone to sample and enjoy.

Price of admission for members is a bottle of wine to share with others. Cost for guests is $25 per person and a bottle of wine.

Reservations are necessary and limited to the first 25 people who register. Reserve your spot by contacting the Front Desk at frontdesk@theunionclub.org or 216-621-4230.

A HEALTHY YOU IN 2018

Each January, nearly half of Americans start off with a New Year’s resolution. Within one week, 25 percent have abandoned their resolutions and only half stay true to resolutions for more than six months.

On THURSDAY, JAN. 18 at noon, the Engaging Women’s Committee welcomes Dr. Francoise Adan, Union Club member and Medicaid Director for the University Hospitals Connor Integrative Health Network for its JUST LUNCH PLUS program. With more than 25 years of experience, Dr. Francoise is a champion of holistic well-being specializing in stress management, work/life balance and the mind/body/spirit connection. She’ll present “18 Healthy Ideas” and give tips and advice on how to make 2018 your best year ever. Cost of the event is $30++.

START EARLY WITH THE CLEVELAND BUSINESS LEADERS COMMITTEE

Good company and stimulating conversation: That’s Breakfast With Leaders! There couldn’t be a better way to launch your day.

On WEDNESDAY, FEB. 7 the popular BREAKFAST WITH LEADERS series welcomes Dan Walsh, CEO of Citymark Capital. Also calling Cleveland home, Citymark Capital invests in apartments with best-in-class real estate operators across the United States on behalf of third-party investors.

Breakfast With Leaders begins at 7:30 a.m. in the Boardroom (Parlor 5) unless otherwise announced. Cost is $20+++ per attendee and includes breakfast and parking. Each club member is welcome to bring one guest. Contact the Front Desk to make reservations.

VALENTINE’S DAY DINNER

Let Chef Arnaud Help Show How Much You Care

Want a Valentine’s Day experience your sweetheart won’t easily forget? Then make your plans to be at the club on WEDNESDAY, FEB. 14 as Executive Chef Arnaud Berthelier will be creating the most luscious cuisine that is sure to get your heart started.

This unique and elegant Valentine’s Day dinner will be served in the fabulous Main Dining Room, and we’ll have live music playing and roses and chocolates for all the ladies. We’ve got you covered!

Make your romantic dinner reservations by contacting our Front Desk at frontdesk@theunionclub.org or 216-621-4230.

HAPPY HOUR WELCOMES SKATING CLUB AND PORT LEADERS

On JAN. 18 meet Alan Feuerman, General Manager/COO of the Cleveland Skating Club. Union Club members can now access the Skating Club’s Shaker Heights facilities under a new partnership program and Alan will be on hand to answer any questions you may have about their athletic and social opportunities.

On FEB. 15, meet William D. Friedman, President & CEO at the Port of Cleveland. The Port of Cleveland is an economic engine for our community, a key to Northeast Ohio’s global competitiveness, and a crucial partner in building Cuyahoga County’s future.

CLUB CONNECT HAPPY HOUR happens from 4:30 to 6:30 p.m. on the THIRD THURSDAY of every month and always features special giveaway drawings for CAVS tickets and events at Playhouse Square, plus complimentary appetizers. Remember to bring a business card for the raffle. Stop in and join the fun!
START THE YEAR OFF
MAKING A CONNECTION

Looking to connect with another club member to give or receive personal or professional advice and guidance?

THE EMERGING LEADERS and SENIORS COMMITTEES invite you to attend upcoming events in their joint effort – the Mentorship Program.

The group’s next monthly happy hour will take place on WEDNESDAY, JAN. 24 at 5:30 p.m. in the Tap Room, with drinks by subscription. The next MENTORSHIP PROGRAM luncheon will be on WEDNESDAY, FEB. 21 at noon; cost is $30++ and includes lunch and parking. Registration for both events are to be made through the Front Desk.

BEST OF WEDDINGS
THREE YEARS RUNNING

2018 PICK

The nation’s #1 wedding planning website has once again honored the Union Club with its coveted “Best of Weddings” designation. The 2018 award is the third consecutive year the club has been named to this exclusive list. The annual list of the best- and most-rated wedding venues is chosen by real couples and their guests. It’s the ultimate stamp of approval from brides and their families, plus it comes with serious bragging rights – and more bookings.

“I was so pleased to have my daughter’s wedding at The Union Club. The Club did an amazing job and each and every thing was perfect, every step of the way!”

— Nancy Benacci

To read Nancy’s entire review and those of others, go to www.theknot.com and search for Union Club in the “reception venues” section.

MENTORSHIP PROGRAM HAPPENINGS

JUSTICE SERVED
FAMILIES STABILIZED
NORTHEAST OHIO STRENGTHENED
AND DEMOCRACY THRIVES

Legal representation in civil cases is NOT guaranteed by the United States Constitution. The Legal Aid Society of Cleveland helps families navigate the civil justice system, and that leads to positive outcomes across Northeast Ohio.

“Legal Aid is a community pillar. I don’t know how you can have a true quality community if you have perpetual barriers to accessing justice.”

-P. Kelly Tompkins Esq., Executive VP and COO, Cleveland-Cliffs Inc.

THIS IS #MY LEGAL AID STORY

Share your story. Visit MyLegalAidStory.org
HAPPENINGS

BOOK CLUB

The Good Earth by Pearl Buck will be the featured book for the first BOOK CLUB meeting of 2018 on THURSDAY, JAN. 9 at 5:15 p.m. Published in 1931 and awarded the Pulitzer Prize in 1932, this novel dramatizes family life in a Chinese village before World War I. In 2004, the book was returned to the bestseller list when chosen by television host Oprah Winfrey for Oprah’s Book Club. In 1937 the film, The Good Earth, which was based on the stage version of the book, made its debut. There is no charge for this event; drinks will be by subscription. Please contact the Front Desk to let the group know to expect you.

TECHNOLOGY

It is amazing how much technology touches our everyday lives, no matter if it’s at work, home, or on the go. On THURSDAY, FEB. 22, from 6 to 8 p.m., the ENGAGING WOMEN’S COMMITTEE and the TECHNOLOGY COMMITTEE will host an expert panel that will explore the burgeoning tech industry in Cleveland.

Faces of Technology in Cleveland will provide a brief overview of the intersection of business and technology in Northeast Ohio. Technology affects not only new business practices but also existing ones, and will continue to do so. This event will cover what’s out there now and what’s coming in each pillar industry of our local economy, from medical to financial to industrial.

The panel of experts include: Shawn Heitner, Federal Reserve Bank of Cleveland; Dusko Djukic, KeyBank; Jon Fedor, Rockwell Automation; Shannon Lyons, FlashStarts; and Sagar Rambia, GrassHopper Capital. The panel discussion will be moderated by Christina Sanders.

The cost of the event is $35++ and includes heavy hors d’oeuvres and parking. You can register by contacting the Front Desk at www.frontdesk.com or 216-621-4230.

ACCOLADES

Congratulations to member Nick Zakov, MD, a Retina Associates of Cleveland physician who was recently inducted as a Charter Member of the Retina Hall of Fame. Dr. Zakov was recognized for his significant achievements in the practice of medicine and his contributions to the retina subspecialty. Dr. Zakov is also a founding member of the RHOF Board of Directors and serves as the Board’s secretary/treasurer.

Ohio University recently honored member Raymon B. Fogg, Sr. with their “Alumni of the Year” Award. Ray is Chairman of the Board at Ray Fogg Building Methods, Inc., and Vice President of Ray Fogg Corporate Properties. He holds a Bachelor of Science degree in civil engineering from Ohio University, and was awarded an Honorary Doctor of Humane Letters degree from OU in 2014.

The Commission on Hispanic-Latino Affairs recently reappointed member Jose C. Feliciano Jr. to a three-year term. Jose is employed as a business analyst for the Greater Cleveland Regional Transit Authority (GCRTA) and serves on its committee assisting in the recruitment of a diverse workforce.

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We’ve all thought about hitting the gym after the holidays to get rid of those extra pounds we picked up as we were celebrating the season, right? But can you simply sweat your way to a thinner you? The cold hard reality is that you probably can’t exercise your way to your weight loss goals. Here are three important absolute truths of weight loss and weight maintenance.

1. Exercise is only part of the weight loss story. To me, exercise is about 20 percent of the equation while the other 80 percent is diet. Diet and exercise go hand in hand.

2. Exercise is a must for weight maintenance. Once you lose the weight, continuing an active lifestyle is a must. You cannot expect to eat whatever you want and maintain a healthy weight.

3. Food splurges may undo your efforts. I believe allowing yourself a meal where you are not completely focused on your normal everyday diet is important for your success. To indulge occasionally often helps one realize why they decided to change their habits in the first place and resets focus and purpose for their next goal.

Remember, your workouts are only part of the story when it comes to your weight. The old adage “you are what you eat” is so true!

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**THE YIN AND YANG OF YOGA**

Most people know that yoga is a very popular form of exercise that works your core muscles and gives you better balance. But do you know the subtle differences in yoga styles?

Union Club yoga instructor Debi Darnell is a Certified Personal Trainer and NYStrength Master of Fitness Design who teaches two distinctly different styles of yoga: Yin and Vinyasa.

Yin Yoga is designed with long, passive holds that feels calm, comfortably challenging, and will leave you feeling restored. Yin is a nice complement to other training methods as Yin targets the fascia and connective tissues for a unique, deep stretch. Holding Yin poses isn’t always easy, but it is always accessible and safe at any experience level, including beginners and people who aren’t flexible.

Vinyasa is the beautiful opposite of Yin. In Vinyasa, expect to move, breathe, and flow from pose to pose. The flow will move fast, slow, steady, and restorative all in the same class to balance you and make you stronger both physically and mentally. Vinyasa is also designed for all levels, but a willingness to get the heart rate up is encouraged.

Debi conducts **YIN CLASSES** on **TUESDAY AFTERNOONS** at the club from 12:15 to 1 p.m., and **VINYASA CLASSES** on **THURSDAY MORNINGS** from 7 to 8 a.m. For questions, e-mail Debi at connect@debidarnell.com.

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**WELCOME BACK SHA’DA**

You might see a familiar face the next time you’re in the Fitness Center. That’s because Sha’Da Taylor is serving as the facility’s interim leader while Fitness Center Manager Christina Smelko is on maternity leave the next few months.

Sha’Da previously worked in the Fitness Center from 2011 to 2014 and developed relationships with many of our members. She earned a Bachelor of Science degree in Exercise Science from Bowling Green State University. She also is a Certified Personal Trainer and Certified Nutrition Coach, as well as a public speaker and Group Exercise Instructor.

If you have any questions or need assistance on anything Fitness Center-related, don’t hesitate to stop in or call and ask Sha’Da.

---

**FAMILY SKATING AND DINING ON PUBLIC SQUARE**

The Fitness Center is hosting a special member and guest afternoon of fun on the public ice rink at Public Square on **SATURDAY, JAN. 13** from 3:30 to 5:30 p.m. Members and guests will enjoy unlimited skating, dinner and both hot and cold beverages. Delicious, healthy cuisine will be provided by Rebol Café. Private (weather-protected) section in Rebol provided for guests.

The cost of the event is $35++ and includes skating, food and beverages. You can register for this event online or by contacting the Front Desk at frontdesk@theunionclub.org or 216-621-4230.

**FREE SKATING LESSONS**

All members and guests are invited to participate in complimentary ice skating lessons held **each Saturday through FEB. 28**, beginning at noon. No need to register, just show up to the rink and let them know you are from the Union Club, and learn to skate. Complimentary rental skates are provided.

---

**ACCESS TO INNER BLISS**

Union Club members will receive a discounted corporate rate of just $11 per class at the new downtown Cleveland location of **Inner Bliss Yoga Studio**, 1224 Huron Road. The offer is good during all of 2018, choose from any class on their schedule. Just mention you are a Union Club member. See their full schedule of classes at www.innerblissyogastudio.com.
FITNESS AND WELLNESS

GET IN THE GROOVE
Indoor Cycle and Boxing Group Fitness Workout

Want to check out one of the hottest new places to workout in downtown Cleveland? The Fitness Center invites you to a signature indoor cycle and boxing group fitness workout on SATURDAY, FEB. 10 from 11 a.m. to noon at the new GrooveRyde® location at 1120 Chester Avenue.

The first half-hour features bike riding to the beat of the music as you climb hills, take on some flat road sprints and perform upper body movements like push-ups and crunches. Then, you’ll move onto Beat Box – a boxing and boot camp hybrid workout incorporating water-filled teardrop heavy bags.

Lunch provided by Townhall will be offered after the event. Cost is $25 ++ and you can register for this event online or by contacting the Front Desk at frontdesk@theunionclub.org or 216-621-4230.

PERSONAL TRAINING: THE MOTIVATION YOU NEED IN 2018

Tired of tackling those New Year’s resolutions by yourself? Sign up during January for personal training sessions through the Fitness Center and you’ll be paired with a health and strength expert that will tailor a plan just for you, guide you through your workouts, and provide you with all the motivation you need to achieve your goals.

The Fitness Center is currently offering a special member-only promotion. During the month of January, buy any 10 personal training sessions and get two free; or buy any five personal training lessons and receive an additional one at no extra cost.

To sign up or for more information stop in at the Fitness Center.

RECIProCAL CLUB SPOTLIGHT

DENVER ATHLETIC CLUB
Discover a true “club experience” the next time you’re in Denver on business or for pleasure.

Check out the DENVER ATHLETIC CLUB located in heart of the city. As a Union Club member, you have access to their wide range of athletic facilities, including a swimming pool, fitness center, bowling alley, as well as handball, racquetball and squash courts. You can also dine at the club, and access meeting and banquet space. The club is ranked #11 on the list of Top Athletic Clubs by Platinum Clubs® of America. Check out their website (www.denverathletic.cc) for contact information and guest policies.
What You Missed

The Most Wonderful Time of the Year!

Holiday Celebration

Among the brilliance of more than 10,000 holiday lights and seasonal décor, more than 300 guests rang in the holiday season at the Union Club Holiday Celebration Dec. 6. The elegant affair was full of wonderful food, friends and holiday cheer.

One of the evening's highlights surely was the culinary talent behind the event's lavish menu.

Union Club Executive Chef Arnaud Berthelier was joined by Union Club General Manager (and Certified Master Chef®) Lawrence McFadden and Michelin Star Chef Dante Boccuzzi, owner of Dante and Ginko restaurants in Tremont, for the ultimate culinary lineup.

The guest chefs prepared specialty dishes such as Vietnamese Pho and Sushi made-to-order (Boccuzzi) and Seared Scallop with Quinoa (McFadden) at separate serving stations.

“I truly is the most wonderful time of the year at the club!”

Jesse Noel Juguilon

“My wife and I look forward to the club's holiday party every year. It kicks off the season for us and the staff always does such a fantastic job putting that event on, and the club never looks better than it does at the holidays.”

Jack Thomsen

“This is always the best party. Unbelievable food. Truly spectacular.”

Todd Winter

“Truly amazing! The staff did a great job on this event. This is a wonderful event to invite guests to see the club.”

Matthew Jones

“This is such a great party. I definitely have to mark this down on my calendar to make this again next year.”

Andrew Aladi

“The Food was fabulous and the club looked beautiful. The jazz band was amazing. We found a spot near the steps to eat and listen to music.”

Andrea Stutterer

“Mr. McFadden needs to share his recipe for scallops. They were incredible. Pure dessert.”

Richard de Carlo

“If the food was fabulous and the club looked beautiful. The jazz band was amazing. We found a spot near the steps to eat and listen to music.”

Andrea Stutterer

“The food is extraordinary. So far I've had the lamb, tacos, and the sushi was out of this world. This is my third plate and I haven't even hit every station yet. Wow!”

Jesse Noel Juguilon

“This is such a great party. I definitely have to mark this down on my calendar to make this again next year.”

Andrew Aladi

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Richard de Carlo
### 2018 SOCIAL EVENTS

#### JANUARY
- Saturday Night Dining
- 1st Annual Bow Tie Ball

#### FEBRUARY
- Saturday Night Dining
- Valentine’s Day Dinner
- 2nd Annual Chili Cook-Off
- Cuvée Club Kick-Off Tasting

#### MARCH
- 10th Annual Legends of Whiskey
- Leadership Summit
- Celebrity Chef Dinner

#### APRIL
- 3rd Annual Union Club Foundation Gala
- Father-Daughter Dance
- Cuvée Club Tasting No. 2

#### MAY
- Mother’s Day Brunch
- Member Golf Outing
- Annual Meeting
- Cuvée Club Tasting No. 3

#### JUNE
- Alfresco Patio Seasonal Opening
- 6th Annual Summer in the City
- Cuvée Club Tasting No. 4

#### JULY
- Back to the Club Night
- Saturday Night Dining
- Cuvée Club Tasting No. 5

#### AUGUST
- 3rd Annual Crab Night
- Halloween Event
- High Tea With Mom
- Saturday Night Dining
- Cuvée Club Final Dinner

#### SEPTEMBER
- Member Holiday Wine Tasting
- Saturday Night Dining

#### OCTOBER
- Member Holiday Celebration
- Lunch With Santa

#### NOVEMBER
- Back to the Club Night
- Saturday Night Dining
- Cuvée Club Tasting No. 5

#### DECEMBER
- Member Holiday Celebration
- Lunch With Santa

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### 2018 Club Closures and Special Hours

<table>
<thead>
<tr>
<th>DATES</th>
<th>HOLIDAY</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, January 2, 2018</td>
<td>Club Reopens</td>
<td>Open</td>
</tr>
<tr>
<td>Monday, January 15</td>
<td>Martin Luther King Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Monday, February 19</td>
<td>Presidents’ Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Sunday, May 13</td>
<td>Mother’s Day</td>
<td>Open</td>
</tr>
<tr>
<td>Monday, May 28</td>
<td>Memorial Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Sunday, July 1 – Sunday, July 15</td>
<td>Club Refurbishment</td>
<td>Closed</td>
</tr>
<tr>
<td>Monday, September 3</td>
<td>Labor Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Wednesday, November 21</td>
<td>Day before Thanksgiving</td>
<td>Club Closes at 2:30 p.m.</td>
</tr>
<tr>
<td>Thursday, November 22</td>
<td>Thanksgiving</td>
<td>Closed</td>
</tr>
<tr>
<td>Friday, November 23</td>
<td>Day after Thanksgiving</td>
<td>Closed</td>
</tr>
<tr>
<td>Friday, December 21</td>
<td>Lunch with Santa</td>
<td>Club Closes at 3:30 p.m.</td>
</tr>
<tr>
<td>Saturday, December 22 – Monday, January 1</td>
<td>Holiday Closure</td>
<td>Closed</td>
</tr>
</tbody>
</table>

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**FOR INFORMATION ABOUT** Arts & Appetizers, Bow Tie Society dinners, Breakfast With Leaders, Chef’s Culinary Series, Club Connect Happy Hour, Cuvée Club, Just Lunch, Lunch & Learn Series, Vinyasa & Vines, wine & beer tastings, and other ongoing events, see our online events calendar at [www.theunionclub.org](http://www.theunionclub.org).

Reservations are open 60 days in advance of each event. Contact the Front Desk at [frontdesk@theunionclub.org](mailto:frontdesk@theunionclub.org) 216-621-4230.
MEMBER SERVICES
• Barbershop
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• Daily and Monthly Parking
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• Fitness Center and Classes
• Massages
• Personal Training
• Shoe Shine and Repair
• Wine Sales

FIND MORE AT www.theunionclub.org
• Hours
• Club Staff
• Complete Calendar of Events
• Reciprocal Clubs
• Fitness Center
• Restaurant Menus
• Membership Directory

CALL US 216-621-4230
Please call the Union Club Front Desk to make reservations for meals or overnight accommodations, check the details of events, schedule a tour, discuss prospective members, or ask questions. We want to make it easy for you to enjoy all the privileges of club membership!

WORLDWIDE RECIPROCAL CLUB PRIVILEGES
Dine, host meetings, work out, stay overnight, or enjoy a family vacation at reciprocal clubs and resorts worldwide. For a complete list, see the Reciprocal Clubs tab on our website, or call the Front Desk.

WE WANT TO HEAR FROM YOU
The Union Club magazine’s mission is to inform and spotlight club members and staff. Have you won an award, climbed a mountain, or taken a life-changing journey? Are you a collector, a coach, or personal passions, we want to know! And if you’ve had a great experience at the club – if there’s a staff person you wish to commend or personal passions, we want to know! And if you’ve had a great experience at the club – if there’s a staff person you wish to commend or a member you want to celebrate – tell us about that, too.

Contact
Randy Carpenter
Director, Marketing & Communications
216-706-1239
rcarpenter@theunionclub.org

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Nancy Zaroggian
Catering Sales Manager
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216-621-7123

To reach any of the employees above, you can also dial 216-621-4230.

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Director, Marketing & Communications
216-706-1239
rcarpenter@theunionclub.org
NEW CLUBHOUSE
At the 1903 annual meeting, the Union Club made the momentous decision to build a new home, one that could comfortably accommodate a much larger membership. Mrs. William B. Castle, the widow of the visionary mayor who in 1854 orchestrated the merger of Cleveland with Ohio City, had agreed to sell (for a favorable price) the Castle property at East 12th and Euclid Avenue.

With a building site secured, the membership voted to retain Charles Schweinfurth, Cleveland’s most accomplished architect, to design and build the finest club in America, a splendid place that would exemplify Cleveland’s prosperity. In December 1905, the new clubhouse opened with a gala reception amidst much civic excitement. With its refined and stately classicism, Schweinfurth’s massive building constructed of Berea Sandstone was immediately recognized as an architectural jewel in the bustling center of Cleveland, widely admired for its quiet dignity and tasteful design. Now some 114 years later, it remains one of Cleveland’s most iconic downtown pieces of architecture.