

# REFLECTIONS

The exclusive club magazine with prime circulation in the greater Seattle area's fastest-growing market ... the Eastside.



BELLEVUE CLUB

IN EVERY ISSUE

**Upfront:** A message from management.

**Calendar:** What's happening at the Club.

**Member Profile:** An in-depth member interview.

**Wellness:** Health advice from Overlake Hospital Medical Center staff.

**Classified Advertising:** Vacation rentals, services, for sale and more.

**Wine Line:** An informative article by our wine expert.

**Chef's Corner:** Highlights of foods and recipes from the Club's executive chef.

## 2010 Editorial Calendar

### JANUARY

#### OLYMPIC-SIZED WORKOUT

In honor of Vancouver 2010, light the torch in your fitness regimen with these Olympic-inspired workouts.

### FEBRUARY

#### EDIBLE APHRODISIACS

Food and romance collide in this sizzling special. Learn how to create some delicious dishes for an at-home Valentine's celebration or other special occasion.

### MARCH

#### TRIATHLONS 101

Learn how not to 'bonk' and more in this beginner's guide to triathlons. Get advice from the experts on how to get started in this addictive sport.

### APRIL

#### UNUSUAL 18

From Scotland to Dubai, embark on a pilgrimage to some of the most fascinating golf courses in the world.

### MAY

#### FIT FROM BUMP TO BIRTH

Pregnancy doesn't have to be all pain, all the time. Learn how to keep doing the things you love while feeling great.

### JUNE

#### DRIVEN

Be sure to buckle-up for this inside look at Bellevue Club members' collection of rare and retro automobiles.

### JULY

#### THROUGH THE DOGGIE DOOR

From restaurants to salons, learn the local establishments where canines are welcome with open arms.

### AUGUST

#### THE REAL COLLEGE ORIENTATION

Discover 10 things every freshman (and their parents) need to know before starting college.

### SEPTEMBER

#### BEYOND THE BROWN BAG

Is your child's school lunch making the grade? Whether homemade or from the cafeteria, help your children get the most out of lunch.

### OCTOBER

#### THE HAUNTING

Just in time for Halloween, explore ghostly adventures in the Northwest—if you dare.

### NOVEMBER

#### 21ST CENTURY CRAFTING

Enter the new millennium of handmade art with this ode to crafting culture. Discover modern twists on vintage favorites as crafts make a comeback.

### DECEMBER

#### SHAPING UP, TECHNOLOGICALLY

The future of fitness is here in this guide to the newest gadgets to make you run faster, swim longer and sweat harder than you ever did before.