

THE

JULY / AUG 2019

LOOKOUT

THE OFFICIAL NEWSLETTER OF THE UNIVERSITY CLUB & THE ST PAUL ATHLETIC CLUB



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Cooking Class**
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THE LOOKOUT

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CONTACT LIST

PRESIDENT

Stephanie Laitala-Rupp - srupp@commonwealthproperties.com

CHEF

George Snyder, III - chef@UniversityClubofStPaul.com

CATERING DIRECTOR

Julia Struve - jstruve@commonwealthproperties.com

GENERAL MANAGER, UNIVERSITY CLUB OF SAINT PAUL

Meghan Walsh - mwalsh@universityclubofstpaul.com

GENERAL MANAGER, SAINT PAUL ATHLETIC CLUB

Sarah McClendon - smcclendon@TheSPAC.com

DIRECTOR OF MEMBERSHIP & PROGRAMMING

Sue Katsiotis - skatsiotis@UniversityClubofStPaul.com

MEMBERSHIP INFORMATION

Membership@UniversityClubofStPaul.com

Membership@TheSpac.com

FRONT DESK

University Club | 651.222.1751

SPAC | 651.291.7722

DINING RESERVATIONS

651.222.1751

CLUB HOURS

UC BUILDING HOURS

Memorial Day - Labor Day

Sunday - Monday | 6 am - 8 pm

Tuesday - Saturday | 6 am - 10 pm

UC RESTAURANT HOURS

Memorial Day - Labor Day

Sunday - Monday | 11 am - 7 pm

Tuesday - Thursday | 11 am - 9 pm

Friday - Saturday | 11 am - 10 pm

Last seating 30 minutes
before close.

SPAC

Monday - Friday | 5am-10pm

Saturday-Sunday | 7am-8pm

*Hours subject to change and are
weather dependent.*

POOL HOURS

Monday-Friday

6-8 am | Lap Swimming*

8-12 pm | Camp U Club (6/10 - 8/9)

12 - dusk | Open swim*

**No lifeguard on duty. Swim at own risk.*

*** No open swim during Camp U Club.*

Weekends

10 am - dusk | Open swim*

**Enter through the building for an early
morning swim. Lifeguard on duty until
8:00 pm. Weather dependent.*

LETTERS FROM OUR MANAGERS



From Sarah's Desk

Summer is here! When things get too hot (or too stormy), escape to our air conditioning and our beautiful indoor pool, where there's never an evacuation for lightning!

Bonus: No gnats and no mosquitoes!

Ready to mix things up this summer? Try out one of our group fitness classes. They're geared for all levels and a great opportunity to break out of your rut and make the most of your membership. We've really amped up our group fitness schedule. Here are a few things to explore:

- Candlelight yoga
- Women's Warrior
- Water X Mix
- Barre
- Barbell Fitness

Plus, our groundbreaking Fusion class has been newly restructured. There has never been a better time to check it out again, or fall in love for the first time!

We're also offering a 4-week Pilates Reformer series on

Thursdays at noon. Reformer space is ultra-limited, so sign up ASAP to reserve your spot. The next class is on July 18th.

Looking for some sunshine this summer?

Check out our outdoor schedule:

- Saturday Yoga — Overlook Park 9:00 am (Paula)
- Saturday Yoga — Raspberry Island 9:00 am (Lori)
- Wednesday Yoga — Overlook Park 9:00 am (Paula)
- Thursday Muscle Playground — Overlook Park 9:00 am (Lily)

Whatever you choose, keep moving this summer. Of course, recovery is important too. That's why we offer phenomenal massages as well! Our Vitality program makes self-care easy and affordable. Give yourself the gift of a 60-minute massage every month for just \$62!

This is your club, and we want to help you make the most of it this summer. We'll see you at the Club!

From Meghan's Desk



UNIVERSITY CLUB
SAINT PAUL

Summer at the University Club: This is the stuff of legends. How many of you can trace indelible memories back to splashing in the pool, lounging on the deck, attending celebrations, participating in Camp U Club, and creating priceless family memories?

I can't begin to tell you how excited I am to be experiencing my first summer as General Manager of the University Club. We love this extraordinary place all year-round, but there's something extra special about summer here.

Here are a few things I'm especially looking forward to:

- Camp U Club: With lifelong friendships and an endless variety of activities, there is no better way to keep your kids positively engaged this summer. Camp U Club is bursting with fun, sun, and get-away-from-the-screen energy.
- New Leagues: Looking for ways to meet new people and stay active this summer? Join one of our summer sports leagues! We're now offering pickleball and tennis, and

whether you're a total pro or you're trying something out for the first time, there's something for everyone.

- Outdoor Dining: Make the most of summer by joining us for al fresco dining, with sweeping views of Saint Paul. Ambiance like this simply can't be found anywhere else. We'll save you a seat!

We also have a packed calendar of member events, including dive-in movies, a special cooking class with Michelle Bernstein on July 17th, our 2019 Art and Talent Show on August 9th, our annual Labor Day Corn Roast, and much more. Check out the full calendar online and feel free to ask any questions!

Most of all, I'm looking forward to spending the summer with all of you. Here's to the best season yet!

WELCOME TO OUR NEW MEMBERS!

Matthew Abel	Michael Echols	Ken Kawamoto	Joseph Morris	Baker Reding
Abbey Acosta	Dana Eichhorst	Zeta Kilbride	Maxwell Morrissey	Anita Robeson
Shannon Bailey	Mark Elli	Sema Kiziler	Jack Morrissey	Charles Ruhr
Eleanor Bailey	Kathy Elli	Elisabeth Knapp	Stephanie Morrissey	Michael Parker
Tyler Bailey	Megan Elsenheimer	Raymond Krause	John Mulloy	C. Sidley Parker
Joe Bailey	Taylor Evansen	Janet Krause	Melissa Mulloy	Will Sidley-Parker
Rafael Bailey	Emily Garbe	Jeffery Kressler	Ashton Murphy	John Skramstad
Sara Bailey	Daniel Gerhart	Ashford Kroll	Isabella Murphy	Genevieve Solid
John Bailey	Vicki Gerrits	Elizabeth Lilly	Nora Nahm	Jake Sorensen
Mildred Bailey	Maria Gilbert	Lucky Lillygreen	Todd Nahm	Ella Thomson
Kahlil Bates	Padraic Gilligan	Sutton Lillygreen	Liz Nahm	Kamila Triplett
Landon Beck	Thom Gilligan	Hobbs Lillygreen	Harriet Nahm	Casey Triplett
Ellen Boehn	Ann Marie Gilligan	Barritt Lovelace	Brendan Nahn	Octavia Triplett
James Bohn	Frances Gilligan	Jesse Lucio	Spencer Nelson	Franklyn Triplett
Oksana Bohn	Sophia Gilligan	Carrie Lucio	Megan Nelson	Natalya Triplett
Bob Brick	Brian Goblirsch	Penelope Lucio	Leigh Nelson	Jennie Tyrrell
Lucas Bunting	Ave Green	Raphael Lucio	Troy Nelson	Colin Tyrrell
Benjamin Bush	Gage Gustafson	Charlotte Lucio	Darla Nielsen	Mario Villarroel
Andrew Busteed	Grace Hallberg	Colin Lynch	Donovan O'Connor	Elizabeth Walker
Erin Cahill	Suzanne Hallberg	Seamus Mahoney	Conor O'Donnell	Monica Weyandt
Cynthia Castillo	John Hamilton	Rory Mahoney	Edward O'Donnell	Bryon Wheaton
Alisara Christensen	William Harris	Eamory Mahoney	Lauren O'Donnell	Debbie Whitacker
Isaac Christianson	Biorh Harris	Masyn Maidment	Katie O'Donnell	Rita Wiersma
Cameron Church	Polly Heintz	Jason Maidment	Amati Owen	Jacob Wilcox
Lindsay Clark	Xenia Hernández	Karen Margolis	Robert Pickering	Heather Wilgenbusch
Amari Conway	Ting Ho	Jeremy Martinez	Amy Piercl	James Wilgenbusch
Eugina Conway	Saakje Hoekstra	Lou Ann Matossian	Nicholas Plutt	Anna Wilgenbusch
Matt Danielson	Frances Hoekstra	James McClean	Carolina Pockels	Cole Williams
Niles Deneen	Victoria Hoekstra	Chris McDonald	Bob Radecki	Ian Williams
Eloise Deneen	Rutger Hoekstra	Kelli McDonald	Lori Radecki	Jacob Yetzer
Annie Deneen	Dashell Horstman	Eddie Medina	Lindsey Ransom	Phoenix Zellmer
Theodore Deneen	Adeline Horstman	Josh Mengwassor	Greta Ransom	Melissa Zellmer-Hubbell
Mike Devine	Ben Hubbell	Ryan Merchant	Greta Ransom	
Kelsey Echols	Andrew Jaspers	Brian Meyer	Hayes Reding	
Hadley Echols	Ryan Johnsen	Eliana Meyer	James Reding	
Easton Echols	Jerome Johnson	Emily Meyer	Andy Reding	



Summit Avenue's first boutique hotel.

7 SUITES | 2 SPACIOUS ROOMS | OPENING SOON

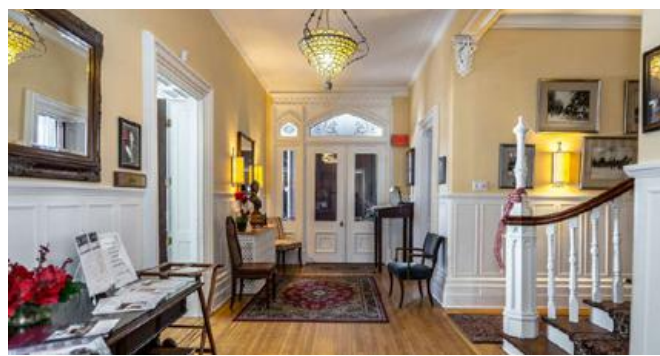




Transporting you back to a gentler time, the Forest and Stream Club occupies an outstanding piece of land in Dorval, Quebec, a suburb of Montreal.

The unique attractiveness of the club is a blend of many factors: its stunning location, the warmth of its appointments in the various salons, and its ambiance that gently wraps itself around you.

The club was founded in 1884 by a group of fifteen gentlemen from Montreal. The club occupied a cottage given to the club by one of its founders from 1884-1888. The club then purchased its present home from the estate of Alfred Brown in 1888. Mr. Brown was Chairman of the Grand Trunk Railway and a Director of the Bank of Montreal. He had purchased the triangular property projecting into the St. Lawrence River in 1872 and built a mansion as a summer residence which was completed in 1878. The three-building estate consisted of the main residence, the carriage house, and the gatehouse. Mr. Brown also arranged to have a Grand Trunk Railway station built nearby to facilitate his guests' access to his estate. The terrace and garden go out to the lake's edge. The club is a twenty-minute drive from downtown Montreal and a ten-minute drive from Montreal-Trudeau Airport.



IF WALLS COULD TALK

History of W.A. Frost

Perched high on Cathedral Hill, the Dacotah Building was constructed in 1889 for around \$70,000 — a tremendous sum that, by some calculations, is the equivalent of nearly \$2,000,000 in today's dollars.

It must have felt daring to invest so much into a single building. And yet, the Hennessey brothers, who built the Dacotah, were thinking long-term. The Dacotah was built to last, with stone foundations 14 feet deep.

The Dacotah served as an anchor as the surrounding area continued to thrive throughout the early years of the 20th century. The first floor of the Dacotah building featured a ladies' bath and manicure establishment, as well as the pharmacy of Mr. William A. Frost. The pharmacy became a neighborhood staple for men and women of society. The Great Gatsby author F. Scott Fitzgerald stopped in regularly.

After World War II, life on Cathedral Hill changed. The great houses began to empty. W.A. Frost pharmacy closed its doors. Many other businesses closed, crime rates soared, and buildings fell into disrepair.

In 1974, the present owners of the Dacotah Building came across this extraordinary space and looked past the dust to see its history as well as its potential. It was largely empty, but retained much of its original, striking charm, including arched windows, bays and fanciful brickwork. They set to work restoring the building to its original glory, and in December 1975, against the advice of everyone they knew, they opened W.A. Frost and Company. It was an investment in a historic space and in a neighborhood.

W.A. Frost became a success despite its location and despite that it didn't even have a kitchen for the first two years. Locals and travelers alike fell in love with the ambiance (both indoors and on the patio), the experience, the food, and the award-winning wine list. While many restaurants don't make it past the first year, W.A. Frost is thriving after more than four decades and, like the pharmacy that preceded it and provided its name, is a treasured neighborhood staple.



TEAM PROFILE

Meet Lily Griffith



As a personal trainer, Lily Griffith has heard every excuse in the book. One of the most common? "I don't have enough time." Lily's incredibly patient and compassionate, but that excuse is a tough sell with her, because...wait for it...she has five jobs. Yes, five. If Lily can make time, pretty much anyone can make time.

One of those jobs is as a professional dancer with the Continental Ballet Company. Plus, she has a bachelor's degree in nutrition dietetics. That's an incredibly powerful combination that helps her take a holistic approach to training her clients. She understands the importance of fueling the body with foods, and she never skimps on stretching! In fact, she's known for allowing her clients to lay down after

workouts while Lily stretches them. Talk about service!

Lily's favorite thing about training at the SPAC is the opportunity to help motivated people achieve their fitness goals. "It is so rewarding to witness clients' progress," she says. And this summer, she has the chance to witness progress in a whole new way. Lily is leading Fitness in the Park classes through the SPAC, which brings all the quality of a SPAC workout into the sunshine.

Lily couldn't be happier to be leading Fitness in the Park classes. She's a bona fide outdoorswoman. When she's not at one of her five jobs, Lily can often be found traveling, biking, canoeing, and camping. She's also an avid reader, photographer and blogger and she's learning Spanish and Portuguese. Plus she's working on her continuing education for coaching. (Seriously. If you were planning on using the "I don't have time" excuse with Lily, you might have to come up with something else.)

To train with Lily at the SPAC or participate in Fitness in the Park, contact us today!



Yes. You can.

Make the most of every second you spend working out. Fusion is hard-core results backed by hard-core science. Designed for all fitness levels. Be unstoppable in 2019.



FUSION_{By}SPAC



CLUB DRESS CODE

Looking good and feeling great at the clubs

One of the hallmarks that sets a private club apart is the assurance that certain expectations will be met. Private clubs have always had dress codes and the University Club is no exception. With summer and pool season upon us, we wanted to take this opportunity to remind everyone of the dress codes at the University Club. The intent of a dress code is to maintain an environment that is comfortable for all members and conducive to a fine private club. It is a courtesy to others when attending the club. The dress code applies to members of the club, their guests, and members of the public attending events at The University Club.

Business Casual Attire

Men: Defined as shirt with collar (dress shirt, golf or polo), turtleneck or sweater and dress slacks or khakis
Women: Defined as shirt with collar, blouse, sweater, and skirt or tailored pants

Athletic Attire

Defined for both men and women as workout shorts, t-shirts (with sleeves for men), athletic shoes, yoga pants, sweatshirts and pants, jogging suits, bathing suits, flip-flops, and beach or pool wear. (Flip-flops, beach or pool wear are only permitted in the pool and outdoor play areas.)

Children's Attire

Children 13 or older, please comply with the adult dress code. Children under the age of 13, please comply with The University Club's standard of acceptable casual dress. Flip flops, beach or pool wear are only permitted in the pool and outdoor play areas.

Dress denim is the only form of denim allowed throughout the University Club. Denim cannot contain holes or rips and must be accompanied by a jacket if dining in the Ramsey Room.

Dress Code

Fireside Room:	Business Casual
The Lobby:	Business Casual
Ramsey Dining:	Business Casual*
	*Dress denim rules apply
Member's Bar:	Business Casual
Varsity Grill:	Business Casual
Outdoor Deck:	Business Casual
Private Event Room:	Business Casual or Casual as specified by event or host
Fitness Center:	Athletic
Outdoor grounds:	Athletic
Pool/Backyard:	Athletic

WANTED: YOUR BEST CLUB STORIES

Your chance to be featured in our upcoming edition of The Lookout

Through its many decades of operation, the University Club and Saint Paul Athletic Club have been host to countless noteworthy guests, unforgettable evenings, and legendary stories. Now, we're looking to pass these

stories on. For our upcoming feature, If These Walls Could Talk, we'll be sharing some of the best stories from our members. If you would like to contribute, please contact Sue Katsiotis.

CELEBRITY CHEF COOKING CLASS

The University Club of St. Paul is excited to welcome Chef Michelle Bernstein for a cooking demonstration class and tasting. Chef Michelle Bernstein will prepare a three course meal and attendees will learn her culinary secrets and sample each dish. Each sample course will also have a wine pairing.

Chef Michelle Bernstein, James Beard Award winner, Best Chef South 2008, and cookbook author of *Cuisine à Latina* is a Miami native of Jewish and Latin descent. Bernstein cooks food inspired by her culinary memories and travels. With her husband and partner, David Martinez, the chef owns/operates MBC Michelle Bernstein Catering Company along with their newest endeavor, Café La Trova, a Cuban-inspired bar and café in Little Havana. Bernstein also hosts two Emmy award-winning TV series, *Check, Please!* South Florida and SoFlo Taste.

WHEN

Wednesday, July 17
7:00 – 9:00pm

RESERVATIONS

651-222-1751

[Click here
to register
online](#)

ON THE MENU

Carrot Hummus,
Roast Vegetables, Zhug,
Tahini Green Goddess

Salt crusted fish,
salsa verde, celeriac puree

*I cook the food
I love and I think
that love translates
to the diners."*





STIR FRY NIGHT

A delicious meal for summertime

We're bringing back a fan favorite offering for those unforgettable nights by the pool and on our scenic patio. Stir Fry Night will have our chefs prepare custom stir-fry dishes for you, featuring a rotating selection of fresh ingredients.

July 9th and August 13th

\$15 for adults,

\$10 for children

Under 5 are FREE

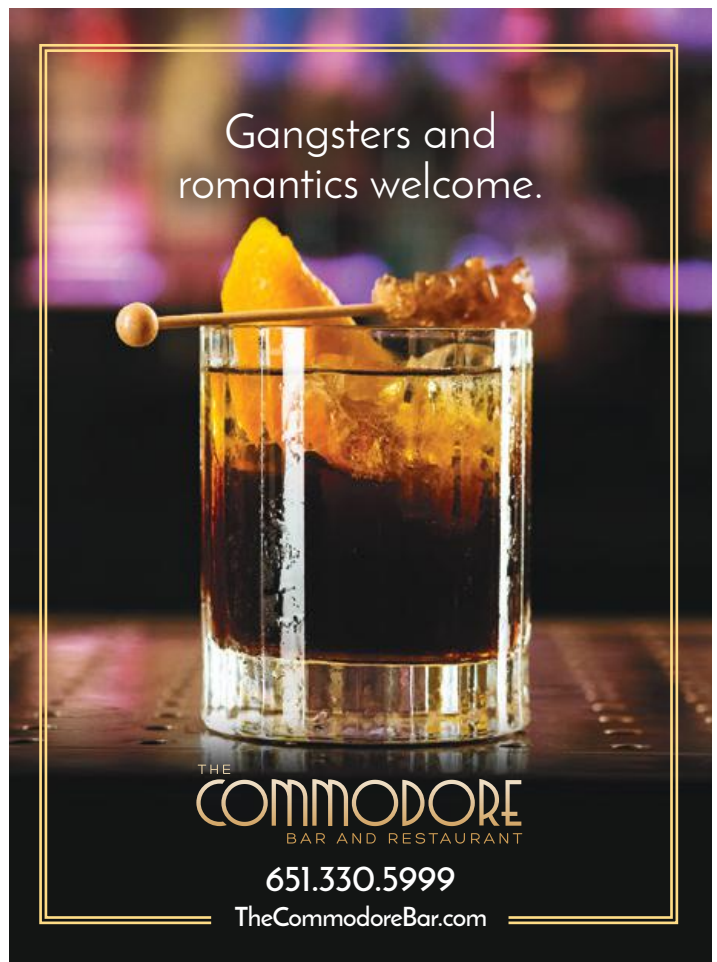


FRIDAY WEENIE ROASTS

The smell of wood smoke in summer

A summer tradition returns to the University Club. We're bringing back our Friday Night Weenie Roasts by the pool, with hot dogs and s'mores making a delicious Friday night treat for those long summer nights.

Friday's through August 30th
5:00 - 7:00 pm.



FOOD SPOTLIGHT:

Tomato bruschetta captures the flavors of the farmer's market

If you think all tomatoes taste the same, perhaps haven't ever tried one straight from a farmer. Farm-fresh tomatoes burst with flavor and juiciness and are like an orb of sunshine—nothing at all like the sad, over-refrigerated versions you'll find at fast food restaurants.

We're highlighting tomatoes in our tomato bruschetta, which is this month's food spotlight. We're proud to say that our tomatoes—along with all the other ingredients in the bruschetta—come straight from the local St. Paul Farmer's Market. In addition to delicious tomatoes, this mouthwatering dish features basil, red onion, salt, pepper, and garlic.

It's served with grilled focaccia and perfectly paired with a crisp chardonnay. It's like summer on a plate. We look forward to serving it to you.



BEVERAGE SPOTLIGHT:

Pineapple vodka is vacation in a glass

Nothing says "summer" quite like a refreshing tropical beverage on a hot day. The Capitol Grille famously developed a signature summer beverage dubbed the Stoli-Doli, using Stolichnaya vodka and fresh pineapple. Since good things come to all who wait, the key to this tasty treat is to let it sit for a minimum of two weeks to meld the flavors.

Our pineapple vodka drink is inspired by the Stoli-Doli, but we've put our own spin on it and want you to be able to customize it, too. While it's traditionally served as a martini, you can mix it up in any of the following ways:

- On the rocks with a pineapple wedge
- Add a splash of soda and mint-infused simple syrup for a perfect patio refresher
- Add Grand Marnier, shake, and pour into a chilled martini glass; garnish with orange peel

However you enjoy it, pineapple vodka is a vacation in a glass. Stop in and try one today. Cheers!



The Capitol Grille's famous Stoli-Doli



Modern amenities.
Relaxed luxury.
15% VIP Discount.

As part of your membership, you receive a 15% discount to the iconic Hotel 340, which occupies the top floors of the Saint Paul Athletic Club building in downtown Saint Paul. Hotel 340 is Saint Paul's only independent boutique hotel and is a favorite among travel experts and reviewers. It's hailed as a "hidden gem"—but as a member, you're already an insider.

Here are just a few of the reasons to plan your next stay here:

Upscale design featuring a striking two-story lobby with fireplace and sweeping marble staircases

Free Continental Breakfast
includes breakfast sandwiches, waffles, hard boiled eggs, fresh cut fruit and more

Complimentary Wi-Fi

1080p flat screen televisions

Kerig Coffee Makers and Hot Tea

Business Center

Lobby Bar
Open 7:00 am - 1:00 am

Complimentary access to The SPAC for guests ages 18+

Proximity to the light rail

Skyway access to the Xcel Center, Union Depot and RiverCentre

Award-winning dining options, nightlife, and cultural attractions in the heart of downtown Saint Paul

Steps from the Mississippi and Rice Park

Whether you need a staycation, have guests coming to town or want to turn an evening into an adventure, we look forward to having you.

reservations@hotel340.com
651.280.4120

340 Cedar Street, Saint Paul, Minnesota 55101





FEATURED CLUB: TENNIS CLUB

Summer Tennis League
Thursdays 6-8 PM

The University Club's new Tennis Club is a great way for new players or longtime tennis fans to connect for a friendly game. Tennis Club is already wildly popular among our members, and is an excellent opportunity make new connections and stay active through the summer. Our clay court allows players a unique opportunity to master skillsets used in tournaments such as the French Open. We are excited to give our members the opportunity to play this timeless sport!

COCKTAILS AND CONVERSATION



Literature in good company

Sip on a specialty cocktail created to go along with the book of the month, as you discuss the latest literature in good company. All book club books are available for purchase at Red Balloon Bookshop, 891 Grand Avenue. Mention the University Club Book Club to receive a 20 percent discount.

August 13th, 7pm
holly@RedBalloonBookshop.com



TRAVEL CLUB Sonoma Wine Country July 24

In July several of our members will be taking a trip together to Sonoma Wine Country from July 19-22. We will not have a regular Travel Club meeting in August. We are planning an excursion or two together to area Arts Fairs or Concerts for July and dates can be found in email updates for Travel Club members. We also have Sonoma Wine Country tour scheduled for October. Contact Sharron for more details and to get your name on the Travel Club email list for updates!

For details and other questions, please contact Sharron Pelham:
sharronpelham@gmail.com

KNITTING FOR A CAUSE

All are welcome to join Knitting Club, a new club that offers the chance for social sessions of knitting, trading advice and ideas, and building our skills. While just beginning, Knitting Club has just one mission: To help those in need in our community. Watch the weekly updates for more information.



If you are interested in joining, please email
membership@universityclubofstpaul.com

CROQUET

Dust off those summer whites and join the Croquet Club for afternoons filled with relaxing fun along the beautiful Summit Ave. We will teach you the moves, traditions and the shots of the game! No croquet experience, skill or equipment required! University Club and SPAC team members will enjoy the friendly competition of the 1006 Club and the Women's Club.

July 7th, July 14th, July 28th,
August 11th, August 25th,
September 15th, September 29th,
October 13th - Closing Club and
Edward Gorey Party

Contact: varsitycroquet@gmail.com



BALLROOM DANCE

Thursdays, 5:30 pm

Tricia Wood, Owner & Dance Instructor at Dance and Entertainment Studios, will be leading a series of dance classes at the University Club. Now's your chance to polish up your skills or learn something new to impress on the dance floor!

For details and other questions,
please contact Tricia:
tricia@danceentertainment.com





GARDENING CLUB

Take part in new growth at the Club

Calling all veteran green thumbs, enthusiastic newcomers and everyone in between — We are looking to grow a new community at the University Club! Watch the weekly member updates for more information.

Dates: TBA

membership@universityclubofstpaul.com

PICKLE BALL

Wednesdays, 6:00-8:00pm

Pickleball is one of the newest Clubs Within a Club, and is an excellent opportunity to learn a new sport or hone your existing skills! The University Club has purchased nets, pickle balls and rackets. We are excited to give our members the opportunity to learn and play the fastest growing recreation sport in North America!

FITZGERALD ROUND TABLE

Wednesdays, 6:00-8:00pm

The Fitzgerald Society welcomes new members to discuss Fitzgerald's works and a broad range of nonfiction history/culture and fiction of his period. No membership fees, no web site, no outside speakers, we're a book club.

Dates: July 20th, August 17th

Contact: jkh913@gmail.com

GREAT BOOKS CLUB

Second Wednesdays, 5pm

The Great Books Discussion group meets on the second Wednesday of each month at 5pm. Join other convivial readers as we discuss writings from collections curated by the Great Books Foundation in Chicago. Read, think, and express your opinions!

Dates: July 10th, August 14th

If you are interested contact

kingmuelken@q.com



THROUGH THE GRAPEVINE

It's always a great time with wine

Through the Grapevine is a club for people who want to know more about wine. It's hosted by Chuck Kanski, the wine expert behind Solo Vino. Through the Grapevine will be an exclusive group, limited to 20 people to make sure everyone can ask questions and participate.

Dates: August 27th

If you are interested in joining, please email chuck@solovinowines.com

L'ALLIANCE FRANCAIS



Your gateway to the Francophone world

L'apéritif en français is a monthly conversation group hosted in partnership between the University Club and Alliance Française Mpls/St Paul. We meet in the President's Room and speak French in a relaxed and open environment. Guests are invited to order a drink, or as we say in French an "apéritif" from the bar upstairs. An Alliance Française staff representative will typically guide the group, but all are welcome to take

initiative to bring up new topics. French language levels typically range from intermediate to native speaker, with beginners welcome for a challenge as well! Topics arise as group participants suggest them, but often include travel, cinema, art and upcoming events

Dates:
July 11th, August 8th

Contact:
culture@afmstp.org

HUMP DAY GAMES

Who doesn't love a giant Jenga?

Hump Day Games is a happy-go-lucky club for the big kid in all of us. If you're 21 or older and interested in turning an ordinary Wednesday into a romp of a good time, this club is for you. We have an endless roster of games, like Drunk, Stoned or Stupid?, Pictionary and Giant Jenga. We've got a bunch of great board games. And, we're not afraid to bring out the Twister mat.

Dates:
July 10th, August 14th

Contact:
Sheri Ellis - sherijellis@gmail.com
Lisa Tabor - lisa@culturebrokers.com,
Shasha Porter - shashacporter@gmail.com
Rosemary Ugboajah - rosemaryu@nekacreative.com



INVESTMENT CLUB

Second Wednesdays

Look out Wall Street! Investment club meets on the second Wednesday of every month to discuss our portfolio positions, buy/sell stock market opportunities, and new income generating ideas. Members of all experience levels are welcomed (Warren Buffett started somewhere - it may have even been with us!).

Dates:
July 10th, August 14th

Contact:
eugene.mason@comcast.net

LITERATURE & LEARNING

READINGS BY WRITERS

Readings by Writers: Readings by Writers will be taking a hiatus during the summer months of July and August. We are excited to reconvene in September!

September 17, 2019

Stefan Lovasak
Bruce Wieg
Mai Der Vang
David Mura

October 15, 2019

Su Love
Pat Barone
Norita Dittbrenner Jax
Jennifer Kwon Dobbs

November 19, 2019

A Celebration of Minnesota Poet Laureate
Joyce Sutphen
With friends including Phil Bryant, Louis
Jenkins, Connie Wanek, Freya Manfred, Tim
Nolan, Thom Tamaro, Patricia Kirkpatrick

December 17, 2019

Thomas Redshaw
Sharon Chmielarz
Gary Peter
Donte Collins
Tish Jones

WATER BOTTLE RAFFLE:

Kids! Bring a reusable water bottle to the University Club and win!

Americans used a mind-boggling 50 billion (you read that right) water bottles last year alone. And only 23 percent of plastic gets recycled, which means that our landfills (and our oceans) are clogging up with plastic.

We're calling all kids to help us be part of the solution.

For a limited time, kids can earn raffle tickets to win prizes when they bring a reusable water bottle to the University Club.

It's that simple:

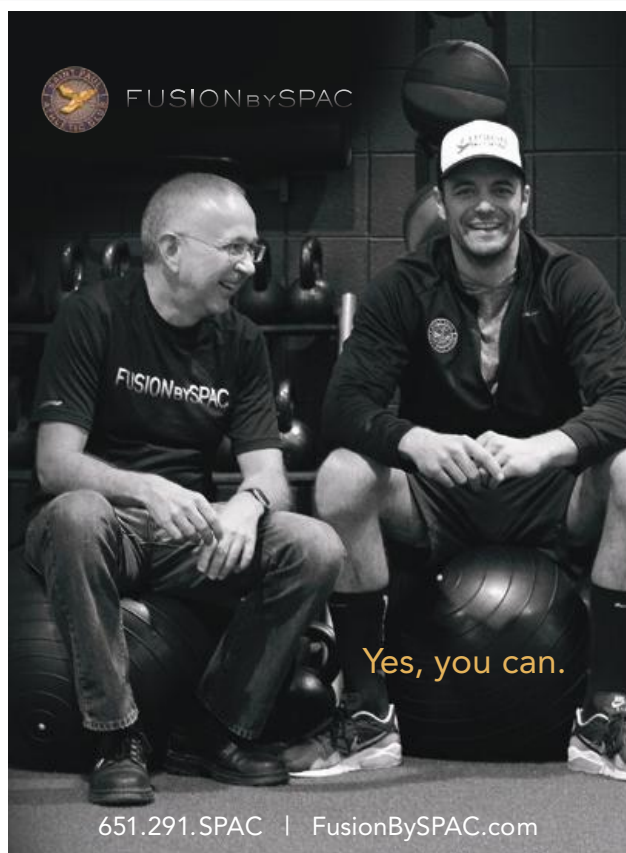
Bring the bottle.

Get a ticket.

Win prizes.

Help the environment!

It's a water win-win.



DIVE-IN MOVIE

The defining summertime classic returns

Nothing says summer like pool noodles, good friends and a classic Hollywood blockbuster movie as the long summer nights fade into darkness. We're pleased to re-launch our Dive In Movie events, where we set up a large-screen projector and sound system to screen classic movies for our guests. Pool floaties are encouraged.

Date:

August 2nd

To suggest a movie, please email skatsiotis@universityclubofstpaul.com

UPCOMING SWIM MEETS:

July 11 - Home vs. Brackett's Crossing

July 16 - Away vs. Saint Paul Tennis Club

July 18 - Home vs. JCC

July 23 - Interclub swim meet at St. Kates

DIVING MEETS:

July 22 - Interclub diving meet



FAMILY FUN WEEKEND

OCT 17 - OCT 20

*I'm so glad I live in
a world where there
are Octobers."*

The line comes from Anne of Green Gables, but we could have written it ourselves. Summer goes by all too quickly, so it's a good thing we have something incredible on the calendar to look forward to:

Stout's Island Lodge Family Weekend!

It takes place over MEA weekend, which is the third weekend in October. If you've never experienced Stout's Island Lodge in October, you're missing out.

This stunning space is made — dare we say it — even more magical in the crisp fall air, with vibrant leaves and plenty of time to enjoy the stars before bedtime.

And if you've never experienced Stout's Island Lodge at all, put it on your bucket list immediately. It's a private island resort located just two hours from the Twin Cities. Originally built as a lumber baron's summer family estate, Stout's Island Lodge boasts rustic elegance, historic charm,

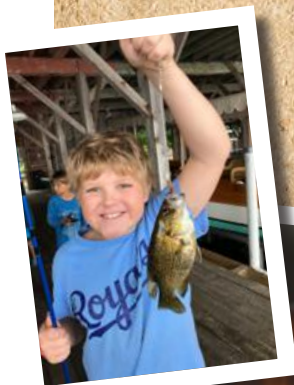
gourmet food, outdoor activities galore, and the opportunity to unwind and reconnect with family away from the hustle and bustle of the daily grind.

Stout's Island Lodge Family Weekend is a special opportunity featuring activities tailor-made for autumn on the island. It's the ideal family vacation: It'll take you no time at all to get there, but the memories you'll make will last a lifetime.

**Space is limited, so don't wait —
make your reservations today!**

715-354-3646

info@stoutsislandlodge.com



FIELD TRIP FRIDAYS

We're opening up our jam-packed summer field trip program

Now, all the fun of Friday can continue even after Camp U Club ends. We're making our Friday field trips open to all University Club youth between the ages of 5 and 15, even if they are not Camp U Club campers — Field trips are most fun with a full bus! We're pleased to share our full field trip schedule, as listed below.

FORT SNELLING

Friday, July 12th

Cost \$20.00

12:00pm – 4:00pm



Fort Snelling is one of Minnesota's greatest State Parks! Campers will spend the day by the Mississippi river hiking, building sandcastles, and exploring the natural world.

SNAPOLOGY

Friday, July 19th

Cost \$35.00

12:00pm – 4:00pm



Snapology engages young learners by using LEGO® bricks, K'Nex and technology. Campers will spend the afternoon creatively combining STEM topics, coding, and teamwork!

BANQUET

Thursday, July 25th

Cost \$15.00 for children, \$25.00 for adults

5:30pm – 8:00pm

Celebrate all the accomplishments of the season in style. Campers and their families are welcome to attend a banquet at the Saint Paul Athletic Club. Coaches will look back at the highlights of the summer and present campers with special awards!

FEED MY STARVING CHILDREN

Friday, July 26th

FREE

12:00pm – 3:00pm



Campers will help pack nutritionally complete meals that will be delivered to the neediest children and family world-wide. This field trip is a great chance for campers to learn about giving back to their community.

CASCADE BAY

Friday, August 2nd:

Cost \$35.00

12:00pm – 4:30pm

Campers will spend the day cooling off in the leisure pool, lazy river, or on their choice of 7 waterslides! If that's not enough excitement, a round of mini-golf is always available.



BASE CAMP: FORT SNELLING


Friday, August 9th:

Cost \$40.00

12:00pm – 4:30pm



Base Camp is the perfect place for campers show off their teamwork and leadership skills! They will have the opportunity to participate in archery and rock climbing.




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CLUB E

Third Wednesdays



Club Entrepreneur (St. Paul) is a community of business professionals who meet on the third Wednesday of each month at the University Club for networking, idea sharing and presentations from some of the Twin Cities' most respected innovators, catalysts and thought leaders. During each lunch hour session, guests will have the chance to enjoy a meal, chat with peers and strengthen their network of personal and professional relationships. The purpose behind each session is to provide attendees with the encouragement to go back to their offices more inspired, savvy and energized.



FEED MY STARVING CHILDREN: July 26th

RSVP to: membership@universityclubofstpaul.com

Our members will help pack nutritionally complete meals that will be delivered to the neediest children and family world-wide. This is a great chance for our youngest members to learn about giving back to their community.



Members host a pirate themed birthday party at Ronald McDonald house

RONALD MCDONALD HOUSE

Join us September 24th

RSVP to: membership@universityclubofstpaul.com

Ronald McDonald House Birthday Party

Member 18 years and older come together to celebrate the birthday of residents of the Ronald McDonald House. Volunteers will bring activities, treats and smiles to the children's' birthday festivities.

When: September 24th

5:00 – Decorate and Setup

6:30 – 7:30 - Party

RSVP membership@universityclubofstpaul.com

HALLIE Q BROWN

The Saint Paul Athletic Club and University Club of Saint Paul have partnered with the Hallie Q. Brown community center to help make birthdays a little sweeter. Both clubs will have donation boxes collecting cake mix, frosting, candles, and simple birthday décor. The University Club's youth service team will gather the donations and use them to create unique birthday bags to be distributed at local food shelves. We have committed to collecting enough items for 400 birthday bags throughout the remainder of 2019. Every donation counts. Thank you in advance for supporting this important effort! PS thank you Hallie Q Brown for the wonderful horses!





HOLIDAY HOURS

July 4th
6:00 am - 2:00 pm

Labor Day
7:00am - 8:00pm



YOUTH SERVICE TEAM

The University Club is working harder than ever to support service projects and give back to the community. Our new service team leader with coordinate youth participants in a wide range of charitable cause – The service team is a great opportunity to build community, practice teamwork, and continue the friendships formed over the summer. All eligible members who are in 6th grade or above are encouraged to come together on these specialized projects which benefit and give back to the community. Sign-up will be available at the Camp UClub Art Show!



BEST OUTDOOR DINING

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wafrost.com

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COMPANY**

SAVE THE DATE

Member Appreciation Picnic

Saturday, August 10

11:00 am - 2:00 PM

LOCATION: TBD GAMES, ACTIVITIES, MUSIC AND FOOD

FAMILY AND FRIENDS WELCOME

MEMBER PROFILE

An interview with Susan Reynolds

There's no question that the University Club makes a striking presence from its perfectly positioned perch on Summit Avenue. But it strikes some people more strongly than others. For Susan Reynolds, seeing the University Club for the first time caused her to literally pull over — without knowing anything about it — and walk in. And she's been making an entrance here ever since. We caught up with Susan to hear more about her relationship with the Club, as well as her exciting business.

UC: So you literally pulled over? We have to hear this whole story.

SR: Two years ago, I was living in Wisconsin and driving through the Summit Hill neighborhood for the first time. I saw the Club, pulled over, and walked in. Sue Katsiotis was standing in the foyer and I said, "What do you all do here?" After she stopped laughing, she gave me a tour.

UC: That's amazing. We hope we know the answer to this, but are you glad you stopped your car? What do you think of the Club?

SR: Magic happens here! We are very blessed with this place. Here, I work, dine, relax, and engage with the amazing people here every chance I have.

UC: Speaking of work, we understand that you're known as "The Pillow Diva" and you're launching a great new web store. Can you tell us more about your business?

SR: I am a custom pillow designer. I use antique and vintage fabrics, as well as new fabrics, to create one-of-a-kind pieces. They're used for weddings/ring pillows as well as interior design pieces.

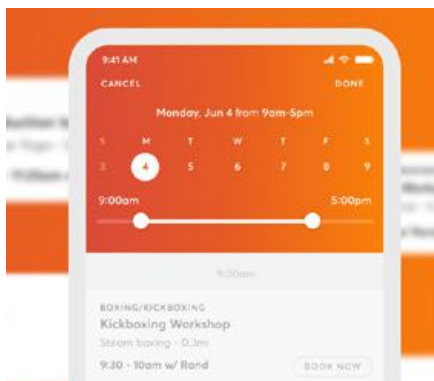
UC: That's very cool! Where can people find your work?

SR: On Instagram at @thepillowdiva and online at thepillowdiva.com.



BUSINESS OPEN HOUSE

Does your business want to promote health and wellness? Do you have 20 or more employees? The Saint Paul Athletic Club would like to invite you to schedule a 2 week open house and share the club experience with your co-workers. Contact General Manager Sarah McClendon for more information.



GROUP FITNESS IS GOING HIGH TECH

Download the Mindbody App to reserve your spot in your favorite group fitness class today. You can also reserve your class directly from our www.thespac.com website. It is helpful to register ahead of time so we can contact you if there are any last minute changes or cancellations.



FUSION: REMASTERED

Fusion has been remastered and is better than ever before. Session 1 starts July 1st. Sign up www.thespac.com Make yourself better by committing to a month of accountability. Our coaches can work with all levels of fitness to elevate you to exceed your goals. \$99 UNLIMITED \$120 for a 10 punch pass (they never expire).



HAPPY HOUR EVENTS

Happy Hour Events Quarterly: Mark your calendar for these parties. Happy hour specials, catered food, themed event and nights not to miss.

*September 5th, 2019

*December 5th, 2019

*March 5th, 2020

*June 4th, 2020



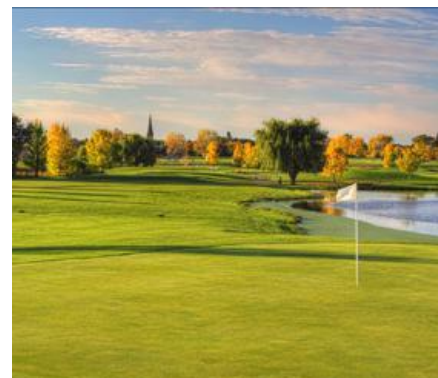
WILL RUN FOR BEER Saturday, July 27th

Run to 5 local breweries. Meet at SPAC at 11:00 am start.



SAINTS OUTING Thursday, July 25th

Saint Paul Athletic Club sponsors "Irish you were beer. Happy St. Patrick's Day in July." Come join us for a fun night out at the ballpark. Sign up for tickets at the Athletic Club front desk.



GOLF OUTING August, 14th



Oak Marsh Golf Course. Sign up at the SPAC front desk. Price TBD.

FITNESS ANNOUNCEMENT

We've updated our web functionality – Now you can register for group fitness classes online! Visit www.saintpaulathleticclub.com for a whole new look and functionality.





July 2019

Arts & Entertainment, Eclectic & Notable, Family Programming, Fitness & Wellness, Food & Drink Jul 2019 (Central Time - Chicago)
Holidays & Events, Literature & Learning, Volunteer & Networking Opportunities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
			6pm - Pickle Ball	Happy 4th of July @ 5:30pm - Cass		
7	8	9	10	11	12	13
1pm - Croquet		5:30pm - Stir Fry	5pm - Great Books 5:30pm - Investmen 6pm - Pickle Ball 7pm - Hump Day	6pm - Conversational 6pm - Tennis Mixer		
14	15	16	17	18	19	20
1pm - Croquet		7pm - Readings by	11:15am - Club E @ 6pm - Pickle Ball 7pm - Michelle Bernstein	6pm - Tennis Mixer	6:30pm - Kids Dance	9:30am - F. Scott
21	22	23	24	25	26	27
	Interclub Diving Meet	Interclub Swimming Meet	6pm - Pickle Ball 7pm - Travel Club @	5:30pm - Camp U 6pm - Tennis Mixer		
28	29	30	31	1	2	3
		7pm - GK Chesteron	6pm - Pickle Ball			

August 2019

Arts & Entertainment, Eclectic & Notable, Family Programming, Fitness & Wellness,
Food & Drink, Holidays & Events, Literature & Learning, Volunteer & Networking Opportunities

Aug 2019 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 5:30pm - Cass 6pm - Tennis Mixer	2 8pm - Dive In Movie	3
4	5	6	7 6pm - Pickle Ball	8 6pm - Conversational 6pm - Tennis Mixer	9 5:30pm - 2019 Art	10
11	12	13 5:30pm - Stir Fry 7pm - Cocktails and Conversation	14 5pm - Great Books 5:30pm - Investment 6pm - Pickle Ball 7pm - Hump Day	15 6pm - Tennis Mixer	16	17 9:30am - F. Scott
18	19	20 7pm - Readings by	21 11:15am - Club E @ 6pm - Pickle Ball	22 6pm - Tennis Mixer	23	24
25	26	27 7pm - GK Chesteron 7pm - Through the	28 6pm - Pickle Ball	29 6pm - Tennis Mixer	30	31



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