

THE

MARCH / APRIL 2019

LOOKOUT

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



*Spring is
Coming*

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Scotch Tasting

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Easter Brunch

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Camp U Club Kickoff

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Indoor Triathlon

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DINING RESERVATIONS

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CLUB HOURS

UC BUILDING HOURS

Sunday | 8 am - 4 pm
Monday | 6 am - 8 pm
Tuesday - Thursday | 6 am - 10 pm
Friday - Saturday | 6 am - 11 pm

UC RESTAURANT HOURS

Sunday - Monday | Closed*
Tuesday - Thursday | 11 am - 9 pm
Friday - Saturday | 11 am - 10 pm

**Restaurant will be open on the second Sunday of the month from 10am-2pm for brunch service.*

Last seating 30 minutes before close.

SPAC

Monday - Friday | 5am-10pm
Saturday-Sunday | 7am-8pm

Hours subject to change and are weather dependent.

LETTERS FROM OUR MANAGERS

2019 is in full swing.

In the midst of a deep, late winter, there's plenty to do until the Spring sun shines. Here's a look at everything coming up in the next months.

From Meghan's Desk

Hello from the University Club!

It took a while for this winter to show up, but when it did, it arrived with a bang. If you need some motivation to bundle up and venture out of the house, we have it right here. Join us to eat, drink, and be merry!

Feeling hungry? Chef George has been hard at work developing new lunch and dinner menus which are launching this month, and he has truly outdone himself.

Plus, we're so pleased with how our first Family Style Brunch went that we're bringing it back the second Sunday of each month. The event was a smash hit, due in no small part to Chef George's now-famous caramel rolls. Better get them before they sell out!

Cheers! We'll also be debuting three new monthly wine features, starting in February. If you have a favorite wine that you'd love to see featured in future months, please let me know!

Here are a few other things to look forward to in March and April:

- Masquerade ball as a joint birthday celebration (6th birthday for the SPAC and 106th for the UC) on March 1st
- Scotch tasting on March 22nd
- Easter buffet on April 21st
- Plus, save the date for the Kentucky Derby party on May 4th!

See you at the Club!

-Meghan

From Sarah's Desk

Greetings from the Saint Paul Athletic Club!

This time of year, we're ultra-focused on setting goals—and staying with them. If your New Year's resolution has already petered out, don't be hard on yourself. January 1st is an arbitrary date, and you can set and achieve goals any time with the right support.

We're launching a ton of great programs with specific goals in mind. Examples:

- A stair challenge. Taking the stairs is a simple change to daily life that can have a big payoff for physical fitness.
- Indoor sprint triathlon. Our first ever indoor sprint triathlon is coming in March!
- New pickleball and racquetball programs.
- A new session of Fusion.

If you haven't tried Fusion by SPAC yet, now is the time. Each month starts a new session, and this ultra-popular workout is accessible to all fitness levels.

PLUS—If you haven't yet checked out our new website, make sure you do so! It's more functional than ever before, and you can schedule group fitness classes, massage appointments, and personal training sessions all from your mobile phone or computer.

It's a great time to be at the Club, and it's even better with friends and family. You can receive a \$25 credit to your account for each new member you refer! You can use the credit toward membership dues, massage, personal training, or SPAC gear.

Thank you to all of you for your membership!

-Sarah

WELCOME TO OUR NEW MEMBERS!

Michael Allen	Theresa Durst	Aria Kronelonsch	Kayla Schuchman
Deborah Anderson	Erick Durst	Kaoutar Lahlali	Patric Schuna
David Andrews	Bill Emory	Ronald Lancaster	Mike Schuster
John Milton Arenas	Lisa Eng-Same	Mark Larson	Sean Segelstrom
Valery Argo	Robert Fetten	Sara Lyons	Dawn Selle
Jo Baecker	David Filosa	Keeley McCall	Danielle Shelton-Walczak
Lynne Julia Baecker	Matthew Freeman	Thomas McGill	Catherine Shively
Stefanie Baird	Eli Fuentes	Kerri Metzker	Benjamin Siers
Ben Baird	Safia Gele	John Meyer	Kirsten Siers
Bridgewater Bank	Steven Gergen	Ambrose Michel	Jeremy Siers
Eric Bialek	George Gershon	Magdalene Michel	Kim Skatrud
Colleen Bingeman	Mark Gibbs	James Michel	Spencer Sokoly
Richard Bishop	Joy Goodwin	Theresa Michel	Megan Somers
Rebecca Bishop	Tyrone Grandstrand	Michael Miller	Zacharia Soubra
Sean Blanchet	Ariana Habas	William Miller	Rachel Stock
Lynda Bohlsen	Reggie Habas	William Moore	John Sullivan
Lindsey Brown	Colin Haley	Julie Nelson	Ellen Thomson
John Buettner	Brian Hall	Karissa Neupert	Henrik Thomson
Dustin Burkhardt	Tym Hanson	Nhu Nguyen	Randall Thomson
Erin Burns	Amber Hart	Cindy Noble	Mary Trettin
Jeff Butler	Annette Hennekens-	Seth Noble	Rosemary Ugboajah
Andrew Butterbrodt	Skleanar	Colin O'Brien	Ijeoma Ugboajah
Victor Christensen	Kelly Higgins	Patrick O'Neill	John Wahlstrom
Boyd Christensen	Tony Holte	Meghann Oglesby	Joanne Wahlstrom
Sasha Christianson	Kyle Horgrave	Tod Oswald	Thomas Walczak
Alycia Corbo	Meghan Howe	Laci Ourada	Michael Walker
Donna Corbo	Annakjersten Hunsinger	Laura Pineros	William Warren
Conor Corrigan	Zachary Hunsinger	Jennifer Plum	Matthew White
Sean Cory	Wendi Irlbeck	PD Potluri	Taylor Wildgen
Jennifer Debettignies	Katherine Jackson	Garet Potts	Robert Williams
Audrey Digirolamo	Mora Johnson	Ryan Putnam	Richard Williams
Arturo Digirolamo	Annie Johnson	Matthew Rahn	Emily Wislicenus
Carole Digirolamo	Alex Johnson	Alexis Raihle	Jef Yang
Scott Digirolamo	Amy Kahn	Erick Reim	Kayla Yang-Best
Angela Dixon	Linda Lou Kanter	Emma Richardson	Clint Zahnow
Dwayne Dixon	Kelli Kenyon	Febus Ryan	Mona Zielke
Maureen Dolan	Michael Kinsel	Jordan Sandvig	Gregory Zielke
Valoree Dowell	Zach Kosel	Jennifer Sargent-Clark	Zachary Zielke



FEATURED CLUB: PHILADELPHIA CRICKET CLUB

Founded in 1854, this Pennsylvania club is a part of American sporting history.

"The Philadelphia Cricket Club is a place where an uncompromising commitment exists to provide our members and guests with friendly, attentive, personalized and memorable service. It is our goal to fulfill the expressed and unexpressed needs and wishes of our members and guests by empowering our staff to initiate innovative service, product, and process standards that demonstrate genuine care and pride in protecting and enhancing the traditions and assets of The Philadelphia Cricket Club."

Founded in 1854, The Philadelphia Cricket Club (PCC) is one of the oldest clubs in the country devoted to the playing of games. As the name indicates, the club was formed by a group of young men of English descent who had played the game while students at the University of Pennsylvania and wished to continue to play together after their graduation. Over the years, the club has established itself as a home for many sports and today offers facilities for bowls, cricket, golf, paddle tennis (both lawn and hard-surface courts), squash, swimming, tennis and trapshooting. Philadelphia is the center of cricket in the United States. The Philadelphia Cricket Club founded in 1854, the Germantown Cricket Club in 1854, and the Merion Cricket Club in 1865 are all in existence today. Philadelphia had over 100 cricket clubs at its height.

In 1881, the club was a founding member of the United States Lawn Tennis Association, today the United States Tennis Association. The club hosted the inaugural U.S. Women's National Singles Champion-

ship in 1887, and continued to host the event through 1920, when it moved to Forest Hills for the 1921 tournament.

The PCC is the only club to open an 18-hole golf course in three consecutive centuries. It opened its first course, St. Martins, in 1895, its second course, Flourtown, in 1922, and its third course, Militia Hill, in 2002. The U.S. Open Championship was played on the St. Martins course, in 1907 and 1910. The Flourtown course hosted the Senior Players Championship in 2016. The PCC will host the Big Ten Men's Golf Championships, played since 1920, this year. The St. Martins course is available for reciprocal members play.

The club has three clubhouses: St. Martins has two dining venues, the Grill Room and the outdoor Porch overlooking the grass tennis courts. Flourtown has two dining venues, the Grill Room and the outdoor Terrace overlooking the golf course. Militia Hill has dining outside only on the stone patio during the golf season.

Chestnut Hill, located in the northwestern corner of Philadelphia, is one of the region's most beautiful and architecturally distinguished communities. Flanked by Wissahickon Gorge and Cresheim Valley, Chestnut Hill is home to one of the best collections of 19th and early 20th-century residential buildings in the country. The Morris Arboretum of the University of Pennsylvania, the official arboretum of the Commonwealth of Pennsylvania, and the Woodmere Art Museum, lie between the St. Martins clubhouse and the Flourtown clubhouse.

EMPLOYEE SPOTLIGHT: MEGHAN WALSH

The University Club's General Manager comes from an extensive background of work in the hospitality and service industry.



"Hands down, my favorite part of this job is the people. I love getting to know everyone."

-Meghan Walsh

PICTURE:

Meghan at the University Club's Member Bar.

"After walking through the doors, of the University Club, I knew it was where I was meant to be." Those are the words of new General Manager Meghan Walsh, and we have a feeling more than a few of you reading this understand her sentiments exactly.

Meghan arrived for a meeting to discuss the GM position but was taken with the history and ambiance of the place before she even had a chance to get down to the details of the job. Fortunately for us, she's more than qualified. Meghan comes to us with an impressive track record in the hospitality industry, having served as GM, Managing Operator, and even as Executive Chef. She has been part of the service industry since high school and has worn many hats and seen it all, so it takes a lot for a new space and new group of people

to impress her. As mentioned previously, this space impressed her—but all of you impressed her even more. "Hands down, my favorite part of this job is the people," she says. "I love getting to know everyone. There are a few members who arrive at the same time as I do, and I look forward to the routine of chatting with them over coffee—while they watch me fail at keeping the fire lit!"

We'll forgive Meghan's dubious fire tending skills since she excels at so many other things. In fact, when she's not at the Club she's often on the slopes or the water. Meghan is an accomplished skier and an award-winning sailor. (Ask her about her racing boat, Chewbacca! Just don't do it while she's trying to light the fire!) Meghan is also a devoted mother to Emily and Mitch and grandmother to two adorable boys.

MEMBER Q&A: FUSION WITH SERGIO VALVERDE

A lifelong educator, Sergio finds new energy in the SPAC's Fusion family.

Sergio Valverde is at home in front of a class. He loves his work and his students as a teacher of political economy at Metro State, and he has also has taught politics and philosophy at the University of Minnesota and the University of Wisconsin.

And yet, he might even feel more at home as a student—that is, if the class is Fusion by SPAC. "I'm addicted to Fusion," Sergio admits. There are a lot worse vices to have, of course. In fact, we heartily approve of this one. Sergio caught his breath in between those heart-pounding Fusion classes long enough to chat with us, and we're big fans of this Renaissance man.

UC: What is it about Fusion by SPAC that you love so much?

SV: The SPAC and the Fusion program is like my family. I love the commitment to training and health from the members, the camaraderie, and the professionalism and extensive knowledge of our trainers, Matt and Mike. Getting beat up by the intensive training creates a bond in all of us.

UC: We feel obligated to point out that Fusion can work for just about any fitness level, but you certainly seem to go all out and take full advantage of it! Do you do any other events

or activities at the Club?

SV: I haven't had the time to attend many events yet, but I think all the activities you guys plan for members are amazing. I plan to join the run club and am interested in going to some activities at the University Club as well. I'm an executive member, so I have reciprocity there too.

UC: What prompted you to join the Club?

SV: A friend of mine joined as soon as the SPAC opened, and when I checked out the facilities, I was sold.

UC: You've taught politics, philosophy and political economy, PLUS you've worked as a medical interpreter and in health policy at Children's hospital. That's an incredibly varied and impressive resume. Do you have time for anything else in your life, other than Fusion, of course?

SV: My wife Michelle (who teaches English at UW – River Falls) and I love to go out for dinner and we make a point of traveling somewhere at least once a year. I also love books—we have a big library at home—and we keep busy with our three doggies (Lola, Cody, and Sarah) and two cats (Ella and Guthrie). I also love chess, biking, running, and fixin' things around the house.



FOOD SPOTLIGHT: CHICKEN POT PIE

This American classic is a fan favorite, and this month's featured specialty



Few things can do a better job of contrasting the frigid cold of a Minnesota winter than the hot steam rising from a fresh-baked chicken pot pie. It's as practical as it is delicious: The pie is a great use for leftover chicken, and the individual size makes for a perfect quick dinner. Plus, leftover pie crust can become a dessert later in the week.

Comfort food like the chicken pot pie brings people together. Our chef's interest in the pie goes back to childhood memories of preparing wintertime comfort food with his dad – Now, it's your turn to prepare this cold weather classic. Pair with a chardonnay and an old-fashioned chocolate sundae for dessert.

Make the pie crust:

Combine the flour and salt in a food processor and pulse once to blend. Add the butter and shortening and pulse until the mixture has a coarse texture about the size of peas. Pulse in 1/4 cup of the water—the mixture should form coarse clumps—if it still needs more water, pulse in 1 or 2 more Tbs. Flip the dough out onto a piece of plastic wrap. Form it into a disk, wrap it, and refrigerate for at least half an hour and up to 2 days.

Make the filling:

Preheat the oven to 375°F. Grease a 9 by 13-inch baking dish. Melt the butter in a large Dutch oven over medium heat. Add the onion, celery, and carrots, sprinkle generously with salt (about 1 tsp.) and cook, stirring, until the vegetables soften and brown in places, about 8 minutes. Reduce the heat to medium-low, add the flour and cook, stirring, until it coats the vegetables and they color a light brown, about 5 minutes. Add the broth, vinegar, and thyme and bring to a boil (the mixture should thicken). Reduce the heat to a simmer, add the chicken and peas, and cook until just heated through, about 5 minutes. Let cool for a couple of minutes.

Assemble and bake the pies:

Roll the pie crust dough out into a rectangular shape slightly larger than the baking dish, about 10 by 14 inches (it should be between 1/4 inch and 1/2 inch thick).

Pour the chicken mixture into the dish, then cover it with the crust. Using your thumb and forefinger, crimp the dough around the edges so it forms a pretty pattern. With the tip of a paring knife, make a couple of slits in the top of the crust so steam can escape during baking. Brush with the cream. Bake until the top of the pastry is golden all over and the filling is bubbling hot, about 35 minutes. Let cool for a couple of minutes, then serve.

Ingredients

Pie crust

2-1/2 cups all-purpose flour
1/2 tsp. kosher salt
10 Tbs. chilled unsalted butter, cut into pieces
1/4 cup vegetable shortening
6 Tbs. ice water

Filling

2 Tbs. unsalted butter, more for greasing
1 large Spanish onion, finely diced
2 stalks celery, finely diced
2 medium carrots, diced
Kosher salt and freshly ground black pepper
3 Tbs. all-purpose flour
3-1/2 cups low-salt chicken broth
1 Tbs. cider vinegar
1 Tbs. chopped fresh thyme
3 cups diced leftover roasted chicken (or store-bought rotisserie chicken)
2 cup frozen petite peas
2 Tbs. heavy cream or whole milk

BEVERAGE SPOTLIGHT: WINTER COCKTAILS

Find warmth around the hearth with these delicious seasonal sippers

There's a reason why the iconic Saint Bernard rescue dog is always depicted with a barrel of brandy around its neck. In the dead of winter, spirits animate warmth, and bring us together to celebrate one another's company as we wait for the spring melts to come. This March and April, celebrate the pending return of warmth with this delicious winter drink, which can be easily made at home or ordered at our Member Bar!

New York Sour

The earliest references to the New York Sour date back to the mid-1800s. Appearing in an 1862 cocktail book by Jerry Thomas, considered the father of American mixology.

Simple, balanced and delicious, the New York Sour brings the three components of a cocktail: A spirit, sweetener, and citrus. Enjoy our contemporary twist on a classic drink!

Ingredients:

- 2 oz bourbon (Basil Hayden or Woodford Reserve are our two favorites)
- .75 oz lemon juice
- .75 oz simple syrup
- Red wine float (Try La Ferme de Gicon Cotes du Rhone, featured in the member bar!)

Directions:

Shake the bourbon, lemon juice, and simple syrup with ice and strain into a double old fashioned glass over ice. Top with a red wine float. Enjoy!



WINE GEEK WEEK: SONOMA

Uncork something special in great company

Join us for a night of special guest winemakers, importers, and Sonoma wine experts as we pour amazing wines from this historic wine country. Learn about the history of Sonoma wines while exploring the dynamic styles and amazing gems available today.

This tasting will focus on the small, the edgy, the profound, and the special.

Join us on Tuesday, April 30th from 6:30-8:30pm!

Members of the University Club will receive 20% off the ticket price with the code 'summitavenue'. Contact the front desk for more details.



SCOTCH TASTING

Discover new classics

Our annual Scotch Tasting evening features a fine selection of delicious scotches from several notable distilleries, delivering a range of incredible flavors. Participants will experience the history and complexity of scotch while they sample our selection, all while enjoying a delicious hors d'oeuvres. Fill your dram and don't miss our on this memorable evening.

Reservations encouraged.

WHEN - Friday March 22nd, 7:00pm

WHERE - University Club

PRICE - \$55

PIANO AT THE BAR

Classic ambiance for an elegant meal

Join us for live piano music in the Members' Bar. Bring your friends in for an appetizer and a cocktail or stay for dinner.

Reservations encouraged.

About our featured pianist

London-born pianist Roderick Phipps-Kettlewell received his musical training in England, France and at the Juilliard School in New York City, and has performed throughout Europe and the United States, most notably at Carnegie Hall and Lincoln Center in New York, as well as at the Ordway with the Saint Paul Chamber Orchestra.

Roderick's versatile musical career includes concerts as a solo pianist, also playing chamber music, songs from all over the world, and collaborating with violinists to saxophonists, and all instruments in between. He also conducts choirs, orchestras and trains singers in opera and musical

SUNDAY BRUNCH

Give your weekend a highlight

Start your Sunday off right with brunch and a breathtaking view of the Mississippi River Valley. New for fall 2018, the University Club is offering a brunch menu, served family-style. Our delicious dishes will be brought to your table to share and enjoy.

Reservations encouraged.

Sunday Brunch is served on the second Sunday of each month from 10am to 2pm.



theater.

Roderick has also produced and sold over a million recordings, and he is currently writing a book for Calumet Editions about how to develop more imagination, creativity and expression in the performance, teaching and learning of music.

WHEN - 3/2, 4/6, 6:00-9:00pm

WHERE - University Club

EASTER BRUNCH

Don't miss this seasonal favorite!

Bring the family for unforgettable memories. In addition to our ever-popular Easter brunch, we're hosting kids' favorites including a petting zoo and an egg hunt next door at the Griggs' Mansion. You can look forward to an afternoon of great food and lots of family activities.

Reservations required - 651.222.1751

WHEN - 9:30am-2:00pm, April 21st

WHERE - University Club

PRICE - \$40 for adults, \$18 for children 6-10, free for 5 and under



MOTHER'S DAY BRUNCH

Treat mom to a delicious meal

March brings a great opportunity to celebrate the mothers in our lives: On March 12th, we're offering a special Mother's Day variation on our favorite Sunday brunch, with a delicious buffet menu of our Chef's best dishes. Bring the family, and share a memorable meal with mom.

Reservations required.

WHEN - Sunday March 10th, 10am-2pm

WHERE - University Club

PASTA NIGHT

That's Amore

Enjoy time with friends and family as our chefs create signature pasta dishes just for you at this member favorite event. Come back time and again for a taste of our enticing rotating menu.

Price: \$15 for adults, \$10 for children

WHEN - March 12th and April 9th

WHERE - University Club

FRIDAY FISH FRY

Great for fish lovers

Every Friday night through Lent, we're revving up our fryers to bring you hot plates of fresh fried fish and crispy French fries with a side of our house-made coleslaw.

Running from February 16th to March 30th, the Friday Fish Fry is a great opportunity to catch up with a colleague or sit down with friends and family to enjoy a hearty plate of fish and chips.

Price: \$22 for adults, \$12 for kids.
Reservations encouraged.

PRIME RIB NIGHT

Perfect for a cold winter's night

Come warm yourself by the fireplace and treat yourself to a delicious, hearty supper prepared by our house chefs: A 12-ounce prime rib, baked potato and seasonal vegetables.

Reservations required.

WHEN - March 23rd and April 27nd

WHERE - University Club

CLUB ENTREPRENEUR

Get clued in on the latest insights in the professional world

Club Entrepreneur 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.

Read below about some of Club E's coming events.

March 20th, 2019

Lead Millennials to Accelerate Business Results

In a few short years, the star performers in your business will mainly be Millennials. As business leaders, how do we unlock the creative insights of this talent-rich generation? What leadership shifts might need to happen to grow revenues, expand markets, and improve margins? How do we need to rethink our hiring, engagement and retention strategies, in light of this generation's values? Fresh millennial insights, combined with experience and wisdom, will be the competitive advantage that accelerates your business results.

Get answers to these questions:

- How might I do get full engagement of millennials, in order to accelerate business results?
- What does this generation really want from me as a leader?
- How might I need to adjust my approach in order to get the best results?

About Our Speaker

Danita Bye, M.A. is a leadership and sales development expert. She has successful sales leadership experience ranging from high-growth start-ups to Fortune 100. Her

work on the Forbes Coaches Council and as a Harvard MBA Sales Coach empowers her to provide real-world solutions for business and sales leaders of all ages, especially those with Millennial sales teams. Her recent book, *Millennials Matter: Proven Strategies for Building Your Next-Gen Leader*, is one of the best books written about Millennial Leadership. She's been published in *Forbes*, *Huffington Post*, and *CEO World*. She also has a TEDx talk, *Millennial Leaders: Stop Complaining, Start Coaching*.

April 17th, 2019

Why is EOS(R)/Traction(R) EVERYWHERE?

There is, by far, more EOS/Traction activity happening in the Twin Cities than anywhere else. So what is this thing, and why does it seem to be everywhere? The goal of this event is not to educate you about EOS/Traction – there are plenty of other opportunities for that. Rather, you will learn about the benefits and drawbacks of this system from both consultants and from people who have implemented it for their company and gain clarity on whether EOS/Traction is something you should consider for your company. Our panelists will cover:

The challenges EOS/Traction solves and drawbacks of the system

- The critical Visionary/Integrator relationship
- The implementation journey

Panelists:

Joel Swanson, Certified EOS Implementer

Justin Bieganeck, Founder and Visionary at Mercury Creative Group

Roger Scherping, Integrator at EOS Companies

Visit

<http://clubesaintpaul032019.eventbrite.com>

For signup details.

Club E meetings cost \$35 advance, or \$45 within 24 hours of the event. Price includes lunch.

TRAVEL CLUB

Plan your next adventure

Starting the New Year with a Bang, The Travel Club journeyed across the Mississippi to the Woman's Club of Minneapolis on January 20 for our annual Holiday Brunch. With 10 at our first brunch in 2017, this 3rd annual event boasted over 30 of us celebrating with abundant mimosas, awesome omelets and carved meats, plus amazing pastries. February 27 the Travel Club enjoyed a special presentation from 6 of our members who traveled together for a tour of Prague, Budapest, Vienna in October 2019. Jean Muller, Scott Spencer, Lynn Indihar, Cory & Pam Biladeau and Sharron Pelham who lead the tour, shared photos and stories from their adventures plus wine tasting from their vineyard visits outside Budapest.

Join us for our March 27 meeting when some of the group who traveled to Scotland this September will share highlights from the Highlands and Edinburgh plus a few photos



of Nessie! We'll also be learning more about the Travel Club trips planned for this year: California for wine tasting in Sonoma along with exploring in San Francisco and a longer tour to the South of France for visiting Provence and Nice where F. Scott Fitzgerald gathered material and wrote along the Cote d'Azur in the 20s.

We are a welcoming group and enjoy having new members join us at 7 pm on the 4th Wednesdays each month at the University Club.

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

WHEN - March 27th

WHERE - University Club



POKER CLUB

Try your hand at joining a club

WHEN - 7:00pm on Mar. 28th and Apr. 25th

WHERE - University Club

Join with other members of the University Club for competition and camaraderie around the card table. Poker Club welcomes amateurs and card sharks to learn and develop their skills at this classic card game.

For more information, contact:
mkane@kaneeducationlaw.com

NEW: GARDENING CLUB

Take part in new growth at the Club

Calling all veteran green thumbs, enthusiastic newcomers and everything in between – We are looking to grow a new community at the University Club! As we enter spring, Gardening Club is a great way to share knowledge and inspiration for new gardening ambitions.

If you are interested in joining or leading this season's new club, please contact:

membership@universityclubofstpaul.com

NEW: KNITTING CLUB

Let's stitch a new group together

And for the rainy days of spring, we're gathering a new community of knitters within the Club. 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.

If you would like to suggest dates and times for Knitting Club's future meetings, please contact:

membership@universityclubofstpaul.com

GREAT BOOKS CLUB

Read up on the classics

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.

In March we'll read "The Collectors", by Rohinton Mistry. This short story, set in Bombay, follows a Parsi doctor's search for renewed hope by means of a meticulously cataloged stamp collection and his friendship with a young neighbor.

On April 10, 2019 our selection will be the story "You're Ugly, Too", by American fiction writer Lorrie Moore, which chronicles the humorous and poignant adventures of a midwestern lady college professor.

WHEN - Mar. 13th and April. 9th, 5pm

WHERE - University Club

If you would like more information about Great Books Club, please contact Margaret King:

kingmuellen@q.com | 651-285-7550

THROUGH THE GRAPEVINE

For all aspiring sommeliers

Back for a fall season after its popular debut this summer, Through the Grapevine is a brand new club (separate from our Wine 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. Whether you're an experienced wine connoisseur or a total beginner, you'll be sure to expand your wine horizons. Sign up now, before it's full!

WHEN - March 26th, April 23rd

WHERE - University Club

Stay tuned to our member updates or contact Sue Katsiotis for upcoming dates.

PICKLEBALL CLUB

Make new friends and stay active

Don't miss this new interactive sport at the Saint Paul Athletic Club! Pickleball is a paddle sport for two or four players that combines elements of badminton, tennis, and table tennis. The SPAC's new Pickleball Club is a great way for new players or longtime pickleball fans to connect for a friendly game.

Pickleball Club will meet on Wednesday mornings at 9:00am at the SPAC.

LEARN TO DANCE

Put some spring in your step

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!

Dates

February 7, 14, 21, 28
5:30-6:30pm **FOXTROT**

March 7, 14, 21, 28
5:30-6:30pm **SALSA**

April 4, 11, 18, 25
5:30-6:30pm **TANGO**

May 2, 9, 16, 23, 30
5:30-6:30pm **EAST COAST SWING**

Cost: \$10 per lesson

Location: University Club

TENNIS MIXERS LAUNCH

New this spring and summer

We're starting up a new group for tennis fans within the Clubs! The upcoming tennis mixer events promise a fun blend of social opportunities and athleticism. Open to all interested parties, from the uninitiated to the longstanding tennis fans. Tennis Mixers are a chance to build our skills as tennis players, and to find new friends and connections in the club.

Stay tuned to the weekly member updates for more information.



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.

Upcoming Dates:

Thursday, March 14, 6 - 7:30 pm

Thursday, April 11, 6 - 7:30 pm

For more information, contact Sara Glesne:
culture@afmsp.org

HUMP DAY GAMES

Who doesn't love a giant Jenga?

Meet Hump Day Games, 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.

Hump Day Games takes place the second Wednesday of every month, which happens to coincide with half price bottle night (just plain smart budgeting). Invite your friends. Coerce your neighbors. Or, come by yourself. Anyone is welcome (absolutely) and anything goes (almost).

If you have questions, email one of the Hump Day hosts: Lisa Tabor lisa@culturebrokers.com, Shasha Porter shashacporter@gmail.com, Rosemary Ugboajah rosemaryu@nekacreative.com or Sheri Ellis sherijellis@gmail.com. Like us on Facebook. And by all means, join in on the fun. After all, who doesn't love a big jenga.

Dates:

Second Wednesday of every month,
6pm until the last card is played
Non-members welcome!



READINGS BY WRITERS

Hear authors' perspectives on contemporary and classic literature

We have a wonderful collection of insightful and talented artists coming to the Club. Meeting every third Tuesday of the month, the diverse topics range from writers bringing their personal cultural truths to light and Bob Dylan, to Somali poetry and reflections on the holiday season.

Readings by Writers is a club by members and for members, and seeks to engage literary curiosities with discussions of familiar genres and encouragement to explore something new.

For updates on upcoming topics for the next Readings by Writers session, please contact:
skatitotis@universityclubofstpaul.com.

In 2019, Readings by Writers will meet at 7:30pm on the following dates:

Tuesday, March 19, 2019

Tuesday, April 16, 2019

Tuesday, May 21, 2019

Tuesday, June 18, 2019

OFF JULY AND AUGUST

Tuesday, September 17, 2019

Tuesday, October 15, 2019

Tuesday, November 19, 2019

Tuesday, December 17, 2019

FITZGERALD ROUND TABLE

A tribute to St. Paul's very own

The F. Scott Fitzgerald Roundtable is a literary society based out of the Twin Cities that meets at the club once a month, six months out of the year, to discuss Fitzgerald's writings as well as works by his wife Zelda and his other contemporaries.

The Fitzgerald reading schedule is as follows:

March 16	Caesar & Cleopatra by GB Shaw
April 20	A Handful of Dust by Evelyn Waugh

WHEN - Mar. 16th + Apr. 20th, 9:30-11:30am

WHERE - University Club



FAMILY PROGRAMMING

DATE NIGHT

Take an evening out

Join us for fun-filled and rejuvenating evenings – We'll watch the kids, and you and your partner can enjoy the evening with one another.

Date Night childcare activities are as follows:

March 15th – Saint Patrick's Day Party

In March we will celebrate Saint Patrick's Day with a night filled with treasure hunts, creative leprachaun traps and much more!

April 19th – Beach Party

The Minnesota winter is behind us, and we're gearing up for summer fun! This indoor party kicks off pool season early with flipflop, sand and sunglasses.

Date Night events run from 5 to 8pm. The cost is \$15.00 per child. The evening includes crafts, activities, dinner and a movie. To RSVP, contact: membership@universityclubofstpaul.com

HANDS ON SUNDAYS

Families come together over creative seasonal crafts

All families are invited to join us one Sunday each month for activities that include science experiments, dance and movement workshops and constructing gingerbread house masterpieces.

Guided by University Club staff as well as guest instructors, Hands On Sundays provides an opportunity for the whole family to come together to enjoy a creative kinetic activity. Each Hands On Sunday is sure to teach children new practical skills in crafting, culinary and creative skills.



Hands On Sundays run from 2 to 4pm, and each event costs \$20 per family, including materials.

March 10th: Family Game Day

Learn new games and play old favorites during an afternoon filled with family game classics. A great chance to pick up new rules for a fresh spin on family game nights.

April 14th: Bookmaking Workshop

Learn about different styles of bookmaking and how to make your story come to life. Bring creative ideas and a desire to learn a new craft – It's time to engage the storyteller in you!



YOUTH SERVICE TEAM

Making friends while making change

This year, the University Club is working harder than ever to support service projects and give back to the community. Our new service team leader will 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. Learn more about our upcoming project in the "Networking and Volunteering" section.

YOUTH SWIM TEAM

There's never ice on the eighth floor pool

Summer may be over but with the 8th floor pool at Saint Paul Athletic Club, swim team continues! This indoor swim team is a great opportunity for your child to maintain and develop their stroke, build endurance and stay active during the colder months.

Spring Swim Team (12-1pm on Sundays)

March 3, 10 & 31

April 7, 14 & 28

May 5

Cost is \$90 for the season.

*To register, contact
membership@universityclubofstpaul.com.*



SIGN UP NOW: CAMP U CLUB 2019

Don't miss our March 30th kickoff breakfast for another summer of fun!



The University Club is known for its incredible summer program, Camp U Club. Camp U Club combines educational, cultural, and recreational activities for children to explore and develop new skills and hone existing talents.

With the warm weather comes summertime splashing by the pool, volleys on the tennis court, sunset weenie roasts, field trips, and much more.

Camp U Club is excited to return for the summer 2019 season, with an updated activity roster that brings back camp staples and introduces some special new surprises. It is a great opportunity to learn new skills, make new friends, and enjoy a summer in the sun.

Camp U Club Kickoff Breakfast
Saturday March 30th, 10am - 2pm

Don't miss this chance to pick up your introductory packet and meet new campers!

Email membership@universityclubofstpaul.com to RSVP.



WHEN - June 10th - August 9th

WHERE - University Club

Contact skatsiotis@universityclubofstpaul.com for camp details and sign-up information.

STOUT'S ISLAND MEMBER WEEKEND 2019

Take a retreat to the great north woods

We are inviting all the members of our sister properties (University Club of Saint Paul and Saint Paul Athletic Club) to join us again this spring for some Stout's sponsored, Club-inspired programming. If you are not a Club member, we still invite you to join us for this exciting weekend and enjoy the included programming. Activities will include yoga and meditation classes, complimentary dry snacks during happy hour both nights, bonfires (with s'mores!) both nights, and live music on Saturday night. On Saturday compete in the Rugged Adventure Run, test your nerve, strength, endurance, coordination, and your ability to hit a target after being spun around several times.



WHEN - May 17th - 19th

*For questions or to make reservations, contact:
info@stoutislandlodge.com*

NEW FOR 2019: 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!

Field Trips begin at noon on Friday, when Camp U Club campers and all other guests will gather on the lawn by the pool to check in and eat their bag lunch before boarding the bus and departing for the trip. Campers will typically return by 4:00pm and counselors will stay with campers until parents arrive. If campers will not return by 4:00pm, camp staff will notify parents and guardians at the time of sign-up.

Full field trip details and Registration will be available on March 30th at The Camp U Club Kick-off Breakfast, and online beginning April 1st.

The summer 2019 field trip schedule is as follows:

June 14

Vertical Endeavors

June 21

History Museum

June 28

Skyzone Trampoline Park

July 12

Fort Snelling State Park

July 19

Snapology

July 26

Feed My Starving Children

August 2

Cascade Bay Waterpark

August 9

Northern Star Base Camp

FUSION AT THE SPAC

Your one-stop-shop for the full-body workout

Fusion is a multifaceted workout program designed to get you in the best all around shape possible. Some people want to be strong, some want to be fast, some want to lose fat, some want to get trim and some want more mobility. We say " Why not have it all?"

This program is built to make you stronger, faster, leaner, more mobile all in one. Every workout is different and targets specific movements to get you there effectively, safely and efficiently.

For questions, contact:
MZuehl@TheSPAC.com

WHEN - Mon-Fri at 6am and 12pm daily, Sat at 9am

WHERE - SPAC

SCHEDULE - March Session XXVIII March 1-March 31
April Session XXIX April 1- April 30
May Session XXX May 1- May 31

PRICE - Unlimited Fusion \$99/session, 10 Punch Pass \$120



60 DAY FITNESS CHALLENGE

Build the best possible you

Emerge from the winter in a new fitter form. Our 60 Day Fitness Challenge inspires members to work with our team of trainers on a community-focused journey to better shape.

The winner of this challenge, judged by the greatest percentage of body mass change, wins one year executive club membership. Prizes will also be given for participation and personal successes.

There are three ways to join the competition:

Tier 1: Full Service (Unlimited Fusion/Strength Club Membership/2 Personal Training Sessions/One Massage/Three Inbody Scans) - \$500

Tier 2: The same above, without unlimited Fusion - \$400

Tier 3: Three InBody Scans - \$100

Next 60 Day Fitness Challenge begins on April 15th.

Register at the SPAC front desk to commit to a better you.

PILATES REFORMER

Try something new in 2019

In the new year, there's a new opportunity to improve your pilates skills. Trainers Georgene Gray and Jennifer Hildebrandt offer private training sessions and group classes tailored to individual goals and skill levels. The perfect option for the pilates veteran or interested amateur.

For more information and sign-up, contact Fitness Director Michael Zuehl at MZuehl@TheSPAC.com, or stop by the front desk at The Saint Paul Athletic Club.

IN FOCUS: FINDING THE TRACK TO IMPROVEMENT

Getting in shape can be hard. Here are some tips to make it a little easier.

Why is it so hard to start a new workout routine?

"I should work out more."

Are there five words more commonly repeated in January across America?

Exercise and fitness are, by many reports, the most common New Year's resolution. And yet, as we've discussed, New Year's resolutions are notoriously difficult to keep.

We've written in different blogs about habit creation in general, but we wanted to break down the specifics of why starting a new exercise routine is so difficult for so many of us. Here are a few of the reasons, and what you can do about it:

We think it's all or nothing.

It's tempting to go big when it comes to setting a fitness goal: I'm going to work out six days per week. I'm going to run a half marathon by spring. And then if the reality turns out to be more challenging than anticipated, we give up entirely. The truth: It's not black and white. It's not all or nothing. The 2-mile walk that you do is better than the 4-mile run that you don't do. Success is on a spectrum.

We pick the wrong pursuit.

If you hate running, don't try to force yourself into becoming a runner. If you can't relax during yoga,

don't try to force yourself into becoming a yogi. It'll be much easier to stick with an exercise program if you love it. And yes, it is possible to love exercise. If you think you hate working out, we're willing to bet that you simply haven't found the right type of exercise yet. Give up the idea of what you think a workout routine should be and let yourself explore. Need inspiration? Sign up for a variety of group fitness classes to expose yourself to different options.

We don't get help.

There are so many reasons to get help when starting out a new routine. A few of the big ones:

1. Use your time efficiently. If you're wandering around the gym staring at the equipment like a deer in the headlights, you're not going to get the results you want.
2. Avoid injury. Workout videos at home are great, but there's no one there to check your form or make sure you're not risking injury. And nothing sidelines a new workout habit like injury.
3. Get accountability. When you sign up for a workout class or schedule a personal training session, you're accountable to something beyond your own willpower. That can be the push you need to break through a rut and take action.

No matter where you're starting from, finding a workout routine that works for you is possible. We'd love to help.

PRIVATE YOGA TRAINING

Bringing yoga to the next level

As a yoga teacher, Sarah Baumer works to facilitate whole body alignment in her students, both physically and energetically. Sarah's teaching focuses on flowing in and out of poses with ease and finding variations that work for each individual body.

She teaches from her own experience and practice of modern dance, Feldenkrais, Body Mind Centering, Tuning Scores, Material for the Spine, Contact Improvisation and Dance Improvisation Structures. She guides students to deepen their own learning process through her imaginative sensory rich movement experiments.

For more information and sign-up, contact sbaumert@thespac.com.

STRENGTH CLUB

Make 2019 your strongest year yet

In Strength Club, athletes will gain a working knowledge of high-power movements like the deadlift, squat, and olympic-style presses. Strength Club creates a bond between participants, a friendship where everyone involved is improving becoming stronger, more confident, and in better shape. Participants will get 2 hours of work every week in a small group with local Strength and Conditioning Coach Matt Hanson.

WHEN - Mondays and Wednesdays, 11am

WHERE - SPAC, Floor 7

PRICE - \$199 per person for eight sessions



GOLF LESSONS WITH PRO ANGIE AUSE

Develop, correct and perfect your swing this winter

It is often hard to decide what is applicable to your golf game, and to figure out how to take the steps toward improvement. Resident Golf Pro Angie Ause will help establish goals, diagnose game issues and develop a personalized improvement plan. Under Angie's instruction, students will learn the steps for technical improvement of their golf game, as well as guidance on how to apply these tweaks to the

golf course. Angie's winter training program allows students to work with indoor hitting nets, chipping nets, putting greens and advanced digital swing analysis and correction technology to put the golf game in top form for the season.

For more information, contact Angie at aause@thespac.com or stop by the front desk at The Saint Paul Athletic Club.

INDOOR TRIATHALON

Challenge yourself

We're kicking off the inaugural Saint Paul Athletic Club Indoor Sprint Triathlon. The event will be located on the 8th floor, taking place across the pool, spinning bikes and treadmills.

The event will be divided as such:

500m swim, 12 mile bike, and a 5 kilometer run.

Competition will be divided into mens' and womens' categories, with both categories' winners receiving a \$100 universal Commonwealth Properties gift card and a SPAC medal.

Saturday, March 23rd: Price of entry is \$30, including a souvenir T-shirt! To sign up, please contact the SPAC front desk.

SPAC STAIR CLIMB CHALLENGE

Let's reach the moon together

It's time to see how high we can climb. As a club, SPAC members will use pedometers and smart devices to track the number of floors they climb throughout their day. Every Monday, we'll submit the number of floors we climbed over the course of the week, and collect the total as a club!

Our goal? Simple. We're shooting for the moon! We'll see if our collective total of floors climbed can equal the distance from the Earth to the moon's surface. This is a fun way to motivate ourselves to get regular exercise, and achieve something truly special!

Contact mzuehl@thespac.com to sign up.

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.

SAVE THE DATE: SPAC SUMMER OF FITNESS

We're rolling out a whole season of active family fun

Summer means no shortage of opportunities to get outside and get active, from biking to work to going for a swim at the beach. Now, we've made it even easier (and more fun) to find exciting ways to stay active!

We've planned a full roster of fitness events for our members, offering the chance to connect with friends and family while discovering exciting new ways to stay in shape and make exercise fun.

Dates for SPAC's summer programming are tentative and will be announced when finalized.

For questions, please contact:

mzuehl@thespac.com

Calendar

May

Stout's Island trip

June

Beer Run
Solstice Yoga

July

CHS Field Obstacle Course

August

Member Appreciation Picnic
on Raspberry Island

September

Fitness JAM

October

St. Paul Marathon Cheer
Station
Monster Dash

November

Turkey Trot
Dance Party & VIP Lounge

December

Securian Run

PHOTO COLLAGE





PHOTO COLLAGE





MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SPAC Masquerade Ball Fish Fry Friday	2 Piano in the Bar
3 Indoor Swim Team	4	5 Cocktails and Conversations	6 SPAC Pickleball Club	7 Popover Thursday SPAC Happy Hour Learn to Dance	8 Fish Fry Friday	9
10 Indoor Swim Team Hands-On Sunday	11	12 Pasta Nights Conversational Spanish	13 SPAC Pickleball Club Great Books Club Investment Club Hump Day Games	14 Popover Thursday Learn to Dance Alliance Francais	15 Fish Fry Friday Date Night Youth Service Team	16 F. Scott Fitzgerald Round Table
17 Indoor Swim Team	18	19 Readings by Writers	20 SPAC Pickleball Club Club E	21 Popover Thursday Learn to Dance	22 Fish Fry Friday Scotch Tasting	23 Prime Rib Night
24 Indoor Swim Team	25	26 Through the Grapevine G.K. Chesterson Society	27 SPAC Pickleball Club Travel Club	28 Popover Thursday Learn to Dance Poker Night	29 Fish Fry Friday	30
31 Indoor Swim Team						

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Cocktails and Conversation	3 SPAC Pickleball Club	4 Popover Thursday SPAC Happy Hour Learn to Dance	5 Fish Fry Friday	6 Piano in the Bar
7 Indoor Swim Team	8	9 Conversational Spanish Pasta Night	10 SPAC Pickleball Club Great Books Club Investment Club Hump Day Games	11 Popover Thursday Learn to Dance Alliance Francais	12 Fish Fry Friday	13
14 Indoor Swim Team Sunday Brunch Hands-On Sunday	15	16 Readings by Writers	17 SPAC Pickleball Club Club E	18 Popover Thursday Learn to Dance	19 Fish Fry Friday Date Night Youth Service Team	20 F. Scott Fitzgerald Roundtable
21 Easter Brunch	22	23 Through the Grapevine	24 SPAC Pickleball Club Travel Club	25 Popover Thursday Learn to Dance Poker Night	26 Fish Fry Friday	27 Prime Rib Night
28 Indoor Swim Team	29	30 G.K. Chesterson Society Wine Geek Week				

HOTEL 340 WA FROST SAINT PAUL BUILDING SAINT PAUL ATHLETIC CLUB STOUT'S ISLAND LODGE
THE COMMODORE BAR THE DAVIDSON THE SUMMIT CENTER FOR ARTS & INNOVATION VILLA MARIA HOTEL
340 VILLA MARIA UNIVERSITY CLUB OF SAINT PAUL DACOTAH BUILDING SAINT PAUL ATHLETIC CLUB
THE COMMODORE BAR WA FROST BURBANK-LIVINGSTON-GRIGGS MANSION SAINT PAUL BUILDING STOUT'S
ISLAND LODGE THE COMMODORE BAR THE DAVIDSON DACOTAH BUILDING THE SUMMIT CENTER FOR ARTS &
INNOVATION HOTEL 340 MODORE BAR WA FROST SAINT
PAUL BUILDING UNIVERSITY ISLAND LODGE THE DAVIDSON
THE SUMMIT CENTER FOR ATHLETIC CLUB HOTEL 340
WA FROST SAINT PAUL BUILDING LODGE THE COMMODORE BAR
VILLA MARIA THE DAVIDSON HOTEL 340 VILLA MARIA
UNIVERSITY CLUB OF SAINT PAUL DACOTAH BUILDING SAINT PAUL ATHLETIC CLUB THE COMMODORE

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yesterday for a new generation.
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