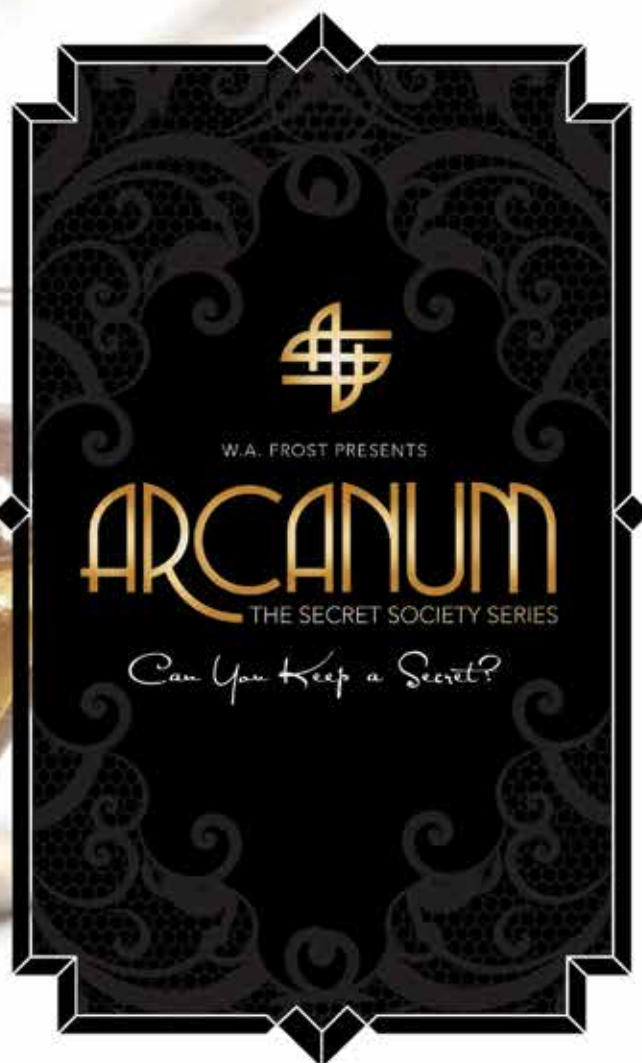


SEPTEMBER 2014

THE LOOKOUT

The official newsletter of the University Club and the Saint Paul Athletic Club



See the Message from the President

IN THIS ISSUE: Readings by Writers – Page 5
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THE LOOKOUT

MESSAGE FROM THE PRESIDENT

Summer is coming to a close, but things are just heating up at the SPAC and the University Club. Our Fall schedule is jam-packed with activities, events, classes, and "Clubs within the Club."

New billing schedule

As I mentioned last month, we are transitioning to a new back-end software.

As part of this transition, we will be changing the date the University Club members are charged their monthly dues. Currently you are billed on the 20th for the current month. Under the new system, we'll be billing on the 27th or 28th for the next month. (SPAC members are already billed on this cycle.)

Rather than bill you twice in seven days, we're going to ease into this transition. September dues will be billed on September 10th

- October dues will be billed on October 1st
- November dues will be billed on October 27th

From then on, we'll be on the 27th/28th schedule. If you have any questions, feel free to reach out.

Member Night Returns to SPAC

Starting on Thursday, September 11th, we will be bringing back our Member Nights at the SPAC and will be starting with BINGO! We will feature some of last year's favorites (Remote Control Car Racing, Wine & Chocolate tasting, Trivia Night, etc.) and will introduce some new activities (Oktoberfest, Martini Night, Scavenger Hunt, etc.). So, mark your calendars – you do not want to miss the fun. Every Thursday night starting September 11th through May, 5:30 - 8pm.

We're throwing a party. Four, to be exact.

WA Frost (our beloved sister company) presents Arcanum, the Secret Society Series. It's a four-part series of themed cocktail hours in fabulous locations throughout Saint Paul. Each event features delicious bites, liquor tastings, craft cocktails, and special guests from the Twin Cities art world.

Locations and suggested attire will be revealed to ticket-holders in advance of each event. As a member, you get first dibs on tickets. Tickets are extremely limited to preserve the intimacy of each event. Proceeds will go towards some new fixtures and furnishings (even carpet!) for the University Club. Visit arcanumsecretociety.com for tickets.

See you at the Club!

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Hours of operation

UC: Fitness Center

Monday: 6am – 8pm

Tuesday – Saturday: 6am – 10pm

Sunday: 8am – 8pm

Dining

Tuesday – Friday: 7am – 10pm

Saturday: 8am – 10pm

Sunday :8am – 2pm

SPAC

Monday – Friday: 5am – 10pm,

Saturday – Sunday: 7am – 8pm

MEET THE TEAM

As you all know, the Club also functions as a banquet catering venue and our spaces host every imaginable events from weddings, bat mitzvah's, reunions, board meetings, book clubs, and fundraisers. This month, we are happy to introduce a couple of team members who make those great events possible.



Meet Adam Engdahl. When you have an event at any of the University Club managed properties you'll probably not only meet Adam, you'll come to adore him. His primary role is ensuring everything goes exactly according to plan and he is very, very good at it. After a decade of experience in upscale Banquet Catering and fine dining, he made a career change and became a Regional Sales Manager. Adam decided to return to the industry he loves and we're so glad he found a home at the University Club.

Adam enjoys spending time with his fiancée, Erin, and soon-to-be 4 year old daughter, Gianna. A lifetime of competitive hockey and football have made him a fervent Wild Hockey fan, and when not excitedly preparing for the arrival of his second child, he and Erin enjoy exploring new restaurants. Adam is a native to the Twin Cities and currently living in Downtown St. Paul (conveniently close to our banquet spaces at the Saint Paul Athletic Club!).



Meet Carl Matthews. You'll probably never see him.... but you'll certainly be the beneficiary of his culinary talents when you have an event. Carl is our Banquet Sous Chef and comes to us from the chef role at the Outing Lodge in Stillwater and extensive banquet work at the Marriot Group of Hotels. His trademark? Banquet food that doesn't taste like banquet food. Which means he fits right in with the long history the University Club has of amazing food statements for groups of 20 to 350.

Carl has lived in St. Paul just over 23 years and has been in the Cathedral Hill neighborhood for the last 12. This is the shortest commute he's ever had!

RETURN OF THE FALL SCHEDULE

You feel it in the air - summer is over, kids are back in school and the leaves will soon be turning gorgeous colors. Which means we say adieu to the pool and dining at the club on Mondays. And we welcome the return of some great programming:

- Readings by Writers (*third Tuesday 7pm*)
- L'Apéritif en Français (*second Thursday 6pm*)
- Casa de Espana (*third Thursday 6pm*)
- John Adams (*third Wednesday 7:30pm*)
- Cass Gilbert (*second Thursday 5:30pm*)
- SPAC Member Nights (*every Thursday from 5:30 – 8:00*)
- Check out these and our other great clubs with the Club!



MEMBER SPOTLIGHT

Amy Nelson

Features and Entertainment Editor – Pioneer Press;
Managing Editor – Spaces Magazine

Amy Nelson knows style, leisure, and culture like it's her job. That's probably because it is her job. She's the features and entertainment editor for the Pioneer Press, and she's also the managing editor for Spaces magazine.

If there's something cool going on in town, or a hot new book, or a gorgeously renovated local home, Amy will be the one to tell you about it.

Of course, we like to think that her excellent taste is exactly what brought her to the SPAC. Here's a little more about Amy:

SPAC: How long have you been a SPAC Member?

AA: I've been a member since February 2013.

SPAC: Tell us about your family.

AN: I live with my husband, Eric Sander, our daughter Isabel (14), son Cullen (12), and foster dog, Strider, in a 1920s house in Mendota Heights.

SPAC: What's your biggest passion?

AN: Connecting people and connecting with people. I love my job because I get to work with interesting, smart people to share stories about other interesting, smart people. I get to attend concerts and plays and restaurant openings and other cultural events as part of that job. I also love to travel, and have been lucky to share that interest with my family. We are traveling to Italy, Slovenia and Croatia this summer.

SPAC: Any fun stories from your job?

AN: I interviewed Prince last year on a crazy 24-hour last-minute trip in which his team flew a few journalists out to Denver to see him perform and then talk with him after. I got the invite about 3 p.m. at work, was on a plane a few hours later, saw his late show and then our interview started at 4 a.m.

SPAC: What's your favorite place that you've ever traveled?

AN: Budapest and Turkey.

SPAC: What's your favorite place in Saint Paul – other than the SPAC, of course.

AN: Harriet Island is pretty great to walk to on a lunch hour or find a festival at during the summer. I like Cherokee Park too to walk the dog and am excited for the new St. Paul Saints stadium in Lowertown to open.

SPAC: What's your favorite thing to do at the Club?

AN: I love the classes -- yoga, cardio fusion, barbell strength -- they keep me motivated. I love the Thursday night Member Nights too and the way they bring members together. I've met some fantastic members and staff.

**Welcome to the members
who joined in August!
We're so glad you're here!**

Saint Paul Athletic Club

Elena Bal
Ryan Bierwerth
Jeff & Amy Boche
Chris Campion
Samuel Carlsen
Paul Eusterbrock
Kari Flaherty
Stephan Gumnit & Julie Bluhm
Elizabeth Hansen & Andrew Wallin
Julene Hanson
Susanne Holderried & Paul Kotz
Paul Holm & Erin Metz
Katie Johnson
Ted Jorgensen
Patricia Kessel
Ulpan Kurumbayeve
Kenny Ornberg
Abigail Pelham
Ian Richards & Roberta Olson
Chad Roberts
Suzanne Schaffer
William Schmidly
Christopher Schwab
Sara Schwabe
Bill Smith
David Staehlin
Summer Streets
Tricia Tofte
Mao Vang
David Washburn
Kyle & Julie Weispenning
Melvin Welch
Robert Wormley
Jill Wyant

University Club

Marcia and Brad Ballinger
Gibson Batch and Judy Anaya
Donna Carnes
Joshua and Tisha Colton
Wood Foster, Jr. and Jane Severns
Susan and James Hall
Donald and Sandra Leake
Tom and Shannon Matson
Michael and Bridget McGill
Olivia Pelham
Bill Smith
Edward and Loraine Stiles
Andrew and Cotton Wilson

RECIPROCAL CLUB SPOTLIGHT

Philadelphia Cricket Club

This month we are featuring the Philadelphia Cricket Club (PCC), one of the oldest and most historic clubs in the country. Founded in 1854, it played a pivotal role in the development of cricket, golf and tennis in this country. It is the only golf establishment in the country to have opened a golf course in each of three centuries, in 1895, 1922, and 2002, all of which are in play today. The US Open golf championship has been held twice at the PCC and the National Women's Tennis Championship was held there for 34 years. A.W. Tillinghast, the famous golf course architect, was a member of the club and designed the club's Flouertown course. The club continues to host important golf tournaments: the 48th PGA Professional National Championship will be played at the PCC June 21-24, 2015.

Located in Chestnut Hills, the most exclusive section of Philadelphia, near the Morris Arboretum and the Woodmere Art Museum, the PCC has extensive facilities, including three clubhouses offering both indoor and outdoor dining, three golf courses, 33 indoor and outdoor tennis courts, four paddle tennis courts, an outdoor swimming pool, seven squash courts, trapshooting during the winter, and,



of course, cricket. The PCC is steeped in tradition and has a strict dress code including still requiring all-white for tennis and squash players. We are one of the few clubs to have reciprocity with the PCC and in order to protect our relationship with them, it is necessary that our members adhere to the highest standards when visiting this club. As always, a letter of introduction is essential before arrival. Since this is a country club, dressy casual is permitted in the dining rooms; coat and tie are not required. Tattoos and beards are not appropriate.

To learn much more about the Philadelphia Cricket Club and Chestnut Hills, visit www.philacricquet.com

THE HISTORIC DACOTAH BUILDING



PREMIUM OFFICE SPACE NOW AVAILABLE

Architecturally distinguished, this building is located at Western & Selby Avenues in Saint Paul's Historic Cathedral Hill neighborhood. Woodburning fireplaces, hardwood floors and views of the St. Paul Cathedral and above W.A. Frost & Company. **Rates from \$450 per month.**

Contact: Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com

G.K. CHESTERTON SOCIETY

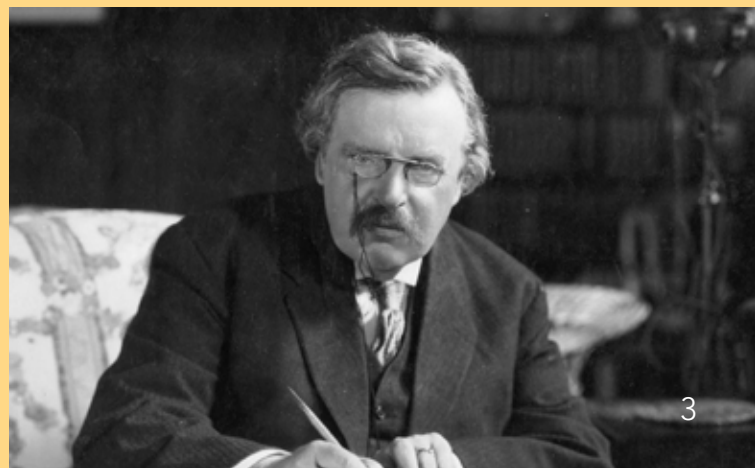
Dale Ahlquist

It's BYOCQ Night!

Our September meeting is Bring Your Own Chesterton Quotation night! Our annual quote-fest, celebrating the most quotable writer of the last 200 years.

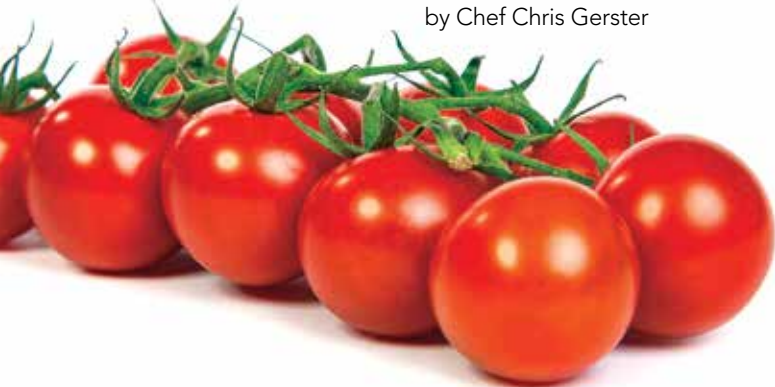
Guests welcome!

All meetings are held on the last Tuesday of the month at the University Club, 420 Summit Avenue, St. Paul, MN. For questions, please contact Dale Ahlquist at 952-831-3096 or dale@chesterton.org.



CULINARY SPOTLIGHT

by Chef Chris Gerster



Hello, Chef Chris here at the University Club letting you know that it's a great thing to have too many tomatoes.

All of your excess tomatoes can easily be turned into a quick and delicious tomato soup or sauce for pasta. This one recipe may change some of your excess tomato rage into excess tomato bliss!

Fresh Tomato Soup or Tomato Sauce for Pasta – makes 2 qts

What you'll need

1 kitchen knife, sharp!

1 3qt or larger cooking vessel

1 wooden spoon or rubber spatula

Measuring cups and spoons

Cutting board

A stove - *actually do not attempt this recipe without one of these! Ha!*

Ingredients:

12 medium tomatoes, core removed and rough chopped (about ½ inch pieces, juice, seeds and all)

¼ Cup Extra Virgin Olive Oil (EVOO)

6 ea Cloves Garlic, sliced thin

½ tsp Crushed Red Pepper Flake (you can leave this out if desired)

2 Tbsp Fresh Basil, sliced into thin strips (1Tbsp dried is okay if you don't have fresh)

1 Tbsp Red Wine Vinegar

Salt to taste

Method:

Heat your cooking vessel over medium heat for 1 or 2 minutes until hot. Add the EVOO, let it heat up for 30 seconds or so. Next add the sliced garlic and stir constantly with the above mention spoon or spatula. When the garlic is a light golden brown add the crushed red pepper (if using) and the basil. Fry the basil for 10 seconds or so then add all of the tomatoes and a big pinch of salt. Give it a few stirs and crank up the stove to high heat. When the mix reaches a boil add the vinegar and turn the heat to medium. Continue to cook until the fresh tomatoes just begin to soften and fall apart, about 10 minutes. Turn off the stove, it's done! If you'd like, add a little more salt to your desired taste.

This can be frozen and eaten in the dead of winter when you're desperate for a hint of summer or you can eat it now as soup with some crusty bread, a grilled cheese sandwich, or over pasta. It'll be the best tomato soup/sauce you've ever had... until the next time you make it! Enjoy!

BEVERAGE SPOTLIGHT

by Joel Nelson



We have traveled from the world of Mixology, to Pinot Noir in recent months, and now it is high time to give some attention to our excellent selection of Craft Beers! Supporting local businesses is an integral part of our philosophy at the University Club, and with dozens of terrific microbreweries in our area, we happily search out the "best-in-class" to provide you with a stellar local beer selection. The University Club offers a bottled beer selection of largely local microbrews from the tri-state area, supplemented by select, quality imports and our revolving local tap selection. Much like our wine list, our beer offerings represent a spectrum of flavors and style.

This month we turn our spotlight towards a semi-local brewery, LAKEFRONT from Milwaukee, WI and its "Wisconsinite" Hefeweizen which appears on our current bottled beer list. Hefeweizens are a style of witbier originally developed in Germany. This style is technically a light Ale, using significant portions of wheat as its fermentable grain in addition to malted barley. The fantastic local credentials on this beer are ground breaking! Lakefront Brewery, located in the warehouse district of downtown Milwaukee, uses exclusively Wisconsin-grown wheat and a unique, first-of-its-kind, never before fermented, indigenous Wisconsin yeast strain during fermentation. This beer pours a hazy, unfiltered, straw color with a fine white head, and can be enjoyed with a slice of lemon upon request! With its light body, lively effervescence, and 4.4% ABV, Wisconsinite is a refreshing summer session beer. At Lakefront, the indigenous yeast is just the tip of the local-sourcing iceberg, however; all products used in Wisconsinite hail from the state, including its water, malted barley, wheat and hops, and the waste from the fermentation process is trucked back up to feed the cattle at a neighboring ranch to the farmer who grows the wheat for this brew! We recommend tasting this perfect summer brew with Chef's Mango Chicken Salad.

One of the best things about a private club is having the opportunity to meet like-minded people for interesting conversation and friendship. A great way to meet these people is through our clubs within the Club. Most of these clubs have been started by members and continue to be organized and run by members. Over the next few months, we're going to highlight some of these gems. All of them welcome visitors and new members so if one (or more) of them interests you, attend!

WELCOME TO GREAT BOOKS DISCUSSIONS! by Margaret King

We're a group of readers who meet monthly to enjoy and explore the world's greatest literature. Following curriculums offered by the Great Books Foundation in Chicago, we use the Shared Inquiry method to discuss enduring writings that include both classic and contemporary authors. Join us as we examine an array of stimulating topics addressing the perennial questions that people everywhere have grappled with. Discover and discuss the ideas and authors that have shaped our culture and ourselves.

The Great Books are those books that are thought to best express the foundations of Western culture, an idea begun at Columbia University in 1920 and later championed by Mortimer Adler at the University of Chicago. Adler, who developed a list of 102 "great ideas", specified three criteria for defining a Great Book:

- the book has contemporary significance; that is, it has relevance to the problems and issues of our times;
- the book is inexhaustible; it can be read again and again with benefit;
- the book is relevant to a large number of the great ideas and great issues that have occupied the minds of thinking individuals for the last 25 centuries.

Great Books reading series have expanded to embrace authors of all nationalities, while retaining classic writings. They bring together selections representing a wide range of genres including fiction, essays, drama, poetry and philosophy. Our current series, for example, includes works by such diverse authors as Seneca, George Eliot, Mark Twain, Friedrich Nietzsche, Karel Capek, Edith Wharton and Andrei Makine; while topics range from tranquility of mind to industrial robots.

Sharpen your reading perception and debating skills. Add culture and distinction to your conversations. Read the classics you didn't have time for during your formal education. Make friendships that can lead to adventures beyond the walls of the U Club.

There's no charge to join the group; however, readers should secure a copy of the current anthology (available online at www.greatbooks.org). Our current series is Great Conversations 6. Our next meeting is September 17th at 7:30 pm, and our reading is "My Confession" by Mary McCarthy.

Great Books Discussions meets on the third Wednesday of every month at 7:30 at the University Club's Summit Clubhouse. Now is the perfect time to get started. We hope to see you soon!

Contact: Margaret King
kingmuelken@q.com | 651-285-7550

GREAT BOOKS DISCUSSION

My Confession, by Mary McCarthy

Wednesday, September 17, 2014 7:30

In *My Confession* McCarthy recollects the Stalinist-dominated intellectual life of New York in the 1930s and recalls how she became, by a combination of accident and temperament, an anticommunist. At a publishing party a novelist she knew asked if she thought the disgraced Trotsky was "entitled to a hearing." She answered yes – the wrong answer to this anything-but-rhetorical question – and was soon astonished to find herself on the letterhead of a Committee for the Defense of Leon Trotsky. *My Confession* is a brilliant piece, both comic and moving, full of a descriptive and narrative vigor.

(Excerpt taken from The Atlantic November 2002)

Written during the hearings of the House Un-American Activities Committee presided over by Senator Joseph McCarthy, this essay prompts us to reflect: why we are drawn to political ideologies? What influences us to question, and sometimes abandon, these allegiances? Join us and express your opinions!

Great Books Discussions meet the third Wednesday of the month at 7:30. For more information on this club, please email Margaret King at kingmuelken@q.com

Public Arts Saint Paul Presents: Carol Connolly Saint Paul Poet Laureate curates

READINGS BY WRITERS SERIES

Free and Open to the Public – Third Tuesday of the month 7pm

5:00 dinner, not connected to the performance.

Reservations at 651-222-1751. You do not need to be a member.

Bar is open and serves throughout the evening.

7:00 pm Prelude music by violinist Mary Scallen and flutist Jim Miller

7:30 Featured Readers are:

YLE ADAMSON, poet and MFA student at Bennington College, earned a BFA from Hamline University, winner of the 2010 AWP Intro to Journals Award in poetry and Pushcart nominee. His poems have appeared in the *Artful Dodge*; *Revolver*; *Alaska Quarterly Review*; *Water-Stone Review*; *Midway Journal*; *Specter*; and *r.kv.r.y.* Kyle served in the Marine Corps Infantry, and was twice deployed to Iraq.

KATHRYN KYSAR, poet, author of two books of poetry, *Dark Lake* and *Pretend the Word*, edited the anthology of *Riding Shotgun: Women Write about their Mothers*. Kathryn has been the recipient of numerous prestigious fellowships about residencies. Her poems have been heard on *A Writer's Almanac*, and appeared in anthologies including *To Sing Along the Way* and *Good Poems American Places*. Kathryn co-chairs the creative writing program at Anoka-Ramsey Community College and teaches creative writing classes at Hamline University and the Loft Literary Center. Her latest project was a collaborative CD of poetry from *Pretend the World*.

DAVID MURA, poet, whose newest collection of poetry is *The Last Incantations*. His three other books of poetry are *Angels for the Burning*; *The Colors of Desire* (winner of the Carl Sandburg Award); and *After We Lost Our Way* (winner of The National Poetry Contest). Mura has written two memoirs, *Where the Body Meets Memory* and *Turning Japanese*, which won the Josephine Miles PEN Award and NYTimes Notable Book. His novel is *Famous Suicides of the Japanese Empire*. His blog and website can be found at www.davidmura.com

CARRIE WASLEY, poet has written 1,000 fine poems in 1,000 days. She allocates her time between working for the Juvenile Justice Advisory Committee (JJAC) as the MN Juvenile Justice Specialist (each state has only one) to contributing to five separate boards – everything from and arts board to a political PAC. Somehow this still allows Carrie time to write poetry.

JOHN MINCZESKI, poet with five full-length collections, two chapbooks and several anthologies he edited, continues to publish poems around the country and locally, including *Linden St. Review*; *Saint Paul Alamance*; *Screech Owl*; *Barn Owl Review*; the now defunct but beautiful literary website *Cerise Press*, and more. He's been honored with a Bush Artist Fellowship, National Endowment for the Arts Fellowship, and was an Edelstein-Killer Distinguished Fellow in the U of M creative writing department. John served for several years on the review committee for the Sidewalk Poetry Project.

DONNA CARNES, poet, who speaks and teaches about resilience, is widely published in a variety of venues. Her work has been influenced by her experiences with ambiguous loss. Her forthcoming books of poetry include *Golden Gate*; *Horizon Postcards in Between*. A forthcoming book of fiction is *Helm*. Donna lives in Middleton, Wisconsin.

MICHAEL SAUNTRY, poet, attended UMD, U of M Law School, and served in the Army. He practiced with Collins, Buckley, Santry, and Haugh firm until four years ago when cancer retired him. He began writing poems 40 plus years ago, has a stash of 2,000, some of which he hopes are good. "Cancer took away two years of my life," he says, "but gave me more than it took. It helped me realize what I was chasing was really chasing me."

NAOMI COHN, poet and creator of *Known by Heart*, a collaborative project on poetry, memory, and performance. Her book *Between Nectar & Eternity* (Red Dragonfly Press 2013) presents 14 of Cohn's poems about insects and other social creatures given wings by original artwork by Red Dragonfly's award-winning founder and editor, Scott King, who knows a thing or two about bugs Cohn notes "insects have been a strange muse for me. To paraphrase Groucho Marx 'outside of a bug, a book is a poet's best friend. Inside of a bug, it's too dark to read....'"

Readings last just about an hour. Books will be sold. Readers will sign.

SPAC THURSDAY MEMBER NIGHT RETURNS!

by Kristin Montpetit



Starting Thursday, September 11th, we will be bringing back our Thursday night member get-togethers at SPAC and will be starting with BINGO!

We will feature some of last year's favorites (Remote Control Car Racing, Family Feud, Wine & Chocolate tasting, Trivia Night, etc.) and will introduce some new activities (Oktoberfest, Martini Night, Scavenger Hunt, etc.). So, mark your calendars – you do not want to miss the fun. 5:30 – 8:00, every Thursday night, starting September 11th through May!

FOCUS ON FAMILIES

by Sue Katsiotis

Back to school with busy schedules? Take time to enjoy an evening with old and new friends AND bring the kids!

The first family friendly "Club Night" will be on Friday September 19th. Weather permitting children will be treated to a September weenie roast, fall crafts and lawn games. Cold and raining? No worries! We'll move into the Varsity Grill.

Save the Dates

October 16th - October 19th: MEA at Stout's Island

Stout's Island is the perfect place to spend a peaceful school break. Enjoy quiet family time on an island that invites you to relax, hike, play board games and make family memories. The University Club will plan family friendly activities and a few adults-only escapes. Give everyone in the family a little of their own time along with some quality family togetherness.

Contact Stout's Island to make lodging arrangements (715-354-3646 or StoutIslandLodge.com).

October 24th: Family "Club Night"

October 31st! Haunted Halloween Trick or Treating

November 14th: Family "Club Night"

December 7th: Santa Brunch

LEAF PEEPING TRIP TO STOUT'S ISLAND LODGE

Day trip to Stout's Island | Friday, October 3rd, 2014

10:00 am Departure via coach bus to Stout's Island
Late lunch and Island tour
Possible stop to apple orchard or winery
Return to The University Club for Member Night

\$78 plus cost of lunch



INVESTMENT CLUB (THE ICLUB) By Eugene Mason

The August meeting was another great meeting and a very exuberant one at that.

Of prime discussion was the "watch list" and changes to it. In general, additions to the "watch list" should include those investments that have the potential to achieve revenue and earnings growth in line with the Investment Club guidelines.

Also, during the discussion it was decided to pay closer attention to those investments that are not meeting some of the operating guidelines. For example, companies that do not measure up to annual 15% revenue and earnings growth should be considered to be prime candidates for the "chopping block". While this may be a very lofty goal most investments in the portfolio are doing just that if not better. Two of our 16 investments are not.

One stock (held in the portfolio) that received much attention during the meeting was TESLA, the all-electric car. The club acquired the stock April 15, 2014 at \$205 and some change. The stock is performing very well for the club with a 24% (current price \$254) return to-date. However,

the ill winds may be soon blowing. Individuals owning the car are experiencing repair problems. The company does offer a free "loaner" with pickup and delivery service. But this can be very expensive and may significantly affect the company's bottom line.

There being no other business to transact, the president requested and received a motion to adjourn. And as usual following all meetings most members retired to the DECK to break bread together and enjoy "post-game" conversation.

Thanks to the University Club management for providing a projector for the business meetings. The ICLUB uses the projector to view online its brokerage account, do research with up-to-the-minute financial data, and view web sites helpful to research potential investments.

Of course all ICLUB meetings are open to guests. Meetings are scheduled the second Wednesday of every month from 5:30 PM to 7:00 PM. All meetings are held in the library on the second floor. For additional information concerning the investment club e-mail eugene.mason@comcast.net

WELLNESS CORNER by Jill Winegar

Metabolic training is incredibly popular right now so chances are you have heard of it. And chances are, if you're like the rest of us, wondered what it was. Wonder no more!

Metabolic training is basically completing compound exercises in a short amount of time with little rest between them. A compound exercises is one that uses more than one joint and more than one muscle group throughout the range of motion – like lunges or squats with dumbbells. This maximizes calorie burn and increases your metabolic rate during and after a workout. Why do you care about your metabolic rate? Your metabolic rate is simply the amount of calories you burn while at rest, and the higher the rate, the more calories you burn. The more calories you burn, the more you can indulge guilt-free in one of the fabulous desserts on the University Club menu! Or, if you can resist the desserts and maintain the amount of calories you consume, you'll lose weight with a higher metabolic rate.

The primary benefits of metabolic training are three fold.

1. Improved cardiovascular capacity. While these kinds of workouts are not like going for a jog studies show that they significantly increase your V2 max even more than traditional aerobic based training.

2. Improved hormone profile. This has many components to it, but basically metabolic training increases your growth hormone, improves your insulin sensitivity and affects your cholesterol levels in all the best possible ways.

3. Increased calorie burn...like crazy. Both during the workout (up to 500 calories for a 30 minute workout!) and sometimes up to 48 hours after.

Here are some practical guidelines and ideas to incorporate metabolic training into your workout program.

- Use high intensity in short bursts of from six seconds up to four minutes, up to 90% maximal aerobic capacity
- Use exercises that involve upper and lower body at the time, whole body movements
- Use exercises that are more functional, standing vertical body position, like lunges and squats and jumps.
- Try using some things on the SPAC turf like push sleds and plyometric boxes
- Add kettlebells, heavy ropes, and power lifting (but make sure you get proper instruction first!).

For more ideas on how to incorporate metabolic training into your routine, reach out to any trainer at SPAC or the University Club.

SUMMIT AVENUE'S HISTORIC BURBANK-LIVINGSTON-GRIGGS MANSION

COMMONWEALTH PROPERTIES

SECOND FLOOR WEST WING

1,000 sq. ft. apartment with 17th and 18th Century European rooms, one bedroom, galley kitchen with granite countertops, stainless steel appliances, green marble bathroom, parqueted floors, rock crystal chandeliers and wall sconces, phenomenal view down Summit Avenue to the Cathedral, off street parking.

Available fully furnished for long or short term stays

\$2,100 per month

BUILDING AMENITIES:

Wireless Internet

Security System

Satellite/Cable Television

Phone Lines

Full use of the University Club Facilities

Housekeeping Services Available

Catering Services Available

Off Street Parking

Stay Free at Stout's Island Lodge



For more information and to schedule a showing, please contact
Debbie at dburgwald@commonwealthproperties.com

651-261-7897



TWIN CITIES
FILM FEST

INSIDER SERIES PRESENTS

END OF SUMMER SNEAK PREVIEW
& MEMBER DRIVE

FRIDAY, SEPTEMBER 5
POOLSIDE AT THE UNIVERSITY CLUB



420 SUMMIT AVENUE
ST. PAUL, MN 55102

6:30PM - MUSIC, COCKTAILS, AND APPETIZERS

7:15PM - SNEAK PREVIEW OF TCFF 2014'S MOST ANTICIPATED FILMS
AND A TALKBACK WITH TCFF PROGRAMMING STAFF

TCFF AND SPAC/UC MEMBERS: \$15

GENERAL PUBLIC: \$20

TO PURCHASE TICKETS VISIT WWW.TWINCITIESFILMFEST.ORG

UNIVERSITY CLUB & VIKING'S CHILDREN'S FUND GOLF OUTING

Monday, September 15th

Dellwood Country Club
29 East Highway 96,
Dellwood, MN 55110

Transportation will be sponsored by Total Luxury Limo to and from the University Club.

10:30 AMv Depart U-Club Summit Ave.

11:30 AM Arrive at Dellwood Country Club for
Lunch, Registration and Practice Green

1:00 Shotgun

Dinner following golf.

\$175 per person.

A portion of the fee will go to the Viking's Children's Fund.


DELLWOOD
COUNTRY CLUB

Charming, Historic Stone **CARRIAGE HOUSE**



Two Bedroom Carriage House at 426 Summit Ave

Situated high on a bluff overlooking Downtown St. Paul and the Mississippi River. Includes University Club Membership during your stay. Perfect for the Bride and Groom. Minimum 2 night stay.

RESERVATIONS AND INFORMATION

651-261-7897

dburgwald@commonwealthproperties.com

COMMONWEALTH PROPERTIES

Architecturally distinguished
office, retail and residential space
from \$350 monthly.

THE EXCHANGE BUILDING

THE DAKOTAH BUILDING
(above W.A. Frost)

U CLUB DOWNTOWN CLUBHOUSE

THE SAINT PAUL BUILDING

SUMMIT AVENUE U CLUB

CONDOMINIUM OFFICES

Now available for sale.

For more information contact Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Labor Day Corn Roast UC	2 Run Club 6pm SPAC Yoga 6pm UC	3	4 Member Night 5:30pm SPAC	5 Member Night 5pm UC Twin City Film Fest Insider Series 6:30, UC	6
7	8	9 Run Club 6pm SPAC Yoga 6pm UC	10 Investment Club 5:30 UC	11 Member Night 5:30pm SPAC L'Apéritif en Français 6pm UC Cass Gilbert 5:30pm UC	12 Member Night 5pm UC	13
14 Summit Hill House Tour 10 - 1	15	16 Readings by Writers 7pm UC Run Club 6pm SPAC Yoga 6pm UC	17 Great Books 7:30 UC John Adams Society 7:30 UC	18 Member Night 5:30pm SPAC Casa de Espana UC	19 Member Night 5pm UC	20 F. Scott Fitzgerald Roundtable 9:30 UC
21	22	23 Run Club 6pm SPAC Yoga 6pm UC	24	25 Member Night 5:30pm SPAC	26 Member Night 5pm UC	27
28	29	30 Run Club 6pm SPAC Yoga 6pm UC GK Chesterton 7pm UC				

Please see the Group Fitness Schedule for classes offered at SPAC
For more information or questions about anything listed, please contact
Receptionists@UnversityClubofStPaul.com or call 651-222-1751

2014

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3	4
5	6	7 Yoga 6pm UC	8 Investment Club 5:30 UC	9 Member Night 5:30pm SPAC L'Apéritif en Français 6pm UC Cass Gilbert 5:30pm UC	10 Member Night 5pm UC	11
12	13	14 Yoga 6pm UC	15 Great Books 7:30 UC John Adams Society 7:30 UC	16 Member Night 5:30pm SPAC Casa de Espana UC	17 Member Night 5pm UC	18
19	20	21 Yoga 6pm UC Readings by Writers 7pm UC	22	23 Member Night 5:30pm SPAC	24 Member Night 5pm UC	25
26	27	28 Yoga 6pm UC GK Chesterton 7pm UC	29	30 Member Night 5:30pm SPAC	31 Member Night 5pm UC Halloween at the Griggs House	

Please see the Group Fitness Schedule for classes offered at SPAC
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2014