

# THE TOOK OF THE

# MESSAGE FROM THE PRESIDENT

Statistics show that nearly two-thirds of folks are still clinging to their New Year's resolutions by the end of January. By the end of the year, that number is down to a very depressing *eight percent*.

That's according to *Forbes* magazine. Apparently, the nice people at *Forbes* aren't members at the SPAC or the University Club.

Here, wellness is a way of life. People *like* coming to work out here. Maybe it's because we're not a traditional "gym" with harsh lighting, lots of grunting, and equipment that hasn't been cleaned since Joanie loved Chachi.

And things are about to get even better.

We're opening a shiny new fitness center at the University Club on February 16th. (That means you can work off all the extra chocolate and wine from Valentine's Day.) To get you acquainted with the new equipment, we're offering orientations held at various times. There is a lot of interest, so sign up early to make sure you get a spot. For more information on the new fitness center, see the Wellness Corner on page 11.

Speaking of Valentine's Day, I want to make sure you know about the romance package at Hotel 340. If you haven't heard of Hotel 340, there has never been a better time to check it out. Hotel 340 is the Twin Cities' premier boutique hotel, and it occupies three floors of the iconic 340 Cedar Street building (which also happens to house the Saint Paul Athletic Club). Hotel 340 blends historic charm with modern amenities, and offers a complete escape without the hassle of travel.

Whether you use us to restore your heart (romance package), body (new fitness center, or mind (don't forget about our incredible cultural programming), we're just happy to see you. Thanks for making us part of your life.

- Stephanie Laitala-Rupp

# Contact info

Catering Manager:

Julia Struve

President: Stephanie Laitala-Rupp slaitala@TheSPAC.com

Chef: Chris Gerster chef@UniversityClubofStPaul.com

jstruve@UniversityClubofStPaul.com
Front of the House and Beverage Manager:
Joel Nelson

jnelson@UniversityClubofStPaul.com

Membership:

skatsiotis@ UniversityClubofStPaul.com kmontpetit@TheSPAC.com

Fitness Director: Jill Winegar

JWinegar@TheSPAC.com

Dining Reservations: 651-222-1751

Member Billing: Amalia Ospina

aospina@UniversityClubofStPaul.com

kmontpetit@TheSPAC.com

Front Desk: University Club: 651-222-1751 SPAC: 651-291-7722

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# Hours of operation

# **UC: Fitness Center**

Monday: 6am – 8pm

Tuesday – Saturday: 6am – 10pm

Sunday: 8am – 8pm

# **Dining**

Tuesday - Friday: 11am - 10pm

Saturday: 10am – 10pm Sunday: 10am – 2pm

# SPAC

Monday – Friday: 5am – 10pm, Saturday – Sunday: 7am – 8pm

# **MEMBER SPOTLIGHT**

# Andrew Zurn and Shannon Lane

Creators of the SPAC Mobile App



The only thing better than a 2-for-1 member spotlight is a 2-for-1 member spotlight featuring the brilliant minds behind the new SPAC Mobile App.

Andrew Zurn and Shannon Lane are a web developer and designer, respectively, and we are very lucky to have them as part of the SPAC community. They were kind enough to take a moment out of their day to talk with us about the app and the meaning of life and other vital topics. Here are some highlights:

**SPAC:** So what are you guys up to when you're not designing and developing amazing apps?

**AZ:** I'm an avid reader, blogger, and tweeter, and I love learning about current and upcoming technologies. I'm also employed at the Nerdery, a consulting company.

**SL:** I like to create. It could be something using technology, or crocheting an infinity scarf. We're both into coding, running, and restoring furniture, so we have that in common, but our differing passions are what make us such good teammates.

**SPAC:** What prompted you to join the Saint Paul Athletic Club?

**SL:** We enjoy being healthy and active, and since we live in a state where it's too cold to exercise outside in the winter, a gym is a must. We were working out at another gym but wanted a change, so we came here. We fell in love with the classes, the employees, and the relaxing atmosphere.

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

AZ: We like working hard and having a good time. You can typically find us on the 9th floor in barbell class or having an occasional swim. We also like meeting new people at Members' Nights.

SPAC: Any hidden talents or skills?

**SL:** Andrew has many talents but most are known. For example, at 6'5" you would think finding a comfortable place to sleep would be difficult—not for Andrew. He can fall asleep any time, anywhere, even after two cups of coffee. I'm quite envious. He can also make a mean smoothie. The only thing that comes to mind for me is an ability to wiggle my second toe without moving any others around it. As silly as it is, no one else I have met can do that, so I would say it's pretty special.

**SPAC:** And we would say you clearly have more talents than that, too, as evidenced by the wonderful app!

**SPAC:** Name something on your bucket list.

**SL:** We both want to go skydiving. Hopefully we'll be able to check it off our list this summer.

AZ: I also would like to visit Europe.

**SPAC:** Can you tell us a little about the SPAC mobile app?

**SL:** We were showing some members another mobile app that we created when someone mentioned that the SPAC should have a mobile app. I thought, "We could do that." I went home and made a sketch of what the app could look like, looking to produce a simple, functional, and clean design.

**AZ:** When it came to development, we created a framework that was able to produce an app for both the Apple and the Google store. We also wanted the app to be able to update fitness schedules without having to upgrade the app itself.

**SL:** We began to code, test, design, and redesign until we created what the SPAC mobile app is today. Andrew was the brains behind the operation and I created the look and feel of the application.

Search for the SPAC Mobile App at the iTunes or Google Play stores.

Visit http://andrewzurn.com to learn more about Andrew's work, and http://theshannonlane.com to learn more about Shannon's work.



# **DON'T FORGET YOUR SPAC APPAREL:**

Show your SPAC pride by purchasing our apparel for yourself or for a loved one. It's the fashionable gift that keeps on giving!

# **EMPLOYEE SPOTLIGHT**

# **Terrein Gill**



At some gyms, you stand in line, swipe your card in front of a blinking machine and go about your business, unaware if anyone has even noticed your presence. Not so at the Saint Paul Athletic Club.

That friendly face you see Monday through Thursday afternoons and evenings? That's Terrein Gill, guest services representative (a.k.a. front desk guru and unofficial welcoming committee).

Terrein joined the Saint Paul Athletic Club five months ago, and he started feeling at home right away. "This place is a family," he says. "Both the members and the staff, they're all my family. I love getting to know the members and talking about their day and what's going on in their lives. It's not about checking them in. It's about making that connection."

Speaking of family, tell Terrein congratulations when you see him — he recently got married. He and his wife have a four-year-old daughter who keeps them both busy. In order to keep up with her, Terrein takes full advantage of one of the major perks of working at the Saint Paul Athletic Club — access to the athletic facilities. "They're amazing," he says. (We tend to agree.)

Terrein's happy to be here, and we're even happier to have him.

# Welcome to the members who joined in January! We're so glad you're here!

# **SPAC New Members**

John Berrigan

Clifton Beyer

Jordan Binder

Alvssa Binsfeld

Ellen Bouchard

Elayna Bump

Julia Bump

Addie Cheney

Angie Cobbett

Libby Considine

Van & Jennifer Coolidge

Maggie &

Chadwick Dayton

William Dodge & Mo Zhou

Judy Donovan

Charles & Teagan Drayton

Rebecca Duren

Nicholas Erhart

Abby Field & Jacob Hildebrand

Elliott Foster

Ronnie Garris

Kevin George

Uriah & Monique Giordana

Brian Greig

Lindsay Grunwald

Nick Guilliams

C. ( · 11 1

Stefanie Haglund

Neil Haskins Andrew Herkert

Natalie Hoel

Gabrielle Horner &

Mark Abner

Fritz Jean-Noel

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Alicia Keyes

Glory Kibbel

Jovan Knutson

Marc & Dimitria Kotsonas

Becky Kraft

Christine Kronich

Spencer Lasley

Camille Lenling
Andrew Lewis

Nora & Dennis Lindgren

Amy Mattila

Isaac Mensah

John Messing

Lena Messina

Dawn Moore

Robby & Marisa Nicholson

Matthew Olson

Joe Palen

Paul Parish

Tara Patet

Sean Pfundstein

Susan & Paul Rankin

Don Rasinen

David Rotter

Patricia Saari

David & Cecilia Simpson

Douglas Strandness

Brian Szymanski

Hugo Vial & Emily Wrobel

Bryan Wells

Patti Wenzel

Jeff Westensee

..

Jason Woodbury

Danica & Eric Wytcherley

# **University Club New Members**

Thomas Brascia

Jamie Carroll

Mitchell Farrell

Kenneth Hoj &

Linda Warner

Robert Horn

Michael Husak

Gerald Moriarty &

Patricia Penovich

Allison Nelson

Catherine Rockney

Susan & William Westbrook

# **BEVERAGE SPOTLIGHT**

By Joel Nelson

Welcome to February's version of the Beverage Spotlight! This month we shall briefly preview our popular early February event, the 10th Annual Martini Night, and also spend some time highlighting what we think to be an excellent winter appropriate digestif, Tawny Port.

Keep your calendars open on the first Friday of the month, February 6th, when the Club will be bringing in a massive custom-designed ice sculpture to be set front and center in the Terrace as the focal point of our decade long tradition of Martini Night! Invite your friends and explore the hundreds of delicious permutations available. Martinis of all schools will be at your fingertips – sample a Rob Roy or Gibson, compare and contrast Wet versus Dry, taste test the differences between bruised, stirred, filthy, sweet or spicy drinks all expertly crafted by the Club's seasoned bartenders. And don't forget there will be a band in full swing! (Complimentary valet parking available.)

Continuing with our icy and wintery theme, let us turn our attention towards an underrated digestif, Tawny Port, and more specifically our Smith Woodhouse 20 year Tawny. In my opinion, there are few selections on the Club list that represent a better fit as a postprandial beverage while relaxing fireside after dinner (I am a strong proponent of a allowing for proper digestion after a fine meal, and highly opinionated on the ideal beverages that suit the occasion!).

Port wines come to us from the arid and sweltering Duoro River valley in Portugal and have been a favorite dessert wine selection of the English for centuries; a preference that has translated cross Atlantic with unfortunately tepid

enthusiasm here in the States. Historically, the prodigious Portuguese shipping industry allowed for a marine highway of sorts to develop, continually exporting Port wines to Great Britain without worry of mass spoilage. A port is defined as a fortified wine, having been blended with a neutral grape distillate mid-ferment: the addition of alcohol allows the wine to be much more stable and not as susceptible to the fluctuating temperatures, jostling and moisture that come with a sea voyage. This arrest of the fermentation process by the addition of the neutrally flavored grape brandy leaves high levels of sugar in the wine, which are, in turn balanced by and assist in mitigating the high acid in

the grapes and masking the high alcohol content which frequently hovers between 18-20%. The end product centuries later? A fortified wine that although initially constructed in part for it's stability for export, has now evolved into an honed and nuanced art, focused on striking the proper balance in a wine made from extremely small grapes with thick skin and high acid levels.

Though many styles and definitions exist for Port wines (Ruby, Vintage, Late bottle Vintage, Colheita), the UClub currently carries a port of significant age, the Smith Woodhouse 20yr Tawny. While an aged wine does carry with it an elevated pricepoint, this tawny represents excellent value. A proprietary blend of Smith Woodhouse wines averaging 20 years of age, this tawny presents with a beautiful golden amber hue and a surprising freshness of oceanic salinity on the nose along with orange peel and honey. Tawny ports, by definition, are aged in a very different fashion than ruby or vintage ports: exclusively in cask, rather than in bottle. These 20 years that the Smith Woodhouse blend has rested in cask allowed slight amounts of oxidization over time, lending a delicate 'nutty" character to the wine. The viscosity rises as some vapors escape the cask and result in a more concentrated finished product flush with flavors of almond, raisins, and fruitcake with a creamy, unctuous mouthfeel as it passes over the tongue.

Please do come with friends and family and dine, then afterwards enjoy and savor a fine tawny fireside before heading home, there's no better way to take advantage of winter at the UClub! See you soon!



DUORO RIVER VALLEY showcasing dry, terraced vineyards....

# **CULINARY SPOTLIGHT**

# by Chef Chris Gerster Enticing Menus in the Dead of Winter

As a chef the most challenging time of year is the dead of winter. We remember with fondness (and no small amount of anticipation) the spring and summer months and the bountiful fresh ingredients we work with, eat and serve. But it's February. In Minnesota. And we're a long way from anything growing in the fields.

But a person has to eat and a chef has to cook! The challenge is to make interesting, healthful and delicious meals. I invite you to visit the Ramsey Room and see how we met the challenge!

Our new risotto, inspired by Italy's Risotto Milanese, and Spain's Paella, incorporates preserved San Marzano tomatoes into the broth, and pairs a fresh herb salad lightly dressed with a bright and assertive lemon vinaigrette. It

will tease your palate into believing the weather outside is better than it really is! (Chef's tip: use citrus fruits and fresh herbs to brighten up gloomy ingredients.)

And try the Walleye Amandine. Almond crusted Walleye served with a classic French sauce that is bright and herbaceous. Paired with a creamy shaved apple-winter cabbage slaw that just may give you a glimpse of summer.

Hang in there, everyone, spring is only two or three months away!



# RECIPROCAL CLUB SPOTLIGHT

# The Colonnade Club

The club, on the campus of the University of Virginia in Charlottesville, was founded in 1907 by forty-two faculty members for the purpose of fostering social, cultural, and intellectual interchange among its members and to promote the welfare of the University of Virginia and its faculty. In fulfilling this mission, the club utilizes and serves as steward of Pavilion VII, the historic facility provided to it by the University of Virginia. The members of the club cherish the historic charm and inviting tranquility of Pavilion VII. The club's home is the oldest building on the Lawn and the only pavilion that does not serve as a faculty residence. The cornerstone was laid on October 6, 1817, by President James Monroe during a Masonic ceremony that former presidents Thomas Jefferson and James Madison attended. The scene was particularly significant for Mr. Jefferson because he had designed the brick pavilion that became the first structure in his "Academical Village." Once the smallest pavilion on the Lawn, it is now the largest, having had two additions built on it—one begun in 1855 nearly doubling the size of the building and another in 1913 which transformed the then rectangular plan into the current "T" shaped plan. A two-and-a-half year

restoration of the pavilion was completed in 2001.

Mr. Jefferson's university was the first higher education institution included on the United Nations World Heritage List, having been added in 1987. As the oldest

special recognition, and the Colonnade Club has been proud to have this building as its home. The furnishings of the club are particularly noteworthy. Meeting the highest standards of beauty, craftsmanship, and historical accuracy, the antiques and reproductions in the pavilion's early rooms are reflective of the region and of the refined and eclectic tastes of Mr. Jefferson. By having appropriate furnishings for this historic setting, the university can introduce students, faculty, and visitors to the decorative arts of Jeffersonian America. The interiors display a range of pieces, from the products of skilled mid-Atlantic cabinetmakers to reproductions of chairs or tables inspired by European tastes but made by accomplished local artisans. In this way, the furnishings become teaching tools to illustrate the rich and diverse material heritage of the late eighteenth and early nineteenth centuries. The furnishings of Pavilion VII also serve as an introduction to Jefferson's talents in the decorative arts. Just as he borrowed from classical architectural models and translated them into American buildings of brick, wood, and stucco, so he received inspiration for his designs for furnishings from European and American sources.

building in the Academical Village, Pavilion VII commands

The clubhouse has a reading room and eight overnight rooms for those visiting the University of Virginia and Charlottesville.

The club's dining room, which also serves as the University of Virginia's faculty dining room, is not in the clubhouse, but rather on the first floor of Hotel E, another of the original structures of Mr. Jefferson's historic Academical Village.



# AROUND THE MEMBERSHIP

Congratulations to SPAC member, Chey Eisenmann, for being featured in the Star Tribune in January. Chey has made a career out of being a rare female cab driver in an industry filled with men. After five years, she's become a self-employed limo driver with a dedicated client list. Chey has become one of the Twin Cities area's most recognizable drivers. She tweets about her adventures on the road to a couple thousand followers (at @CheyCab), blogs for the Star Tribune & continues to make waves in the male-dominated taxi-driving establishment. Way to go, Chey!

In time for this year's holiday, famed regional chocolatier Chocolat Céleste, ChocolatCeleste.com, will open its first 'pop-up' chocolate shop, "Love & Chocolate," with delicious Valentines' Day chocolate choices beginning Tuesday, February 3rd. The new 'pop-up' shop is on Grand Avenue and Victoria in Victoria Crossing, at 867 Grand Avenue, St. Paul. "Love & Chocolate" will be open Monday through Saturday from 9AM to 6PM and Sundays before Valentines' Day.

"Nothing says love better than chocolates," says Mary Leonard, owner/founder and chocolatier at Chocolat Céleste. And member of the University Club. Congratulations, Mary!

Our very own Joan Mathison (SPAC team member) is a board member of the CapitolRiver Council and is a history buff, foodie, and a self-proclaimed St. Paul Evangelist. She's developed two classes that indulge the foodies and the fans (of St. Paul).

# IN SEARCH OF LOCAL FOOD IN WINTER

Saturday, February 21 from 10-11:30 am at the Pioneer Endicott

\$25 includes food samples

When the ground is frozen, what do we eat? Learn how people here have adapted to bitterly cold winters. From drying and storing wild indigenous plants and animals with a demonstration by Sean Sherman, the Sioux Chef, to fermenting, pickling, canning and freezing the fall harvest to growing fresh tomatoes indoors hydroponically and sustainably raising greens, herbs and fish together through high tech aquaponics. Bring your shopping bags to visit the nearby winter farmers market and Lunds grocery store, and your appetites to enjoy Saint Paul restaurants featuring local foods.

# A WEEKEND IN DOWNTOWN SAINT PAUL IS LIKE A EUROPEAN GETWAY

Saturday, March 7 from 10-noon at Hotel 340 \$18

The people of Saint Paul celebrate their ethnic traditions, museums, art and culture, preserving the city's historic character by adapting solid old buildings for vital new uses. The compact downtown is walkable with hiking trails through a nature sanctuary and along the river, bikeable and trainable, and like Europe, another wonderful city is less than an hour away. You can enjoy the best European cuisine from France, Italy, Greece, Belgium and English high tea, as well as the finest locally grown foods from the Northern Heartland and the many global cultures that have made their home here. We'll help you plan your getaway in this class. Stay at an elegant historic hotel centrally located to all the things you'll want to see and do. The class will be held at Butler's on the second floor of the boutique Hotel 340 in the magnificent 1917 landmark Saint Paul Athletic Club.

Space is limited, register at http://www.cecool.com/programs.aspx?ID=46/



BREAKFAST AT SPAC

Members can have a tasty continental breakfast in Butler's Cafe (2nd floor) from 6 am - 11 am for only \$7 (includes tax).

Breakfast includes: waffles, pastry, fresh fruit, boiled eggs, juice, tea, coffee, mile, yogurt, granola, mixed cereals and toast.

To pay or charge to your account, please see the SPAC front desk on the 5th floor.

# POP-UP CHOIR

If you put together two aspiring and energetic artistic director/conductors, a thoughtfully-designed and themed 40-minute concert program and a balanced blend of auditioned, focused choral singers who have never performed together (and who already know their notes) for a Saturday afternoon and evening, what kind of performance magic could they create?

Pop-Up Choir #1 will discover an answer on Saturday, February 28th with a program entitled "Darkness Into Light." On behalf of its artistic directors, Heather Nelson and Eric Smith, and the other artistic board members (Dr. Andrew Barrett, Megan Crosby, Chris Nelson and Philip Rossin), I invite you join us in this one-day musical project

Works by composers Poulenc, Paert, Lotti, Lauridsen, and others.

Refreshments available from 7:00, concert at 7:45 In the dramatic lobby of Hotel 340/St. Paul Athletic Club, February 28, 2015.

# **READINGS BY WRITERS**

### **Public Arts Saint Paul Presents:**

Carol Connolly Saint Paul Poet Laureate curates
Readings by Writers Series –
February, Valentine's Readings
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.

# 7:30 Featured Readers are:

**Klecko / Poet**, is the CEO of Saint Agnes Baking Co in St Paul where he has designed breadlines for the Twin Cities for over 25 years. He has published cookbooks with M.H.S. Press, been on Martha Stewart and recently published a book of poems entitled Houdini in St Paul. Rumor has it he believes he is Steinbeck reincarnated.

Freya Manfred / Poet, has published over a half dozen books, appeared in over 100 reviews and 30 anthologies. Her book entitled "Frederick Manfred: A Daughter Remembers" was nominated for a Minnesota Book Award and the Iowa Historical Society. She has received awards from Harvard/Radcliffe, National Endowment, Tozer Foundation and countless more.

James P. Lenfestey / Poet, is a former editorial writer for the StarTribune, where he won several Page One Awards for excellence. Since 2000, he has published a collection of essays, five collections of poems, a poetry anthology and co-edited Robert Bly in This World, University of Minnesota Press. His newest book, a memoir with prose and poems, "Seeking the Cave: A Pilgrimage to Cold Mountain," was published last September by Milkweed Editions. **Diane Jarvenpa / Poet-Musician** is the author of Divining the Landscape, Ancient Wonders, the Modern World and the Tender Wild Things, she has received artist initiative and fellowship grants from MSAB. She is a singer-song writer who records under the name Diane Jarvi.

David Mura / Poet-Novelist and Playwright has won wide critical praise for his insightful analysis of the connections between cultural identity and the legacies of American history. He has been honored with two NEA fellowships, the Lila Wallace Reader's Digest Writers Award, two Bush Foundation Fellowships and countless more.

Carol Connolly / Poet, when the fiction class she wanted to take was full. She signed up for a poetry class instead and published her first collection, Payments Due, in 1985. The poems were later adapted for a stage performance that played successfully to audiences in the Twin Cities and Los Angeles. In 1989 and 1991 she appeared as a stand-up comic in the Dudley Riggs Experimental Theatre Company (Minneapolis, Minn.) production entitled, What's So Funny About Being Female? From 1988 to 1991 she wrote a gossip column called Connections for the St. Paul Pioneer Press and Dispatch newspaper. She also wrote for Mpls.-St. Paul, the Star Tribune, Minnesota Journal, and Ladies Home Journal. Connolly was also a political and gossip commentator for Barbara Carlson's radio show on AM 1500 KSTP. In 2006 Connolly was appointed the first poet laureate of St. Paul, Minnesota by Mayor Chris Coleman.

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

# GREAT BOOKS DISCUSSIONS! by Margaret King

# The Pure Roots of Philosophy for February: Plato



Rivals in real life, Plato and Diogenes invite you to seek truth through pure reason. Painting by Mattia Preti, courtesy Wikimedia.

"Can you tell me, Socrates, is virtue the sort of thing you can teach someone? Or is it the sort of thing no one can teach you, but you pick it up by practicing it? Or maybe it's neither: virtue is something people are born with, or something they get some other way?"

Discuss Platonic virtue at Great Books
Discussions: Tuesday, February 17, 7:30
pm at the Summit Avenue clubhouse. Get
back to the pure roots of philosophy! Plato's
Meno, Great Books Discussions' February
reading, is a Socratic dialogue in which the
two main speakers, Socrates and Meno
discuss human virtue.

Meno is visiting Athens from Thessaly with a large entourage of slaves attending him. Young, good-looking and well-born, he claims early in the dialogue that he has held forth many times on the subject of virtue, and in front of large audiences. However, Socrates quickly reduces him to confusion (along with the rest of us?).

One feature of the dialogue is Socrates' use of one of Meno's slaves to demonstrate his idea of *anamnesis*, that certain knowledge is innate and "recollected" by the soul through proper inquiry. In the *Meno*, it is suggested that true belief can be raised to the level of knowledge if it is bound with an account as to the question of "why" the object of the true belief is so. Later in the *Meno*, Socrates uses a geometrical example to expound Plato's view that knowledge is acquired by recollection. Socrates elicits a fact concerning a geometrical construction from a slave boy, who could not have otherwise known the fact (due to the slave boy's lack of education). So the knowledge must be present, Socrates concludes, in an eternal, non-experiential form.

Plato, a philosopher and mathematician in Classical Greece, is considered an essential figure in the development of philosophy, especially the Western tradition. He founded the Academy in Athens, the first institution of higher learning in the Western world. Along with Socrates and his most famous student, Aristotle, Plato laid the foundations of Western philosophy and science.

Plato never speaks in his own voice in his dialogues. In the Second Letter, it says, "no writing of Plato exists or ever will exist, but those now said to be his are those of a Socrates become beautiful and new."

Join the discussion and rediscover this classical philosopher for yourself! Great Books Discussions group welcomes you.

Tuesday, February 17 at 7:30 pm University Club 420 Summit Avenue



# INSIDER SERIES PRESENTS LUST, LOVE AND LOSS

(SHORTS BLOCK)

THURSDAY, FEBRUARY 12 @ 6:30 PM



ST. PAUL ATHLETIC CLUB 340 CEDAR STREET ST. PAUL, MN 55102

\$12 GENERAL ADMISSION - \$8 MEMBERS

THIS SHORT BLOCK EXAMINES THE COMPLEXITIES OF THE SIGNIFICANT RELATIONSHIPS IN OUR LIVES WITH BOTH OURSELVES AND WITH OTHERS



INSIDER SERIES PRESENTS

# THE SAINT OF DENMARK FALLS

(FEATURE FILM SCRIPT READING BY MN PROFESSIONAL ACTORS)

THURSDAY, MARCH 5 @ 6:30 PM



ST. PAUL ATHLETIC CLUB 340 CEDAR STREET ST. PAUL, MN 55102

\$12 GENERAL ADMISSION - \$8 MEMBERS

# **WELLNESS CORNER**

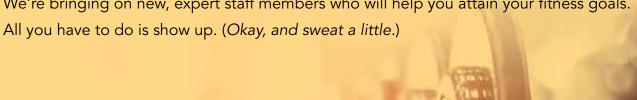
Since the Saint Paul Athletic Club (re-)opened its doors, University Club members have rejoiced in what many describe as the best of both words. If they're in need of a quick workout right in their home turf, they can drop by the no-frills University Club fitness center. If they are in the mood for swirling marble staircases and chandeliers and steam rooms (and, really, who isn't?) they can pop downtown for a workout fit for royalty at the Saint Paul Athletic Club.

While this arrangement has worked well, we also acknowledge that the fitness offerings at the University Club are, shall we say, a bit tired — especially when compared to those of the Saint Paul Athletic Club.

We decided you should feel like royalty wherever you choose to work out, so we're giving the University Club fitness center a dramatic makeover.

Fitness Director Jill Winegar, Clinical Exercise Specialist Donna Fink, Group Fitness guru Jason Rebeck, and the entire team can't wait to welcome you to the all-new fitness center.

We're adding brand new equipment. We're dramatically expanded programming. We're bringing on new, expert staff members who will help you attain your fitness goals.



# **WELLNESS CORNER**

# Here's more about what to expect at the revamped fitness center:

# **Updated strength equipment**

While weight training with selectorized machines (the machines with the pulleys and weight plates) is a great way to improve strength, the new equipment will offer additional functional training options that help improve range of motion, flexibility, balance, core strength, and add variety to your workouts. These machines are designed to mimic more of your natural movements, making you less prone to injury when doing routine activities outside the gym.

**Certified trainers** will assist you in how to use the new equipment and in making sure that you have a fitness routine that is motivational, effective, and offers innovation to your exercise routine.

We will be offering members two kinds of introductions to the equipment, both at no charge to you.

## **Option 1: Equipment Orientations**

Ideal for those who are workout pros and simply want to learn the ins and outs of the new equipment, these are 30-minute orientations conducted in groups of six.

Monday 16th – 5pm Thursday 19th – 6pm Saturday 21st – 9am

Tuesday the 24th – 9am Thursday 26th – 6pm Saturday the 28th – 11:30am

# **Option 2: Fitness Consultations**

These personalized, one-on-one consultations include a review of your health history, exercise history, current level of condition, and a discussion of fitness goals. Trainers will offer recommendations on equipment, classes and services that will help you improve your health and reach your goals. Instruction and demonstration on the use of the new equipment is included. Fitness Consultations last an hour.

Fitness Consultations can be scheduled by calling the reception desk at 651-222-1751.

# Increased staff availability

We've ramped up staffing, especially during peak hours. You'll be able to ask general health and fitness questions or receive assistance on the equipment. Personal Trainers are also available by the session or series to establish a workout regimen to get you back on track, prepare for an upcoming event, or simply continue to motivate you to meet your personal goals.

# Group fitness and other programming

Group fitness is a huge hit at SPAC, and we're bringing that energy to the University Club. Group Fitness classes start February 16th, with additional warm-weather options including run club, bike club, master swim, and more coming soon. Check out the schedule here and on page X.

Why take advantage of group fitness? Add variety to your workouts, receive support and encouragement, and meet other members with similar interests. It's a win-win-win!

# Support for those with special health concerns

Clinical Exercise Specialist Donna Fink is available for consultations with members who have special health concerns such as diabetes, hypertension, cardiac disease, or orthopedic considerations. Stop by the UC Fitness Center on Wednesdays from 5:00-8:30 PM or schedule an appointment for a weekend slot. Donna is a 15-year veteran of the University Club and offers a background in clinical exercise, biofeedback therapy, health coaching, and clinical fitness evaluation.

At the University Club, we're on a mission to help you achieve wellness in every sense of the word. That means creating a place where you can reconnect with friends, unwind, grab a cocktail or a delicious meal, learn something new, and – now – reach your fitness potential with the support and resources you deserve. It's a good place to be.

# FOCUS ON FAMILY by Sue Katiotis

New programming is underway and it has been great to see families enjoying time together. Please join us on a February 1st for "Hands on Sunday". This month we will have all the supplies to help your children create a unique set of handmade Valentine Cards for their entire class. Simply bring your class list and you will leave with a pile of beautiful cards, ready to pass out. We will also have additional games and activities for the entire family to enjoy! Reservations Encouraged 651-222-1751

# **Etiquette Classes (space is limited)**

Do you need extra reinforcement at home teaching your child that good manners matter? Look no further! The University Club is proud to be offering a first time manners dining class for children of our members! We are excited to be hosting etiquette professional, Bethany Miller, from Doors of Success Etiquette as we offer this valuable & fun Social & Dining skills workshop!

Class Topics Include:

Having Good Eye-Contact, Key Table Manners, Telephone Etiquette, Restaurant manners, Thank You Notes & Much More!

Cost: \$60.00

Saturday February 7th Ages: Children ages 6-9 Time: 11:00 am - 1:00 pm

Location: The University Club of St. Paul

Saturday March 7th

Ages 10 - 13

Time: 11:00 am – 1:00 pm

Location: The University Club of St. Paul

\*Note: Class includes a three course meal, plus a take

home party bag with handouts.

\*Attire: Men - Dress Slacks & a collared shirt with

a sports coat or suit.

Ladies - Their best dress or dress slacks

and a dressy shirt.

# **Empowering Parents: Are You in Control?**

Teacher, Consultant, & Author Jenny Hanlon, M.Ed. provides tools and resources to empower children so they can grow to be genuinely happy and confident. She offers consulting sessions with parents and organizations that work with children along with classes (in-person and online) for professionals who work with children, parents of children birth through the early teen years and even classes specifically geared to children. Jenny occasionally appears on Twin Cities Live, KSTP and the KARE 11 Saturday morning show offering parenting advice. Jenny lives with her husband and two school-age children in the eastern suburbs of the Twin Cities.

Thursday February 19th 7:00 – 8:30

Do you ever feel like the world around you is dictating your family life? Whether its work schedules, activities your children are in, or trying to make sense of your children's attitudes and behaviors, you can be in control of this journey! Come for a discussion with Jenny Hanlon, M.Ed. on how to take control and have the family life you've dreamed of.

# Save the Date

Pasta Night – Tuesday February 10th 5:00pm – 8:00pm

Youth Conversation Spanish – Thursday February 19th 6:30 - 7:30

Family Club Night – Friday February 20th 5:00 pm - 8:00 pm

"Hands on Sunday" - March 1st 2:00 - 4:00

Featuring a Concert for the Kids by the Kids with the St. Paul Conservatory of Music. Programming will also include sample movement and dance classes and interactive musical experiences

Swim Session 3 - March 8th - May 10th - space is limited! Sign up today!

# SPAC MEMBER NIGHTS by Kristin Montpetit

SPAC Member Nights: February is going to be FUN!! Grab your friends/coworkers & join us at SPAC on Thursdays from 5:30 – 8 pm in Butler's Café (2nd floor) for laughing, free appetizers, a cash bar and...

Thursday, Feb, 5 - Grease Sing -a - Long

Thursday, Feb, 12 - TCFF - Screening of "Love, Lust and Loss" \*\*Starts at 6:30 pm\*\*

Thursday, Feb. 19 – Trivia Night

Thursday, Feb. 26 – SPAC 2nd Anniversary Celebration (3rd floor Ballroom)



# INVESTMENT CLUB By Eugene Mason

Actions taken by the Investment Club members present at the January meeting included resolutions to buy one stock and sell one other. Also, the issue of how to connect with members who are "snowbirds" was discussed. The last business was the members reviewed their Watch List and Portfolio.

A resolution was passed giving the Treasurer authority to purchase 80 shares of WHOLE FOODS (WFM) at the current market price. WFM is a major retailer of natural and organic foods. It has 400+ stores located in the U.S, the U.K, and Canada. The buy order was filled at \$51.03 per share.

The second resolution passed instructed the Treasurer to place a sell order for TESLA (TSLA) at a price of \$225 which is approximated \$20 above the current market price. It was determined that TSLA was fundamentally a trading stock with significant volatility. The sell price is the price originally paid to purchase this investment.

Keeping the "snowbirds" connected and actively involved with the Club during their wintertime absence has presented many challenges. One of the members present at the meeting suggested the use of SKYPE. A "computer-savvy" member offered to check on the feasibility.

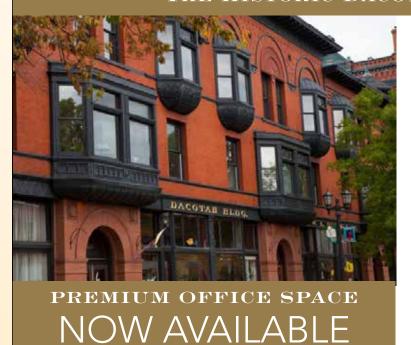
And lastly, the members reviewed its "Watch List" and its current portfolio. No changes were made other than those noted above.

The meeting was adjourned at 7:00 PM.

Guests are always welcomed to the monthly Investment Club meetings. All meetings convene on the second Wednesday of every month. They start at 5:30 PM and adjourn at 7:00 PM.

For information concerning club activities e-mail Gene Mason at eugene.mason@comcast.net

# THE HISTORIC DACOTAH BUILDING



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

# 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

651-261-7897

Debbie at dburgwald@commonwealthproperties.com

# Charming, Mistoric Stone

# CARRIAGE HOUSE





# **Two Bedroom Carraige 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



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



The St. Paul Athletic Club is proud to bring you quality, award winning Massage Therapy from Caring Hands bodywork, joins with The Saint Paul Athletic Club to continue bringing the quality of fitness and wellness Massage. Caring Hands Massage, known for it's reputation for gentle, strong, exceptional massage and opportunities members have come to enjoy and respect.

stronger immune system, pain relief, greater internal cleansing, better recovery and healing, increased flexibility and athletic performance, rejuvenation and relaxation. . Your session is customized to meet your specific needs Massage Therapy supports your natural functions and affords you the possibility of improved circulation, and may include techniques like:

- Swedish/Relaxation Massage
- Deep Tissue Massage
- Sport Massage

**Trigger Point** 

- Reflexology

Sixty and ninety minute appointments available at a variety of times, see starting and ending times below. Member and non-member pricing available.

TUESDAY		1:00 pm			7:00 pm
WEDNESDAY		1:00 pm			7:00 pm
FRIDAY	11:00 am			5:00 pm	
SATURDAY	8:00 am		2:00 pm		





# ass Schedule GROUP FITNESS

CARDIO FUSION A mix of cardio-based exercises guaranteed take your fitness to the next level.

Duration: 45 Minutes Level: All Levels MAT PILATES Strengthen and lengthen your muscles while improving posture and reducing stress and tension. Mat Pilates teaches basic movement principles and focuses on core strength.

Duration: 45 Minutes

Level: All Levels

**FAMILY FITNESS** A 45-minute class with a variety of formats from yoga, dance, aerobic conditioning drills and games. *Duration:* 45 Minutes

Level: All Levels

TOTAL STRETCH Treat your body with this invigorating stretch class that incorporates

Gentle Yoga moves. *Duration:* 45 Minutes

*Level:* All Levels

February 16<sup>th</sup> – 28<sup>th</sup>, 2015

VINYASA YOGA Yoga flow style takes you through sun salutation series and works on flexibility, strength, power and balance coordinated with breath.

Duration: 55 Minutes

Level: All Levels

# **MORE INFORMATION**

- Group fitness classes are included free of charge to primary members who have athletic and pool privileges.
- Classes are taught by professional SPAC group fitness instructors and are held in the Group Fitness Studio.
- Unless otherwise stated, classes are adult only
- Schedule is subject to change.
- Pre-registration is not required, but appreciated. Please call 651-291-7722.

DAY			itness on	
SATURDAY			Family Fitness Rotation	
FRIDAY				
THURSDAY	<b>Mat Pilates</b> Georgene Grey			
WEDNESDAY		<b>Stretch</b> Linda Hoffman		
TUESDAY				<b>Vinyasa Yoga</b> Lisa Michaux
MONDAY		<b>Cardio Fusion</b> Jason Rebeck		
TIME	6:00 am	9:30 am	11:00 am	6:00 pm

# GROUP FITNESS Schedule

FEBRUARY 2 – MARCH 2, 2015

SATURDAY	8:00 AM Total Barre Jill V. (4A)	8:00 AM Cycle Express Georgene (5C)	9:00 AM Vinyasa Yoga (75 min.)	Nick (4A) SUNDAY	9:00 AM Vinyasa Yoga (75 min.)	10:30 AM Gentle Yoga	3:30 PM Warrior Sculpt	Stefanie (4A) 4:00 PM Cycle Express	Karren (5C)	
	13.0				1			1 7		
FRIDAY	6:15 AM TBC Lindsay (9A)	11:45 AM Cycle Express Jill W. (5C)	NOON Vinyasa Yoga Cara (4A)	12:30 PM Core Conditioning Jill W. (5B)	5:00 PM Cycle Cinema Every 2 <sup>rd</sup> Friday Jason (5C)	5:30 PM Barbell Strength Jason (9A)	6:30 PM Candlelight Yoga Every 3 <sup>rd</sup> Friday	Rotation (4A)		
		į,							M	
THURSDAY		11:45 AM Barbell Strength Ex. Jason (9A)	NOON Gentle Yoga Sandra (4A)	5:00 PM Meditation Marc (4A)	5:30 PM Cycle Ex. Terrance (5C)	5:30 PM TBC Linda (9A)	6:00 PM Vinyasa Yoga Jared (4A)			A
		-6	2111		ح				-	-
WEDNESDAY	6:15 AM Cycle Express Karren (5C)	11:45 AM Insanity Jaysen (9A)	NOON Vinyasa Yoga Lauri (4A)	4:45 PM Cardio Fusion Jason (9A)	5:30 PM Barbell Strength Jason (9A)	6:30 PM Warrior Sculpt Ashley (4A)	6:30 PM Insanity Nicole (9A)			
		×	bū							
TUESDAY	6:15 AM Warrior Sculpt Emily (4A)	11:45 AM Barbell Strength Ex. Jason/Linda (9A)	12:30 PM Core Conditioning Jill W. (4A)	5:30 PM Cycle Express Karren (5C)	6:00 PM Vinyasa Yoga Cara (4A)	7:00 PM Total Barre Jill V. (4A)				
		10		gui		th T		gui		
MONDAY	6:15 AM TBC Lindsay (9A)	11:45 AM Cycle Express Jason (5C)	NOON Vinyasa Yoga Barie (4A)	12:30 Core Conditioning Jason (5B)	4:45 PM Cardio Fusion Jason (9A)	5:30 PM Barbell Strength Jason (9A)	6:00 PM Insanity Georgene (4A)	6:30 PM Core Conditioning Jason (9A)	7:00 PM Vinyasa Yoga Lisa H. (4A)	

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Swim Team Session 2 1:00 SPAC				Member Night 5:30pm SPAC	Member Night 5 – 7 UC Ice Martini Bar	Etiquette Class Ages 6 – 9 11am – 1pm UC
Hands on Sunday Valentine's Day Cards 2:00 – 4:00					ice Martini Bur	•
8	9	10	11	12	13	14
Swim Team Session 2 1:00 SPAC		Pasta Night 5:00 – 8:00 UC Yoga 6pm UC	Investment Club 5:30 UC	Member Night 5:30pm SPAC	Member Night UC 5 – 7 Mardi Gras	
15	16	17	18	19	20	21
Swim Team Session 2 1:00 SPAC		Readings by Writers 7pm UC	John Adams Society 7:30pm UC	L'Apértif en Français 6pm UClub Casa de Espana 6:00pm UC	Member Night 5 – 7 UC	
		Great Books 7:30pm UC		<u>Cass Gilbert</u> 5:30pm UClub <u>Member Night</u>	Family Fun 5pm Varsity Grill	
				5:30pm SPAC <u>Parent Series</u> <u>7pm UC</u>		
22	23	24	25	26	27	28
Swim Team Session 2 1:00 SPAC		GK Chesterton 7pm UC		Member Night 5:30pm SPAC	Member Night 5 – 7 UC	
	For more information	Fitness Schedule for classes or questions about anythin sityClubofStPaul.com or ca	g listed, please contact	V Club and SPAC		

2015

# March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Swim Team Session 2 1:00 SPAC		Run Club 6pm SPAC		Member Night 5:30pm SPAC	Member Night 5pm UC	Etiquette Class Ages 10 – 13 11am – 1pm UC
Hands on Sunday 2pm – 4pm UC						1
8	9	10	11	12	13	14
Swim Team Session 3 1:00 SPAC		Pasta Night 5pm – 8pm UC	Investment Club 5:30 UC	Member Night 5:30pm SPAC L'Apértif en Français 6pm UC Cass Gilbert 5:30pm UC	Member Night 5pm UC St. Patrick's Day	
15	16	17	18	19	20	21
Swim Team Session 3 1:00 SPAC		Readings by Writers 7pm UC	Great Books 7:30 UC  John Adams Society 7:30 UC	Member Night 5:30pm SPAC Casa de Espana 6pm UC	Member Night 5pm UC Scotch Tasting Family Fun	F. Scott Fitzgerald Roundtable 9:30am UC
22	23	24	25	26	5pm Varsity Grill UC  27	28
Swim Team Session 3 1:00 SPAC			Wine Tasting Event UC	Member Night 5:30pm SPAC	Member Night 5pm UC	
Music on the Hill 2pmUC						
29	30	31				
Swim Team Session 3 1:00 SPAC		GK Chesterton 7pm UC				

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