

MARCH 2015

THE LOOKOUT

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



NEW AND NOTABLE: Experience these special events! | page 9

THE LOOKOUT

MESSAGE FROM THE PRESIDENT

When you're a steward of a century-old institution like the University Club, you're frequently faced with decisions that require thoughtful navigation to preserve heritage and tradition while accommodating modern conveniences.

With this always in mind, we constantly ask ourselves: What's working well? What presents opportunity for improvement? We also get valuable input from the very people who make the University Club what it is: you.

During this latest session of reflection and evaluation, we identified many elements that were working well, and a few additions that would make these things even stronger. For instance: additional family programming, the remodeled fitness center, and this very newsletter.

As for opportunities for improvement? The recent software conversion brought a few of these to the surface. Some adjustments may take some getting used to.

Method of Payment

We feel a tremendous responsibility to maintain this organization and uphold its status as one of Saint Paul's most treasured historical and cultural icons, so that it can be enjoyed for generations to come. And that means we need to manage it well. In order to manage it well, we need to collect dues and payments in a timely manner.

Thus, from this point on, we will be accepting either of two forms of payment for membership dues, and all charges to your account: 1) credit card, or 2) electronic funds transfer from a checking or savings account.

You may, of course, still charge dining, events, personal training, etc. to your account. The payment method on file for your account will be charged monthly for dues, and weekly for all other costs incurred.

If you do not currently have a method of payment on file, you have likely already heard from Sue who will be collecting this information from each of you.

We are sincerely grateful for your cooperation throughout this shift, and your understanding of what it takes to uphold the standards that have made the University Club such an important part of this community for so long.

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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

Contact info

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Membership Categories

The software conversion also pointed out some of our inconsistent membership classifications. Or perhaps, more to the point, our inconsistent enforcement of the classifications. For so many reasons, this simply isn't a good business practice. Nor is it fair to other members. Many of you have expressed your thoughts on this matter, and we've listened. So it's time to fix it.

Non-Resident Memberships

The largest trouble spot comes in the Non-Resident category. This category is for members who live a minimum of 50 miles outside the University Club address and use the club six months a year or less. People holding this type of membership do not have access to the fitness center or the pool. It is a social membership. If you find yourself with a membership classification that isn't appropriate to the way you use the club, we invite you to reach out to Sue Katsiotis (UC) or Kristin Montpetit (SPAC).

We were also using the non-resident category as a catchall for nonprofit memberships, business memberships, and other special arrangements. Now that these types of memberships have increased, we have needed to make adjustments to more appropriately categorize our members. If you have an interest in either of those types of memberships for your company or organization, please reach out to Sue or Kristin to discuss the details.

Generational Memberships

Finally, the way we intended Generational memberships wasn't ideal in practice. In theory, a generational membership allowed members of your generational family (e.g., grandparents, parents, children, grandchildren) to be added to your membership. This quickly became

untenable. We're very glad that so many people took an interest in the club, but this remains a private club, and there's a reason we have an application process for each member. Our members commit to a code of conduct, policies, and general requirements of decorum. Generational members weren't required to submit an application, and while many of them did indeed uphold the standards we've set, others, unfortunately, did not.

This hurts the experience of all our members, and it also harms the Club's reputation. In short, we simply cannot continue this policy. For those of you who have generational members who use the Club(s) regularly, please see Sue or Kristin. We'll work out a gentle transition.

Freezing Membership

We are adding an option at the University Club (SPAC already has this option) that allows members to freeze their membership two times a year for one to three months each time. There is a two month interval required between freezes. The freeze fee is \$20/month for Full/Executive and \$10/month for Social/Standard members. Freezing membership is a great option if you need to travel for work or if you leave during the winter months but want full access while you're in town.

Change is uncomfortable sometimes. We know that, and take our members' interests to heart with every decision we make. We want you to know that we've listened, we value you, and we are so appreciative of your understanding.

We're raising a (virtual) glass to toast tradition, progress, and an unparalleled experience for all.

See you at the Club!

– Stephanie Laitala-Rupp

SPCO Coffee Concert

“Form Genoa to Buenos Aires”

Natalia Moiseeva, violin Joe Hagedorn, guitar

Wednesday, March 4th Noon | FREE | University Club

MEMBER SPOTLIGHT



Tomas Hardy, Professional Piano Tuner

The next time you hear beautiful, live piano music at the University Club, the Saint Paul Athletic Club, or any of our sister properties, you have one man to thank—and he's probably not even the one playing the

piano. Tomas Hardy has been our go-to piano tuner for more than three decades, and he has been a University Club member for even longer than that.

His exquisite work can be seen—or, rather, heard—all over the Twin Cities. In addition to our properties, Tomas is responsible for tuning all the pianos in two major school districts as well as some 60 churches, including the Cathedral of Saint Paul and the Basilica in Minneapolis. (And if you ever want to truly appreciate the importance of a piano tuner's work, try listening to an out-of-tune piano for a few minutes. Shudder!)

Here's more of our conversation with Tomas:

UC: What prompted you to join the University Club?

TH: I lived near Macalester College after graduating from St. Thomas in 1970, and the University Club was

recommended to me by someone who thought it would be a good place to meet people in St. Paul.

UC: And what was the verdict?

TH: It was a match made in heaven. A perfect fit. It was exactly what I needed.

[Note: Tomas is referring to the University Club itself as a match made in heaven, but speaking of matches made in heaven, it's worth noting that he met his partner of 30 years there, too.]

UC: When did you start tuning the pianos?

TH: About two years after I joined. I was also on the operations board for some time, as well.

UC: Can you share some other memories with us?

TH: I participated as an actor and singer the Fitzgerald Follies every year. I helped pick out the carpeting that's still in the fireside room and the Ramsey room!

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

TH: I like to eat on the terrace, and in the winter, just sit by the fire. I also have a table for twelve every year at Dickens' London Christmas and Fezziwig Ball. Also, the fitness center is a real draw for me. And now that it's been redone completely, it's just beautiful there. I live next door, and I can just walk over in the morning for a workout. I don't even have to get in my car. And the reciprocity is wonderful, too. [My partner] John and I have used the reciprocal clubs a lot in our travels to other cities, which is a lot of fun.

UC: Sounds like the University Club is a big part of your life.

TH: I can't imagine not having it in my life. I'm just a devoted University Club guy. For me, going there is like going home. It's like walking into my own house. I just feel very comfortable there.

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

SPAC New Members

Sandra Anderson
Frank Ashton
Michael Auger
Katherine & Thomas Awe
Erik Bang
Thomas Bergen & Beth Triemert
Bill Boudewyns
Elizabeth & Tom Boyd
Jill Brandel
Gretchen & Kat Campbell-Johnson
Christofer Christoforides
David Coleman
Mary & Kevin Colestock
Benjamin Duven
Cortney Franklin
Jeffrey Gardner
Adam Garen
Steve Gergen

Halston Hafiz
Thomas Halsall
Bonnie Hanson & Tom Johnson
Michael Harriage
Erin Hayes
Ben Honda
Chris House
Emily Johnson
Mitch Lattimer
John Laugerman
Ian Litten
Steve Moore
Leila Navidi
Kayla Neyra
Morgan Nyquist
Connor O'Brien
Julia Parnell
Jestin Quinn
Julie Rosen

Elizabeth Rowland
Barbara Scharf
Parker Smith
Michelle Smith-Veverka
Steven Tredinnick
Casey Triplett
David Wells
Lisa Wharton
Holly Woltjer

University Club New Members

Thomas Brascia
Kathleen Delonais
Robert Horn
Ebony Jordan & Alan Bell
John Qualy
Frank Roffers
Maxwell Seegar
Zachary Sheahnan
Scott & Erika Sullivan

BEVERAGE SPOTLIGHT

By Joel Nelson

Since its inception, the Monthly Beverage Spotlight has highlighted a wide array of individual wines, beers, spirits and cocktails, but has failed to delve deeper to discuss some of the central philosophies that drive the University Club's Beverage Program. It is now time to pull back the curtain and share a few basic principles that drive the Club's beverage offerings because after all, our century long tradition does not allow for flippant assembly according to Salesperson X's flavor of the month, we strive to offer you much, much more ...

Spectrum. Value. Quality. Seasonality. Locality. Continuity. Classic vs Contemporary. Accessible vs Intriguing. Affordable vs Rare and Expensive.

These are the core considerations that factor into the selection process for each cocktail, wine or beer that you see on the UClub's list. As the Beverage Director at the University Club, I take a deep pride in the amount of thought that goes into each and every libation offered to our members. The above criterion manifest differently in almost every section of our list, and in the following exercise I hope to demystify some of the rationale behind the assemblage of products you skim over upon each visit to the Ramsey Room or the Pool, muttering to yourself the inevitable..... "Hmmm, what do I want to drink tonight?"

Spectrum: Two Rieslings by the glass? No. Three Pale Ales? Not a chance. Multiple brandy-based cocktails? Never. Conversely... A South African wine selection? Yes. Decade plus aged wine? Check. Six dollar glass? Of course. Belgian style beer? On tap right now. Local Cider? You bet. Gluten Free beer? Absolutely. Seasonal cocktail? Absolutely. The actual parameters taken into account here are much more refined. Each list of "BTG" or by the glass wine offerings will have an almost perfect split of New World and Old World representation. It will progress from light and fruit forward, with a few medium bodied wines, to potent oaky chardonnays or tannic bold reds. The BTG wine list gets whittled down from 30+ candidates to eight or nine. Rest assured, I take all of the above considerations plus taste them all multiple times before they make the cut. It's a tough job, but one I'm happy to do for the sake of a great BTG wine list.

Value: Unless otherwise prodded, our distributors are not always keen on releasing information regarding the best deals that are currently offered. It takes some prying to find an excellent deal, but when it is uncovered, those savings are passed on to you! Have you noticed that the last time you were at the Club you really enjoyed your glass of Pinot Bianco? Who knew that this plain and

straightforward wine varietal could be so dynamic? When a bottle that usually sells for \$62 can be offered from December through March for just \$10 per 7oz glass, then you know you have struck gold on a key criteria... Value.

Quality: Punto Final by Renacer is our current Malbec by the glass. I have tasted over 35 different Malbecs in the past two years in order to decide upon the best quality available at that price, and I sincerely hope you agree.

Seasonality: Did you like the House-Made Tom and Jerry batter over this past Holiday season? Weren't able to try one? Well, you're in luck – keep an eye out for the Jalepeno~Agave Margarita we have planned for a spring release! And if you look closely at this winter's "Dark & Rich" section on the beer list you will find Scotch barrel aged Ale, Bourbon barrel finished Stout, oatmeal brewed Porter, and a coffee infused brew, and that's not even including the classics. Case and point on seasonality offerings.

Locality: Over the past three years the tap beer selections carried by the UClub have been chosen from microbreweries within a 50 mile radius of the St. Paul, and any one specific beer has never been reordered. It is a glorious age we live in for the beer drinkers among us. The University Club is extremely proud of its support of local companies and wishes to thank its close friends at 612 Brew, FlatEarth, Summit, Lift Bridge and Badger Hill. The University Club now proudly offers 12 local spirits and has offered numerous local bitters, syrups and tinctures.

Continuity: If the question were posed, "What are the most heralded regions worldwide for growing Sauvignon Blanc Grapes?" A correct answer would include Marlborough, New Zealand, the Loire Valley of France, Sonoma, California and Bordeaux. Continuity shines through in a glass of Sauvignon Blanc offered in each of the past five seasonal menu revolutions, chosen from each of the previously mentioned regions, in order.

So, dear members, there is a rhyme and there is a reason for our beverage offerings. Clearly we want you to enjoy your favorite drink at your favorite Club. And we also want you to enjoy discovering new favorites. Not sure where to start with the latter? Speak with your Server or bartender for suggestions. Have a favorite that we don't carry or would like to suggest a new product? Let myself or a manager know and we'll do our best. Delighting your beverage sensibilities is our pleasure!

CULINARY SPOTLIGHT

by Chef Chris Gerster

A few words about Sustainable Seafood:

As defined by Wikipedia, Sustainable seafood is seafood that is either caught or farmed in ways that consider the long-term vitality of harvested species and the well-being of the oceans.

We're consuming fish at a much higher rate than ever before and that has me, and a lot of other people, thinking about the steps we can take to ensure the longevity and health of our aquatic food sources.

Clearly, using only seafood that is raised or harvested in a sustainable way is an obvious first step. But how do you know? Try the Monterey Bay Aquarium's website seafoodwatch.org. The site provides up-to-date recommendations of which seafood to consume and what

to avoid because of overfishing, habitat destruction or lack of information about a particular species. It's a great, easily accessible site with a lot of information. They even have an app! Handy when you're at the grocery store or out to eat.

Perhaps you've decided to adhere to the recently released dietary guidelines and consume less red meat. Perhaps you just crave seafood. Whatever the reason, please consider understanding where your seafood is coming from and being part of a responsible food chain that ensures we have these delicious seafood options for generations to come.



RECIPROCAL CLUB SPOTLIGHT

Villa Pauli

Our newest reciprocal club is Villa Pauli located at Askrikefjärden in Djursholm, 6 miles north (a 15 minute drive) of Stockholm city center. Djursholm was one of the first suburban communities in Sweden. It was created as a garden city with large villas along winding roads beginning in 1889. According to Statistics Sweden, Djursholm is part of the wealthiest community in Sweden. Villa Pauli was completed in 1907 as a private home for Anna and Albert Pauli and their five children. Designed by Ragnar Östberg (who also designed Stockholm City Hall), it was richly decorated with works by the painter Georg Pauli (Albert Pauli's half brother) and sculptor Carl Eldh.

Villa Pauli remained a private house within the family until 1968 when it passed to the Order of St. Birgitta and became a convent. In 1985 it was acquired by property magnate



Birger Gustavsson who did a thorough cultural restoration and renovation. Following the restoration, it opened as a private members' club in September 1986. With its central location in Djursholm, and a wonderful view over Askrikefjärden, Villa Pauli has become something of a legend for prominent Swedes in politics, finance and industry. Arnfinn Röste bought the club in 1998 and upgraded and redecorated everything, including the interior decoration featuring antiques, original art and sculptures.

The club has 16 overnight rooms of which 12 are in the main building. The other four rooms are in a small sea pavilion situated by the lake, a one minute walk from the main building. The sea pavilion contains two studios, one deluxe room and one apartment. The club offers dining, private function rooms, a fitness center with sauna, an outdoor tennis court, and accommodations. Reciprocal members must stay overnight in order to use the club.



AROUND THE MEMBERSHIP

Prince Siswath Thomico of Cambodia dined in the Ramsey Room, on the evening of the 13th. He is seen pictured here to the left of the lady dressed in white, accompanied by his friends and entourage and the U Club's own Joel Nelson, Front of the House Manager.



FOCUS ON FAMILY by Sue Katiotis

Hands on Sunday

March 1st
2:00 pm – 4:00 pm

Spend an afternoon listening, learning and moving to music! This month we are excited to share a wonderful concert "Concert for the Kids by the Kids" presented by The St. Paul Conservatory of Music featuring piano solos, chamber music and violin ensembles.

The concert will be followed by musical crafts, and a sample family fitness class. Instructors from Rivers Ballet will be on site for a sample lesson and to answer questions and complete class registrations.

Etiquette Class

Saturday March 7th
Ages 8 - 13
Time: 11:00 am – 1:00 pm

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 Preregistration required 651-222-1751

U-Club Swim Indoor Season

Spring Session begins March 8th
Get ready for summer and jump in the water.
Classes meet Sunday's from 1:00 pm – 2:00pm at The St. Paul Athletic club.

To reserve you spot call The University Club at 651-222-1751 or email skatsiotis@universityclubofstpaul.com

Session 3 March 8th – May 10th

Coach – John Thomas
Assistant Coach – Katie Kustritz

Each session limited to 20 swimmers \$99.00 per session

Pasta Night

Tuesday March 10th
5:00 pm - 7:00 pm
\$15.00 adults \$

Enjoy time with family and let the University Club Chef create a pasta dish just for you! We will even do the dishes.

Family Fun Night

Friday March 20th
5:00 pm – 8:00 pm
\$10.00 per child \$30.00 per family

We are having a BEACH PARTY!!! Dress for fun in the sun!

SAVE THE DATE

- Easter Brunch Sunday April 5th 10:00am – 2:00 pm
- April 17th Family Member Night
- May 3rd Camp U Club Open House
- May 25th Memorial Day POOL OPENER!

SPAC MEMBER NIGHTS

by Kristin Montpetit

There's a bit of "March Madness in the Air". Grab your friends/coworkers & join us at SPAC on Thursdays from 5:30 – 8 pm for laughing, free appetizers, a cash bar and...

- Thursday, March 5 – TCFF Insider Series "The Saint Of Denmark Falls" (Butler's Café, 2nd floor **Starts at 6:30 pm**) Go to <http://twincitiesfilmfest.org/events> to reserve your spot! Use code **Script15**
- Thursday, March 12 – St. Patrick's Celebration (Green Beer/food/Irish attire encouraged) AND Remote Control Car Racing (Ballroom, 3rd floor)
- Thursday, March 19 – Poker Night (Butler's Café, 2nd floor)
- Thursday, March 26 – Karaoke (Butler's Café)

Get Connected: You can find our mobile app on both the Apple Store and the Google Play Store for Android. Find the latest Group Fitness, Small Group and Pilates Reformer schedules, get information about the next member social, and receive updates straight to your phone from SPAC. Search 'Saint Paul Athletic Club' in the store and get connected today!

Get Your SPAC Apparel: Baby, it's cold outside, keep yourself (or a loved one) warm by purchasing a SPAC hoodie or half zip and show your club pride!

Easter Brunch

Sunday April 5th 10am – 2pm

\$32 adults

\$15 kids, children 5 and under eat free

Petting zoo

Easter egg hunt

Call U Club for reservations 651-222-1751



G.K. CHESTERTON SOCIETY

by Dale Ahlquist

**G.K. Chesterton believed in the Devil
before he believed in God.**



Jousting with the Devil: Chesterton's Battle with the Father of Lies explores G.K. Chesterton's encounter with the reality that is Satan. Whether or not you are familiar with Chesterton, you will be surprised at how familiar Chesterton is with this subject. Though he seems to have an intuitive sense of truth whatever his subject matter, when Chesterton writes about the Devil, he knows what he is talking about for more than intuitive reasons because his wisdom is supplemented by personal experience.

Join us in March as we discuss this new book by Robert Wild.

When: Tuesday, March 31st, 7pm | **Where:** University Club

For more information: Dale Ahlquist dale@chesterton.org

GREAT BOOKS DISCUSSIONS! by Margaret King

Come celebrate St. Patrick's Day in a unique way –



discuss civic virtue and drink green beer! In March, Great Books Discussions will do just that as we read and discuss the essay "Life of Nicias", by the Greek philosopher Plutarch. (well, it's okay to drink something other than green beer but you should still read Plutarch.) The text of "Life of Nicias" can easily be found online or at your local library.

Noted biographer and essayist Plutarch (ca. 46 - ca. 119) studied philosophy in Athens, traveled widely to major Greek cities and Alexandria, and directed a school emphasizing the study of ethics. He also wrote prolifically, and his most famous work is the *Parallel Lives*, from which the "Life of Nicias" is taken. For centuries, the *Lives* provided the popular image of the history of ancient Greece and Rome; because Plutarch had access to archival material no longer in existence, he is still considered a valuable source of historical information, even in light of modern scholarly research.

But while the *Parallel Lives* is full of historical detail, Plutarch doesn't seem to think of it as primarily a chronicle of past events. Rather, he states that his intention is to provide models for ethical behavior.

Far from portraying his subjects as great men to be imitated, he presents them in their full complexity, characters with immense flaws as well as outstanding

virtues, deliberating on the best course of action under the weight of circumstances. In taking this approach, Plutarch makes their accomplishments and failures all the more striking and instructive.

To a large extent, the *Lives* was the source of Renaissance and Enlightenment ideal of the civilly virtuous man and, along with the Bible, was frequently quoted in the speeches and articles of Thomas Jefferson, Alexander Hamilton and James Madison.

Join the discussion for a challenging and enlightening evening. We welcome you!

When: March 17th

When: 7:30pm

Where: University Club

Contact: Margaret King

Email: kingmuelken@q.com

DOCUMENTARY NIGHT

Curated by Robert Byrd

Our next film of the new season, *The Overnighters*, will be screened on Tuesday, March 3, 2015 at The University Club located on Summit Avenue in St. Paul. *The Overnighters* is a powerful film that received a near perfect 98% rating from critics at Rotten Tomatoes. Many, including myself, were bewildered that it did not receive a well-deserved Oscar nomination this year, which was also the fate of *Life Itself*, the wonderful Steve James documentary about Roger Ebert. Who knows what Academy voters are thinking.

A modern-day *Grapes of Wrath*, award-winning documentary *The Overnighters* is an intimate portrait of job-seekers desperately chasing the broken American Dream to the tiny oil boom town of Williston, North Dakota. With the town lacking the infrastructure to house the overflow of migrants, a local pastor starts the controversial "overnighters" program, allowing down-and-out workers a place to sleep at the church. His well-meaning project immediately runs into resistance with his community, forcing the clergyman to make a decision which leads to profound consequences that he never imagined.

I hope you will be able to join us for the screening of *The Overnighters*. Here are important details:

Film Title: *The Overnighters*

Date: Tuesday, March 3, 2015

Time: 7:30 pm

Where: University Club St. Paul



TWIN CITIES
FILM FEST

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

NOTABLE EVENTS

Notable Events is a new feature in the Lookout. These are non-regular, interesting events held in University Club spaces by members in which you are invited. If you would like to submit an event, please contact Stephanie Laitala-Rupp at slaitala@TheSPAC.com with the details. Submissions must be made by the 20th of the month to be included.

What: Women of MN Historical Society

Date: March 11

Time: 11:30am – 1:30pm

Location: University Club of Saint Paul

Cost: \$35.00

Member: Victoria Bleise

March into Spring and then Down the Aisle with Women of Minnesota Historical Society! Be our guest and come listen to Jayne Becker, Site Manager of The Alexander Ramsey House, as she delights and enlightens with her presentation on Victorian Wedding Traditions that will include a snippet on the Language of Flowers.

Your check is your reservation and must be received by Wednesday, March 4, 2015. Make your check for \$35.00 payable to WOMNHS and put University Club member in the memo of the check. Please include your choice of Fish and Chips or Cobb Salad and mail to:

Ruth Korzenowski
10743 Redwood Street NW
Coon Rapids, MN 55433

What: Metro IBA 10th anniversary party

Date: March 11

Time: 6-9pm

Location: University Club of Saint Paul

Cost: Members: \$20 in advance, \$25 at the door;

Non-Members: \$40 in advance, \$45 at the door

Member: Commonwealth Properties

University Club and SPAC are members of the Twin Cities Metro Independent Business Alliance (www.buylocaltwinincities.com) - a nonprofit organization over 300 members strong. MetroIBA supports and advocates for locally owned, independent businesses in the Twin Cities region. We offer support through education events, understanding and influencing public policy concerning independent businesses, monthly networking events and

much more. Our members include small business owners as well as citizen members who are interested in supporting independent business in the Twin Cities. Our volunteer Board consists of engaged business members in the community who have a strong desire to support and promote independent businesses.

They are celebrating their 10 year anniversary at the beautiful and historic University Club on March 11, 2015 from 6pm – 9pm and invite you to join them for an evening of celebrating, making connections, great food and drink, prizes and much more. Registration here: <http://www.buylocaltwinincities.com/> or contact mary@metroiba.org for further information.

What: FitzFirst, a monthly program/discussion series coordinated by Fitzgerald in Saint Paul

Date: Sunday, April 7

Time: 7-7:30pm live jazz and cash bar
performance/lecture 7:30-8:30pm

Location: University Club of Saint Paul

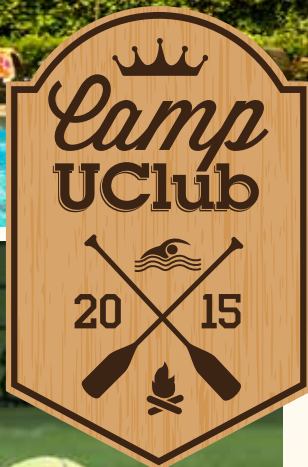
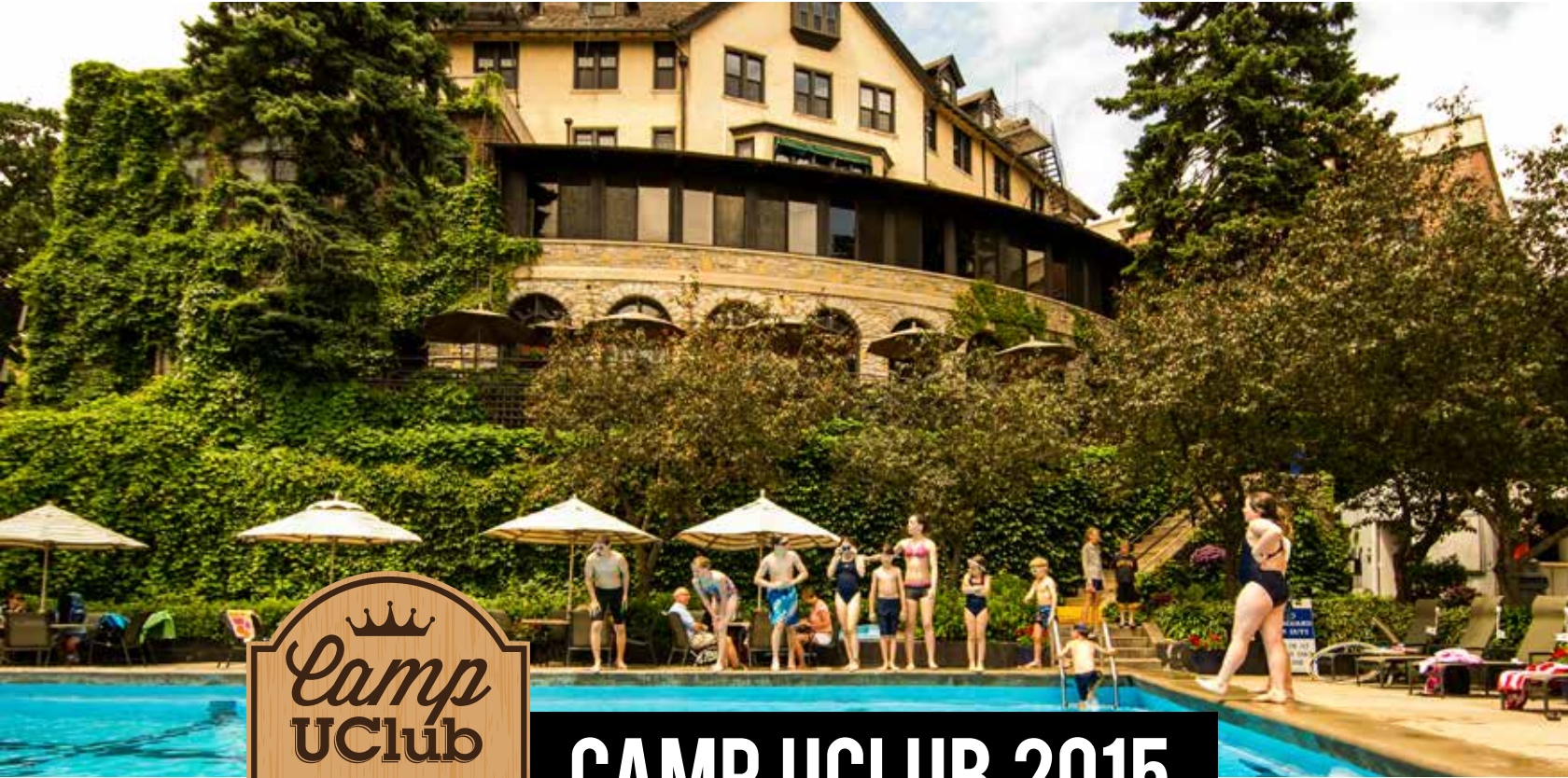
Cost: Free and open to the public.

Member: Joel Pace

The FitzFirst@Four series is a program of Fitzgerald in Saint Paul. It features presentations on the context, events or well-known personages that shaped Fitzgerald stories, and includes the opportunity to discuss the selected story. Participants are encouraged to read the selected stories in advance.

The series is co-sponsored by The Friends of the Saint Paul Public Library and is free and open to the public. Fitzgerald in Saint Paul is a new nonprofit organization dedicated to celebrating the life and literature of F. Scott Fitzgerald, the revered American author and cultural icon, in his hometown of Saint Paul, Minnesota.

For more information, visit www.fitzgeraldinsaintpaul.org.



CAMP UCLUB 2015

This summer join us for our legendary summer program. Parents rave about the high quality educational, cultural, and recreational activities; and kids just want to know how soon they can come back.

The University Club summer programming has been a summer tradition for over 50 years and we are proud to offer an amazing team that delights in guiding our young members to be the best they can be.

Summer 2015 Camp Highlights!

- Swim Team
- Diving Team
- Tennis Lessons
- Arts and Crafts program (*with certified art instructors*)
- Children's Garden (*with Master Gardener instruction*)
- Children's Play Area
- Swim Meets
- Ukulele Club
- Book Club
- Spanish Club

Registration Begins April 1st

Ages: 5 – 15

Dates: June 15th – August 21st, Monday – Friday

Time: 8 am – Noon

Cost: \$600.00 (*breaks down to \$3/hour! Best summer camp bargain aroundv!*)


The fee includes all lessons, swim meets and supplies. Field trips and camping experience extra.

CAMP UCLUB

creating skills, memories, and friendships that will last a lifetime.

Call 651-222-1751 or email Sue Katsiotis at skatsiotis@UniversityClubofStPaul.com for more information.





Join us on March 26th as we launch

Epicurean Night

Whether you're a connoisseur, an aspiring foodie, or simply like to eat and drink this night is for you. Each month we will explore a particular aspect of food or drink. Dive into the wonders of wine, olive oil, honey, heirloom vegetables, and so much more.

Date: March 26th

Time: 6pm – 8pm

Cost: \$20, includes wine and appetizers

Space is limited, so reserve your spot early by calling 651-222-1751!



First up – Chuck Kanski, proprietor of our fabulous neighborhood wine shop Solo Vino, shares his vast knowledge of all things wine. Kanski pays particular attention to smaller, artisan vineyards that most people have never heard of and loves introducing them to his customers. Join us for an event that's sure to be chocked full of enticing scents, tantalizing tastes, and delightful learnings.

Mark your calendars – Epicurean Night happens the 4th Thursday of every month!

Chuck Kanski, Proprietor (Photo: Pioneer Press: Jean Pier)

INVESTMENT CLUB

By Eugene Mason

It is always a challenge to maintain meeting attendance during the cooler and snowy months of the year. The ICLUB does make an attempt to keep in contact with the "snowbirds". One solution was to "bring the meeting to their climes" which happened at the February meeting. No it wasn't GO TO MEETING software. It was SKYPE. And it worked beautifully. Now another member is queuing up for the March meeting. While these "off-sight" members have the advantage of being included in the meeting discussions, they miss out on all the great discussions while "locals" break bread in the Ramsey Room.

Members discussed their investment portfolio and the 'Watch List'

After a thorough discussion of its investments a proposal was offered to increase its investment in the UNITED HEALTH GROUP (UNH). Vote was taken and approved to authorize the Treasurer to purchase an additional 38 shares at the current market-actually doubling its holding in UNH. The stock has met the club's objectives of 15% growth. And judging from estimates provide by 21 analysts who follow the stock none recommended a sell and 18 analysts

recommended a buy or a strong buy. Estimates of earnings for years 2015 and 2016 appear to be in-line with the buy recommendations.

On the recommendation of one of the attending members, 3M, a local company was placed on the "Watch List". 3M is a diversified conglomerate which has steady earnings and growth. It recently made a significant acquisition which is expected to enhance in the coming calendar year. Most analysts consider this company a hold despite earnings enhancement to be derived from this acquisition. It would appear to be a strong candidate for a near future acquisition.

As usual the meeting adjourned on time and most of the members retired to the Ramsey Room to continue discussions on the important topics of the day.

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



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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

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Available fully furnished for long or short term stays

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

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Specialty Classes

Eight week session starts the week of March 2, 2015

Specialty Classes mean personalized attention in an energetic, motivating and supportive environment. You get the attention of one of our highly qualified Personal Trainers with a limited number of participants to ensure maximum effectiveness, efficiency, and support. All without judgment.

BODY BLAST – *Tuesdays 5:30 pm* – Designed to melt away fat and build lean muscle. Using an interval format, sixteen different exercises in four separate muscle group circuits, every inch of your body will be blasted.

Michael Zuehl Trainer

BELLS AND STRAPS –*Thursdays 6:00 pm*– The perfect storm of TRX and Kettlebells – learn why this is a favorite of Navy Seals and Firefighters. All core, all the time, this class works power, strength, and balance.

Thursdays 6:00 pm Georgene Gray Trainer

POLICIES AND PRICING

- Eight week session only \$100. This is a reduced price for 2015!
- Registration required 48 hours before first class
- Class minimums apply for class to run, so register early!
- Drop in rate \$18, space available
- To register call 651-291-7722



GROUP FITNESS

Class Schedule

March 2nd – 29th, 2015

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: 30 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

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.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am				Mat Pilates Georgene Grey		
9:30 am	Cardio Fusion Jason Rebeck		Stretch Linda Hoffman			Family Fitness Rotation
11:00 am						
6:00 pm		Vinyasa Yoga Lisa Michaux				



GROUP FITNESS *Schedule*

MARCH 1 – MARCH 29, 2015

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

Class Locations: 4th Floor: 4A = Yoga Studio | 5th Floor: 5A = Reformer Studio A, 5B = Small Group Training Studio, 5C = Cycle Studio | 9th Floor: 9A Group Fitness Studio

Schedule subject to change. St. Paul Athletic Club, 340 Cedar Street, St. Paul, MN 55101 • For more information call: 651-291-7722 or email jrebeck@theSPAC.com

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Swim Team Session 2</i> <i>1:00 SPAC</i> <i>Hands on Sunday</i> <i>2pm – 4pm UC</i>	2	3 Run Club 6pm SPAC Documentary Night 7:30pm UC	4 SPCO Coffee Concert Noon UC	5 Happy Hour 5:30pm SPAC	6 Member Night 5pm UC	7 <i>Etiquette Class</i> <i>Ages 10 – 13</i> <i>11am – 1pm UC</i>
8 <i>Swim Team Session 3</i> <i>1:00 SPAC</i>	9	10 <i>Pasta Night</i> <i>5pm – 8pm UC</i>	11 Investment Club 5:30 UC	12 <u>Happy Hour</u> 5:30pm SPAC <u>L'Apéritif en Français</u> 6pm UC <u>Cass Gilbert</u> 5:30pm UC	13 Member Night 5pm UC	14
15 <i>Swim Team Session 3</i> <i>1:00 SPAC</i>	16	17 Readings by Writers 7pm UC Great Books 7:30 UC	18 John Adams Society 7:30 UC	19 Happy Hour 5:30pm SPAC Casa de Espana 6pm UC	20 Member Night 5pm UC <i>Family Fun</i> <i>5pm Varsity Grill UC</i>	21 F. Scott Fitzgerald Roundtable 9:30am UC
22 <i>Swim Team Session 3</i> <i>1:00 SPAC</i>	23	24	25	26 <u>Epicurean Night</u> 6pm UC <u>Happy Hour</u> 5:30pm SPAC	27 Member Night 5pm UC	28
29 <i>Swim Team Session 3</i> <i>1:00 SPAC</i>	30	31 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@UniversityClubofStPaul.com or call 651-222-1751

2015

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Registration for summer program begins!	2	3 Member Night 5pm UC	4
5 Easter Brunch	6	7	8 Investment Club 5:30pm UC	9 <u>Happy Hour</u> 5:30pm SPAC <u>L'Apéritif en Français</u> 6pm UC <u>Cass Gilbert</u> 5:30pm UC	10 Member Night 5pm UC	11
12 <i>Swim Team Session 3</i> 1:00 SPAC	13	14 <i>Pasta Night</i> 5:00pm – 8:00pm	15 Great Books 7:30 UC John Adams Society 7:30 UC	16 Happy Hour 5:30pm SPAC Casa de Espana UC 6:00 – 7:30	17 Member Night 5pm UC <i>Family Fun 5pm</i> Varsity Grill	18
19 <i>Swim Team Session 3</i> 1:00 SPAC	20	21 Readings by Writers 7pm UC	22	23 Epicurean Night 6pm UC Happy Hour 5:30pm SPAC	24 Member Night 5pm UC	25
26 <i>Swim Team Session 3</i> 1:00 SPAC	27	28 GK Chesterton 7pm UC	29	30 Happy Hour 5:30pm SPAC		

Please see the Group Fitness Schedules for classes offered at SPAC and UC
For more information or questions about anything listed, please contact
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2015