



AUGUST 2015

# THE LOOKOUT

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

**WE'RE KICKING OFF  
OUR FALL PROGRAM!**

See page 8 for more information!

**Also inside: Labor Day Corn Roast | page 10**

# THE LOOKOUT

## **Summer is sparkling at SPAC and the University Club.**

And we mean that literally. We're fortunate to have a gemologist from the world famous Sotheby's auction house coming to the University Club this summer. She'll be offering a presentation on important gems throughout history, and she'll even conduct free jewelry appraisals for members. All you have to do is sign up for an advanced appointment (see page 7 for details).

We know that the back-to-school ads are filling your mailboxes already, but it's still summer here. There is plenty of time left for long days in the pool at the University Club and lingering over delicious meals on the deck.

Of course, we know cooler weather is inevitable. We'll kick off fall programming soon, with lots of social and cultural events for all ages to help take the sting out of saying goodbye to summer.

In the meantime, it's a good time to re-familiarize yourself with the SPAC and University Club's incredible amenities designed to get you through the long, cold months to come: Fireplaces to gather in front of with friends and family (or steal a quiet moment alone); SPAC happy hours resuming in October; amazing dining at the University Club with some upcoming culinary treats sure to make your mouth water and, of course, the events which have become woven into the fabric of your lives....Beaujolais Nouveau Night, Santa Brunch, Dicken's Ball, among so many others.

Thank you for spending your summer with us. We look forward to providing the backdrop to many more seasons to come.



– Stephanie Laitala-Rupp

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## **Hours of Operation**

### **UC: Fitness Center:**

Monday 6am – 9pm  
Tuesday – Saturday 6am – 10pm  
Sunday 6am – 9pm

### **UC: Dining:**

Monday 11am – 9pm  
Tuesday – Friday 11am – 10pm  
Saturday 9am – 10pm  
Sunday 9am – 9pm

### **UC: Pool and Tennis:**

Monday – Friday 6am – 7:30am  
and 12:30pm – dusk;  
Saturday – Sunday 6am – dusk

### **UC: Pool Dining:**

Monday – Sunday 11am – 8pm

### **SPAC:**

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

## MEET THE TEAM



**Nicole Pappas** is a familiar face: she has been with the Club for five years as a server and bartender in the restaurant, and she has overseen events and activities at the University Club as a member of our management team. She is loved by our members and staff, and the feeling is mutual; Nicole considers the University Club to be a second home, and has loved getting to know our members over the years. Her commitment and hard work have earned her a new role within the Club: Event

Manager. Nicole will transition into this position this month, and will spend the majority of her time overseeing events at both the University Club and the Saint Paul Athletic Club. Nicole has been working in the service industry for eleven years and has experience working many roles, from dishwasher to bartender. She loves working at The University Club and is thrilled to be given this opportunity to use her knowledge to help provide great experiences for all of our guests.

***Congratulations, Nicole!***

## WELCOME TO THE MEMBERS WHO JOINED IN JULY!

Alex & Cynthia Mellgren  
Alex Rykken  
Amy & Paul Shirilla  
Ann Pavlish  
Ashley & Brent Holmes  
Ben Boomer  
Brandon Nilsson &  
Rebecca Laird  
Brian & Lisa Dewhirst  
Bryan Rineck &  
Gavin Sullivan  
Carol-Linnea Salmon  
Christopher Stewart  
David & Judy Heberlein  
Geraldo Soriano

Ixchel McKinnie  
Jacob & Kayla Dryden  
James & Laurie Hacking  
James Koktavy &  
Jamie Horner  
Jeanne Shydowski  
Jennifer Coates  
Jennifer Nelson  
John Glanton  
Jonathan &  
Kimberly Brandt  
Karl & Ashley Reinke  
Katy Edison  
Matthew Barber  
Matthew Ludt

Merry Beckmann  
Mike Waterston  
Moirca Caulfield  
Rebecca Funk Parizek  
Reid Lowery  
Richelle & Michael Kuhl  
Ron Bongard & Kelly  
Waltigney  
Ryan Lashley  
Ryan Warnsholz  
Sam Easterson &  
Kristin Solid  
Shannon &  
Nate Carbone  
Shannon Schulte

Thomas & Susan Toohey  
William Argo  
David & Karen Lanegran  
Josh Herman  
Nicole & Joe Park  
Drew Bjorklund  
Sean Scanlon  
Cristina & Jesse Miller  
Robert & Chrissy Archbold  
Michael & Jeanine  
Ransom  
Grant & Kara Fairbairn  
Martin & Jennifer Lacey  
Edward & Mary Murphy  
Greg & Lisa Egnash

## MEMBER PORTAL

### How to Reserve (and cancel) the Squash and Racquetball Courts

Did you know? It's easy to reserve a time slot for the squash and racquetball courts at the SPAC. First, visit the SPAC website (TheSPAC.com) or the UC website (UniversityClubofStPaul.com) and **log in** to your account using your username and password. From there, click **Scheduler**, then select **Facility Reservation**. Choose **Reservation: Squash/Racquetball Courts** and follow the series of prompts to select your date and duration of play. You will then be prompted to select a reservation time slot – choose your desired time and click **Add to Cart**, then click **Continue**. From

here, select the participants who will be playing, and select a host on the right-hand side of the screen. You can add a new family member at this time, if needed. Finally, select **Continue to Cart**, and you're all set!

**How to cancel your reservation:** If at any time you need to cancel, simply log back into your account, click **Account Information** then **Reservation Report**. Select the date of your reservation, then click **Show Report**. The report will pull up all reservations. Click on the link to the reservation you'd like to cancel, and select **Cancel Schedule**.

*Have a question? Please contact SPAC or the UC and the front desk can assist you.*



## MEMBER SPOTLIGHT

## TOM COLEMAN

You might have heard University Club staff or members talk about the U Club as the “third place.” It’s not home, it’s not work or school, but it’s a place that’s personal and meaningful, warm and welcoming. Perhaps no one embraces the third place mentality more than Tom Coleman.

Together with his wife, Tom runs Pawsitivity Service Dogs. The St. Paul-based 501(c)3 nonprofit organization has a dual mission:

1. Rescue dogs; and
2. Train rescued dogs to become service dogs for children with autism and other associated disabilities.

For Tom, the University Club is exactly the “third place” that he and the families he works with need. We caught up with Tom to learn more about the incredible work that he’s doing.

**UC:** You’ve received a lot of accolades and recognition for your work with Pawsitivity. Tell us a bit more about that.

**TC:** We founded Pawsitivity four years ago and it has been wonderful. The dogs we place provide loyalty, friendship, and independence for kids with autism and other disabilities. We’ve won a lot of awards, including the “Top-Rated Nonprofit” seal from GreatNonprofits, the Humane Charity Seal of Approval, and we received a gold rating as a charity from Guidestar exchange. We keep our administration costs to 13%, which is part of what earned those ratings.

**UC:** What role does the University Club play in Pawsitivity’s mission?

**TC:** It takes a village to raise a service dog, and the University Club is that village for us. It’s an amazing facility with amazing people. We use it to meet with families and to train dogs. These dogs need to provide services everywhere, not just in the family’s homes or at school with the kids, and the University Club provides an opportunity to socialize and train the dogs in a different space.

The University Club is so flexible. Many kids with autism face sensory issues, so if we need a quiet place to meet, we can meet together in a quiet place. If we need an outdoor spot, we’ve got outdoor spots there. If we need to socialize with other people in the club to help with training, everyone seems to be willing to socialize.

We’ll meet people randomly at the Club who will find out about Pawsitivity and want to get involved. People have really stepped up.

It’s not like a coffee shop where it’s noisy and chaotic all the time. Instead, the University Club is a place where we’re known, and we know everyone else, and it’s as quiet or social as we need it to be. There are indoor spaces and outdoor spaces and it has really been great for us. This is our third space.

Plus two of our board members, Dr. Kris Butler and Dave Mackmiller, are also University Club members like my wife and I.



photo by Lisa Venticinque

**UC:** What are you most proud of about what Pawsitivity is doing?

**TC:** We’re really able to make a difference in whole communities, not just for the kids who get the dogs. There’s a ripple effect. There is no other place in Minnesota that trains service dogs for autism, and the dogs we train can remind kids to take medication, or help keep kids from running into dangerous situations, and they really make a difference.

When these kids get the dogs, suddenly the parents can give more focus to their other children. The other children don’t have to be a caregiver. The breadwinner in the family can focus on work. And when families embark on fundraising campaigns to bring a service dog into their lives, we see friends, family, and whole communities come together to provide support. These families who get the dogs also get to see that there are so many people out there who want to support them.

**UC:** That’s wonderful. Any moments that stick out?

**TC:** Lots, but there was one boy who received a dog from us and he was pretty nonverbal. He would occasionally respond verbally to questions, but really didn’t talk much. He got his dog, and it was named Bailey. His mom overheard him singing to the dog, saying, “I love you, Bailey! I love you, Bailey!” That just blew her away.

**UC:** What are your goals for Pawsitivity over the next few years?

**TC:** We don’t want to get bigger. We want to stay small and really focus on doing what we do best. We’ve placed 11 dogs and are working with two more right now, so we average about three dogs per year and that works for us.

Right now, we fundraise to provide half the funds for training a dog, and the families fundraise to provide the other half. We have a goal of lessening the amount that the families need to fundraise.

**UC:** How can people help?

**TC:** We are always looking for volunteers to help socialize the dogs, and we gratefully accept donations. Donations are tax deductible. You can learn more on our website at <http://www.pawsitivityservicedogs.com>. We love when people want to get involved and volunteer, donate, or host a fundraising event.

# BEVERAGE SPOTLIGHT

By Dave Collins

Dear Members:

In order to best serve you, we have decided to stock the pool shack with a selection of adult beverage and drink options for our members and guests who wish to enjoy a refreshing beverage or cocktail by the pool. Starting this month, we will offer a poolside beverage menu, which will include beer, wine and cocktails that can all be either made or housed in the pool shack. We will, of course, still offer the full beverage menu down at the pool; the intention of this new menu is to serve you both better and faster. I have designed the list to incorporate as many of the most popular items as possible so that you still have a plethora of options. While we do not have the space to put a full bar in the shack at this time, we hope this new menu will help to better serve you all. Let's make the most of summer while we still can!

With service in mind always,  
Dave



## WINE CLUB

by Cory Biladeau

The Wine Club is young, but we have already discussed and learned quite a bit about the world of "vino." We have tasted and discussed Montepulciano, Sangiovese, Sancerre, Bordeaux and Sauvignon Blanc, and learned about a few of the Noble Grapes. We have paired small plates with different wines and discovered how food can affect every sip. Each month, we collect and expand our experiences with different wines, growing our knowledge in them as we learn together.

We welcome new members, and are open to exploring all areas of wine, from how it's made to how it's bottled (and how it's consumed!). Our club is member-driven, and the topics explored in each meeting are decided on by the Wine Club. Members have the opportunity to lead a meeting, if they'd like.

The Wine Club typically meets in the Library on the 2nd floor of the University Club, but this month, we will meet on the deck to enjoy the last month of summer. We'd love for you to join us!

Cheers!

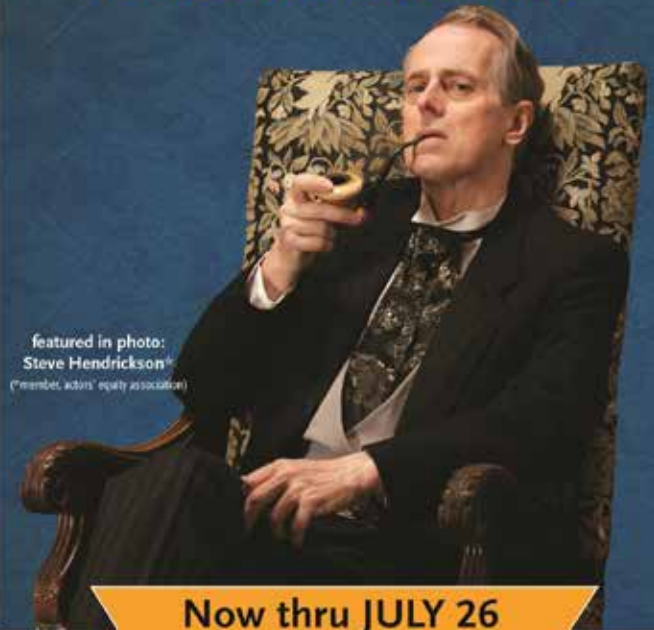
*Wine Club meets on the second Thursday of each month at 7pm, and all are welcome! We ask that you RSVP and direct any questions to Cory and Pam Biladeau at corybiladeau@gmail.com. The Wine Club is \$10/meeting. Cheers!*



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## CULINARY SPOTLIGHT

by Chef Chris Gerster

One thing is for sure: new things are always happening at the University Club, and we are constantly looking for innovative and interesting ways to excite our members. While we are sad to see the summer wind down, the kitchen and I are eager for the cooler weather and a new series of tasting menus. This fall, I am excited to introduce a “culinary adventure” that will take place in the Ramsey Room. Each month starting in September, we will feature a Saturday evening tasting menu inspired by different food regions both within the United States and around the world. Our September kick-off menu will feature food from the American South. The menu is still in the works, but here is a sneak peak of some of the offerings:

*Jalapeño-cheddar biscuits;*

*Hush puppies with Creole honey mustard;*

*Gulf Coast shrimp and grits with*

*smoky bacon and bourbon glaze;*

*Chicken-fried steak with mashed potatoes,  
greens and red eye gravy*

Each month, we will feature a new region or country in our journey around the world – join us!

Please contact the front desk at 651.222.1751 for more information and reservation requests.



## RECIPROCAL CLUB SPOTLIGHT

### University Club of Cincinnati



The original University Club of Cincinnati was founded in 1879, but was disbanded in 1896 for unknown reasons. In 1905, the local alumni of Harvard, Yale and Princeton colleges decided to re-establish a University Club. The Club's first meeting was held April 27, 1907, with then Secretary of War William Howard Taft and former member of the original University Club presiding. The Seely mansion was leased and used as the clubhouse from 1907 to 1920, when Charles Phelps Taft purchased the property along with the adjacent Smith mansion and gave both to the Club. The two mansions shared a common wall and were renovated by the Club to make one clubhouse. Charles Phelps Taft served as president of the University Club from 1913 until

1929, the year he died. The clubhouse boasts high ceilings, ornate moldings, hardwood flooring, Persian rugs, and floor to ceiling windows on its five floors. There is a small lobby area on the first floor with an adjacent, nicely decorated reading room. The dining room, cocktail lounge and library are also on the first floor. The second and third floors hold private function rooms. The fourth floor has a fitness center and two singles squash courts while the basement holds the Club's business offices and a small, informal dining area. Outdoor dining has recently been introduced in a small patio space along the Broadway Street side of the clubhouse. The first floor dining room and cocktail lounge were completely refurbished in August 2014. The University Club is located downtown, across the street from the headquarters of Western and Southern Financial Group and one block from the headquarters of Proctor & Gamble. Informal clothes such as jeans, cargo pants, shorts, and sandals are not permitted in the public areas of the clubhouse.



# JOIN US THIS FALL FOR CLUB ENTREPRENEUR (CLUB E)!

Club Entrepreneur (St. Paul) is a community of business professionals who will meet on the third Wednesday of each month at the University Club for networking, idea sharing and presentations from some of the Twin Cities' most respected innovators, catalysts and thought leaders.

During each lunch hour session, guests will have the chance to enjoy a meal, chat with peers and strengthen their network of personal and professional relationships. There will be a speaker presentation on an informative topic that provides practical, actionable ideas. The purpose behind each session is to provide attendees with the encouragement to go back to their offices more inspired, savvy and energized.

Our mission is to provide timely support to the Twin Cities' established and emerging business leaders, to help them strengthen their professional networks and develop productive business relationships, and to provide them with actionable, innovative ideas.

All monthly meetings are open to the public. Each gathering will be hosted by Chum Struve, co-hosted by the University Club and supported by our generous sponsors.

The details: Club Entrepreneur (Club E) will meet on the 3rd Wednesday of each month. Please see below for details regarding the next meeting:

**When:** September 16th, 2015

**Time:** 11:30am – 1:00pm

**Where:** University Club of St. Paul

**Topic:** "Drones.Data.ROI."

**Price:** \$26 pre-registration/\$36 registration within 24 hours and at the door

RSVPs will be made available mid-month online through Event Brite. Please keep an eye out for the Weekly Updates Email for more information, or please call the front desk at 651.222.1751 with questions.

## GREAT SUMMER READS BOOK CLUB

### **Beautiful Ruins by Jess Walter**

Join us on Tuesday, August 25th at 5:30 pm poolside for our last meeting of the summer! We will discuss *Beautiful Ruins* by Jess Walter, which is available for purchase at the Red Balloon Bookshop. All are welcome to join; see below for a synopsis of this great read:

The acclaimed, award-winning author of the national bestseller *The Financial Lives of the Poets* returns with his funniest, most romantic, and most purely enjoyable novel yet. Hailed by critics and loved by readers of literary and historical fiction, *Beautiful Ruins* is the story of an almost-love affair that begins on the Italian coast in 1962...and is rekindled in Hollywood fifty years later.

See you at the pool!

## DID YOU KNOW?

All members at both Clubs can enjoy discounted stays at two of our historic sister properties: **Hotel 340** ([www.hotel340.com](http://www.hotel340.com)) and **Stout's Island Lodge** ([www.stoutislandlodge.com](http://www.stoutislandlodge.com)). The boutique-style Hotel 340 is located on the top three floors of the Saint Paul Athletic Club building, and offers modern amenities within the walls of the historic building (and some of the most comfortable beds we've ever experienced!). Stout's Island Lodge is a two-hour drive from the Twin Cities, and is a true North Woods escape for those looking to leave the city behind for a few days. Stout's island lodge is the perfect romantic getaway or family vacation spot, and is open May – October.

## GREAT BOOKS DISCUSSIONS!

by Margaret King



G. B. Shaw, by Hazel Lavery

Join us this month for Great Books movie night! We'll be screening *Major Barbara*, the 1941 film adaptation of George Bernard Shaw's eponymous play. Rex Harrison, Wendy Hiller and Deborah Kerr costar in this merrily satirical morality play.

*Major Barbara*, originally written in 1907, contains a dose of big ideas overlaid with the mischievous wit of a family drawing-room comedy. The Undershaft family struggles to resolve several key conflicts: the Salvation Army's understanding of the Gospel versus the raw materialism of an arms manufacturer (the Undershaft motto is "Unashamed"); the advantages of a meritocracy versus traditional English notions of inheritance and propriety; and how best to address the problem of urban poverty.

Born in Dublin, Ireland, George Bernard Shaw (1856 - 1950) moved to London in 1867. While socialism preoccupied Shaw politically throughout his career, his prolific writing for the stage provided him with wealth and fame. Among the most notable of his many plays are *Arms and the Man*, *Candida*, *Pygmalion* and *Saint Joan*. Nearly all his writings address prevailing social problems with a vein of comedy which makes their stark themes more palatable. Issues which engaged Shaw's attention included education, marriage, religion, government, health care and class privilege.

Read this amusing description of family matriarch Lady Britomart Undershaft, from the stage directions of *Major Barbara*'s first act:

"Lady Britomart is a woman of fifty or thereabouts, well-dressed and yet careless of her dress, well-bred and quite reckless of her breeding, well-mannered and yet appallingly outspoken and indifferent to the opinion of her interlocutory, amiable and yet peremptory, arbitrary, and high-tempered to the last bearable degree, and withal a very typical managing matron of the upper class, treated as a naughty child until she grew into a scolding mother, and finally settling down with plenty of practical ability and worldly experience, limited in the oddest way with domestic and class limitations, conceiving the universe exactly as if it were a large house in Wilton Crescent, though handling her corner of it very effectively on that assumption, and being quite enlightened and liberal as to the books in the library, the pictures on the walls, the music in the portfolios, and the articles in the papers."

You can read the text of *Major Barbara* online:

[www.gutenberg.org/files/3790/3790-h/3790-h.htm](http://www.gutenberg.org/files/3790/3790-h/3790-h.htm)

Join us, then for an interesting and enlightening evening:

**When:** Wednesday, August 19th at 7:30pm

**Where:** University Club



## NOTABLE EVENTS

### FREE Member Event this Month

Sotheby's presents: Magnificent jewels of the 20th Century and the people who wore them

- **Wednesday, August 12th, 5:30pm at the University Club**
- **Open to ALL members of the University Club and SPAC**
- **FREE!**

We are so excited to bring Sotheby's gemologist Robin Wright to the University Club. Robin travels the country to appraise and collect jewels for the Sotheby's auction house (cool job, right?). She is in the Twin Cities this month, and will be speaking at the University Club about some of the most important and rare jewels of the 20th Century.

Not only will Robin speak about and educate us on these magnificent jewels, she will also be taking appointments from our members for free jewelry appraisals at the University Club during the afternoon.

We encourage everyone to come and bring guests! Please call the front desk at 651.222.1751 and let us know how many will be joining you. If you are

interested in an appraisal, we will be glad to help you schedule an appointment.

The presentation is scheduled to begin at 6:00pm and commence at 6:45pm, and a cash bar will be open during the event. If you are interested in staying for dinner on the deck, please make a reservation at the front desk.



## AROUND THE MEMBERSHIP

Each issue, we like to take a few moments to recognize some exciting things happening with our members. This month, we'd first like to recognize a group of members who took part in two very challenging events last month. First, we want to give a HUGE high five to all of our **Camp U Clubbers** who participated in the annual Interclub Swim Meet. Interclub has been a tradition for generations, and it marks the final meet of the summer, when all swim teams from around the Twin Cities compete against one another. The University Club dominated the meet, and we are so proud of all those who participated both physically and in spirit. Second, we'd like to yell "great job!" to our **SPAC Attack Tough Mudder** team, who participated in the challenging obstacle race in Wisconsin last month. We

want to congratulate and thank all who participated and those who were not able to; the Tough Mudder race was postponed by one day due to storm damage, and although our entire team was not able to be there, we are so inspired by each of you who trained for the event. The SPAC Attack Tough Mudder team completed the course with high spirits, despite the change in schedule – way to go! Finally, we want to thank **Alicia Hinze** for the tips and tricks she gave to us on Twin Cities Live on how to make delicious, no bake pies. Alicia is the owner of the Buttered Tin, which serves amazing treats and desserts alongside its breakfast and lunch menu. If you haven't been to the Buttered Tin yet, go try it out!



## JUMP INTO FALL AT THE UNIVERSITY CLUB!

As we make our way through the last month of summer and reflect back on all of the fun we had at the Clubs during the past few months, we have been inspired by the energy brought by our amazing community of members. While we are sad to see summer come to a close, we look forward to the fall and winter months and the fall programming we have in store for all of our members, and are excited to keep the buzz alive and the community thriving until summer once again upon us.

This fall and winter, we will be offering programs to our members that are both new and familiar, in addition to our annual events and holiday celebrations.

### PROGRAMS FOR ALL AGES:

**Hands on Sundays** continue: Families of all ages are invited to join us one Sunday a month for activities that include building **make-and-take gingerbread houses**, **studying bugs** alongside Barry the Bug Guy, **building structures** with Minnesotan toy inventor Jeff Nelson and **learning about engineering and circuitry**.

**Family Fun Nights** continue: while adults enjoy Member Night in the Fireside Room, children are treated to dinner, a fitness activity, crafts and a movie downstairs in the President's Room (chaperones provided!).

**Member Nights** continue every Friday at the U Club from 5:00pm – 7:00pm and every Thursday at the SPAC (beginning in October) from 5:30pm – 7:30pm. Members can look forward to **complimentary appetizers**, a **cash bar** and lots of **fun with fellow members and friends**.

**NEW: Game Nights** once a month. Members are invited to play board games in the Member Bar and Fireside Room. Twice a year, we will host a **Scrabble Tournament** and **BINGO!**

**NEW: Volunteer opportunities.** Members of all ages are invited to join us throughout the season for various volunteer opportunities. We plan to rake leaves for older members, work with Gillette Children's Hospital to make blankets.

**NEW: Karaoke Night** twice a year – all ages and skill levels!

**Much more:** Keep your eye out for weekly member updates and future newsletters for more events and programs (we've got a lot of them in mind!)







# JUMP INTO FALL

## KIDS PROGRAMMING:

Teen Yoga

Boot Camp with Michael

Volunteer Opportunities

History Buffs Club

Mommy and Me Yoga

Kids Book Club

Pop Up Fun days

(movie nights, snow day activities, pizza parties,  
scavenger hunts)

University Club Indoor Swim Team at the SPAC

Beginning Ballet

Etiquette Classes

Kids and Money Classes

Open Art Studio

Dive in Movies at the SPAC (6th grade and older)

Kids in the Kitchen cooking classes

Do you have an idea or suggestion? Please let us know!

Reach out to Sue at [SKatsiotis@universityclubofstpaul.com](mailto:SKatsiotis@universityclubofstpaul.com) and  
tell us what YOU want to do this fall – we will do our best to  
accommodate!







## 7<sup>TH</sup> ANNUAL CAMPING TRIP TO STOUT'S ISLAND LODGE!

When: Monday, August 17th – Wednesday, August 19th  
Cost: \$150.00 per camper

Campers entering 2nd grade and older are invited to join us for a Camp U Club tradition: the annual Stout's Island Lodge camping trip. This popular trip has been a favorite way to hang out with new camp friends and make memories that will last a lifetime. Campers will travel with parent chaperones to beautiful Red Cedar Lake and ride the ferry to Stout's, also known as "the Island of Happy Days." Campers will swim, hike, canoe, cook over a camp fire, sleep under the stars and roast s'mores. Parent chaperones will receive free lodging. Complete details and a sign up list is available at the front desk and the pool shack.

*Please note: this trip is open to all young members and families, even if not enrolled in Camp U Club this summer.*

For questions and more information, please call the front desk at 651.222.1751 or email Sue Katsiotis at [skatsiotis@universityclubofstpaul.com](mailto:skatsiotis@universityclubofstpaul.com).

## LABOR DAY 2015 CORN ROAST AND BBQ!

Send off the summer in style at The University Club's annual end of season corn roast and barbeque. This year's menu features barbeque pork ribs, hotdogs, roasted corn, summer salads and an array of Pastry Chef Brian's yummy desserts.

The Details:

**When:** Monday, September 7th from 1:00pm – 4:00pm

**Where:** the University Club backyard

**Pricing:** Adults \$12 | Children (10 and under) \$8.00  
Children 5 and under FREE

Make your reservation today by calling the front desk at 651.222.1751



## BEGINNING CLASSICAL BALLET

**For children between 5 and 8 years of age**

Our Beginning Classical Ballet series will be taught by Georgia Finnegan Amdahl, co-director of Rivers ballet and Executive Director of Twin Cities Ballet of Minnesota. This class will introduce young dancers to the art, technique and joy of classical dance. Ms. Finnegan Amdahl has trained and taught extensively in North America and in Europe and will use the Russian method leading students through basic barre exercises, port de bras, center practice and allegro. She is passionate about this art form and believes deeply in the beauty every child has to offer; your dancer will leap from the class room smiling!

**When: Begins Thursday, September 24th  
and runs for 8 weeks from 5:30pm – 6:30pm**

**Where: the University Club**

**Price: \$150.00/child**

Please reach out to Sue at SKatsiotis@theuniversityclubofstpaul.com for more information and to sign-up.



## CROQUET IS BACK! By Edward Piechowski

The long-standing University Club tradition returns Mondays through the rest of the warm season. Out back on the lower lawn behind the Griggs' Carriage House, the Club will set-up an amateur croquet course for children & adults. Grab a drink at the bar, bring your friends, and run the course. (Check in with the front desk for details where you can check out equipment for play and grab a rules sheet.)

We will be playing the classic 9-wicket course, commonly known as 'Backyard Croquet.' Two stakes, nine wickets, and a double-diamond (or hourglass) course to play. It's a favorite game of summertime that you may be familiar with.

If you have a more serious love of the game, we will be offering classes on the 2nd Monday of the month between 6-7pm, followed by a friendly game to test your skills. The monthly classes will improve your grip,

swings, shots, and perfect your croquet roll, all in a fun atmosphere.

Grips including Solomon, Standard, and Irish will be taught. The class will also cover stance and different swings including standard, side & golf. We'll learn how to make basic shots and ball control, running wickets, & game play.

Our hope first is to have fun! We also hope to generate interest in forming an amateur team next season. If so, we'll cover the standard 6-wicket tournament play which offers a more challenging course and an experienced hand.

Using the time we have this summer, let's take time out to enjoy a Club tradition with friends and family, and perhaps meet a fellow club member over a pickup game.

The club would like to support all levels of play for our membership, Please join us!



## LAST MONTH AT THE CLUBS

Last month at the Clubs, we enjoyed complimentary golf lessons from our new Director of Golf, Joe Park, we learned how to draw Nancy Carlson's famous Harriet the Dog along with her other beloved characters, we cheered our fellow members on as they dominated the Tough Mudder race, pushed our bodies through the SPAC Fitness Jam, and we ended the month with the Interclub Swimming and Diving meet, a tradition that has been enjoyed by members of every age for decades. July was a busy (and hot) month at both Clubs – see below for snapshots!

### Interclub Swimming and Diving meet



### Author and Illustrator Nancy Carlson visits Camp U Club



### Golf lessons with Joe Park



### SPAC Attack Tough Mudder team in action!



### The SPAC Fitness Jam!



## JOIN US FOR THE END OF SUMMER TALENT SHOW AND FALL PROGRAM KICK-OFF!

**When: Friday, August 14th**

**5:00pm Weenie Roast and Fall Program Kick-off,**

**7:00pm Talent Show**

On Friday, August 14th, Camp U Clubbers will display their skills and talents in the annual End of Summer Talent Show (all ages and talents welcome!). This fun event is open to all members, and will take place poolside, weather permitting. Before the show begins, join us at the Weenie Roast and learn about the fun fall programming we have in store for members of all ages (for a sneak peak, see page 8 of this newsletter).





## WELLNESS CORNER

By Jason Rebeck, Group Fitness Director

**The Benefits of Group Exercise Classes**

Everyone knows how important exercise is for physical and mental well-being, and almost everyone experiences times when the motivation and desire to work out are not there. One way to make sure that you keep the drive to exercise and stay healthy is through group exercise; here are some reasons why:

**Group Exercise is Fun!**

At times, your personal workout routine may not excite you, and you may need some extra motivation to get moving. While it can be reassuring to know that you can jump into the gym, grab a treadmill and hit the weights every day at your own pace, it's sometimes more motivating and energizing to work out alongside others. The variety of classes and the energy provided by group fitness can liven up your routine and give you something to look forward to each time you work out. The added variety of class instructors and training partners guarantees your workout will be different, yet always challenging, each time you step into a class.

**Group Fitness Increases Motivation**

Whether you realize it or not, everyone has a competitive spirit (some stronger than others!). Group fitness allows you to tap into your competitive side, and use it as motivation to push yourself through a challenging workout. Moving alongside others and seeing fellow fitness partners working hard by your side will almost always give you something more to strive for. The key external motivation that you get from group exercise is the involvement of a group leader in

pushing you to improve. This is often just the push that you need to help you complete one more rep, or move a little deeper into an exercise. Read: the motivation you experience during group fitness will help to make you stronger.

**Group Fitness Provides Variety**

Switching up your exercise routine is important for a number of reasons. Our bodies respond to changes in routine ("muscle confusion"); doing the same exercises every day, even with a focus on a different muscle group or type of exercise, will eventually yield lower results when compared to the work you put in. Group fitness classes provide an opportunity for your body to react to new stresses, which will increase your fitness and provide greater results, faster.

**You Will Meet New People**

When you visit the Clubs, you may often see many different people and never have the chance to get to know them and learn from their experiences. In a group fitness class, you will find many more opportunities to engage with your fellow members, learn from them and participate in meaningful exchanges. You may even find a training partner to help you pursue a higher level of fitness and well-being together, and someone who can help keep you accountable to join them for your next workout!

Group training has many benefits to help you maintain and improve your fitness and health. SPAC and the University Club offer a variety of classes and styles to choose from, so get moving and motivated together!

## CLUBS WITHIN THE CLUB CONTACT LIST

**Alliance Francaise**  
bonjour@afmsp.org

**Casa de España**  
Myriam Grady  
MyriamG@q.com

**Cass Gilbert Society**  
Ted Lentz  
Ted@TedLentz.com

**Croquet (Cheesebrough Varsity Blues)**  
Ned Rupp  
erupp@commonwealthproperties.com

**Documentary Night**  
Robert Byrd  
RByrd@JeromeFdn.org

**F. Scott Fitzgerald Roundtable**  
Judith Ries  
jries55517@earthlink.net

**GK Chesterton Society**  
Dale Ahlquist  
Dale@chesterton.org

**Great Books**  
Meg King  
KingMuelken@q.com

**Great Summer Reads Book Club**  
Holly Weinkauff  
Holly@RedBalloonBookshop.com

**Investment Club**  
Gene Mason  
Eugene.Mason@comcast.net

**John Adams Society**  
Joshua Regnier  
(651) 321-8414

**Reach in Reach Out**  
Carol Engelhart  
CarolEngelhart@gmail.com

**Readings by Writers**  
Carol Connelly  
CarolMConnolly@aol.com

**Wine Club**  
Cory Biladeau  
CoryBiladeau@gmail.com

*Have a passion? Have a hobby? Want to start your own Club within the Club?*  
Contact Sue at SKatsiotis@UniversityClubofSt.Paul

# INVESTMENT CLUB

By Eugene Mason

There is a sufficient number of financial metrics to suggest a time to buy or make an investment in a specific security. However, there seems to be a paucity of timing metrics to prompt a sale of portfolio investments. There is, also, an attachment that many investors have which is akin to "falling in love" with an investment; it can really blind us from making a rational sell decision.

In last month's meeting, both the "watch list" and the portfolio were briefly reviewed. No decisions were made to buy or sell any securities. Overall, the stock market is jittery from the geopolitical environment which affects the total market – not a very good time to sell.

Members in the Investment Club (ICLUB) have a goal to invest in securities that present an opportunity to achieve a 15% annual increase in revenues and earnings. However, the ICLUB does not have a good sell signal - one that preserves the principle amount of money invested before

the investment "falls off the cliff." This can present a conundrum when deciding what to buy and sell. A good example of how the volatility of the stock market can present a challenge when deciding to sell a rapidly growing stock: Netflix, which plummeted from \$273/share when the ICLUB purchased it in June 2011 all the way down to \$165/share when it was sold in October of the same year (stop loss orders do not seem to work well in a volatile market). Perhaps it would be helpful if this subject were studied and discussed at a future meeting.

Anyone wishing to participate in the discussions on these or similar matters are invited to the monthly meetings of the ICLUB. All meetings are scheduled for the second Wednesday of every month beginning at 5:30 PM and adjourning at 7:00 PM. If you would like more information about how the ICLUB operates, email Gene Mason at [eugene.mason@comcast.net](mailto:eugene.mason@comcast.net).

## 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](mailto:dburgwald@commonwealthproperties.com)



# GROUP FITNESS *Schedule*

JULY 6 – AUGUST 2, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:45 AM Cycle Elizabeth (5C)	6:15 AM Warrior Sculpt Emily (4A)	6:15 AM Cycle Express Karren (5C)		6:15 AM Total Body Fitness Lindsay (9A)	8:00 AM Total Barre Jill (4A)
NOON Trekking Jason (Floor 5)	11:30 AM Express Cycle Jason (5C)	11:45 AM Body Shred Linda (9A)	11:00 AM Express Cycle Jason (5C)	11:45 AM Cycle Elizabeth (5C)	8:00 AM Cycle Georgene (5C)
NOON Vinyasa Yoga Barie (4A)	11:45 AM Barbell Strength Ex. Linda (9A)	NOON Vinyasa Yoga Lauri (4A)	11:45 AM Barbell Strength Ex. Jason (9A)	NOON Vinyasa Yoga Dana/Sandra (4A)	9:00 AM Vinyasa Yoga (75 min.) Nick (4A)
12:30 PM Core Conditioning Jason (9A)	NOON Trekking Jason (Floor 5)	12:15 PM Core Conditioning Linda (9A)	12:30 PM Step Jason (9A)		
5:00 PM Step Jason (9A)	12:30 PM Core Conditioning Linda (9A)	5:00 PM Kickbox Blast Jason (9A)	5:30 PM Total Body Fitness Linda (9A)	5:00 PM Cycle Cinema Every 2 <sup>nd</sup> Friday Jason (5C)	9:00 AM Vinyasa Yoga (75 min.) Jared (4A)
5:30 PM Barbell Strength Jason (9A)		5:30 PM Barbell Strength Jason (9A)	6:00 PM Vinyasa Yoga Jared (4A)	6:00 PM Zumba Every 4 <sup>th</sup> Friday Jill (4A)	10:30 AM Gentle Yoga Jared (4A)
6:00 PM P90X Georgene (4A)	6:00 PM Vinyasa Yoga Cara (4A)	6:30 PM Insanity Nicole (9A)		6:30 PM Candlelight Yoga Every 1 <sup>st</sup> & 3 <sup>rd</sup> Friday Jared/Lisa (4A)	3:30 PM Warrior Sculpt Stefanie (4A)
7:00 PM Vinyasa Yoga Lisa (4A)	7:00 PM Total Barre Jill (4A)				





UNIVERSITY CLUB  
SAINT PAUL

# GROUP FITNESS

## Class Schedule

July 6<sup>th</sup> – August 2<sup>nd</sup>, 2015

**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

**TREKKING** Power walk outside (weather permitting). This is a great way to improve fitness, flexibility and encourage a healthy lifestyle through walking. It gives you the benefits of exercising outdoors and is suitable for all levels.

**30 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 full 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 651-222-1751.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am				<b>Mat Pilates</b> Georgene Grey		
8:15 am	<b>Vinyasa Yoga</b> Dana Bedingfield			<b>Vinyasa Yoga</b> Dana Bedingfield		
9:00 am		<b>Vinyasa Yoga</b> Sophie Rupp				
9:30 am			<b>Total Stretch</b> Linda Hoffman	<b>Trekking</b> Jason Rebeck		
6:00 pm		<b>Vinyasa Yoga</b> Jared Erdman				

## SUMMIT AVENUE'S HISTORIC BURBANK-LIVINGSTON-GRIGGS MANSION

Situated high on a bluff commanding breathtaking views of the Downtown St. Paul skyline and the Mississippi River Valley is Minnesota's most beautiful example of mid-19th century Italianate architecture, a magnificent mansion modeled after villas constructed in Florence in the early eighteenth century.

Unit One is a 4,400 square-foot apartment is located on the entire first floor and half of the second. It contains 17th & 18th century English, French & Italian paneled rooms with antique parquet floors: living room (with rock crystal chandeliers), dining room, gourmet kitchen with stainless-steel appliances, three bedrooms with marble bathrooms, a stone library, and breakfast room.

On the river valley side of the apartment are located a fabulous stone terrace, private garden and gazebo. Amenities include wireless Internet, security system, and satellite/cable television. Complimentary membership and full use of the University Club (next door), the Saint Paul Athletic Club, and three two-day stays at Stouts Island Lodge are available at no charge.



For more information and to schedule a showing, please contact Debbie at [dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

651-261-7897

## *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.

*AVAILABLE  
TO  
RENT  
AUGUST 1<sup>ST</sup>*

RESERVATIONS AND INFORMATION

651-261-7897

[dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

## COMMONWEALTH PROPERTIES

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

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THE DACOTAH 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](mailto:dburgwald@commonwealthproperties.com)

# August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Member Night 5pm UC Dive-in Movie Dusk UC (poolside)	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> Pasta Night 5:30pm-7:30pm UC	<b>12</b> Investment Club 5:30pm UC  Sotheby's Presents: Magnificent Jewels of the 20 <sup>th</sup> Century 5:30pm UC	<b>13</b> Cass Gilbert 5:30pm UC L'Apéritif en Français 6pm UC Wine Club 7pm UC	<b>14</b> Member Night 5pm UC  End of Summer Talent Show and Fall Kick-off 7pm UC (poolside)	<b>15</b>
<b>16</b>	<b>17</b> Stout's Island Camping Trip (through August 19 <sup>th</sup> )	<b>18</b> Great Summer Reads 5pm UC	<b>19</b> Great Books 7:30pm UC John Adams Society 7:30pm UC	<b>20</b> Casa de España 6pm – 7:30pm UC	<b>21</b> Member Night 5pm UC Family Fun Night 5pm UC	<b>22</b>
<b>23</b>	<b>24</b> F. Scott Fitzgerald Roundtable 9:00am-11:30am UC	<b>25</b> GK Chesterton 7pm UC	<b>26</b>	<b>27</b>	<b>29</b> Member Night 5pm UC	<b>29</b>
<b>30</b>						

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

2015

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> Member Night 5pm UC	<b>5</b> Boot Camp w/ Michael 9am UC Tasting Menu – American South 4pm – 10pm UC
<b>6</b>	<b>7</b> Labor Day Corn Roast 1pm – 4pm UC	<b>8</b> Pasta Night 5:30pm-7:30pm UC	<b>9</b> Investment Club 5:30pm UC	<b>10</b> Cass Gilbert 5:30pm UC L'Apéritif en Français 6pm UC Wine Club 7pm UC	<b>11</b> Member Night 5pm UC	<b>12</b> Tasting Menu – American South 4pm – 10pm UC
<b>13</b> Kids in the Kitchen TBD	<b>14</b>	<b>15</b> Readings by Writers 7pm UC	<b>16</b> Teen Yoga Begins 4pm UC Great Books 7:30pm UC John Adams Society 7:30pm UC	<b>17</b> Alex's Lemonade Stand 4:00pm UC  Casa de España 6pm – 7:30pm UC	<b>18</b> Member Night 5pm UC Family Fun Night 5pm UC	<b>19</b> Boot Camp with Michael 9am UC Tasting Menu – American South 4pm – 10pm UC
<b>20</b>	<b>21</b>	<b>22</b> GK Chesterton 7pm UC	<b>23</b> Teen Yoga Begins 4pm UC	<b>24</b> Beginning Ballet 5:30pm UC	<b>25</b> Member Night 5pm UC	<b>26</b> Tasting Menu – American South 4pm – 10pm UC
<b>27</b>	<b>28</b> F. Scott Fitzgerald Roundtable 9:00am-11:30am UC	<b>29</b>	<b>30</b> Teen Yoga Begins 4pm UC			

Please see the Group Fitness Schedule for classes offered at both the SPAC and the UC.  
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2015