

February 2016

THE LOOKOUT

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

U Club and SPAC's Birthday Bash!

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Celebrate Valentine's Day with Us

Page 5

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Celebration of Life: Ethelyn Rupp *page 4*

THE LOOKOUT

Message from the President

When's the last time you were part of a combined birthday celebration for a centenarian and a three-year-old?

It sounds like a recipe for disaster. Unless that centenarian happens to be vibrant and lively, and the three-year-old happens to be refined and elegant. (Like all toddlers, right?)

In case you haven't figured it out, the centenarian and three-year-old in question are the University Club and the Saint Paul Athletic Club, respectively.

The U Club turns 103 this month, and SPAC turns 3. We're celebrating both birthdays together, because these clubs share more than reciprocity: they share an incredible tradition of bringing Saint Paulites together for restoration, relaxation, celebration and connection.

We're so honored to carry on these traditions, and we think that's worth a bit of revelry. Mark your calendar for our big birthday bash at the University Club on Thursday, February 18th at 6:00pm (see page 6 for details).

Other things to look forward to in February:

- Valentine's Day Eve Dinner - February 13th
- Valentine's Day Jazz Brunch - February 14th
- Red Bull Crashed Ice - February 27th
(see page 14 for registration details)
- Ice Martini Bar - February 5th

Looking forward to celebrating with you!

Stephanie Laitala-Rupp



Stephanie Laitala-Rupp

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Hours of Operation

UC: Fitness Center:

Monday 6am - 8pm
Tuesday - Saturday 6am - 10pm
Sunday 6am - 8pm

UC: Dining:

Tuesday - Friday 11am - 10pm
Saturday 10am - 10pm
Sunday 10am - 2pm

SPAC:

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

MEET THE TEAM



Joan Mathison is our Community Relationships guru, but that title is just a hint of what she brings to the table. Joan works in sales and marketing, cultivating relationships with individuals and businesses throughout the area, and you also might encounter her greeting you with a smile at the SPAC's front desk.

You might think that sales and marketing and front desk work aren't a very intuitive combination, but that's hardly the case. After all, they're both all about relationships, and that's where Joan shines.

Actually, we should say that that's *part* of where Joan shines. Joan is also a culinary aficionado and pastry chef,

as well as a history buff. That delicious combination makes her ideally suited to one of her latest roles for Commonwealth Properties: host of a four-course chef's dinner at the Commodore focused on the history of the neighborhood. Joan is also planning an F. Scott Fitzgerald Homes & Haunts tour with a soiree at the University Club.

When she's not crafting food and friendships on behalf of the Clubs, Joan unwinds and restores with gentle yoga at the SPAC. "Preparing for a total knee replacement two years ago, I discovered that regular exercise made me feel so much better and gave me more energy – and now I lead downtown walking tours," says Joan. Joan also volunteers at the Minnesota Museum of American Art in her spare time.

The next time you see Joan, say hello – and you can ask her about marketing. Or pastry. Or history. Or art. Or architecture. (Come to think of it, there *are* probably a few things Joan doesn't know about, but we haven't found them yet.)

WELCOME TO THE MEMBERS WHO JOINED IN JANUARY!

Ada Cifuno
Adam Holmes
Amber Gimble
Andrew & Stephanie Loula
Antonia Kurtz
Ashley Nelson
Bill Block
Brent Schiestl
Brian Wanschura
Briana Clark
Cassi Toedt
Catherine & Eric Steffen
Charles Stark
Craig Buszmann
Deborah Camasta &
David Bradee
Diana Jurand
Edward Dion
Elizabeth Eisenhart

Eric Kirchoff
Fred Neher
Genevieve Frye
Jean Muller
Jerry Bolland Jr
Jessie Brecke
Jill Haderly
Jillian Kobilka
John Casserly
John Somrock
Jon & Patricia Limbacher
Joseph Trucano
Julia Handal
Julie Stafford
Justin Miller
Kara Dennis
Karen Bollinger
Kasia McMahon
Kathleen Beddow

Kathryn Primas
Katie Moriarty
Kelsey Johnson
Leslie (Les) Malmquist
Linda-Rose Michel
Lisa Davis & Simon Filipov
Loraine (Lori) Harris
Magdalene Nitschke
Marcos Ojeda &
Katharine Ricke
Mark Giese
Mary Williams
Matt Gorans
Matthew Carlson
Matthew Gray
Matthew Luciano
Michael Jwanouskos
Michele Giampolo
Mitchell Seiffert

Pamela Cluckey
Paul Madison
Peter Majerle &
Audrey Hendrickson
Peter & Whitney Stone
Phuong Chung
Robert Mairs
Robyn Murray &
Todd Thompson
Sean Kessel
Shannon Sneeep
Taina Maki
Teresa Tyler
Theresa Kurth
Thomas & Michele Mingo
Tina Van Erp

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MEMBER SPOTLIGHT



Cory and Pam Biladeau love the University Club so much that when it came time to move to a new home in St. Paul, they had a very clear directive for their real estate agent: *"Must be close to the U Club."*

Their realtor delivered, and now they're within walking distance of the club they've called a second home for about four years.

They were initially attracted to the Club by the old world charm and architecture, and a tour sealed the deal when they learned about all the activities and events available.

We caught up with Cory and Pam to learn more about how they make the most of their time to relax at the Club – and relaxation is critical given the time they devote to world travel and to their extraordinary careers.

UC: Cory, we hear that your career is a nod to the industries that built Ramsey Hill (not to mention every kid's absolute dream future job). And Pam, you're retired now, but you had an incredible career.

CB & PB: Cory is an engineer for the Union Pacific Railroad – yep, he drives the trains. Pam retired from the state service last May as executive director for the Emergency Medical Services Regular Board after a 35-year career with the State of Minnesota. Pam holds a master's in homeland security and defense from the Naval Postgraduate School.

UC: So, we hope that the University Club is a place where you can unwind. You deserve it!

CB & PB: You can't find a more relaxing environment than the Fireside Room to read, have a cocktail, or socialize. But it's also a great place to conduct business, both small and large meetings. The staff is very attentive to detail and we always feel so welcome and pampered. We've met so many wonderful neighbors and friends at the Club, and we count the staff among our friends, too. Our schedule has been pretty chaotic lately, but we also enjoy yoga and the fitness centers at both the University Club and SPAC. We also hope to join a cycling group this summer.

UC: We're glad to hear it. Do you take advantage of any of the Club's activities?

CB & PB: Yes, the list is long! Highlights included the jewelry event with Sotheby's, Dickens' London Christmas, and the Wine Club (we're both co-chairs).

UC: What are you up to when you're not working or spending time at the Club?

CB & PB: We love, love, love to travel, meet people and learn about different cultures. We scuba dive, and during a trip to the Bay of Alexandria, Egypt, we were with a dive team that was part of the group that found Cleopatra's palace! We plan to keep traveling, and in the near future our plan includes opening a Bed and Breakfast in our home. It's called Corban Manor Inn, and it has three guest rooms and one apartment. The apartment is available now and the guest rooms will be available post-construction, mid-May. We look forward to meeting new friends and showcasing our beautiful neighborhood.

UC: Well, we know how close you live to the University Club, so you don't have to convince us that the neighborhood is beautiful!

FEBRUARY MEMBER NIGHTS AT THE CLUBS

Member Nights at SPAC all member nights are held on Thursdays from 5:30pm – 8:00pm and include complimentary appetizers and cash bar unless otherwise noted. Executive University Club members are welcome and encouraged to join:

- **Thursday, February 4th:** Complimentary appetizers, cash bar and SPAC-tacular people
- **Thursday, February 11th:** Solo Vino wine tasting
- **Thursday, February 18th:** UC and SPAC Birthday Bash – Member Night is cancelled!
- **Thursday, February 25th:** Complimentary appetizers, cash bar and SPAC-tacular people

Member Nights at the University Club all member nights are held on Fridays from 5:00pm – 7:00pm and include complimentary appetizers and cash bar unless otherwise noted. Executive SPAC members are welcome and encouraged to join:

- **Friday, February 5th:** Ice Martini Bar
- **Friday, February 12th:** Complimentary appetizers and cash bar
- **Friday, February 19th:** Complimentary appetizers and cash bar; Family Fun Night
- **Friday, February 26th:** Complimentary appetizers and cash bar

RECIPROCAL CLUB: SEVEN PRIVATE MEMBERS CLUB

Private city clubs are opening in cities around the world that never had a club before, even in places one might not expect to find them. For instance, we are reciprocal with the SEVEN private members club located on the 28th floor of Esentai Tower in Almaty, Kazakhstan. These new clubs have not only the normal problems of opening a club, but they face the additional problem of educating their members about the private club tradition. Most of their members have never been in a private club; most will know nothing about clubs prior to joining. There are no established clubs in these countries to draw examples from. But these clubs are flourishing because they offer their members something that cannot be found anywhere else in their society – formality, networking connections, and personal service – that have always been the trademark of fine clubs. For these reasons, demand to belong to a private city club is the strongest it has been in a century. They teach their members the proper protocol and etiquette of a private club. They emphasize that behavior and dress set a private club apart. These clubs emphasize the small kindnesses that make clubs unique. They seek to create a space where their members feel special. They know that if they are like every other place in town, their chances of success are minimal. By setting themselves



apart with high standards of conduct and service, they create the best environment to succeed as a club.

If your travels take you to one of these cities, having a reciprocal club gives you the opportunity to meet locals and gain inside information about that city and country from a local perspective. It offers a refuge with an ambiance unmatched in hotels. Naturally, these clubs are of the highest caliber and expect their members and guests to dress and act accordingly. For those who travel widely to unusual locations, the benefit of having a reciprocal club is priceless.

SEVEN opened in November 2013 as the first private members club in Central Asia and followed a pattern established in China, namely of locating a club in a hotel. SEVEN is located within the Almaty Ritz-Carlton Hotel and shares with hotel guests the use of the hotel's business center and the Six Senses Spa which includes special salt and oriental treatment rooms, saunas, steam rooms, and a fitness center. The club itself has a private dining room along with two bars called the Platinum Bar and the Mezzanine Cocktail Bar. A piano lounge leads into the Platinum Bar while the Mezzanine Cocktail Bar is above. The club's dining room offers a unique menu from the kitchens of the hotel's restaurant, the LT Bar and Grill by Laurent Tourondel.

PRICE POLICY UPDATE FOR CLUB PROGRAMS AND EVENTS

Effective January 1st, 2016, all Club programs and events that require reservations will carry an additional \$5 charge per person/family for all participants without reservations. We would like to encourage all of our members and their guests to RSVP to each program and event that requires reservations, as it allows us to prepare and plan properly to ensure we are providing the best experience for all. If you have any questions about what programs and events require reservations, please reach out to the front desk or Sophie at srupp@universityclubofstpaul.com.

This policy only applies to programs and events specified as "reservations required" - it does not apply to dining reservations or any programs or events specified as "reservations encouraged."

SPAC Winter Apparel As the cold weather arrives, don't forget to order a SPAC hoodie or a SPAC ¼ zip jacket to help keep you warm this winter. Stop by the SPAC front desk to order yours today!

A special thank you to Dan Revsbeck for his donation to our lending library!

We want to recognize Dan Revsbeck for his very generous contribution to our lending library last month. Dan's donation includes a collection of First Edition Library's great works of American Literature, numerous biographies and a number of history and philosophy books. Thank you so much, Dan, for contributing to our lending library at the University Club! We urge all of our members to check out the library (located on the wall to the right of the fireplace in the Fireside Room). If you'd like to borrow a book, just let us know – that's what they're there for!

LAST MONTH AT THE CLUBS

Last month at the Clubs, we had a full calendar! Hands on Sunday explored Mad Science®, Scrabble Saturday continued at the U Club, and both Indoor Swim Team and Beginning Ballet started up again. Documentary night screened a much-talked about film (*Waste Land*), Drinking with Dave kicked off, the SPAC Attach team dominated the Securian Run and the U Club marched in the King Boreas Grande Parade. See below for snapshots:



HANDS ON SUNDAY



SCABBLE SATURDAY



ETHELYN RUPP (1919–2016)

Ethelyn Rupp was a treasured fixture of the Ramsey Hill and greater Saint Paul community. Today, we look back on her life as one lived with kindness, thoughtfulness, grace, and interminable good cheer. She was both a practical and inspirational force behind Commonwealth Properties. Her wild rice

casserole was one of the first favorites served at W.A. Frost, and she was an all-hands-on-deck member of the University Club team. Her family and those fortunate enough to have known her remember her as "a lady in the best sense of the word."

She was, indeed, extraordinarily devoted to her family, and her definition of family extended to her entire community. Ethelyn was born and raised in Saint Paul, graduated from Marshall High School and called Goodrich Avenue home for over 50 years. Many Saint Paulites will fondly remember Ethelyn as the organizing force behind more than 50 consecutive progressive dinners in Summit Hill. She was also tirelessly devoted to St. John's Church (especially the annual rummage sale) and many other community causes.

After earning her degree from the University of Minnesota, Ethelyn worked for McCann Erickson Advertising and in the Pillsbury Test Kitchen. Her intelligence and striking good looks converged to land her on the cover of Pillsbury's Annual Report in 1942. Ethelyn met her husband Dick on a golf course at the University of Minnesota, and the two of them built an exceptional life together.

Ethelyn passed away peacefully on January 17th. She was 96. She is survived by her sons John (Stephanie) Rupp and William (Debbie) Rupp, six grandchildren, and five great-grandchildren.

A celebration of life will be held at the University Club on March 5th at 2pm. All who knew and loved her are welcome to attend.



Ethelyn Rupp worked at McCann Erickson Advertising Agency during World War II (1942). This photo of her was used on the cover of Pillsbury Annual Report.

EASTER BRUNCH

Reservations required

In addition to our ever-popular Easter brunch, we host kid favorites including a petting zoo and an egg hunt next door at the Griggs' Mansion. Bring the whole family for an afternoon of great food and lots of memory-making activities.

When: Sunday, March 27th
from 10am - 2pm

Where: University Club

Price: \$40 adults
\$18 children 10 and under
FREE children 5 and under

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651-261-7897

dburgwald@commonwealthproperties.com

VALENTINE'S DAY EVE DINNER

Reservations required

Join us at the University Club for a romantic, three-course dinner complete with live piano music. Dinner will include a sparkling wine pour.

When: Saturday, February 13th from 4:00pm - 10:00pm
(last seating will be 9:30pm)

Price: \$60/person | optional \$20 wine pairing add-on
\$5 supplement/person for walk-ins

Amuse Bouche

Blini, Caviar & Crème Fraiche

First Course

Sliced Diver Scallops with Polenta, Citrus Beurre Blanc and Soft Herb Salad

or

Polenta Cake, Roasted Turnips, Sunflower Seeds, Citrus Salad

Second Course

Roasted Beets, Frisee, Goat Cheese Panna Cotta and Sherry Gastrique

or

Cauliflower Soup with Truffle Vinaigrette and Crispy Parsley

Third Course

Grilled Petite Tenderloin, Short Rib Ragu, Potato Gratin, Carrot and Red Wine Emulsion

or

Pan Roasted Salmon, Wine Poached Oysters, Jasmine Rice and Hollandaise Sauce

Dessert

Chocolate Pots de Creme

VALENTINE'S DAY JAZZ BRUNCH

Reservations required

We're excited to bring back the Zach Schmidt Trio for a morning of great food and live music. We hope you can join us and share your Valentine's Day with fellow members at the University Club! Reservations will be taken at half-hour intervals beginning at 10:00am; last reservations will be taken at 1:30pm.

When: Sunday, February 14th (Valentine's Day) from 10:00am - 2:00pm

Where: University Club

Price: \$19.95 adults
\$11.95 kids 10 and under
FREE kids under 5
\$5 supplement/person for walk-ins



SAVE THE DATE! BIRTHDAY BASH!

RSVP encouraged

When: Thursday, February 18th at 6:00pm

Where: University Club

The U Club turns 103 years old in 2016, and the SPAC will be 3! We are celebrating the Clubs' birthdays in style, and you are all invited. Save the date for what's sure to be a memorable evening. Here's a taste of what you can look forward to!

- Live music
- Complimentary appetizers and small bites
- Photo opps
- Interactive activities (bag toss, wine tasting, Drinking with Dave and more)
- "Explore the Club" contest for prizes
- Mingling with fellow members and a few special guests (it's a surprise!)
- Birthday cake (of course!)
- Complimentary valet parking

ALL members of both the University Club and SPAC are invited!

We kindly request all members to RSVP at the following site so we can get an accurate count of who is coming and create name tags. We will not be accepting RSVPs via phone or in person.

<http://clubbirthdaybash.eventbrite.com>



CELEBRATE YOUR BIRTHDAY!

Did you Know?

Stop into the Club during your birthday month and we'll gift you with a special, complimentary dessert as our small way of saying "Happy Birthday!"

SOLO VINO

SOLO VINO PRESENTS:

Date Change!

Chuck Kanski from Solo Vino will be hosting a wine tasting during our Birthday Bash on Thursday, February 18th. The wine tasting will be complimentary and open to all who attend the party (we hope all of you can make it!). Solo Vino Presents was scheduled to occur on Wednesday, February 17th - this has been cancelled. See you all at the party!



BEVERAGE SPOTLIGHT by Dave Collins

Dear distinguished members,

Our first "Drinking with Dave" was a huge success, and our staff and members were certainly talking about the program days after it ended (and feeling a bit of it the morning after, too!). The topic was gin, and we had a lot of fun learning about and tasting our way through various types.

Please read below for some highlights from our program - we hope to see new and familiar faces during February's session, where we take on tequila!

Tattersal Distillery Barrel Aged Gin was one of everyone's favorites. The group agreed that there was a large difference between the Barrel Aged Gin and Tattersal's original gin, and much preferred the former. The oak notes cooled off some of the spicier notes present in the original recipe, and provided a strong backbone of flavor. The group (myself included) was very excited to have the opportunity to try a rare and expensive gin from Germany: **Monkey 47**. This unique gin has incredible botanical qualities that challenged the group's palate. The group was surprised to learn about the number of locally-produced spirits, and we sampled a number of different gins from around the state as well as a few cocktails (see below for a recipe!).

Aside from the educational and "hands on" portions of the event, perhaps the best part of the evening was the social aspect of the program. It was really neat to see the attendees get to know new members (and guests). We all had a common ground and a bit of liquid courage to help break the ice, and new friendships were made. It was an overall very fun and engaging evening, and we look forward to the next one with all of you!

RECIPE: SIMPLE SYRUP

Tip: Pretty much any spirit can be made into a cocktail with the addition of some simple syrup and citrus or bitters. I always recommend having simple syrup around to play with - it's easy to make yourself!

Recipe:

Equal parts granulated sugar and water, depending on quantity needed. I recommend starting with 1 cup sugar and 1 cup water.

Place sugar and water into a sauce pan, and heat to a boil, stirring occasionally. When all of the sugar has dissolved, remove from the heat and let cool. Store in a sealed container in your refrigerator - simple syrup will last for months in your fridge.



CULINARY SPOTLIGHT

by Chef Chris Gerster

There are many things that are magical when working in the kitchen, and one of these things, in my opinion, is making risotto from scratch. The following recipe will give you a simple and delicious base from which to build great meals. The key here is to create the perfect consistency. Enjoy!

Risotto

serves 4-6 as a side or 2-3 as a main dish

Ingredients

2 cups Arborio Rice
3 TBSP extra virgin olive oil (EVOO)
1/2 yellow onion, minced
2 cloves garlic, minced
1 TSP kosher salt
1/2 cup white wine-whatever you like to drink (hint - if a bottle of wine ever goes bad, it's a great thing to save for use in dishes such as risotto!)
7-8 cups vegetable or chicken stock, hot
1/2 cup Parmesan or similar grated cheese
2 TBSP butter

Directions

- In a heavy-bottomed pot over medium-low heat, add the EVOO, onion, garlic and salt. Cook without browning until the onions are soft and translucent.
- Add the rice to the pot and stir well to fully coat the rice with the oil in the pot (the outer part of the rice should look translucent, and the inner core should look white)
- Add the wine to the pot. Turn the heat to low and cook until the wine is absorbed.
- Add the hot stock to the pot, a cup at a time, stirring after each addition.
- Continue to add stock, cup by cup, until 6 cups have been added and absorbed.
- Taste the rice by pulling out a few grains and biting into them. If the grain is still a bit crunchy, add a bit more stock and taste again.
- Finish by adding the cheese and butter, stirring until melted. Taste for salt and add if you desire.
- At this point you can add any vegetables or cooked meat to the risotto and top with more cheese or EVOO if desired.



SCOTCH TASTING

Reservations required

When: Friday, March 18th at 7:00pm (coincides with Family Fun Night)

Where: University Club

Price: \$40/person
\$45/person for walk-ins

Our annual Scotch Tasting features a selection of single malt scotches from several notable distilleries. Multiple knowledgeable experts will guide participants through the history of scotch while they taste each type and enjoy hors d'oeuvres.



ICE MARTINI BAR

When: Friday, February 5th
from 5:00pm - 9:00pm

Where: University Club

For one wonderful night each winter, we bring in a show-stopping bar carved entirely out of ice. The accompanying festivities include a creative martini menu with several different specialty martinis, along with complimentary hors d'oeuvres.



DRINKING WITH DAVE

The first session of Drinking with Dave was a huge success - thank you to all who participated! We are excited to continue this program throughout the upcoming months. Drinking with Dave is an interactive and educational series where members and guests are invited to sample different spirits and learn from Dave, Food and Beverage Manager, about the history and significance of each.

February: Gin
March: Whiskey/Bourbon
April: TBD

When: February 10th at 7:00pm

Where: University Club

Price: Free



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Dacotahbldg.com

Contact: Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com

WELLNESS CORNER

New Year's Resolutions

By Jason Rebeck
Group Fitness Director

It wasn't *that* long ago that we took those vows to lose weight, quit smoking, drinking, avoid spending... the list goes on, and the goals are often daunting. *How's that working out for you?*

If you're like me, I'm all for working on my goals come January, but then a few months later, I can't even remember what some of them even were. Here are a few tips on how to make New Year's Resolutions stick beyond January:

1. Free write

Grab a piece of paper and take 10-15 minutes to write and reflect on the past year. Use this time to free write on whatever comes up, good or bad.

2. Identify the positive experiences and HIGHLIGHT them.

Grab your highlighter and highlight all the positive words you see and what they are in relation to. Do you see "happy" next to the word "gym" or "love" next to the word "Facebooking"? These are key identifiers to the actions that you should continue and even magnify in the year to come.

3. Write down your goals and sign your name - like a contract

Write down all the goals you would like to accomplish and sign your name. That's right - it's a contract between you and yourself. Place the contract somewhere you are going to see it every day, like your refrigerator door or bathroom mirror. Seeing it daily is key to keeping you motivated as well as a reminder that you owe it to yourself to make yourself happier and healthier.

4. Small steps - bite-sized pieces.

Make an action plan for your resolutions. Don't overwhelm yourself with deadlines, and split up your action plan into bite-sized goals that will get you to the bigger goal. For example: if your goal is to run a marathon, start off with running a mile on Monday, two miles on Tuesday and so forth. Creating a plan that works for you will help you avoid giving up on the goal all together.

5. Remove negative things and people.

This is KEY to your success. Surround yourself with positive people and experiences. Communicate with people that are striving for the same things you are, a resolution buddy (if you will). Clean up your environment so that you are in the space to make healthier choices for yourself. This also includes social media. Remove those people that have a cloud of negativity over you, and focus on your own goals!

FEBRUARY CYCLE CINEMA AT SPAC

February's Cycle Cinema at SPAC: *Dirty Dancing*

Join us on February 12th for our monthly Cycle Cinema class! This month, we will screen *Dirty Dancing* in honor of Valentine's Day. See you there!

When: Friday, February 12th from 5:30pm - 7:00pm

Where: SPAC



NEW CLASS SERIES: YOGA 101

Beginning in March, the University Club will offer a five week Yoga 101 series for all members who are interested in exploring the basics of yoga. Dana Bedingfield, yoga instructor at both the U Club and SPAC, will lead the series, which will cover both the basics of physical yoga practice (asana) as well as the history of yoga and its significance. Yoga 101 is open to all levels - whether you're a new practitioner interested in learning more about yoga postures and philosophy or you're a seasoned yogi who would like to better understand your practice, we encourage you to attend!

Dana is a registered yoga instructor (RYT) with training in several types of practice and an interest in the history and evolution of yoga. Each class will begin with an explanation of what will be covered before students are led through a gentle, all levels yoga practice.

No advance registration necessary. Mats are available, blocks and straps are available.

When: begins Thursday, March 3rd at 9:00am and runs for 5 weeks

Where: University Club



NEW GROUP FITNESS CLASS TIMES AT THE SPAC:

Total Barre and Mat Pilates

We are excited to offer another opportunity to take Total Barre and Mat Pilates:

Total Barre: Thursdays at 5:30pm

Mat Pilates: Saturdays at 9:00am

GROUP FITNESS SCHEDULE UPDATES:

Candlelight Yoga at SPAC time change and Valentine's cancellation

Please note that the Sunday Candlelight Yoga class at SPAC will now take place on the 2nd and 4th Sundays of every month beginning in February.

This month, Sunday's Candlelight class will begin on February 28th (the 4th Sunday) and **will be cancelled** for Valentine's Day (the 2nd Sunday).

Thank you!





GROUP FITNESS Schedule

FEBRUARY 1 – FEBRUARY 28, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM Total Body Fitness Georgene (9A)	6:15 AM Warrior Sculpt Emily (4A)	6:15 AM Cycle Georgene (5C)		6:15 AM Total Body Fitness Georgene (9A)	8:00 AM Cycle Georgene (5C)
11:45 AM Cycle Jason (5C)	11:45 AM Barbell Strength Ex. Linda (9A)	11:45 AM Cycle Linda (5C)	11:00 AM Express Cycle Jason (5C)	11:45 AM Cycle Terrance (5C)	8:00 AM Total Barre Jill (9A)
NOON Vinyasa Yoga Barie (4A)	NOON Muscle Playground Michael (5B)	NOON Vinyasa Yoga Dana (4A)	11:45 AM Barbell Strength Ex. Jason (9A)	NOON Vinyasa Yoga Cara (4A)	9:00 AM Mat Pilates Jill (9A)
12:30 PM Core Conditioning Jason (5B)	NOON Gentle Yoga Ex. Sandra (4A)		NOON Muscle Playground Michael (5B)		9:00 AM Vinyasa Yoga (75 min.) Nick (4A)
	12:30 PM Core Conditioning Linda (9A)			5:30 PM Cycle Cinema Every 2 nd Friday Jason (5C)	SUNDAY
5:00 PM Step Jason (9A)	5:30 PM Cycle Suzanne (5C)	5:00 PM Step Jason (9A)	5:30 PM Yoga Nidra Jason (4A)	6:30 PM Candlelight Yoga Every 1 st & 3 rd Friday Jared/Sandra (4A)	9:00 AM Vinyasa Yoga (75 min.) Jared (4A)
5:30 PM Barbell Strength Jason (9A)	6:00 PM Vinyasa Yoga Cara (4A)	5:30 PM Barbell Strength Jason (9A)	5:30 PM Total Barre Jill (9A)		10:30 AM Gentle Yoga Jared (4A)
6:00 PM p90X Georgene (4A)	6:00 PM Total Barre Jill (9A)	6:30 PM Gentle Yoga Ex. Sandra (4A)	6:00 PM Vinyasa Yoga Kristina (4A)		3:30 PM Warrior Sculpt Stefanie (4A)
6:30 PM Yoga Nidra Jason (9A)	6:30 PM Insanity Nicole (5B)		6:30 PM Mat Pilates Georgene (9A)		6:00 PM Candlelight Yoga Every 2 nd & 4 th Sunday Jen (4A)
7:00 PM Vinyasa Yoga Sandra (4A)					



UNIVERSITY CLUB
SAINT PAUL

GROUP FITNESS

Class Schedule

February 1st- February 28th, 2016

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

NEW CLASS FORMAT COMING IN MARCH!

THURSDAY 9:00AM: YOGA 101

For beginners who are interested in learning about yoga, and for anyone who wants to deepen their understanding of the practice.

POWER YOGA This Vinyasa-style yoga class blends breath, yoga postures and strength training to increase flexibility, improve cardiovascular capacity and strengthen both major and minor muscle groups for a complete mind and body workout that is challenging yet gentle. Light weights are optional throughout class as we move through certain postures to further challenge yogis and increase strength. All levels welcome.
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
8:15 am	Vinyasa Yoga Dana Bedingfield					
9:00 am		Power Yoga Sophie Rupp		Vinyasa Yoga Dana Bedingfield		
6:00 pm		Vinyasa Yoga Jennifer Palmer				
6:45 pm				Vinyasa Yoga Jennifer Palmer		



PARK SQUARE THEATRE

Romeo AND Juliet

By William Shakespeare
Adapted and Directed by David Mann

FEB 12 & 13

Andy Boss Thrust Stage
Only three public performances!

Aeysha Kinnunen and Michael Hanna
photo by Petronella J. Ytsma

*Find out why audiences have called our version
"unbelievably energetic, engaging and heartfelt."*

Romeo and Juliet sponsored by:



Park Square Theatre's production of *Romeo and Juliet* is part of *Shakespeare in American Communities*, a national program of the National Endowment for the Arts in partnership with Arts Midwest

NINA SIMONE: FOUR WOMEN

By Christina Ham
Directed by Faye M. Price

MAR 8-26

Andy Boss Thrust Stage

Regina Marie Williams (member, actors' equity association)
photo by Tom Wallace

*One of America's most prominent musicians and activists
comes to life in this world premiere play with music.*

Nina Simone: Four Women sponsored by:



THOMSON REUTERS

Wells
Pianos



651.291.7005 | parksquaretheatre.org

Historic Hamm Building, Downtown Saint Paul

theatre for you. (yes you.)™

CHESS CLUB IS BACK!

The 3rd Monday of the month is now home to Chess Club at the University Club. All are welcome to join! Boards will be provided, unless you'd like to bring your own. Reach out to Ned at erupp@commonwealthproperties.com with questions.

When: Monday, February 15th at 6:30pm

PRIMARY DEBATE VIEWING PARTIES THIS MONTH AT THE UNIVERSITY CLUB

Join fellow members this month for Democratic and Republican Primary Debate viewing parties at the University Club. The Club will air the debates in the Member Bar or President's Room. The restaurant and bar will be open during the viewings, and as always, friends and family are always welcome to join. See below for confirmed dates.

*Please note: all start times are subject to change.
Please see our Weekly Member Update emails for the
most up-to-date information.*

February 2016 Republican Primary Debates

Saturday, February 6th
Saturday, February 13th
Friday, February 26th

February 2016 Democratic Primary Debates

Thursday, February 11th

BALLET ON THE HILL

All members of both the University Club and SPAC are welcome to attend

Dance into February with Twin Cities Ballet and invite your friends and family to join you at the University Club.

This one hour program includes audience-dancer interactive activities and excerpts in costume from the company's repertoire. At the program's finale, attendees will have an opportunity to ask questions, speak with the dancers, and take pictures with them.

All are welcome!

Upcoming Performance:

When: Thursday, February 4th, 2016 from 11:00am – 12:00pm

Where: University Club

Price: Free and open to the public



COFFEE CONCERTS

All members of both the University Club and SPAC are welcome to attend

Coffee concerts at the U Club and SPAC are back. Join us at the Clubs for hot coffee, bagels and an afternoon performance from the Saint Paul Conservatory of Music. February's concert is entitled "Music of Italy and Spain."

When: Wednesday, February 3rd from 12:00pm – 1:00pm

Where: University Club

Price: Free and open to the public

Mark Your Calendars for Upcoming Coffee Concerts (all at 12:00pm)

- Wednesday, May 4th at U Club: "The Art of Violin and Organ"



SAINT PAUL ATHLETIC CLUB PRESENTS

FROSTY'S BAR

SATURDAY, FEBRUARY 27TH
5 - 10 PM

UNIVERSITY CLUB SAINT PAUL

*Join us at
The University Club
before, during and after
Red Bull Crashed Ice!*

TICKETS:

\$30 PER PERSON
IN ADVANCE
<http://bit.ly/105Hlcp>

\$40 PER PERSON
AT THE DOOR

INCLUDES:

- VIP TICKET
- BAR SNACKS
- ONE DRINK
- SHUTTLE TO/FROM CRASHED ICE

A CHARITABLE EVENT FOR THE

CATHEDRAL HERITAGE FOUNDATION

SPECIAL THANKS TO OUR CONTRIBUTING SPONSOR
The University Club

KARAOKE NIGHT

For some, Karaoke Night presents a night to show off their beautiful vocal skills. For others, it's a chance to conquer stage fright and entertain the crowd for a few minutes. Bring your family and friends for guaranteed fun and lots of laughs.

When: Friday, March 4th from 5:00pm – 7:00pm

Where: University Club



AUDIENCE TO BE 'INSPIRED BY SHAKESPEARE' AT THE COMMODORE

When: Thursday, February 25th – 6:30pm cocktail hour, 7:00pm performance

Where: The Commodore

Price: \$20/person

On Thursday, February 25th, the newly reopened Commodore Bar & Restaurant, St. Paul, will host *Inspired by Shakespeare: From Beethoven to Broadway*, featuring performers from the Twin Cities and around the country. The event will be co-presented by the University Club of Saint Paul and the Lakes Area Music Festival.

The program will feature vocal and instrumental selections based upon, or inspired by, Shakespearian classics. Solo piano and string chamber music will include Beethoven's Piano Sonata No. 17 "The Tempest" and Piano Trio in D major "Ghost" as well as the romantic suite for violin from Erich Korngold's *Much Ado About Nothing*. Vocal selections will span from sonnet settings by Franz Schubert to Broadway hits from *Kiss Me*, *Kate* (Cole Porter) and *West Side Story* (Leonard Bernstein).

Pianist Gregory DeTurck will be featured on the program. A graduate of the Juilliard School and the Eastman School of Music, Greg has performed as soloist

with the Minnesota Orchestra, Philadelphia Orchestra, and Los Angeles and Rochester Philharmonics. He has held numerous international residencies and is on faculty at Ithaca College in New York. Other artists featured include Bergen Baker (soprano), Christian Zamora (violin), and Scott Lykins (cello). This event will include the season repertoire announcement for the Lakes Area Music Festival's eighth annual series to be held in Brainerd from July 31 through August 21, 2016.

Cocktail hour will begin at 6:30 p.m. with music at 7 p.m. in the ballroom at the Commodore. Registration is limited and expected to sell out quickly. (January's event was at capacity within three days.)

Tickets are \$20/person and available to purchase at

www.lakesareamusic.org/shakespeare

For more information, please visit <http://www.lakesareamusic.org/shakespeare>

CELEBRATE VALENTINE'S DAY ON SUNDAY NIGHT AT THE COMMODORE!

Join host Harry Chalmiers and His Only Friends as they sing songs of love and rejection in celebration of Valentine's Day. The evening will be filled with live music and food and drink available for purchase from the Commodore's fabulous Encore menu. Limited tickets are available. This is a special event not to be missed!

Please note: This event will take place in the Commodore's beautiful private event space, located in the back of the restaurant, and ticketed guests will have access to this space *only* unless prior reservations have been made for the restaurant area (which will be open on Sunday evening for dinner!).

When: Valentine's Day – Sunday, February 14th from 7:00pm – 10:00pm

Where: the Commodore

Price: \$20/ticket, please RSVP online: <https://commodore-valentine-sunday.eventbrite.com>

DOWNTON ABBEY FINALE VIEWING PARTY

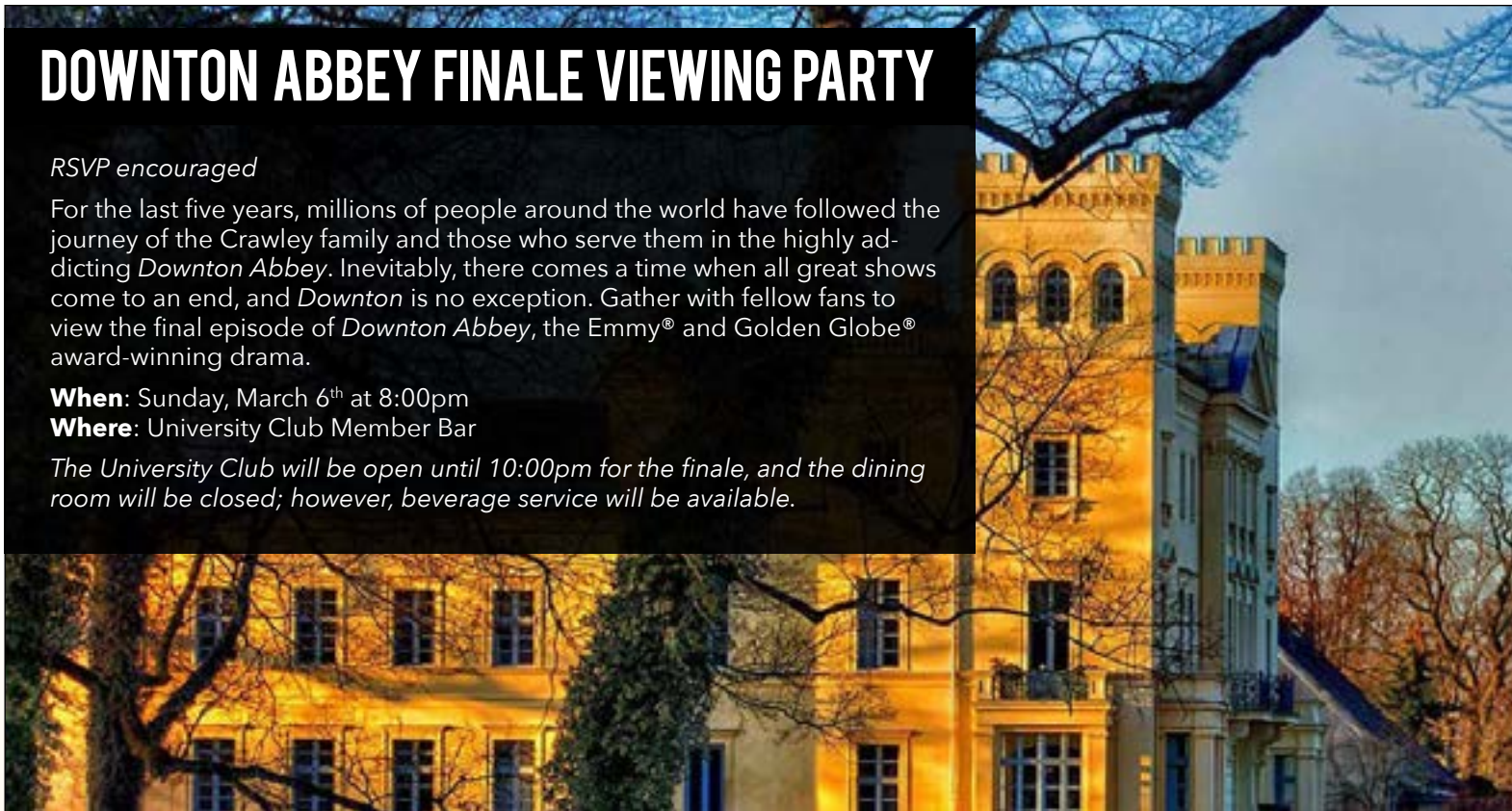
RSVP encouraged

For the last five years, millions of people around the world have followed the journey of the Crawley family and those who serve them in the highly addictive *Downton Abbey*. Inevitably, there comes a time when all great shows come to an end, and *Downton* is no exception. Gather with fellow fans to view the final episode of *Downton Abbey*, the Emmy® and Golden Globe® award-winning drama.

When: Sunday, March 6th at 8:00pm

Where: University Club Member Bar

The University Club will be open until 10:00pm for the finale, and the dining room will be closed; however, beverage service will be available.



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 and 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, satellite/cable television, a complimentary Executive membership to both the University Club of St. Paul (located next door) and the Saint Paul Athletic Club, and three two-night stays at historic Stout's Island Lodge.

GriggsMansion.com



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

651-261-7897

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. The purpose behind each session is to provide attendees with the encouragement to go back to their offices more inspired, savvy and energized.

Please visit the below site to RSVP (also made available in the Weekly Member Update email):

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: Wednesday, February 17th

Time: 11:15am - 1:00pm

Where: University Club of St. Paul

Topic: Tech Guru

Come learn from Dan Moshe of Tech Guru about all the things you can do from your smartphone! Learn to take advantage of those little pockets of time during your day with these great apps and tools. Dan Moshe is the founder of Tech Guru, the premier source for cloud and technology services in the Twin Cities and Minnesota. Dan and Tech Guru service B2B business and non-profit organizations with 10-100 users. It's a one-stop source for any IT-request - yes, even the one you're thinking of now!

Price: \$25 U Club and SPAC members with code CLUB | \$35 registration within 24 hours and at the door

<https://clubetechguru.eventbrite.com>

JOIN SPAC DURING THE VULCAN VICTORY TORCHLIGHT PARADE!

Come watch SPAC participate in The Vulcan Victory Torchlight Parade on Saturday, February 6th, 2016. Vulcanus Rex will use his wily ways to light up the streets of downtown Saint Paul for the Vulcan Victory Torchlight Parade. After the parade, follow Vulcanus and his Krewe to the steps of the Saint Paul Library across from Rice Park for the ever-dramatic Overthrow of Boreas. Fireworks will follow the event, shot off from Raspberry Island.

When: Saturday, February 6th from 5:30pm - 7:30pm

Where: Downtown St. Paul

Please reach out to Kristin at kmontpetit@theSPAC.com if you're interested in walking in the parade



BEGINNING CLASSICAL BALLET RETURNS IN MARCH

Ages 5 to 8 years - reservations required

We are excited to offer another session of our incredibly popular Beginning Ballet! Our Beginning Classical Ballet series is taught by Georgia Finnegan Amdahl, co-director of Rivers ballet and designated Executive Director of Twin Cities Ballet of Minnesota. This class introduces 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.

When: Thursdays from 5:30pm - 6:30pm (8 weeks),
March 3rd - April 28th (break for Easter week)

Where: University Club

Price: \$150.00/child | \$155/child for walk-ins

*Please reach out to Sue at
skatsiotis@UniversityClubofStPaul.com
for more information and to sign up.*

KIDS IN THE KITCHEN

Ages 8 and older - reservations required

Give the kids a chance to get their hands dirty with our Kids in the Kitchen cooking class series. Children are invited one Saturday a month to learn and practice culinary techniques, then put their newly acquired skills in action as they prepare a themed dish and enjoy eating it together. Each month will be different, and each session is guaranteed to be educational and fun.

February: Pasta Making!

April: All About Soup

May: Perfecting the Art of Sandwiches

When: Saturdays from 10:00am - 1:00pm
February 6th | April 23rd | May 14th

Where: University Club

Price: \$40/session | \$45/session for walk-ins

*Space is limited - please contact Sue at
skatsiotis@UniversityClubofStPaul.com to reserve a spot!*

FAMILY FUN NIGHT

Ages 3 and up - reservations encouraged

Get ready, get set, PLAY!! Family Fun Night will be a game night! This night is all about play and friendly competition. We will have team building games, active games, games that may challenge you and just plain laugh-out-loud silly games. Come play with us!

When: Friday, February 19th from 5:00pm - 8:00pm

Where: University Club

Price: \$10/child or \$30/family

HANDSON SUNDAY

HANDMADE VALENTINES

Ages 3 and up - Reservations required

This month, we will have all the supplies to help your children create a unique set of handmade Valentine's cards for their entire class. Bring your class list and your child(ren) will leave with a pile of beautiful cards, ready to pass out to their classmates. Sheila Eli, Camp U Club art educator, will have an additional art project to create a special gift to share with a special valentine.

When: Sunday, February 7th
from 2:00pm - 4:00pm

Where: University Club

Price: \$15/family | \$20/family for walk-ins
(though we cannot guarantee we will have enough supplies for walk-ins)

YOUTH SERVICE TEAM-INAUGURAL MEETING

Ages 6th grade and older - reservations required (we'd like to get a head count!)

The Youth Service Team aims to bring together younger members of the Clubs to work together to address community needs and work on service projects that will have a positive impact on our neighborhood and the people who live in it. The inaugural meeting will begin in the Varsity Grill for dinner and then adjourn to a meeting room, where team members will socialize and plan 2016 service projects and youth experience trips. We are so excited to offer this opportunity to our young members!

When: Friday, February 19th at 6:00pm

Where: University Club

Price: \$10.00 for dinner



SPAC DIVE-IN MOVIE AND FOOD DRIVE

Join us at the SPAC indoor pool this winter and spring for Saturday evening dive-in movies. The "ticket price" for each dive-in movie will be one or more canned goods that will be donated to a local food shelf. Noodles and flotation toys are encouraged! All movies will start at 7:00pm - see below for the schedule. *All attendees must be able to swim on their own or be accompanied by an adult in the water.*

February 20th: *Little Mermaid*

March 12th: *Finding Nemo*

April 23rd: Kids choice!

Upcoming movie: Saturday, February 20th at 7:00pm

Where: SPAC 8th floor

Price: one or more canned goods to be donated to a local food shelf

INDOOR SWIM TEAM RETURNS IN MARCH!

Ages 5 and older - reservations required

Our January session of Indoor Swim Team has been a huge success! We are excited to offer another opportunity in March to take part in this wonderful program. Indoor Swim Team presents a great opportunity for your child to maintain and develop their stroke, gain endurance and stay active during the cooler months.

When: Sunday afternoons from 1:00pm - 2:00pm, March 6th - May 1st (break for Easter)

Where: 8th floor indoor pool at the SPAC

Price: \$90/session | \$95/session for walk-ins

Please reach out to Sue at skatsiotis@UniversityClubofStPaul.com for more information and to sign up.

SAVE THE DATES

March 1st:
Camp U Club
registration begins!

March 3rd:
Beginning Ballet
begins (session 2)

March 6th:
Indoor Swim Team
begins (session 2)

March 12th:
Etiquette Class

March 31st:
Early registration for
Camp U Club ends



CAMP U CLUB REGISTRATION

Camp U Club Registration begins Tuesday, March 1st!

***Special Bonus for those registered by March 31st!
Read on for more information!***

We are SO excited to start registering our young members ages 5 through 15 for Camp U Club!

Registration for Camp U Club officially begins on Tuesday, March 1st. All Campers registered by March 31st, 2016 will get the opportunity to be the FIRST members to jump in the pool on Memorial Day (before we open the pool to everyone else!).

Please reach out to Sue at 651.222.1751 or skatsiotis@UniversityClubofStPaul.com to register. Please note that we will not accept registrations prior to March 1st.

ETIQUETTE CLASS IS BACK!

Ages 8 through 12 - reservations required

We are thrilled to offer another etiquette class to our younger members. We partner with Bethany Miller from Doors of Success Etiquette to provide a valuable and fun, social and dining skills workshop. Class includes a multi-course lunch and a manners party bag, and topics include the following:

- Creating and maintaining good eye-contact
- Key table manners
- Introductions
- Restaurant Manners
- Thank you notes and more

When: Saturday, March 12th
from 10:00am - 1:00pm

Where: University Club

Price: \$60/child
\$65/child with no reservation

Proper attire is required: boys must wear dress slacks & a collared shirt with a sport coat, or a suit. Girls must wear their best dress or dress slacks and a dressy shirt.



GREAT BOOKS DISCUSSIONS

This month, the Great Books readers will sample works by two contemporary women writers: Lisel Mueller and Clarice Lispector. Join us on Wednesday, February 17th for a stimulating evening!

Lisa Mueller

Lise Mueller began writing poetry in the 1950s; she has since published seven volumes of poetry and received numerous awards. Memory and the ability of language, whether verbal or musical, to capture experience have been persistent themes in Muller's poetry. In a PBS interview, she said "memory and poetry go together, absolutely. [Poetry] is a matter of preserving and remembering things."

The four poems we'll read span Mueller's writing career, and include *Joy*, *The Power of Music to Disturb* and *Immortality*. Read them on the Web:

<http://poem-locker.tumblr.com/post/52795184001/lisel-mueller-joy> and
<https://www.loc.gov/poetry/180/173.html>



Clarice Lispector

Revered in Brazil as one of the country's greatest twentieth-century writers, Clarice Lispector (1925-1977), with her dense, elliptical style of fiction, is an enigmatic figure. Her very short story *The Smallest Woman in the World* begins with a well-worn theme: an encounter with something seemingly foreign. However, the story executes a reversal of this theme, as what we might have called knowledge starts to look like its opposite. Read it here on the Web:

<http://www.brucecharlesworth.net/Smallest.pdf>

Come to the meeting and express your opinion. Everyone is welcome!

When: Wednesday, February 17th at 7:00pm

Where: University Club

INVESTMENT CLUB (ICLUB) by Eugene Mason

It's often said in Minnesota: if you don't like the weather, wait a day. Apply that anomaly to the extreme volatility in the current stock market and you will find many savvy investors taken to the woodshed. Inevitably, the current market environment will bring out the "preachers" who espouse the principle of diversification. So how many ways can you slice and dice a portfolio to achieve desired diversification?

The ICLUB portfolio investments are spread across many business sectors without having any significant overweighting in any one sector. The thought is that this should offer some protection against market volatility. However, a good point was made during the meeting that diversification can be achieved (in part) by balancing investments between value stocks and growth stocks.

In general, value stocks may be undervalued with respect to their peers and/or the broader market. They may have a lower price/earnings (P/E) ratio. Value stocks may pay a healthy dividend. Investments that fit that category are General Electric, AT&T, Procter & Gamble and Coca Cola.

Growth stocks are more volatile, faster-growing and look for faster returns for their investors. Volatility may be greater for growth shares. Dividends may be smaller, if non-existent. Best advice: do your homework when deciding where to invest your money.

Actions taken at the meeting: Purchase 20 shares of TESLA at the market (order filled at \$196/share). Purchase 25 shares of HOME DEPOT at the market (order filled at \$116/share). No other changes were made to the portfolio.

During the dinner hour, a presentation was made by one of the members (thank you, David) who discussed Real Estate Investment Trusts (REITs). It was informative, educational and instructive. REITs can give a portfolio an added yield if thoughtfully researched.

Guests are always welcome at Investment Club meetings and are encouraged to participate in discussions. Meetings are scheduled on the second Wednesday of each month from 5:30pm to 7:00pm.