

July/August 2017

# THE LOOKOUT

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



**Support Books for Africa:  
A Night with Ipso Facto  
by the Pool**

Page 11

**Tough Mudder**

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**ALSO INSIDE:** Camp U Club Summer Celebration *page 9*

# THE LOOKOUT

Summer is in full swing at the Club. Kids are out of school—and a whole lot of them are staying out of their parents' hair by participating in Camp U Club. This perennial favorite keeps kids active, engaged, and (with any luck) nice and tired by the end of the day.

It can be tempting to overschedule kids, especially during the summer, but there's something about Camp U Club that is the best of both worlds: scheduled time, but time that also allows kids to slow down, enjoy summer, and *just be kids*.

We don't think it's an exaggeration to say that Camp U Club holds legendary status within the community. We love talking to camp alumni about their memories. They inevitably become a bit dreamy-eyed, reminiscing with a sense of longing nostalgia as they recall hot summer days by the pool with friends.

Speaking of hot summer days, we had a few *extra* hot days at the SPAC lately when our A/C temporarily went out. We know our members love the sauna, but we did not intend to turn the whole seventh floor into one! Everyone was so understanding about the unpleasant situation and we owe a giant *thank you* to all of you who stuck with us.

As always, we have a packed calendar of events available so you can beat the heat and take advantage of fully functioning air conditioning. In addition to our regular (but always extraordinary) wine nights, pasta nights, member nights, and Clubs within the club events, here are a few extra highlights:

- SPAC competes in Tough Mudder on July 15th
- Support Books for Africa: A Night of Reggae with Ipso Facto by the Pool on July 27
- Camp U Club Summer Celebration on July 27<sup>th</sup>
- Afternoon Tea on July 30<sup>th</sup> and August 10<sup>th</sup>

Whether you want to work up a sweat or chill out—or a little of both—the Club is the place to be this summer. (And don't worry, the A/C is working wonderfully now!)

See you at the Club!



## CONTACT LIST

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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

Think exercise has to be a chore? Think again. Grab a racket and head to center court with our new Tennis Pro, Sol Rosenthal. Sol's passion for the sport is so infectious, you'll probably forget you're getting a workout.

"If someone tries tennis—even just one lesson—I think they'll get hooked and continue playing," he says. "It's a fun sport and it's a lifetime sport." Sol should know—he has played tennis for 35 years.

This summer, Sol is coaching our tennis camp for children from ages 4-5 through teenagers. He's also conducting group and individual tennis sessions with members of all ages and at all levels. "Tomorrow I'm having a session with a member who has never picked up a tennis racket!" he says with eager anticipation.

In spite of his long history with the sport, Sol never had the opportunity for tennis coaching as a child. That's part of why he works so hard to bring tennis to everyone. In addition to his work at the U Club, Sol partners with St. Paul Urban Tennis to make tennis accessible for economically disadvantaged youth.

When he's not holding court—ha!—Sol can often found running (he has completed five marathons) or in the kitchen (he is a trained chef and also holds a master's degree in Family Life Education). Sol celebrates his 30<sup>th</sup> wedding anniversary this year and has three daughters.

The tennis season is wonderful but short, so let us know right away if you want to work with Sol!



## MAY AND JUNE AT THE CLUBS

May and June were busy months at the Club. In May we watched the Kentucky Derby in style and celebrated Mother's Day with a Tea Party themed brunch at the University Club. In June, we welcomed the arrival of summer. SPAC held their annual Summer Solstice Yoga in the lobby of the Saint Paul Athletic Club and the U Club observed Memorial Day with a pig roast. Camp U Club kicked off in June as well and went on their annual Stout's Island Camping Trip.



## CLUBS WITHIN THE CLUB CONTACT LIST

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**Book Club**  
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**Bridge Club**  
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**Cass Gilbert Society**  
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**Croquet Team**  
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**GK Chesterton Society**  
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**Investment Club**  
Gene Mason  
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**John Adams Society**  
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**Knitting Club**  
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**Readings by Writers**  
Carol Connelly  
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**Travel Club**  
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**Wine Club**  
Cory Biladeau  
CoryBiladeau@gmail.com



## WELCOME TO THE MEMBERS WHO JOINED IN MAY / JUNE

Member Name  
Fozia Abrar  
Catherine Band  
Christopher Band  
Christopher Beck  
John Bisciglia  
Brett Bordelon  
Alan Buckner  
Derek Bullington  
Jen Burleigh Bentz  
Caleb Chapman  
Timothy Colwell  
Paul Cumings  
Michelle Currier  
Bruce Dodd  
David Engler  
Alexandra Fenner  
Anthony Gallas  
Diana Gulden  
Roger Guy  
Tim Hartigan  
John Hause  
Lucas Kanavati  
Richard Kunkel

Nicole Larson  
Samantha Mascari  
Kelly Moe  
Aaron Morningstar  
Desiree Morningstar  
Vinny Nittoli  
Edra Nordstrom  
Skyler O'Connor  
Christian Oland  
Nicklas Orobello  
Cristen Ostrom  
Shelby Richardson  
Teo Rotstein  
Ole Sheldon  
Connor Simone  
Brian Smoliak  
Elizabeth Stannard  
Allen Steinkopf  
Deborah Swenson  
David Truhler  
James Voigt  
Timmy Wagner  
Jackie Wright  
Tony Yang

Crystal Alme  
Kenneth Alme  
Mark Andersen  
Chet Anderson  
Yvonne Anderson  
Andrew Beveridge  
Andrew Blessing  
Whitney Blessing  
Amy Cake  
Amy Callister  
Kevin Callister  
Emil Castaneda  
Scott Christensen  
Michael Conroy  
Christine DeLong  
Roger (Jim) DeLong  
Rita Dibble  
Jill Droubie  
Samuel Dudley Jr.  
Kristin Fischer Rosel  
William Fisher  
Animal Folks  
Sarah Godfrey  
Ryan Googins

Elizabeth Govern  
Annie Halland  
Shandon Halland  
Andrea Jones  
John Jones  
David Joyslin  
Lisa Joyslin  
Laura Klinge  
Katheren Koehn  
Jo-Anne Kotze  
Amy LaValle  
Dominic LaValle  
YongJae Lee  
Sara Lindquist  
Song Lo  
Erika Lund  
Aaron Massari  
Andrea Massari  
Maureen McGuire  
Susan Mehle  
Amy O'Donnell  
Ann Olson  
Alexis Prater  
Laura Riskedahl-

Hampton  
Jesse Rosel  
Britta Rupp  
Christopher Rupp  
Karine Sandoval  
Lauren Savage  
Rebecca Scanlan  
Russel Scanlan  
Sarah Schoolcraft  
William Shaffer  
Daniel Sipple  
Ryan Steins  
Barbara Strandell  
Andrew Summer  
Pam Tansanguanwong  
Vincent Uliano  
Lisa Venticinque  
Patty Voje  
Thomas Wegner  
Jordan Weitzel



## MAY AND JUNE 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. Executive U Club members are welcome and encouraged to join. Member Nights at SPAC will discontinue for the summer months.

### Member Nights at the University Club

All member nights are held on Fridays from 5:00pm - 7:00pm in the Fireside and Members' Bar. Member Night include complimentary appetizers and cash bar. Executive SPAC members are welcome and encouraged to join in on the cocktails and conversation.

### Family Friendly Music By the Pool During Member Night

Join us Friday, July 14th from some family friendly entertainment poolside.

### Friday Night Weenie and S'more Roasts

Fridays: June 2nd - September 1st

5:00 pm - 7:00 pm. S'mores available after 6:00 pm

This summer fun family tradition returns to the University Club. Join us Friday nights in the Grigg's House Backyard for fun around the bonfire. Kids and grown ups alike are welcome to attend!

## COMMONWEALTH PROPERTIES

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

THE EXCHANGE BUILDING

THE DACOTAH BUILDING  
(above W.A. Frost)

SAINT PAUL ATHLETIC CLUB

THE SAINT PAUL BUILDING

UNIVERSITY CLUB

CONDOMINIUM OFFICES

Now available for sale.

For more information contact Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com

# WINE EDUCATION SERIES

Wednesday, August 2<sup>nd</sup>: Sauvignon Blanc Masterclass

6:00pm| Reception

6:30pm| Presentation

Join Sommelier and Wine Educator Jason Kallsen for a night of learning with the our "European Wine 101" class, that's where! In this info-packed class we cover many topics including but not limited to:

- A brief history of wine making in Italy, Spain, and France
- The cultural and style differences between European wines and American wines
- The geography of topography of Europe's wine regions

- An overview of the French concept of "Terroir"
- Details on reading and understanding Italian, French, and Spanish wine labels
- A discussion on finding the biggest bang for the buck in European wine

and more! We'll taste through a range of great examples and use the wines we are tasting to grow your understanding of the 'old world' of wine.

All classes will be \$45 with a 25% discount available to University Club and SPAC members with the code "SummitAvenue"

**Save the Date!!!**

**Wednesday, October 4<sup>th</sup>:** Understanding the Wine of Portugal

Visit <https://www.eventbrite.com/e/rose-wines-of-the-world-at-the-university-club-of-st-paul-tickets-33463661713?aff=ehomecard> to purchase your tickets.



## 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.**

**Dacotahbldg.com**

Contact: Debbie Burgwald

**651-261-7897**

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



## SUMMER WHITE WINE FLIGHT AT THE UNIVERSITY CLUB

By a special arrangement with The Wine Merchants, the University Club is pleased to showcase a *Summer White Wine Flight* on our By The Glass wine list. The flight includes three bright and crisp white wines in the "Old World" style:

**Poggio Morino Vermentino** – This brilliant, dry, Italian white presents as silvery straw yellow, with notes of hay almonds and herbs on the nose. Light weight with a touch of fruit skin tannin. Bright fresh and lemony with a touch of apple pear compote and a touch grassy herb on the palate. Lingering beeswax and herbal finish.

**Les Hautes de La Garde** – This sleek French white from Bordeaux is light straw appearance, with an aromatic nose of melons, gooseberries, bananas, jack fruit, pears, lemon, and dried herbs. Flavors to match, with a mineral mid-palate, a touch of bitter stonefruit, and a medium finish. It is made with organic grapes!

**Nederburg Chenin Blanc** – A nicely structured French varietal from South Africa, golden straw in appearance, with notes of guava and peach. The palate has bright acidity that pairs well with lighter, lean proteins. Grassy finish.

Each of the wines is available independently, but the flight offers a terrific opportunity for flavorful fun! The flight is only \$8.00. Stop in today and give it a try!



## WINE CLUB by Cory Biladeau

The wine club had a wonderful spring. We travelled, through the wines, from Napa Valley to Greece! Amazing, interesting and fun filled, wines represent the world!

In April we started in Napa Valley with wines from the Bottlerock Music Festival during California's super bloom this spring with an amazing and beautiful array of flowers everywhere. The pictures were spectacular, the music authentic and the wines, fabulous!

Chandon California Brut Classic (Yountville), JaM Cellars Butter Chardonnay, Rombauer Chardonnay (St. Helena), Rutherford Hill Chardonnay (Rutherford), Menage a Trois Chardonnay, Meiomi Pinot Noir (Coastal CA) and Rutherford Hill Merlot (Rutherford).

The pairings and foods were equally delicious. One pairing was a Brown Butter Orecchiette with Spicy Sausage and Peas, which besides being marvelous went wonderfully with the wines. The other primary dish was a Pan-Roasted Chicken with Kale, Green Apple, and Peanut Dressing-amazing! It went so well with the wines and being such a fabulous summer dish, you have to try it! Google the recipes and make them, they are awesome!

Our May wine club sent us to Greece! Hopping around the Peloponnese Peninsula, taking in the culture, history

and fabulous architecture we tried some of their excellent wines. Erasmios Moschfilero Mantinia, GWC Assyrtiko Santorini, Malagousia Lykos Evia, Dionysos Merlot, Erasmios Agiorgchitiko Nemea, Yakut Red (Turkey), Hermes Muscat of Patras and Xinomavro Macedonia-Dio Fili Estate. If you haven't tried Greek wines in a while, here's a fun shopping list.

Our food pairings were simply outstanding! With Greek Salad, Hummus with Pita and a mountain of delicious Marinated Lamb Kabobs with a tzatziki sauce, as well as aromatic and mouth-watering Greek meatballs with lemon and arugula, finished off with scrumptious and decadent Baklava.

Wow!

Try some wines, try some recipes...travel.

Cheers!

Cory Biladeau

p.s. guest fees are \$30 per person (to the hosting party) when there is a seat open at the wine club. Email interest to Cory @ [corybiladeau@gmail.com](mailto:corybiladeau@gmail.com)

## STIR FRY NIGHTS



Reservation Required | 651-222-1751

Take your pick from delicious fresh ingredients and our chefs will cook up an amazing one of a kind stir fry just for you! Join us for this new poolside tradition that promises to be fun for the whole family.

**When:** Tuesday, July 11<sup>th</sup> and Tuesday, August 8<sup>th</sup>  
from 5:30pm - 7:30pm

**Where:** Poolside at the University Club

**Price:** \$10 per person

## AFTERNOON TEA AT THE UNIVERSITY CLUB



Wear your Sunday finest and enjoy an afternoon sipping tea with a beautiful view of the Mississippi River Valley. Make your reservation today for one of our 3 course afternoon teas.

**When:** Sunday, July 30<sup>th</sup>  
Thursday, August 10<sup>th</sup>

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

**Price:** \$35.00 per person

Reservations Required. Call 651-222-1751

## SUMMER DINING HOURS AT THE UNIVERSITY CLUB

**Monday, May 29<sup>th</sup>- Monday, September 4<sup>th</sup>**  
**Varsity Grill and Deck**

*Reservations Encouraged 651-222-1751*

Weather permitting, dining service will take place in the Varsity Grill and the Deck in the lower level of the University Club. If you or your guests have physical limitations that make it difficult to access our deck/Varsity Grill, please notify the reception desk when you make your reservation. Dining service will take place in the Ramsey Room when it rains.

### **Mondays**

Lunch: 11:00 am - 4:00 pm

Dinner: 4:00pm- 9:00pm

### **Tuesdays-Fridays**

Lunch: 11:00 am - 4:00 pm

Dinner: 4:00 pm - 10:00pm

### **Saturdays**

Brunch: 10:00 am -2:00 pm

Lunch: 10:00 am -4:00 pm

Dinner: 4:00 pm - 10:00pm

### **Sundays**

Brunch: 10:00 am - 2:00 pm

Dinner: 2:00 pm - 9:00 pm

Dress code for the dining on the deck and Varsity Grill is smart casual. Shorts are permitted but must cover to three inches above the knee. Athletic attire and swimming attire is not permitted on the deck or in the Varsity Grill.

### **Poolside Dining:**

Daily 11:00 am - 8: 00pm

### **Members' Nights**

Friday Night Members' Night will continue through the summer from 5:00pm - 7:00pm in the Fireside Room and Member Bar. In order to maintain the tradition of community and conversation during Members' Nights, please enjoy the complimentary appetizers in the Fireside Room and Members' Bar.

## Save the Dates!!

Labor Day Corn Roast: Monday, September 4<sup>th</sup>

Kids are Back in School Happy Hour By the Pool:  
Tuesday, September 5<sup>th</sup>

Oktoberfest: Friday, September 29<sup>th</sup>



## POOLSIDE EXPRESS DRINK MENU



### ***Come and Enjoy Our new Poolside Express Drink Menu***

This year we have installed a custom cooler and two taps for serving beer - currently Summit Extra Pale Ale, and Summit Keller Pilsner - in the Pool Shack! What is so exciting is that before this year, servers would have to hike all the way up to the Varsity Bar to retrieve refreshments, making for less than rapid service. Now, they are able to make simple cocktails, select specialty cocktails, pour from a select beer list and also from our by-the-glass wine list - and there are some delicious new options too! With this new equipment we are better enabled to more quickly serve our members who love to enjoy an refreshing beverage by our beautiful pool.

## MOCKTAILS!



### **Try one of the University Club of St. Paul's Delicious Mocktails**

We have handcrafted some refreshing non-alcoholic beverages for the sweltering summer months.

Try one of our delicious *Mocktails*

- Cucumber Cooler
- Pineapple Collins
- Island Colada

\$4 each. Available Poolside and in the Varsity Grill Bar and Deck! Quench that summer thirst with a *mocktail* today!

## BEVERAGE SPOTLIGHT

Hello everyone! Summer is heating up, patios are open, and festivities are in full swing. We've got the perfect recipe to help you beat the heat. Rum punch is a great option for any group gathering. The recipe can be found down below:

### **Rum Punch:**

1 cup Fresh Lime Juice

2 cups Jamaican Rum

1 cup Light Rum

2 cups Pineapple Juice

2 cups Orange Juice

Pineapple and orange slices for garnish

Optional: Adding a pinch of ground nutmeg gives this recipe a little hint of spice!

Keep this recipe in mind for any July 4<sup>th</sup> gatherings, graduation parties or just to sip by the pool. We hope everyone is having a great summer so far.

Cheers!





## FAMILY FUN NIGHT



### Save the Date!

Family Fun Nights return in September with our Apples, Apples, Apples Party!

When: Friday, September 15<sup>th</sup>

## DIVE-IN MOVIE AT UCLUB



Join us poolside at the U Club for a memorable evening of aquatic cinema. Noodles and pool floaties encouraged!

**When:** Fridays July 21<sup>st</sup>, and August 18<sup>th</sup> at dusk

**Where:** University Club outdoor pool

*Movies To Be Announced....*



**JUN 16 – JUL 30**

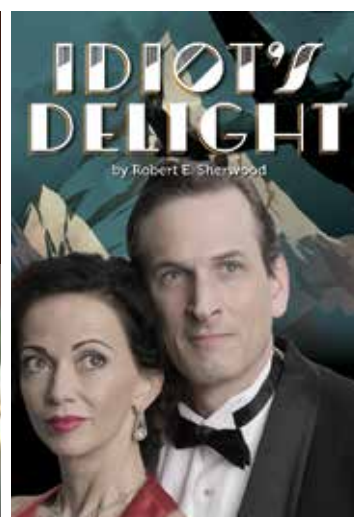
Mystery / Proscenium Stage

By Joseph Goodrich

Directed by Peter Moore

Adapted from the

Novel by Rex Stout



**JUN 29 – JUL 23**

Comedy-Drama / Andy Boss Thrust Stage

Directed by Craig Johnson

presented by

*Girl Friday*  
PRODUCTIONS

## 2017-2018 SEASON:

**Henry and Alice: Into the Wild**

Sept 15 – Oct 22, 2017 *Comedy*

**William Shakespeare's Hamlet**

Oct 13 – Nov 11, 2017 *Tragedy*

**Of Mice and Men**

Nov 9 – Dec 16, 2017 *Drama/Literary Classic*

**Dot**

Dec 8, 2017 – Jan 7, 2018 *Comedy-Drama*

**Cardboard Piano**

Jan 19 – Feb 18, 2018 *Drama*

**The Pirates of Penzance**

Feb 9 – March 25, 2018 *Comedy-Musical*

**A Raisin in the Sun**

Feb 22 – Mar 24, 2018 *Drama*

**The Diary of Anne Frank**

April 19, 22, 26, 28, 2018 *Drama/Literary Classic*

**Ken Ludwig's Baskerville: A Sherlock Holmes Mystery**

Jun 15 – Aug 5, 2018 *Mystery*

**French Twist**

Jun 22 – Jul 15, 2018

**A Korean Drama Addict's Guide to Losing Your Virginity**

Jul 27 – Aug 12, 2018 *Comedy*

**PACKAGES AND SINGLE TICKETS ON SALE NOW!**



**PARK SQUARE**  
THEATRE

651.291.7005 [parksquaretheatre.org](http://parksquaretheatre.org)

Historic Hamm Building, Downtown Saint Paul



## CAMP U CLUB FIELD TRIP DESCRIPTIONS

*For each trip, please bring a bag lunch, water bottle, and wear comfortable walking shoes (No flip flops)*

### **Friday, July 7 ~ Base Camp**

Cost \$40.00 for Camp U Club Campers | \$45.00 for Non Camp U Club Campers

12:00pm - 4:00pm

Located near Fort Snelling in the century old Cavalry Drill Hall, Base Camp will prove to be an active afternoon for Campers featuring indoor rock climbing, archery, and team building activities.

### **Wednesday July 12<sup>th</sup> ~ Saint Paul Saints Baseball Game (limited to 50 campers)**

Cost \$40.00

12:00pm - 4:30pm

\*Game starts at 1:05pm

Baseball is America's pastime and the Saints are a St. Paul tradition. Campers will spend an afternoon taking in a game at CHS Stadium. Field trip cost includes \$5 in "Saints Bucks"

### **Friday, July 14 ~ Fort Snelling State Park**

\$5 to Camp U Club Campers not available for non-campers

12:00pm - 4:30pm

This is a Camp U Club summer tradition. Campers will have a fun filled afternoon of hiking, canoeing, fishing and building sand castles. Bring bag lunch, swimming suit, water bottle, sunscreen, and bug spray

### **Friday, July 21 ~ Zero Gravity Indoor Trampoline Park**

Cost \$30.00 for Camp U Club Campers | \$35.00 for Non Camp U Club Campers

12:00pm - 4:00pm

*\*All Campers must wear socks for this field trip*

Bouncing is a great way to get some exercises, try new things and burn off some excess energy. Campers will enjoy bouncing their way through the afternoon!

### **Friday, July 28<sup>th</sup> ~ Vertical Endeavors**

Cost \$40.00 for Camp U Club Campers | \$45.00 for Non Camp U Club Campers

12:00pm - 4:00 pm

Rock climbing is one of the fastest growing sports in the United States and Vertical Endeavors operates some of the largest and most state of the art indoor climbing facilities in the Midwest. On this trip, campers of all abilities will have the opportunity to flex their muscles and reach new heights.

### **Friday, August 4<sup>th</sup> ~ Taylor's Falls Canoeing Trip**

Cost \$40.00 for Camp U Club Campers | \$50.00 for Non Camp U Club Campers

12:00pm-5:00pm

The St. Croix River is one of the Midwest's cleanest and undeveloped river systems. On this trip, campers will experience nature at its finest as they travel down river.

### **Friday, August 11<sup>th</sup> ~ MN History Center**

Cost \$15.00 for Camp U Club Campers | \$20.00 for Non Camp U Club Campers

12:00pm - 4:00pm

Campers will spend the afternoon participating in games popular during the pioneer days, exploring the museum exhibits and maybe even learning something about the history of the University Club.

Stop by the Reception Desk at the U Club to pick up your registration form. Questions? Reach out to Sue Katsiotis at [skatsiotis@universityclubofstpaul.com](mailto:skatsiotis@universityclubofstpaul.com)



## CAMP U CLUB SUMMER CELEBRATION

Join us as we celebrate another fantastic summer of Camp U Club! Our campers have reached new and exciting heights this summer. Whether campers found the competitive edge in the pool or their creative side on the art porch, we are going to recognize their accomplishments

### When:

Thursday, July 27<sup>th</sup>  
 5:30-6:30pm cocktail hour  
 6:30 Dinner and awards ceremony  
 8:00pm-10:00pm: Open Swim in the  
 8<sup>th</sup> floor indoor pool

### Where:

Saint Paul Athletic Club

### Price

\$25 Adults  
 \$12 campers  
 3 and under free

Get your tickets at [www.Campuclub2017.eventbrite.com](http://www.Campuclub2017.eventbrite.com)

## SWIMMING AND DIVING MEETS

July 13

**Home:** The University Club vs Brackets 8:30am warm up  
 /9:00am meet starts

July 18

**Away:** The University Club vs Saint Paul Tennis Club Bus  
 Departs Noon

Warmups 12:30pm/1:00pm Event Begins

July 25

**Home:** University Club Interclub Prep Meet 8:30am warm  
 up/9:00am meet starts

July 27

### Away Final Meet of the Season

Interclub All Teams St. Kate's University  
 Date/Time To Be Announced

July 27

### Camp U Club Summer Celebration

Saint Paul Athletic Club

### Diving Meets:

Friday July 14<sup>th</sup>

Away: Town and Country Club

Bus Departs 9:00am

9:30 warm up. 10:00am meet begins

Wednesday July 26<sup>th</sup> Interclub Diving Meet

Saint Paul Tennis Club

5:30pm Warm Ups/6:15 Meet Begins



# GREAT BOOKS DISCUSSIONS

**The Great Books Discussions Group** continues at 5:00 pm on the second Wednesday of each month, at the University Club. We'll meet in the Casual Room. Be sure to stay on with us for dinner in the newly remodeled Ramsay Room after the discussion!

On **Wednesday, July 12** at 5pm the group discusses Edgar Allen Poe's macabre tale "The Black Cat." This horror classic, like much of Poe's work, emphasizes the conflicted workings of the human mind as much as terrifying incidents.

You can find this tale at your local library, or read it online here:

[https://archive.org/stream/TheBlackCat\\_339/TheBlackCatByEdgarAllanPoe\\_djvu.txt](https://archive.org/stream/TheBlackCat_339/TheBlackCatByEdgarAllanPoe_djvu.txt)

On **Wednesday, August 9** at 5pm the group discusses the penetrating psychological story "The Real Thing" by Henry James. Find this at your local library or read it online here:

<https://www.gutenberg.org/files/2715/2715-h/2715-h.htm>

These stories also appear in "The Great Books Foundation Short Story Omnibus" published by the Great Books Foundation. This is the Group's new volume of selections for the upcoming year. You can get the book for \$32.95 from the Foundation at 233 North Michigan Avenue, Suite 420, Chicago, IL. 60601-5813 800.222.5870 (toll-free)

Or order online:

<http://store.greatbooks.org/adu-bus.html>

Each month the group discusses one of the stories from the Omnibus.

**What:** the Great Books Discussion group

**Where:** The University Club of St. Paul, 420 Summit Avenue, St. Paul

**When:** Wednesday, July 12 at 5pm and August 9 at 5 pm.

**Contact:** Call/text 651-285-7550 or email Margaret King at: [kingmuelken@q.com](mailto:kingmuelken@q.com).

## BOOK CLUB

### NEXT BOOKS:

July 11 (2nd Tuesday) - *Devil in the White City*

Aug 1 - *Kitchens of the Great Midwest*

Sept 5 - *Round House*

## FRENCH FOR TRAVELERS

No textbook used (booklet provided)

Need a crash course in survival French? For students with no prior French experience.

Once a week for 2 hours, for a duration of 5 weeks

Thursday 6 pm to 8 pm July 27-August 24



## A photograph showing the silhouettes of several people and palm trees against a bright, orange-hued sunset sky. The figures are dark against the glowing background, creating a high-contrast scene.

<https://www.eventbrite.com/e/a-night-with-ipso-facto-for-books-for-africa-tickets-34910899440?aff=eac2>

In July or August the Travel Club plans to set off together to explore a few of the wineries in the area. Perhaps our tastings will involve less than the world-class wines of Sonoma or the Loire Valley, but word on the street has it that the local wines are improving rapidly. One thing for sure, traveling together along the Mississippi in an air-conditioned limo to taste wines is destined to be beautiful and lots of fun. What's not to like? All UClub members are invited to join us for our meetings and embark on our next adventure with us. The more the merrier! As William Butler Yeats wrote, "There are no strangers here, only friends you haven't met yet!"





## MASSAGE UPDATE



Refer 4 new clients to get a massage at SPAC and earn one 60 minute massage for yourself!

Massage is available by appointments only; times vary

Daytime Appointments: Tuesday-Saturday

Evening Appointments: Thursdays

Contact Devin to find out more about available appointment times at [dbrown@thespac.com](mailto:dbrown@thespac.com)

## POOL HOURS

University Club of St. Paul Outdoor Pool Hours  
Pool is open Memorial Day (May 29th) through Labor Day (September 4th)

### Monday- Friday

Adult Swim

6:00 am – 8:00 am

No lifeguard on duty. Swim at your own risk.

Access pool through the clubhouse.

Pool Closed for Camp U Club (June 12th- August 18th)

8:00 am – 12:00 pm

Open Swim

12:00 pm- Dusk

### Saturday and Sunday

Adult Swim

6:00 am – 10:00 am

No lifeguard on duty. Swim at your own risk. Access pool through the clubhouse.

Open Swim

10:00 am – dusk

\* Lifeguard on duty until 8:00 pm. Weather dependent

## 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 Three is on the top floor of the mansion, and features sweeping views of Summit Avenue, downtown Saint Paul, and the Mississippi River Valley. This beautiful unit features old-world sophistication with modern updates, including beautiful hardwood floors, ornate tiling, elegant antique furniture and custom artwork. The floor plan features an open kitchen and living room configuration and access to the cupola, including sun porch.

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.



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

651-261-7897



# UNIVERSITY CLUB CLAY TENNIS COURT HOURS AND REGULATIONS



Monday-Friday: 12:15 am – dusk  
Saturday and Sunday: 6:00am- dusk

Children (16 and younger) can make reservations for 30-45 min. Adults can make reservations for 60mins (singles) or 90 mins (doubles). Reservations can be made at the pool shack or by calling the reception desk at 651-222-1751

Adults can make reservations for 60 mins of court time (singles) or 90 mins of court time (doubles) Children ages 16 and younger can reserve 30-45 mins of court time. Reservations can be made by calling 651-222-1751 or at the pool shack.

All members, including children, MUST check the tennis

reservation sheet at the pool shack if they want to play. If the court is in open and there is not an upcoming reservation, then the member can sign in to reserve the court.

If children would like to reserve the court, they MUST be actually playing and not goofing around. If they are NOT playing and an adult member walks in and would like to use the court, the adult member will be given use of the court. If the children are in fact playing or volleying the ball and an adult member wants to use the court, the children will be allowed to finish their court time and the adult member will make a reservation for the next available court time.

ALL members, including children, MUST line and clean the court when they are done - no exceptions.

## TENNIS LESSONS AT THE UCLUB

*Jami Bauer, USPTA Certified Tennis Instructor*

Private lesson: 65/hour  
Semi private lesson: 35/hour per person  
Hitting partner: 45/hour  
Small group: 20/hour per person

*Sol Rosenthal, Tennis Instructor*

Private lesson: 45/hour  
Semi private lesson: 25/hour per person  
Hitting partner: 30/hour  
Small group: 15/hour per person

**\*Please contact the tennis instructors to schedule your lesson.**

jamibauer@thespac.com, 612-207-6076  
solrosenthl@icloud.com 651-233-9894

### Mixed Doubles Tennis with Jami Bauer

\$50.00 per person  
Maximum 8 people  
5:00 pm to 7:00 pm

**Wednesdays:**

July 12<sup>th</sup> | August 2<sup>nd</sup> | September 13<sup>th</sup>

Refreshments will be provided. Call 651-222-1751 to sign up today!

## TOUGH MUDDER



**SPAC is gearing up for fun in the sun this summer!**

**Join the SPAC Attack team for Tough Mudder**

Saturday, July 15<sup>th</sup> in Hugo, MN

**Not quite ready for Tough Mudder?**

Join the SPAC Attack Team for *The Bad Ass Dash*

June 3<sup>rd</sup> at US Bank Stadium

If you have questions or would like to join either team, e-mail Kristin kmontpetit@thespac.com



# GROUP FITNESS *Schedule*

JUNE 3<sup>RD</sup>– AUGUST 6<sup>TH</sup> , 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM Total Body Fitness Georgene (9A)	6:00 AM Rise and Shine Yoga Sandra (4A)  <b>NEW!</b> 6:30 AM Bootcamp David (5A)	6:00 AM <i>Cycle</i> Georgene (5C)	6:00 AM Rise and Shine Yoga Sarah (4A)  6:00 AM Turbo Kick Mandy (9A)	<b>NEW!</b> 6:00 AM Butts and Guts Georgene (9A)	8:00 AM <i>Cycle</i> Georgene (5C)  9:30 AM Vinyasa Yoga (75 min.) Paula(4A)
11:45 AM <b>POWER</b> Cycle Ralph (5C)  12:00 PM Vinyasa Yoga Barie (4A)	11:45 AM <i>Interval Cycle</i> Ralph (5C)  11:45 AM <i>Barbell Strength Ex.</i> Linda (9A)	11:45 AM <i>Endurance Cycle</i> Ralph (5C)  12:00 PM Vinyasa Yoga Dana (4A)	11:45 AM <i>Interval Cycle</i> Ralph (5C)  <b>NEW!</b> 11:45 AM Triple Threat <b>PLUS</b> Linda (9A)	11:45 AM <b>POWER</b> Cycle Ralph (5C)  12:00PM Vinyasa Yoga Cara (4A)	
5:30 PM <i>Barbell Strength</i> Jason (9A)  6:00 PM <i>Cycle</i> Ralph (5C)  6:00 PM <i>Triple Threat</i> Georgene (4A)  7:00 PM Vinyasa Yoga Sandra (4A)	<b>NEW!</b> 4:30 PM Vinyasa Yoga Timmy (4A)  <b>NEW!</b> 5:30 PM Vinyasa Yoga Timmy (4A)	5:30 PM <i>Barbell Strength</i> Jason (9A)  6:00 PM <i>Cycle</i> Ralph (5C)  6:30 PM <i>Gentle Yoga Ex.</i> Sandra (4A)	<b>NEW!</b> 4:30 PM Vinyasa Yoga Timmy (4A)  5:30 PM Vinyasa Yoga Kristina (4A) Ending 3 <sup>rd</sup> week in July	4:30 PM Vinyasa Yoga Sarah (4A)	9:00 AM Vinyasa Yoga (75 min.) Jen (4A)  10:30 AM Gentle Yoga Jen (4A)

## Class Locations:

**4<sup>th</sup> Floor:** 4A = Yoga Studio

**5<sup>th</sup> Floor:** 5A =Reformer Studio A | 5B = Small Group Training Studio | 5C = Cycle Studio

**9<sup>th</sup> Floor:** 9A Group Fitness Studio | 9B=Meditation

*Schedule subject to change.* Saint Paul Athletic Club, 340 Cedar Street, St. Paul, MN 55101 • For more information call: 651-291-7722 or email [mzuehl@thespac.com](mailto:mzuehl@thespac.com)



UNIVERSITY CLUB  
SAINT PAUL

# GROUP FITNESS

## Class Schedule

May 1st, 2017 to August 31st, 2017

**YOGA 101** For beginners who are interested in learning about yoga, and for anyone who wants to deepen their understanding of the practice.  
*Duration:* 55 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

**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 at the University Club are included free of charge to Executive 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	<b>Vinyasa Yoga</b> Dana Bedingfield					
9:00 am		<b>Power Yoga</b> Sophie Rupp		<b>YOGA 101</b> Dana Bedingfield		
6:00 pm	<b>Vinyasa Yoga</b> Jennifer Palmer		<b>Vinyasa Yoga</b> Jennifer Palmer			



# July 2017

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3	4	5 John Adams Society 7:30	6	7 U Club Member Night Weenie and S'more Roast 5pm	8
9	10 Cass Gilbert Society 5:30pm	11 Book Club 7pm Stir Fry Night 5:30pm	12 Great Books 5pm Investment Club 5:30pm	13 Conversational French 6pm Wine Club 7pm	14 U Club Member Night: Kids Dance Party By the Pool Weenie and S'more Roast 5pm	15 F. Scott Fitzgerald Round Table 9am
16	17	18	19	20	21 U Club Member Night Weenie and S'more Roast 5pm	22
23	24	25 G.K Chesterton 7pm	26 Travel Club 7pm	27 Books for Africa: Ipso Facto by the Pool 7:30 Camp U Club Summer Celebration 5:30pm	28 U Club Member Night Weenie and S'more Roast 5pm	29
30 Afternoon Tea 2pm	31	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				

# August 2017

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Book Club 7pm	2 Wine Education Class 6:30pm John Adams Society 7:30pm	3	4 U Club Member Night Weenie and S'more Roast 5pm	5
6	7	8 Stir Fry Night 5:30pm	9 Investment Club 5:30pm Great Books 5pm	10 Conversational French 6pm Wine Club 7pm	11 U Club Member Night Weenie and S'more Roast 5pm Camp U Club Talent Show 7pm	12
13	14 Cass Gilbert Society 5:30pm	15	16	17	18 U Club Member Night Weenie and S'more Roast 5pm	19 F. Scott Fitzgerald Round Table 9am
20	21	22 GK Chesterton 7pm	23 Travel Club 7pm	24	25 U Club Member Night Weenie and S'more Roast 5pm	26
27	28	29	30	31		