

THE

JULY/AUGUST 2018

LOOKOUT

THE OFFICIAL NEWSLETTER OF THE UNIVERSITY CLUB & THE SAINT PAUL ATHLETIC CLUB

Summer!



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REGGAE POOL PARTY
a relaxing evening of reggae
tunes and summer vibes
july 26th

20

UCLUB
celebrate another fantastic
summer of camp uclub
july 27th

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SPAC GOLF OUTING
join our 3rd annual golfing
event at white eagle golf club
july 25th

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BACK TO SCHOOL
celebrate the start of the school
year with bloodies & mimosas!
september 4th

Letter from the General Manager

Dear Members,

I knew the University Club membership represented an extraordinary group of people long before I began my current role as General Manager—and yet you've still blown me away.

I'm humbled by the warmth and kindness I've felt since I stepped into this position, and I know I'm just getting started. I look forward to getting to know each and every one of you and engaging in conversations about what's happening now and what's happening next.

And if you read my profile from earlier this year, you'll know that I'm also always open to receiving tips on my tennis game, which is sorely—and now famously—lacking.



- Don't forget about these great summer events:
- July 4th : Poolside BBQ
 - July 26th : 4th Annual Reggae Pool Party with Irie Sol & The Meditations
 - July 27th : Camp UClub Summer Celebration at The Saint Paul Athletic Club
 - August 10th : Summer 2018 Art & Talent Show
 - September 3rd : Labor Day Corn Roast

Here's to a great summer together.

With sincerest gratitude for your friendly welcome,

Mike Stone

Contact List

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- DINING RESERVATIONS**
651.222.1751

Club Hours

- UNIVERSITY CLUB**
Monday | 6am–8pm
Tuesday–Saturday | 6am–10pm
Sunday | 8am–8pm
- POOL HOURS**
Memorial Day–Labor Day | See Page 3
- SUMMER DINING HOURS**
Happy Hour | Tuesday–Saturday | 4pm–6pm
Tuesday–Thursday | 11am–9pm
Friday & Saturday | 11am–10pm
- POOL SHACK**
Sunday–Thursday | 10am–8pm
Friday & Saturday | 10am–9pm
- SUNDAY BRUNCH**
July 8th & August 5th | 10am–2pm
- SPAC**
Monday – Friday | 5am–10pm
Saturday–Sunday | 7am–8pm
- Hours subject to change
and are weather dependent

Signature Events

Poolside BBQ

July 4th

4th Annual Reggae Pool Party with Irie Sol & the Meditations

July 26th

Camp UClub Summer Celebration

July 27th

Summer Art & Talent Show

August 10th

Labor Day Corn Roast

September 3rd

UClub Member Nights

Fridays 5-7pm Fireside & Members' Bar.
Members Night includes complimentary
appetizers & cash bar.

SPAC members are always welcome
& encouraged to join in on
the cocktails & conversation.

Food, Beverage & Pool Hours

POOL HOURS

Memorial Day-Labor Day

Mon-Fri | 6-8am

No lifeguard on duty. Swim at your own risk.

Access pool through the clubhouse.

Pool Closed for Camp U Club | Jun 12th-Aug 18th | 8am-12pm

Open Swim | 12pm-Dusk

Sat & Sun | Open Swim | 10am-Dusk

Enter through the building for an early morning swim.

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

FRIDAY NIGHTS

Weenie & S'more Roast @ Griggs' Mansion | 5-7pm

Poolside Programming & Open Game Room | 5-8pm

SUMMER DINING HOURS

Happy Hour | Tuesday-Saturday | 4pm-6pm

Tuesday-Thursday | 11am-9pm

Friday & Saturday | 11am-10pm

POOL SNACK

Sunday & Monday | Limited Menu Pool Bar

Tuesday-Thursday | 10am-8pm

Friday & Saturday | 10am-9pm

SUNDAY BRUNCH

July 8th & August 5th | 10am-2pm

Hours subject to change and are weather dependent



Clubs Within the Club Contact List

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

ALLIANCE FRANCAISE

bonjour@afmsp.org

BOOK CLUB

Holly Weinkauff

Holly@RedBalloonBookshop.com

BRIDGE CLUB

Stephen Rocheford

Rocheford@lavendermagazine.com

CASS GILBERT SOCIETY

Ted Lentz

Ted@TedLentz.com

CROQUET TEAM

Sean Ryan & Edward Piechowski

SeanRichardRyan@gmail.com

GREAT BOOKS

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KingMuelken@q.com

INVESTMENT CLUB

Gene Mason

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LEARN TO DANCE

Lisa Egnash

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KNITTING CLUB

JoAnne Farley

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READINGS BY WRITERS

Danny Klecko

TRAVEL CLUB

Sharron Pelham

SharronPelham@gmail.com

WINE CLUB

Cory Biladeau

CoryBiladeau@gmail.com

WELCOME OUR NEWEST MEMBERS

Khalil Al-kaissy	Archer Dougherty	Una Jhocson	Nancy Moeller	Amanda Slaight
Njoud Alalawi	Winston Drayton	Antonio Jhocson	Angelica Montanez	Piper Smith
Stephen Alexander	Jeremiah Drobney	Zane Jhocson	Adelaide Moore	Karen Smith
Steven Anderson	Brigid Eberhart	Jeanine Joseph	Charley Moore	Lauren Smith
Molly Anderson	Samuel Eberhart	Libby Kantner	Stephanie Moore	Lucas Smith
Mitchell Armstrong	Deanne Edlefsen	Linda Kantner	John Moore	Ben Spong
Robert Atkinson	Chris Elder	Zane Kealey	Rebecca Morales	Amy Spong
Cassie Atkinson	Elsa Ericson	Beatrice Kealey	Patrick Moran	Alice Spong
Colin Atkinson	Sue Even	Ty Kealey	Destiny Munoz	David Stemper
Barbara Atkinson	Chuck Evens	Samantha Kealey	Kelly Munson	Landon Stenger
Christy Atkinson	Norah Evens	Burke Kealey	Ian Murphy	Gerard Stenger
Douglas Baines	Andrew Evens	Susan Kenefick	Christyna Mutic	Katie Strand
Debra Baker	Elizabeth Evenson	Ann Kenefick	Joseph Nelson	Lucy Sullivan
Judy Beardsall	Sophie Faroog	Hannah Kerschen	Anna Norstedt	Maggie Sullivan
Jack Behnke	Eloisa Faroog	Jodi Kesha	Mina Oelrich	Pondie Taylor
Raymond Bell	Hannah Fedje-Johnston	Parthan Kesha	William Oelrich	Mark Taylor
Jerome Benner	William Fish	Orion Kim	Emily Olson	Miles Taylor
Kelly Berg	Bryan Flicek	Ariella Kim	Cathryn Omalley	Vivien Taylor
Drew Bigelbach	Wood Foster	Richard Kiscaden	Julie Orman	Rachelle Then
Kathleen Bigelbach	Mary Gaetner	Sheila Kiscaden	Kathrine Panos	Jack Tinucci
Brian Bijelbach	Abdul Gamam	Thomas Klas	Joseph Partyka	Darren Tobolt
Avery Blankenship	Michael Gardner	Emily Knox	Marco Pavoulou	James Valenziano
Victoria Blodger	Aloysius Gigl	Archibold Labounty	Rex Perera	Daphne Van Buren
Olivia Bobnick	Bradley Givot	Sean Labouty	Claire Pettry	Madison Veverka
Regan Bobnick	Michael Goar	Remington Lacroix	Ann Pifer	James Vines
Chris Boldt	Alexander Goldberg	Charlotte Lacroix	Charles Pifer	Paul Wagner
Barbara Boysen	Luciano Gonzalez	Augustine Lacroix	Henry Prestegaard	Eric Wall
Drew Breun	Joshua Grubbs	Jennifer Lacroix	Kristin Prestegaard	Cara Walz
Charlotte Brownell	Ruth Grubbs	Jacob Lacroix	Owen Prestegaard	Lara Wandling
T. J. Budd	Travis Grundy	Brian Lammers	Jack Prestegaard	George Wandling
Caitlyn Budd	Shelby Gustke	Peter Lammers	Ashwini Rane	Mira Wandling
Jennifer Budd	Andrew Hansen	Ella Lammers	Nathan Rankin	Loie Wandling
Evan Budd	Kristina Hanson	William Lammers	David Ratley	Theresa Wanta
Keira Budd	Kelly Harmon Schmitt	Andrew Leegwater	Dustin Rector	Bridget Weiland
Cameron Bullock	Bryson Hatfield	Scott Legere	Jennifer Redlin	Kurt Wescott
Stacy Campbell	Nina Hay	Charles Lippstreu	Isabel Redlin	Martha West
Meghan Carr	Griffin Hay	Kimberly Lowe	Finley Redlin	Lashawn Williams
Bethany Cerecedes	Kylie Hay	Yair Loya	Ian Redlin	Joyce Willman
Charles Clayton-wilson	Natalie Hay	Jim Lucht	Peter Reichert	Sophie Willman
Robert Clifford	Katherine Hayes	Kevin Lund	Noah Rissman	Grace Willman
Shari Clifford	Tysen Hayes	Garrison Lutz	Judge Rissman	Caroline Wilson
Miranda Colby	Sevana Hayes	Cynthia Macdonald	Zachary Rolfe	Logan Wilson
Aynsiec Corbelt	Ellena Heindl	Sam Marshall	Michael Ruble	Chris Wimberger
Francis Coyne	Barbara Heinemann	Anthony Martin	Martin Ryan	Kjersten Winters
Constance Coyne	Vivian Henrickson	Mimi Mccallum	Tom Sandesson	Tricia Wood
Jackson Curtiss	Leah Henrickson	Mary Mccallum	Gabrielle Scanlan	Bethany Wood
Ahlquist Dale	Asher Henrickson	Lucie Mccallum	Julie Schmidt	Olivia Wood
Lindsay Davis	Matthew Henrickson	Vivi Mccallum	Jim Schmitt	Lucas Wood
Ricardo De Medeiros	Lori Herz	Sarah Mcclendon	Will Schmitt	Joshua Young
Dana Deau	Zoe Huelster	Melanie Mcclendon	Teddy Schmitt	Mariem Zaghdoudi
Max Delgado	Howard Huelster	Carol Mcelroy	Mikayla Schmitt	Kyoko Zaun
Ana Delgado	Mimi Huelster	Elena Medeiros	Eric Scott	Todd Zaun
Jennifer Delgado	Heidi Huelster	Camilla Medeiros	Shae Seabrooks	Kiara Zebott
Wes Denning	Jennifer Ingersoll	John Michael	Jane Severns	Anthony- Paul Zerafa
Teresa Dettle	Jonathan Jakubas	Andrew Miles	Barbara Shin	
Joost Dettmeijer	Undrakh Jargalsaikhan	Josh Miller	Pitnarry Shin	
Swanson Donna	Cole Jensen	Dustin Misner	Savannah Simms	

GET TO KNOW OUR MEMBERS

Member Spotlight: Todd Walker



Todd Walker's a busy man. He's the Travel and Entertainment Editor for Minnesota Monthly; he's an on-air features reporter for Fox; he's an "in the crowd" reporter at Red Bull Crashed Ice; and he's an in-demand emcee and freelancer. And that's just a glimpse at his remarkable resumé. On top of that, Todd maintains a busy social life and dedicated exercise regimen. There's only one way that all of this was going to work—and that's to get it all done in one place. He found that place.

UC: You only joined a couple of years ago, but it seems like you've really immersed yourself in the space. Can you tell us more?

TW: By joining the University Club—and the Saint Paul Athletic Club as well, since I have reciprocity—I really put my workout life and my working life all under one roof. I joined for convenience of being able to consolidate it all and have the great setting of the University Club where I can write, use the workout facility, and have the camaraderie of good, like-minded people nearby. I've met a host of people who have turned into good friends.

UC: Not that you needed to expand your network any further! You're well-known as a reporter, emcee, radio guest, spokesperson, and more. Many will recognize you from your three-year run as co-host and co-executive producer of the nationally syndicated show Million Dollar Idea, and your "Todd About Town" and "Man About Town" segments—and that's not even getting into your extensive experience in the corporate sector and as a talent agent. I'm also curious about your work as a travel writer. What's the best place you've ever been?

TW: I spent three weeks in Norway as part of a story centered on my quest to discover what makes Norway the happiest place on earth as designated by the United Nations.

UC: Everyone can tell when you're at the Club because of your signature orange and green scooter that you ride up and park outside, and we're so glad you are able to make such great use of the space here. What can we find you doing on any given day at the Club?

TW: I start with a workout—there are a couple of classes that I really like, including an outdoor class—and then I open up my laptop and get to work. In the summer, I switch things up and get as much done as I can in the morning and then use the afternoons for the pool. I'll also work on the terrace on nice days; it's great to be out in that setting and have lunch there as well.

UC: You've accomplished so much. Anything left on your bucket list, at least when it comes to travel?

TW: Thailand!

UC: We have no doubt that you'll get there!



CHRISTMAS IN JULY!!

Book your Holiday Party during the month of July and receive a special discount.

contact jstruve@Commonwealthproperties.com for complete details and help planning the perfect holiday gathering.



LABOR DAY CORN ROAST & BBQ

Reservations Recommended | 651.222.1751

Help us celebrate the end of the season at our annual Labor Day Corn Roast.

Monday, September 3rd | 1-4pm

\$15 Adults

\$10 Children 10 & under

FREE Children 5 & under



4TH OF JULY POOLSIDE PICNIC

Poolside Picnic Buffet | 1-4pm

\$15 Adults | \$10 Kids

Holiday Building Hours | 8am-10pm

Pool Shack | 10am - 8pm



BACK TO SCHOOL PARTY

Celebrate the start of a new school year!

Join us for an early HH with breakfast treats, blood marys and mimosas!

Poolside!

Tuesday, September 4th | 8-12pm



REGGAE POOL PARTY

It's the event of the summer, and it's back! Join us at the fourth annual Reggae Pool Party for a relaxing evening of reggae tunes and summer vibes on the beautiful U Club pool patio. This party's theme is Gatsby's Mansion, and we invite you to dress in your favorite 20s-era summer outfits to continue the longstanding tradition of fabulous parties on St. Paul's Summit Avenue!

We're featuring the legendary sounds of The Meditations and local favorites Irie Sol, two bands who have been known to get U Club members up on their feet and dancing! We're also excited to be joined by up-and-coming reggae artists Princeton Brown and Samantha Moon, as well as the cool sounds of DJ Moses.

The evening's menu are delicious a la carte food items with a Caribbean twist, with fun cocktails that will be perfect to sip by the pool.

July 26, 2018, 5:30-11pm

Tickets are available at SaintPaulReggae.com. Limited VIP poolside tickets available. Tickets are required, and there is a discount code for members:

\$30 General Admission with code 'UCLUB2018' | \$60 VIP (poolside seating) with code 'UCLUB2018' | \$10 Children

Questions? Email iriesolmusic@gmail.com.



A BEACH PARTY CABARET: SUMMERTIME HITS OF THE 50 S-70 S

4 to the Bar presents a favorite entertainment group at the University Club.

4 to the Bar brings their unique blend of music and merriment to the University Club for the first time! Join them for a delicious plated dinner, an incredible setting, and an evening of memorable songs, fabulous food, and fun & games (with prizes). No sunscreen required.

Whether you like to spend your summer "up on the roof", "under the boardwalk", or groovin' to some Yacht Rock, 4 to the Bar promises you a hot time!

July 11th & 12th | Seating & bar @ 7pm | Fun @ 7:30pm

Tickets Available @ [beachpartycabaret.eventbrite.com](https://www.eventbrite.com)

PIMM'S



Nº1

Classic PIMM'S:

Ice

1 measure
PIMM'S Nº1

3 measures
Ginger Ale

1 slice lemon

1 slice
cucumber

1 slice apple

Fresh Mint

DRINK OF THE SUMMER

Nothing says "Summer drink on the patio" quite like a Pimm's Cup. This classic cocktail is the ultimate summer refresher—but how much do you know about it? Here's a quick so you can sip and delight your fellow sippers with a delicious history lesson.

Pimm's is a gin-based liqueur that's relatively low in ABV (25%) and is chock full of herbal and spice flavors. It's not everyone's cup of tea but has strong loyalty among its fans. It's traditionally mixed with sparkling or still lemonade and garnished with fruit—or cucumber—to make the famous Pimm's Cup.

The Pimm's Cup it's famous in New Orleans—but Pimm's is actually British. In the mid-19th century, James Pimm ran an oyster bar in Britain and developed Pimm's as a "health tonic" to accompany his menu. Pimm's was a hit, especially once the Pimm's Cup was developed (by itself, Pimm's has a very strong flavor).

Over the years, the Pimm's Cup caught on as the signature drink at the Wimbledon tennis tournament, where they sell tens of thousands of Pimm's Cups to thirsty tennis fans every year (and millions more to those of us watching at home).

The famed Napoleon House in New Orleans brought the Pimm's Cup stateside, and people loved its relatively tart flavor profile. (Maybe they needed something to cut the sweetness of all those beignets?) Debate rages about the appropriate mix-ins and garnishes, and bartenders are often very particular about their signature Pimm's Cup recipe.

Recipes may vary, but there's one thing we can all agree on: The Pimm's Cup goes best with summer and sunshine. (And a really good patio.)

Cheers!



SUMMER TEA

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

Reservations Required | 651-222-1751

Sunday, August 19th | 2-4pm
\$35 per person

STIR FRY NIGHT

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 tradition that promises to be fun for the whole family.

Reservation Required | 651-222-1751

July 10th & August 14th | 5:30-7:30pm
\$15 adults | \$10 children 5-10
children under 4 are free



PIANO IN THE BAR

Join us for live piano music in the Members' Bar. Bring your friends in for an appetizer and a cocktail or stay for dinner.

Reservation Encouraged in the Varsity Grill & Outdoor Deck
651-222-1751

Saturdays @ University Club
July 7th & August 4th

PASTA NIGHT

Enjoy time with friends and family as our chefs create signature pasta dishes just for you at this member favorite event.

Pasta Night will return September 11th





JOIN US FOR CLUB ENTREPRENEUR (CLUB E)!

Club Entrepreneur (St. Paul) is a community of business professionals who 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):

Club E will return in September.

\$25 U Club & SPAC members with code CLUB

\$35 registration within 24 hours and at the door

For information on each topic and to purchase tickets, please visit the below link:
clubesaintpaul.eventbrite.com

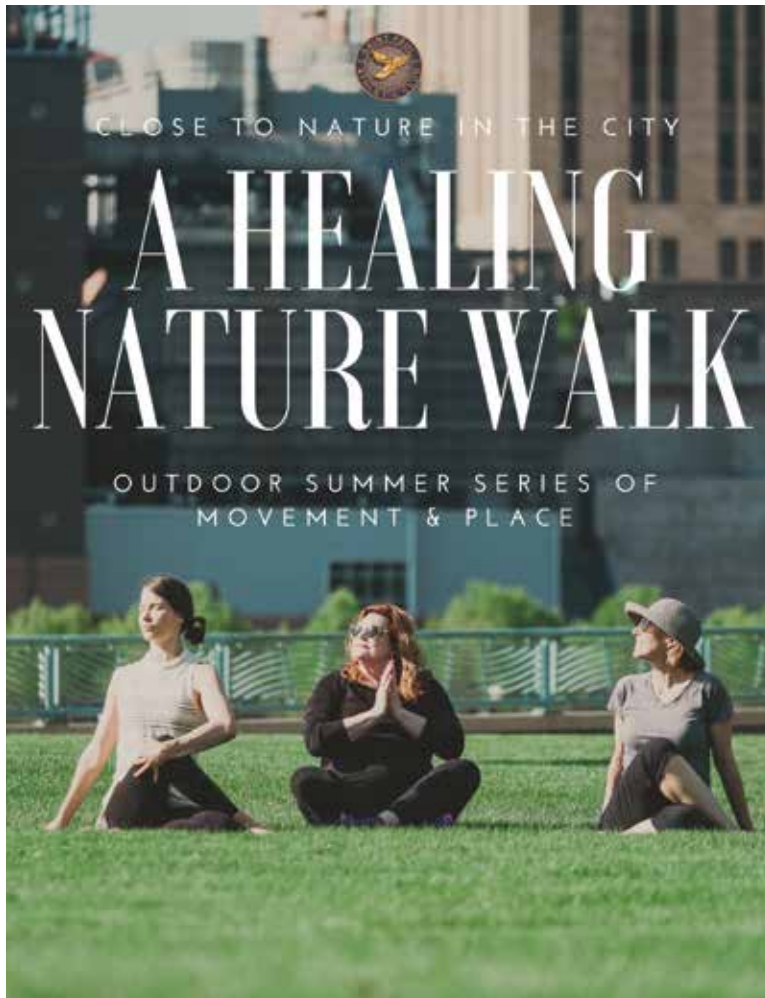


FEED MY STARVING CHILDREN

Everyone is welcome to join Camp U Club for an afternoon of giving back.

Please RSVP to skatsiotis@universityclubofstpaul.com

Friday July 6th | 12-2pm



You are invited to escape from a world of constant distraction into a practice of vibrant illumination and potential for imagination.

This yoga practice is designed to activate our sensing bodies to connect more fully with the natural world. The sensory rich exercises will give your imagination a space to transform the everyday.

Join us to explore the possibilities of making magic through the simple act of walking, opening and closing our eyes, and breathing.

LIMITED SPACE WITH CLASS SIZES OF 8-15 PEOPLE

**SPECIAL INTRODUCTORY PRICE
\$60 FOR EACH SERIES, \$75 FOR NON-MEMBERS**

**Tuesdays at 10:30am:
July 10, 17 & 24**

With McKnight Dance Fellow Leslie O'Neil, Zenon Dance Company, and Tour Guide Joan Mathison

Contact Us
for more information

Sarah Baumert
SBAumert@TheSPAC.com

Joan Mathison
Joan@AdventuresWithaLocavore.com

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. Wood-burning fireplaces, hardwood floors and views of the St. Paul Cathedral and above W.A. Frost & Company.

Rates from \$450 per month.

Dacotahbldg.com

Contact: Stephanie Rupp
srupp@commonwealthproperties.com

TRAVEL CLUB



"To travel is to live," so claimed Hans Christian Andersen. I'm not sure he was always speaking of actual travel from one place to another...he included in his traveling those adventures of the imagination.

The Travel Club has had plenty of these adventures of the imagination!

In early May we traveled through time and space with Dr. Matthew Scott of Oxford University who transported us through the art of Italian Artist Tiepolo back to Italy in the 18th Century.

Then later in May Patrick Pelham and Lisa Venticinque took us off to Ireland and Italy through their videography and photography.

Finally, in June we traveled near and far with Joe Paquet whose paintings fed our souls and made us more alive. Inviting us to his studio in Lowertown to share his visions and perspectives and stories...barges full of grain headed out of Duluth for unknown ports; obscure villages in China on the edge of civilization inhabited by peasants; and, yes, a familiar cobblestone alley traveled by locals walking to the Cathedral or the U Club by the backroads.

We invite you to travel with us in July & August every 4th Wednesday evening.

July will be an adventure to Morocco. Come and live more fully. You will find your fellow travelers welcoming!

WANT TO VOLUNTEER?

Stay tuned for the weekly member updates for exciting
new group opportunities for all ages!

PICNIC WITH A VIEW

A River Gorge View!!

Picnics are memorable. Whether you are with friends or family, a new love or just by yourself, your senses are alive. Food tastes even better. And being outdoors is good for your health and wellbeing.

W.A. Frost is sponsoring a new map featuring 20 unique sites to enjoy along the river gorge in Saint Paul. Free with a purchase, the map is available at sponsoring businesses including Subtext Books, the Saints and the farmers market. Ecolab provided additional funding for the nature tourism project.

Walking tours of the bluff will be available on Sunday mornings through fall, led by guide Joan Mathison, Adventures with a Locavore, www.adventureswithalocavore.com.

Nature is just part of our DNA at Commonwealth Properties. Over 40 years ago, Frost's was the first restaurant to apply for an outdoor patio permit from the city, starting the trend and continuing to be the gold standard.

Summit Overlook Park, just across the street from the University Club, is one of the parks featured on the map, as well as the Walnut Street Stairway leading downtown from Summit Avenue next to the Hill House. Talk about spectacular views!

And SPAC is located close to the bluff top, surrounded by parks and green spaces to enjoy. Our trainers love to challenge you to climb the stairs up the 100-ft stone bluff!

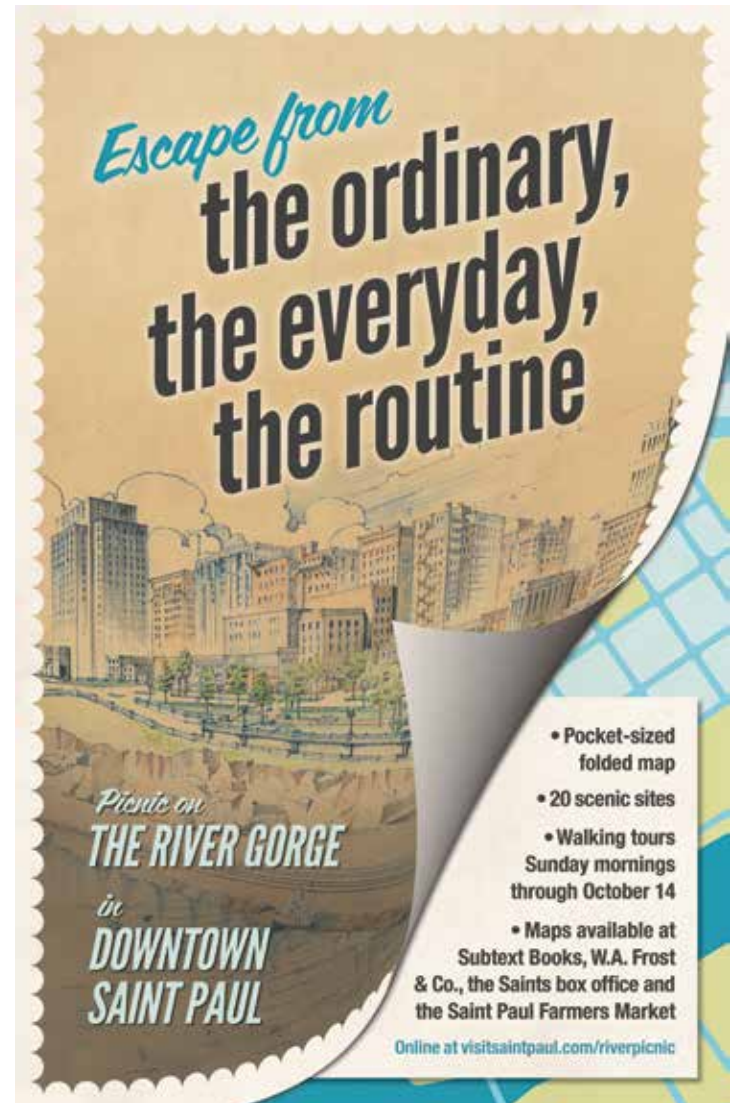
But when the athletic club opened in 1917, the view of the gorge was blocked by old, run down buildings along Third and Fourth Streets, built before indoor plumbing. Under the leadership of Mayor Houghton, the poet and writer Larry Ho, the city envisioned the "bluff top city," as drawn by Cap Wigington, the city architect. This treasured piece of art is featured on the picnic map and used with permission from the Ramsey County Historical Society.

During the depression-era urban renewal project, 43 buildings were torn down and Third Street widened into Kellogg Boulevard, named in honor of Frank B. Kellogg, the Saint Paul lawyer who became Secretary of State and won the Nobel Peace Prize. You may know his home in the neighborhood at 633 Fairmount Avenue.

The idea was to improve the central city and impressive buildings were built nearby in the modern architectural style, Art Deco, including City Hall & County Courthouse, the Jemne Building, First National Bank, and the Minnesota Building. Kellogg Mall Park preserved the unique view from the bluff for future generations to enjoy.

The gorge is unique to Saint Paul, carved by a raging river thousands of years ago and part of the 17 miles of Mississippi River that flows through the city. The great pioneer landscape architect, Horace Cleveland, warned that the natural beauty of the river could be lost to quarries and commercial interests as the city grew. He is best known for creating the Grand Rounds, the network of scenic drives, parks and boulevards along the lakes and river in the Twin Cities, the park system that the Trust for Public Land considers the best in the country.

Saint Paul is now completing its Grand Round as work progresses connecting the lakes Phalen and Como to the river and, hopefully, to the Greenway bikeway.



FIND YOUR PASSION. JOIN A CLUB!

Opportunities abound to get involved, meet like minds & make new friends through our popular CLUBS WITHIN THE CLUB.

These member-driven special interest groups bring you closer to other members with a shared interest in athletics, food & wine, books & many more.

Find your passion among an existing group or create your own. Contact Sue Katsiotis: skatsiotis@UniversityClubofStPaul.com

CROQUET CLUB



Dust off those summer whites and join the Croquet Club for afternoons filled with relaxing fun along the beautiful Summit ave. We will teach you the moves, traditions and the shots of the game! No croquet experience, skill or equipment required! University Club and SPAC team members will enjoy the friendly competition of the 1006 Club and the Women's Club.

Want to join in on the fun?

Contact: varsitycroquet@gmail.com

612-381-0000 [facebook.com/croquetmn](https://www.facebook.com/croquetmn)

GREAT BOOKS

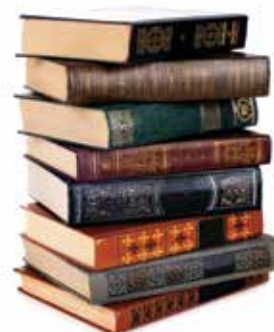
We'll meet in the Casual Room. Be sure to stay on with us for dinner after the discussion!

On Wednesday, July 11 at 5pm, the group will discuss the short story "Sonny's Blues" by James Baldwin. Baldwin, a spokesman for the civil rights movement, wrote with eloquence and rhetorical force, portraying the black experience in a predominantly white society. "Sonny's Blues" captures both a family's struggle and a historical moment in time, Greenwich Village at the end of World War 2.

On Wednesday, August 8 at 5pm the group discusses "Argument and Persuasion" by Donald Hall. Beginning with a fable about a woman's murder, Hall employs a story within a story, inviting the reader to solve a moral riddle.

July 11th & August 8th, 5pm

Margaret King | kingmuelken@q.com | 651-285-7550



FITZGERALD ROUND TABLE



The Fitzgerald Society welcomes new members to discuss Fitzgerald's works and a broad range of nonfiction history/culture and fiction of his period. No membership fees, no web site, no outside speakers, we're a book club. The next meeting is on May 19th. The book for discussion is "Paris was Yesterday" by Janet Flanner. She was a New Yorker writer based on Paris from 1925 to 1939.

April-November | Saturdays, 9:30-11am

Contact Jeannie

jkh913@gmail.com

COCKTAILS & CONVERSATION

Sip on a specialty Cocktail created to go along with the book of the month. All book club books are available for purchase at Red Balloon Bookshop, 891 Grand Ave. Mention U Club Book Club to receive a 20% discount on these titles. Here is the list of upcoming dates and books for the Books and Cocktails Book Club.

July | No meeting

Aug 7 | Pachinko

Sept 4 | What It Means When a Man Falls From the Sky

Oct. 2 | The Curious Incident of the Dog in the Night-time

WINE CLUB

It's summertime, Yea! We made it.

Have you been enjoying some of the fun wines the University Club has available, or even better yet, the wine events that are seemingly always coming up? They are great fun, bring friends and thoroughly enjoy your Club!

The Wine Club had a Grand evening in April with everyone showing up-What Great Fun!

Through their wines, our host, took us to Australia. Having 65 wine regions gives Australia a lot of variety to their wines, and the one's we had were both affordable and delicious. I recommend this list to shop with.

We did start the evening with one wine from New Zealand. Caythorpe 2016 Marlborough, Sauvignon Blanc. Which was followed up by the Aussie's wines. McWilliam's Hanwood Estate 2015 Chardonnay. Schild Estate 2013 Barossa, TAIT "The Border Crossing" McLaren Vale 2014 Shiraz, Penley 2015 Coonawarra Cabernet Sauvignon, and rounding our evening at the top with St Hallett 2011 Barossa "Blackwell" Shiraz.

Shiraz is excellent in tastings and with many dinners as is its twin-Syrah-which we enjoyed in our May tasting.

In May our hosts brought us Syrahs from all over the world. With almost half a million acres of Syrah worldwide, it is a popular wine. If you've thought of doing a tasting and sticking with the same grape/wine, then here is a great list to use. We had wines starting in Australia: Paringa Sparkling Shiraz (100% Syrah), Terra Barossa Shiraz (100% Syrah), Torbreck Shiraz (100% Syrah). Moving onto French wines: La Rosine Syrah (100% Syrah), Domaine Gallety (50% Syrah & 50% Grenache). Followed by a Sicilian wine: Sallier de la Tour Syrah (100% Syrah), one from California: Neyers Syrah (100% Syrah). Our final wine was from Minnesota: North Shore Winery Syrah (100% Syrah). Use some or all of them for your own tastings and enjoy.

Cheers! Cory Biladeau



INVESTMENT CLUB



Look out Wall Street! Investment club meets the second Wednesday of every month to discuss our portfolio positions, buy/sell stock market opportunities, and new income generating ideas. Members of all experience levels are welcomed (Warren Buffett started somewhere - it may have even been with us!).

Recently, Investment Club doubled their position in DR Horton (DHI) under the assumption that the current tailwinds from the uptick in housing shortages were not properly valued by the analysts. In addition, the club discussed macro factors on their current positions such as THOR, WRK, RDSA, etc. Investment club is always looking for new members.

For more information and to join contact Gene Mason at Eugene.Mason@comcast.net

2018 SWIM MEETS

BUS RETURNS APPROXIMATELY @ NOON

July 10th AWAY
VS Brackets Crossing
Bus Departs @ 7:45am
8:30 warm-up | 9am meet

July 12th AWAY
VS Saint Paul Tennis Club
Bus Departs at Noon
12:30 warm-up | 1pm meet

July 19th
Dive Meet
TBA

July 19th HOME
VS Jewish Community Center
8:30 warm-up | 9am meet

July 24th HOME
University Club Practice Meet
Practice for the Inter-club Meet
8:30 warm-up | 9am meet

July 25th AWAY
St. Paul Tennis Club
Inter-club Dive Meet

July 26th AWAY
2018 INTER-CLUB MEET
Saint Catherine's University
Bus Departs 8am | Meet 9am

CAMP UCLUB FIELD TRIPS

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

All Buses leave at Noon / Open to non-campers.

Friday, July 6th | Feed My Starving Children

Campers will help pack nutritionally complete meals that will be delivered to the neediest children and family world-wide. This field trip is a great chance for campers to learn about giving back to their community.

Friday, July 20th | Cascade Bay

Eagan's outdoor waterpark, is the summer place to meet up and stay cool. Plunge in to the large leisure pool or tip-toe in slowly along the zero-depth entry. Choose a tube and glide along the lazy river or test one of our seven waterslides. This field trip includes entrance to the water park, a round of mini-put at the Captain's Course and a refreshing ice cream treat to end an afternoon of outdoor fun.

Friday, August 3rd | Way Cool Cooking School

Campers will spend the afternoon earning new cooking techniques to create a delicious surprise for enjoyment at the end of the class.

Friday, August 10th | Bell Museum

Campers will have one of the first opportunities to visit the brand new home of Minnesota's official natural history museum. The museum features a digital planetarium, high-tech exhibits, our famous wildlife dioramas, outdoor learning experiences and more. The group will also enjoy "Minnesota in the Cosmos" in the brand new planetarium.

WEDNESDAY OPEN COURT TIME FOR UCLUB CAMPERS

Intermediate and advanced players will have the opportunity for extra playing time every Wednesday from 1pm-3pm at the Saint Paul Academy courts (1900 W Juno Ave, St. Paul, Minnesota)

Coach Sol and Coach Parker will meet campers at the courts. Parents will be responsible for transporting campers interested in this experience to the courts.

DATE CHANGES

NO Extra tennis practice on Wednesday July 4th & July 11th due to the Field Trip to the Twins. Extra practice will on Friday July 13th.

Tennis Lessons at the UClub

Jami Bauer, USPTA Certified Tennis Instructor

Private lesson | \$65 hour

Semi private lesson | \$35 hour person

Hitting partner | \$45 hour

Small group | \$25 hour person

jamibauer@thespac.com | 612-207-6076

Sol Rosenthal, Tennis Instructor

Private lesson | \$45 hour

Semi private lesson | \$25 hour person

Hitting partner | \$30 hour

Small group | \$15 hour person

solrosenthal@yahoo.com | 651-233-9894

Courtside Cocktails

Join tennis enthusiasts to discuss setting up match and league play. Sol Rosenthal will be courtside with tennis tips and tricks. The pool shack will be open with an express bar menu!

Reservations not required

July 19th | 6pm | Courtside

solrosenthal@yahoo.com | 651-233-9894







DIVE-IN MOVIE

Do not miss this University Club summer tradition!

Floaties encouraged!

Friday, August 3rd | Dusk



ART & TALENT SHOW

Join us as we celebrate another fantastic summer of Camp U Club!

Friday, August 10th

Art Show | 5:30 - 6:30pm

Talent Show | 7pm



CAMP UCLUB SUMMER CELEBRATION

Join us as we celebrate another fantastic summer of Camp U Club!

Our campers have reached new and impressive heights this season! From the pool to the art porch, campers have taken great strides in personal and communal growth. We want to recognize the accomplishments of each and every camper at this special event!

Friday, July 27th

5-6pm | Social Hour

6-8pm | Dinner & Award Ceremony

\$25 adults | \$12 children | FREE under 3

DANCE CLUB



Learn to Dance in social Group Classes every Wednesday from 5:30-6:30pm, taught by Tricia Wood. We are rotating through nearly 20 different styles of Ballroom, Latin, Swing, and Country dances, to cover any event you have coming up- weddings, cruises, corporate galas, and of course our parties here at the Club! These weekly group classes will make sure you always get to dance the night away! Singles and couples are welcome, and we accept walk-ins every week for \$10 per person. No experience is needed. We always start with beginner basics at the beginning of the hour, and then add on different dance patterns.

We just started Dance Classes here this year. In February we danced Swing, March was Foxtrot, April was Rumba, May was Salsa, June was Hustle (Disco), and now we're starting Waltz! We choose a different dance each month, and review all styles the last week of every month. Classes are held in the Summit Ballroom at the University Club, unless there's a private event, then we move them to the ballroom at SPAC.

As a bonus, Tricia throws in additional dancing to cover Club events coming up. The Croquet Club is hosting a Great Gatsby party on Sunday, June 24. Tricia taught the Croquet Club a Charleston dance routine they performed, which took 1st place dancing with their mallets in the Grand Old Days parade on Sun. June 3rd! The Pioneer Press was at the Club interviewing Sonny the following Monday morning.

Stay tuned for a special Kids Ballroom class on Family Day, Wedding Dance Workshops, and much more, all year-round!

Our Dance Instructor, Tricia Wood is new member of our Club, and offers Private Lessons and Event DJ in addition to our weekly Group Dance Classes. You can contact her directly attricia@danceandentertainment.com or cell phone (651) 605-5784. She owns Dance and Entertainment Studios in Woodbury, and also teaches on cruises, for corporate team building, health and wellness programs, gym & Spanish programs in schools, and church couples date nights. She also choreographs and competes with her students and Performance Teams, and hosts dance trips around the world. Tricia has taught in 7 countries in Europe, including Russia, as well as Cuba, Puerto Rico, Mexico, and more!

Her websites are:
danceandentertainment.com
vacationdancing.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Fitz @ 4 4pm	2	3	4 4th of July Poolside Picnic 1-4pm	5	6 Member Night @ The University Club 5pm Weenie & S'more Roast 5pm	7 Piano in the Bar 6pm
8 Croquet Sunday 12pm Varsity Grill Brunch 10am-2pm	9	10 Swim Meet UClub @ Bracket's Crossing 11am Stir Fry Night 5:30pm	11 Investment Club 5:30pm	12 Swim Meet UClub @ St. Paul Tennis Club 12:30pm Conversational French 6pm Wine Club 7pm	13 Diving Meet TBA Member Night @ The University Club 5pm Weenie & S'more Roast 5pm	14
15	16	17	18	19 Swim Meet Jewish Community Center @ UClub 8:30am	20 Member Night @ The University Club 5pm Weenie & S'more Roast 5pm Kids Poolside Dance Party 6:30pm	21 F. Scott Fitzgerald Roundtable 9:30am
22 Croquet Sunday 12pm	23	24	25 Travel Club 7pm	26 Reggae Pool Party 5:30-11pm	27 Member Night @ The University Club 5pm Weenie & S'more Roast 5pm UClub Summer Celebration 5pm	28
29	30	31 G.K. Chesterton Society 7pm	JULY			

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUGUST

			1	2	3	4
				Cass Gilbert Society 5pm	Member Night @ The University Club 5pm Weenie & S'more Roast 5pm Dive-In Movie Dusk	Piano in the Bar 6pm
5	6	7	8	9	10	11
Croquet Sunday 12pm Varsity Grill Brunch 10am-2pm Fitz @ 4 4pm		Book Club 7pm	Investment Club 5:30pm	Conversational French 6pm Wine Club 7pm	Member Night @ The University Club 5pm Weenie & S'more Roast 5pm	
12	13	14	15	16	17	18
		Stir Fry Night 5:30pm			Member Night @ The University Club 5pm Weenie & S'more Roast 5pm	F. Scott Fitzgerald Roundtable 9:30am
19	20	21	22	23	24	25
Croquet Sunday 12pm			Travel Club 7pm		Member Night @ The University Club 5pm Weenie & S'more Roast 5pm	
26	27	28	29	30	31	
		G.K. Chesterton Society 7pm			Member Night @ The University Club 5pm Weenie & S'more Roast 5pm	

3RD ANNUAL SPAC GOLF OUTING



White Eagle

GOLF CLUB

WEDNESDAY JULY 25TH

COST : \$70.00 per person

Limit 24 people, sign-up NOW

DETAILS

TIME: TEE TIMES START @10:00AM

LIMO PICK-UP: @ SPAC 8:00AM,

@ UCLUB 8:20AM

INCLUDES: TRANSPORTATION TO AND FROM, 18-
HOLES OF GOLF, BUCKET OF WARM-UP BALLS AT
RANGE, AND CARTS W/ GPS

BYOB FOR LIMO RIDE

RSVP TO FORNT DESK @ SPAC OR UCLUB OR EMAIL

MICHAEL, MZUEHL@THESPAC.COM

SARAH, SMCCLENDON@THESPAC.COM

SUE AT SKATSIOTIS@UNIVERSITYCLUBOFSTPAUL.COM

UNLIMITED TRAINING

ENTIRE MONTH OF JULY

\$600

****New clients only****

**YES
YOU
CAN**

THE MORE YOU TRAIN THE BETTER THE DEAL!!!

Contact:

NPugliano@TheSPAC.com

Pilates
with Georgene



July 14th - August 4th



FREE
**YOGA IN THE
PARK**

WHEN: SATURDAY JULY 7TH 12:00PM

WHERE: OVERLOOK PARK (ACROSS FROM UCLUB)

WHO: ALL ARE WELCOME

FOR QUESTIONS AND RSVP
CONTACT SANDRA ANDERSON
SANDRA.MAE@THESPAC.COM



**KNOW
YOUR
SWING**

*with Golf Pro
Angela Aulse*

**SINGLE LESSON \$109
3-PACK \$299**

For more information contact Angie at aaulse@thespac.com or stop by the front desk at
The Saint Paul Athletic Club 340 Cedar St. Saint Paul MN, 55101 (651) 291-7722

HEALTHIER BBQS

Few things scream "SUMMER" more than a BBQ. Sunshine, outdoors, ants...it's an iconic part of the season and not to be missed.

Like many celebrations, BBQs center around food (and possibly beer). There's nothing inherently wrong with that, but it can cause some anxiety for people struggling to maintain health and fitness goals. Here are a few ideas.

BYO...

The best recommendation of all? Bring Your Own...whatever! If you're attending someone else's BBQ, offer to bring a dish to share—and make sure it's one that you know works with your goals so you'll have at least one optimal item to nosh on.

MAKE SUBSTITUTIONS

Greek yogurt is a secret weapon in all things creamy. Swap it in to cole slaw or potato salad instead of mayonnaise.

Use it as the base for a great dip instead of sour cream. Add ranch-style seasoning to it instead of serving actual ranch dressing.

ADD IN, DON'T DEPRIVE

Rather than using all your willpower to resist the brownie that you really want, make sure that it's just part of the equation. If you fill up most of your plate with wholesome foods like veggies (and one of the aforementioned dip/dressing options), you'll fill up on the good stuff. That way, when it's time to indulge in a brownie, it'll be easier to stop at one.

GET A MOVE ON

BBQs tend to see guests crowding around the food table, which leads to mindless grazing. Make yourself a plate of food and then step away from the table. Even better: get a group of people involved in some kind of physical game. Tag, frisbee, catch, croquet, ships across the ocean—the possibilities are endless. You'll get moving, you'll have fun, and you won't spend the whole party stressing over food.



THE FULL 26.2

IS A MARATHON ON YOUR BUCKET LIST?

Lots of us think about running a marathon. And yet, according to a 2014 study, only 0.5% of the U.S. population has actually run one. That's about one out of every 200 people.

What does it take to enter that select group of people who can cover 26.2 miles under their own power? Planning. Patience. Persistence.

Notice that talent is nowhere on that list. Neither is youth. In 2016, fully half of people who finished a full marathon were 40 years of age or older.



COULD YOU DO IT? MAYBE EVEN THIS YEAR?

If you have a base level of fitness and run a few times per week (15-25 miles), it's entirely reasonable to get yourself ready for a marathon in 16-18 weeks, which is the length of most marathon training programs. (Psst—that means that if you're interested in a fall marathon, you need to start now!)

If you're relatively new to running, it's wise to start slower. Injuries tend to crop up when people over-train or increase mileage too quickly. A general rule of thumb is to not exceed a 10% mileage increase per week, and a good training program will build in "step-back weeks" so you can enjoy mini-recovery periods during a longer program. That means you will need more than 16-18 weeks to build up to 26.2 miles. If you start now—even if you're starting from scratch—you could put a 2019 marathon on your to-do list.

If you're feeling the pull of the finish line, start with a check-up with your physician. If you have the all-clear, start searching for a race and a training program that fits your needs. There are plenty of training programs available for free online, but if you're looking for a customized program that fits your schedule, consult a personal trainer or running coach who can support your entire training journey. Let us know if we can help!



GROUP FITNESS *Schedule*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM Vinyasa Yoga Dana Bedingfield	9:00 AM Power Yoga Sophie Rupp		9:00 AM Yoga 101 Dana Bedingfield			
6:00 PM Vinyasa Yoga Jen Palmer		6:00 PM Vinyasa Yoga Jen Palmer				

All classes will take place in the group fitness studio across from the men's locker room

University Club of St. Paul 420 Summit Ave St. Paul, MN 55102 651-222-1751



GROUP FITNESS Schedule

JULY 9TH- SEPTEMBER 2ND

GOLD CLASSES = ADDITIONAL FEE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM TB Cardio and Core Jerry(9A)	ITS BACK! 6:00 AM Vinyasa Yoga Kristy (4A)	6:00 AM Cycle & Core Cond. David (5C)		6:00 AM TB Cardio and Core David (9A)	9:00 AM Vinyasa Yoga Paula (4A)
6:00 AM Fusion Intensity Matt(7A)	6:00 AM Fusion Adrenaline Nick(7A)	6:00 AM Fusion Rip and Restore Sarah(7A)	6:00 AM Fusion Strength Matt(7A)	6:00 AM Fusion Mobility Nick(7A)	9:00 AM Fusion Sweat Matt & Michael (7A)
7:00 AM Fusion Intensity Matt(7A)	7:00 AM Fusion Adrenaline Nick(7A)	7:00 AM Fusion Rip and Restore Sarah(7A)	7:00 AM Fusion Strength Matt(7A)	7:00 AM Fusion Mobility Nick(7A)	9:30 AM Barbell Strength Jason(9A)
12:00 PM Vinyasa Yoga Paula & Dana (4A)	12:15 PM Cycle Jerry (5C)	7:00 AM Water X Mix David (Pool)	12:15 PM Cycle David (5C)	NEW! 7:00 AM Water X Mix David (Pool)	
12:00 PM Fusion Intensity Michael(7A)	11:45 AM Strength Circuit Georgene (9A)	12:00PM NEW! RUN CLUB Michael & Nick(1A)	11:45 AM Strength Circuit Georgene (9A)	12:00PM Vinyasa Yoga Cara (4A)	
	12:00 PM Fusion Adrenaline Nick(7A)	12:00 PM Fusion Rip and Restore Sarah(7A)	12:00 PM Fusion Strength Nick(7A)	12:00 PM Fusion Mobility Michael(7A)	
	12:00 PM Vinyasa Yoga Paula (4A)	12:00PM Vinyasa Yoga Dana (4A)			9:00 AM Vinyasa Yoga Jen (4A)
	4:30 PM Vinyasa Yoga Timmy (4A)	5:30 PM Barbell Strength Jason (9A)	NEW! 5:30 PM Outdoor Program Michael (5A)	4:30 PM Vinyasa Yoga Sarah (4A)	10:30 AM Gentle Yoga Jen (4A)
5:30 PM Barbell Strength Jason (9A)	NEW! 5:30 PM Outdoor Program Nick (5A)	5:30 PM Vinyasa Yoga Sandra (4A)			
7:00 PM Vinyasa Yoga Sandra (4A)	5:45 PM Vinyasa Yoga Timmy (4A)	6:45PM Gentle Yoga Ex. Sandra (4A)			

Class Locations:

1st Floor: 1A= Hotel Lobby
4th Floor: 4A = Yoga Studio
5th Floor: 5A =Reformer Studio A | 5B = Small Group Training Studio | 5C = Cycle Studio
7th Floor: 7A= Turf Area
9th Floor: 9A= Studio