

THE

SEPTEMBER/OCTOBER 2018

LOOKOUT

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

fall is here!

7

CLUB 101

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

20

FITNESSFEST

celebrate another fantastic
summer of camp uclub
july 27th

24

OCTOBERFEST

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

6

MAD HATTER

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

Letter from the UClub General Manager

Is it possible to have too many reasons to love the fall season at the University Club of Saint Paul? We're definitely toeing the line with an absolutely jam-packed schedule of incredible traditions. I'm new to the University Club of Saint Paul, but already, so many of you have told me that you look forward to these annual events year after year, and you really seize the opportunity to build memories with your families and friends.

I can't wait to experience all of it with you this year. We're maintaining the traditions you know and love, and also building in a variety of new food and beverage experiences as well as new opportunities to connect with each other.

Don't forget about these great summer events:

- Labor Day Corn Roast | September 3rd
- Oktoberfest Celebration | September 28th
- Twin Cities Marathon cheer station | October 7th
- Halloween Family Carnival and Adult Costume Party | October 26th
- Grigg's Mansion Community Trick-or-Treating | October 31st

Also want to let you know that I'll be hosting an upcoming poker night, and I want to highlight the wonderful brunches we have at the University Club. To register for any of these events or get more information, please contact us.

Here's to timeless traditions and new experiences.

See you at the Club!

Mike Stone

Letter from the SPAC General Manager

It has been a lovely, warm summer in every way imaginable—not just from the temperature and sunshine outside, but especially from the incredible welcome you've given me since I stepped into the General Manager role at the SPAC.

As the temperatures drop off, we have even more reasons to spend time together. I love my new home state of Minnesota, but coming from California, it's not hard to convince me to head indoors for my workouts when the mercury drops! And temperature-controlled workouts are just part of the reason to make this the Season of SPAC.

Here are a few other reasons:

- Themed happy hours: We'll have a special themed happy hour on the first Thursday of the month at the SPAC, starting with a casino night on September 6th at Butler's Café on the 2nd floor, followed by a crazy scavenger hunt on October 4th!
- Group fitness offerings at the SPAC have doubled, including evening cycle classes, more yoga offerings, and women's warrior strength circuit (a lunch time workout geared toward women).
- Cheering at the Twin Cities Marathon: Join us as we cheer on the runners as they make their way through Saint Paul on October 7th!
- SPAC Fitness Festival: From Thursday October 11th through Saturday October 13th, we'll pack the house with a three-day event featuring group fitness, vendors, nutritional discussions, giveaways, and more—and it's open to the public! Bring your friends!

To register for any of these events or get more information, please contact us.

Thanks again for your very warm welcome. I'm looking forward to seeing all of you at the Club!

Sarah XXXX

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SPAC | 651.291.7722
- DINING RESERVATIONS**
651.222.1751

Club Hours

- UNIVERSITY CLUB**
Sunday-Tuesday | 6am-8pm
Wednesday-Thursday | 6am-9pm
Friday-Saturday | 6am-11pm
- RESTAURANT HOURS**
Wednesday & Thursday | 11am-9pm
Friday-Saturday | 11am-10pm
Sunday 9am-2pm

Last Seating 30 minutes before restaurant closes
- SPAC**
Monday - Friday | 5am-10pm
Saturday-Sunday | 7am-8pm

Hours subject to change
and are weather dependent

Signature Events

Labor Day Corn Roast

September 3rd

Club 101

September 14th

Alice In Wonderland Etiquette Lunch

September 23rd

Oktoberfest

September 28th

Saint Paul Athletic Club Fitness Festival

October 11th – October 13th

Halloween Carnival

October 26th

Halloween Member Night

October 26th – costumes encouraged

Beaujolais Nouveau

November 16th

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.

Dress Code

As the summer winds down, we want to extend a friendly reminder to our members about the dress code at the University Club.

The University Club adheres to a dress code throughout the majority of the Club. Casual clothing (including dress jeans) is allowed in all areas of the Club except for the Ramsey Room. The Ramsey Room requires all diners to dress in business casual attire; no jeans are permitted. Baseball hats are prohibited throughout the entire Club except for the fitness and outdoor spaces. Workout and swim attire are permitted if you are passing through the lobby on your way to the fitness center or backyard, but are not permitted in the main Clubhouse spaces (Fireside Room, Member Bar, Ramsey Room).

On a special note, children 13 years of age or younger dressed in their "Sunday Best" (dress, bowtie, suit etc.) receive a complimentary Shirley Temple!

Please visit the University Club's website for more detailed information about what clothing is and is not permitted in our spaces.

Thank you in advance for adhering to these guidelines!



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

Meg King
KingMuelken@q.com

INVESTMENT CLUB

Gene Mason
Eugene.Mason@comcast.net

LEARN TO DANCE

Lisa Egnash
laegnash@gmail.com

KNITTING CLUB

JoAnne Farley
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READINGS BY WRITERS

Danny Klecko

TRAVEL CLUB

Sharron Pelham
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WINE CLUB

Cory Biladeau
CoryBiladeau@gmail.com

WELCOME OUR NEWEST MEMBERS

Ahmed Abdisamad
Kunbo Adeto
Lisa Agrimonti
Srikanth Akoju
Stephen Alexander
Steven Anderson
Philip Arets
Wyatt Arneson
Victoria Bahe
James Baker
Nicholas Ballas
Anna Barrett
Anna Barton
Allison Beauchaup
Jason Beizn
Jerome Benner
Mary Bertas
Victoria Blodger
Leslie Boey
Drew Breun
Candi Broeffle
Carter Brooks
Tammy Brunkow
Anne Campbell
Sean Cardinal
Amy Caron
Zachary Cizek

Gillett Cole
Natalie Cooper
Brendan Cummins
Amy Dellwo
Teresa Dettle
Jon Douville
Ann Falk
Mark Fasching
Hannah Fedje- Johnston
Ann Fehrman
Wood Foster
Karen Francois
Greta Friedrichs
Chet Funk
Aloysius Gigl
Alexander Goldberg
Eduardo Gomez
Cory Graeser
Gerald Gurr
Maximilian Hamilton
Andrew Hansen
Kelly Harmon Schmitt
Natalie Hay
Katherine Hayes
Sam Hedrick
Barbara Heinemann
Leah Henrickson

Jeremy Herrera
Laurel Hoch
Zach Holden
Undrakh Jargalsaikhan
Cole Jensen
Anaa Jibicno
Blake Johannes
Angel Jones
Jeanine Joseph
Linda Kantner
Von King
Benjamin Kirk
Ronald Kizzee
Charles Koontz
Michael Lewis
Charles Lippstreu
Shanna Long
Xiong Lor
Jonathan Louagnini
Erin Manley
Austin Matherne
Brandon Matis
Lindsey Mazzitello
Alexandra Meyer
Tyler Meyer
Ryan Mickiewicz
Angelica Montanez

Rebecca Morales
Damion Morris
Daniel Mussio
Joseph Nelson
Michael Olson
Cathryn Omalley
Julie Orman
Ari Parritz
Brian Paulus
Savanna Petersen
Jahmai Phipps
Sophia Powell
Kristin Prestegaard
Mary Rabasa Finnegan
Caleb Rann
Jennifer Redlin
Judge Rissman
Caitlin Rogers
Zachary Rolfe
Dustin Rooffener
Christine Rosen
Michael Ruble
Scott Rysdahl
Jacob Salzman
Sierra Scheet
Thomas Schroeder
Shae Seabrooks

Terry Seeman
Lilly Shapiro
Shane Sletten
James Spangenberg
Matthew Steele
Kevin Steinhafel
David Stemper
Katharine Stephens
Michael Sullivan
Shane Swanson
Whitney Terrill
Alexandra Tschida
Ryan Tupy
Oliver Unseth
Max Vinogradov
Paul Wagner
Eric Wall
Zachary Walters
Bridget Weiland
Jeremy Wheeler
Logan Wilson
Chris Wimberger
Tricia Wood
Lizzie Wortham
Meghan Yungren
Ali Zakharova
Kiara Zebott

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

GET TO KNOW OUR TEAM

Team Member Spotlight: David Engler



The phrase "strength in numbers" might as well have been invented for David Engler. Exhibit A: David is a group fitness instructor with the SPAC, where he helps members get and stay healthy in a supportive, challenging group environment. That's strength in numbers if we've ever heard it.

And when he's not motivating members to reach their goals together, David is a certified financial planner with 20+ years of leadership roles in the industry. He's currently Vice President of Investment Services at Hiway Federal Credit Union. (Again, strength in numbers. Seriously, this guy personifies the term.)

David knows what it's like to juggle a demanding job with family (he is married with three boys, aged 7, 11, and 12) and other pursuits, like physical fitness, so he relates to his SPAC clients' busy schedules. David makes sure every class counts, because he understands the sacrifices it takes to carve out time in your day.

David also knows that you have to enjoy what you're doing or else the motivation won't be there. "I like to have fun while getting stronger, faster, and in improved shape—and the group effort always pushes me to do better," says David. "I love the variety that the SPAC group fitness classes offer so I can mix up my routine and push myself to higher levels than I would on my own." After a tough workout, David loves treating himself to the sauna and steam rooms to relax and recover. But we're not sure David actually understands the concept of relaxation, since he says his other favorite ways to "relax" are "skiing/snowboarding, jumping on the trampoline with his family, playing golf, kayaking, or running outside"—and he has also "written a couple of books as a hobby." Phew! Good thing he works that sauna/steam room routine in there, too!

Want to get inspired by some of that boundless energy? Try one of David's classes! Water X, Total Body Fitness, and Cycle.



We bring people together to celebrate life.

Place matters.

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We are devoted stewards of these spaces and their legacies, ensuring that they are around to hold your story and the stories

Stop in for a tour.
All are welcome.

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UniversityClubofStPaul.com



HALLOWEEN CARNIVAL

Come in costume to our haunted Halloween carnival! We will have crafts, magic, and carnivals games along with a fully stocked pizza buffet and a featured film. Don't miss our main event, a spooky surprise from the Raptor Center!

Friday, October 26th | 5-8:30pm



HALLOWEEN MEMBER NIGHT

Something spooky this way comes. In preparation for Hallows' Eve gather at the University Club dressed in your most spine-tingling attire.

Trade ghost stories by the fireside while enjoying one of our signature cocktails.

Friday, October 26th | 6-9pm



OKTOBERFEST

Join fellow U Club and Executive SPAC members for a fun-filled evening featuring German food, a German band, and (of course) German beer. Lederhosen and Dirndls are optional, but highly encouraged!

Q: How many gallons of German beer is consumed each year on Munich festival grounds?

A: Roughly 1.85 million!

Q: We all know Lederhosen is a classic Oktoberfest garb, but what is the German term for the traditional Bavarian hat?

A: "Tirolerhute"

Friday, September 28th | 6-9pm

MARATHON CHEER STATION

Join us outside the University Club on Sunday, October 7th at our 2018 Twin Cities Marathon cheer station. The U Club is prime location to watch the race and cheer on the runners - help us to support these amazing athletes as they enter the home stretch of the race!

All University Club and SPAC members and their family and friends are encouraged to join - let's blow the runners away!

Sunday, October 7th | 9am-12pm



LABOR DAY CORN ROAST & BBQ

Reservations Recommended | 651.222.1751

Help us celebrate the end of the season with our annual Labor Day corn roast. Join us on the pool deck to soak up the last of the summer sun. This year's menu features barbeque pork ribs, hot dogs, roasted corn, and summer salads.

Monday, September 3rd | 1-4pm

\$15 Adults

\$10 Children 6-10

FREE Children 5 & under



LILLET SPRITZ

Lillet is a classic wine-based aperitif that has enjoyed a well-deserved comeback. This French staple is made even more refreshing as part of our signature Lillet Spritz. (Even the name is lively!) A Lillet Spritz is a perfect accompaniment to a delicious brunch—and it just so happens that we have the best brunch in town.

This recipe is almost too good to share, but we're among friends, so here it is:

INGREDIENTS

- 1 (750-milliliter) bottle chilled Lillet blanc
- 2 c. chilled fresh orange juice
- 1 (750-milliliter) bottle chilled prosecco
- Edible flowers, for serving

DIRECTIONS

- 1 Combine Lillet blanc, juice, and prosecco in a pitcher.
- 2 Serve in Champagne glasses garnished with flowers or Fruit.

Would you prefer that a Lillet Spritz simply appear in front of you—without the need to hunt for edible flowers? Stop by for brunch and let us make one for you.

Cheers!

WOMEN WHO WHISKEY

Join Women Who Whiskey for a tasting of The Dampferwerk Distilling's European-style fruit brandies and liqueurs. Doors open at 6:30 with a Dampferwerk welcome cocktail and elegant appetizers from The University Club. A guided tasting of three neat pours will commence at 7:15.

Both for amateurs and connoisseurs, Women Who Whiskey gives members the opportunity to learn about a variety of whiskeys and cocktail culture, and to join a network of like-minded women with a taste for curiosity and strong drinks.

University Club member pre-sale lasts until September 24th.

View the event at www.uclubOct2018.eventbrite.com use promo code UCLUB2018 for \$5 off tickets.

Women only, please. All women welcome.





SUNDAY BRUNCH

Start your Sunday's off right with brunch and a breath-taking view of the Mississippi River Valley.

New for fall 2018, the University Club is offering a brunch menu, as well as a Signature Bloody Mary and Mimosa bar.

Turn your Sundays into Fundays at the Club!.

Reservations Encouraged | 651-222-1751

POPOVER THURSDAY

On Thursday guests will enjoy Chef Brian's delicious popover rolls in their bread baskets. Fresh rolls will be available during lunch and dinner.

October-May | Every Thursday



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 | 651-222-1751

First Saturdays of every month | 6-9pm

PASTA NIGHT

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

September-May

Second Wednesday of every month | 5:30-7:30pm



PRIME RIB SATURDAYS

With this special dining offer let our house chefs treat you to a hearty supper; 12-ounce prime rib, baked potato, and vegetables. Perfect for fending off the colder days of fall.

Reservation Required

Saturdays @ University Club in the Ramsey Room

Fourth Thursday of every month | October-May

\$26 per person



DECORATION THE GRIGGS MANSION

The University Club has a long-standing tradition of decorating the interior rooms and yard of one of the oldest homes on Summit Avenue, the Burbank-Livingston-Griggs Mansion. This is a fun way to give back to the neighborhood and enjoy the magic of Halloween.

If you're interested in volunteering, please join us at the University Club October 9th at 7pm. At the meeting, decorating duties and the time/date of volunteering will be finalized! RSVP to Sue Katsiotis, skatsiotis@universityclubofstpaul.com

Tuesday, October 9th | 7pm

HALLOWEEN AT THE GRIGGS MANSION

After our decorating volunteers have transformed the Griggs Mansion it will look as if it belongs in Halloweentown rather than Saint Paul! Help us make it come alive by donning a costume to pass out candy to the hundreds of costumed visitors who flock to the mansion on Halloween night.

Wednesday, October 31st | 5-9pm

RONALD MCDONALD HOUSE

Every day, Cooks for Kids (CFK) volunteer groups provide meals at the four Twin Cities Ronald McDonald House locations. By providing a meal, CFK groups allow families to spend precious time together as well as the opportunity to connect with other families in similar situations. We are gathering a group of 6 volunteers to give their time to this wonderful organization.

If you are interested in participating or have questions, please contact membership@universityclubofstpaul.com

October 16th, 3-6:30pm



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.

\$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



WOMEN'S ADVOCATES

Women's Advocates, Inc. was one of the first shelters in the nation for women and children escaping domestic violence. Today, Women's Advocates provides shelter and services to an average of 50 women and children daily, helps dozens of callers to the crisis line daily, and educates students and professionals about domestic abuse prevention and services. The University Club and Saint Paul Athletic Club have partnered with this organization to help create and assemble important informational packets for distribution.

If you are interested in participating or have questions, please contact membership@universityclubofstpaul.com

Tuesday, September 18th, 3-5pm



HELP US MAKE BIRTHDAYS SWEETER

The Saint Paul Athletic Club and University Club of Saint Paul have partnered with the Hallie Q. Brown community center to help make birthdays a little sweeter. Both clubs will have donation boxes collecting cake mix, frosting, candles, and simple birthday décor. The University Club's youth service team will gather the donations and use them to create unique birthday bags to be distributed at local food shelves.

We have committed to collecting enough items for 400 birthday bags throughout the remainder of 2018 and 2019. Every donation counts. Thank you in advance for supporting this important effort!

Tuesday, October 16th, 3-6:30pm

DOMESTIC VIOLENCE AWARENESS MONTH

Together, we can help ease the burden faced by women and children in crisis. October is Domestic Violence Awareness Month, and we're collecting donations for the Saint Paul Intervention Project. We need:

Diapers & Pull-Ups of all sizes | Baby wipes

Sanitary Products | Shampoo | Soap

Gift cards to Target & Cub Foods

The Saint Paul and Ramsey County Domestic Abuse Intervention Project exists to eliminate domestic violence against women and their children, and is often the first contact a victim has with support services.

Items can be dropped off at Sue Katsiotis's office at the University Club through September and October. Thank you for being part of this important initiative.





FIND YOUR PEOPLE WITH CLUB 101

We're known for an incredible list of "Clubs within the Club." These gatherings span an impressive variety of interests: Scotch, wine, books, travel, languages, clubs devoted to specific authors, writing, investment club, a club for entrepreneurs, and more. If you've ever considered joining a Club within the Club, this is your chance!

This event gives members the opportunity to meet with a representative from each of our Clubs within the Club. Explore your passions or find a new one; meet new people; expand your horizons; and make the most of your membership!

Friday, September 14th | 5-7pm

ALLIANCE FRANÇAISE

Alliance Française Mpls/St Paul continues to host our monthly Apéritif en Français at the University Club on the second Thursday of every month. Join us for casual conversation in French from 6-7:30pm.

Are you looking for more opportunities to practice your French? Meritage Restaurant in downtown St Paul welcomes you to a new conversational French happy hour every Sunday from 2-5pm. Venez nombreux!

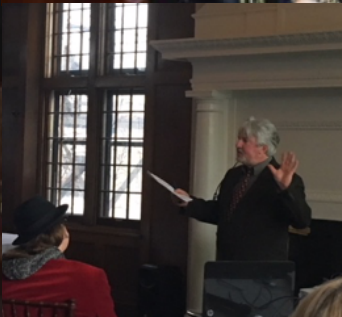
Visit afmsp.org for more info about special events, classes and other conversation groups around the Twin Cities..

Second Thursday of every month | 6-7:30pm | UClub

Sundays | 2-5pm | Meritage Restaurant



TRAVEL CLUB



"The Journey, not the arrival matters," T.S. Eliot noted and the Travel Club here at the U Club agrees! At least once a month we embark on a journey together telling tales of where we've been and what we've done, finding ourselves wiser and happier for the journeys we take together. Travel Club members enjoy presenting slides and stories from their travels at monthly meetings along with sharing wine, travel tips, conversation, and lots of laughter. New York, California, United Arab Emirates, Spain, France, Italy, Japan, Austria, Morocco, Belize, Alsace, and Croatia, and Canada are just a few of the adventures shared with fellow travelers.

Our Holiday Brunch is a favorite bash bringing out most of our members every January to bravely journey across the Mississippi where we are rewarded with endless Mimosas and bountiful gastronomical delights at the Minneapolis Women's Club, one of the reciprocal clubs of the University Club. Such an amazing perk for U Club members these clubs scattered all over the globe. One of the Travel Club's goals is to connect members with other clubs and so in September some of us will travel to the UK and stay at clubs in Edinburgh and London. Not only will we discover beautiful accommodations, we'll have the opportunity to enjoy conversations with local club members adding depth to our journey.

Later this year some of the Travel Club plan to travel together to Vienna, Prague, and Budapest where we'll journey into the vineyards outside Budapest and along the Danube with wine tastings plus a short cruise. Sharing stories from the journey with the rest of the club members on our return enriches the experience for all of us plus maybe we'll even bring back a bit of the genuine vineyard experience too!

A Spring event open to the public "F.Scott Fitzgerald & the South of France" featured presentations, music, and films by members who are Fitzgerald aficionados. A very fun evening with Provencal wines and the Charleston. We hope to repeat this event next spring when some of us prepare to travel to the South of France for the International Fitzgerald Conference and visit some of the places where Scott & Zelda lived. More info to follow with invitations to join us for the evening and for the tour!

Over the summer we began a Friday night film series focused on travel, enjoying films from Ireland, Scotland, Czech Republic, France and Greece. A great way to extend the evening's fun after Club night so join us in the fall and winter when we'll be ready to stay inside awhile longer with a night cap, some pop corn, and a film which takes us on a journey up, up, and away...out of our Minnesota winter.

Travel Club meetings have travel as a focus and fun as a goal!

Every 4th Wednesday of the month | 7pm

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

On Wednesday, September 12 at 5pm, the group will discuss two short stories: "The Professor's Houses" by Ursula Le Guin, and "Lost in the Funhouse" by John Barth. Le Guin's very short story explores how a Victorian dollhouse embodies a professor's dreams; while Barth's more complex tale is an exercise in metafiction which undermines literary conventions.

On Wednesday, October 10 at 5pm, the group will discuss two short stories: "Tomorrow and Tomorrow and So Forth" by John Updike, and "Cathedral" by Raymond Carver. Updike entertains us as an insecure young teacher confronts hot-girl student Gloria. Carver's "Cathedral", in which a prejudiced protagonist changes and grows, is generally considered to be one of his finest works.

These are terrific selections, each one packed with the storyteller's art. We hope to see you at the table!

Wednesday, September 12th, October 10th & November 14th | 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.

Saturdays, April-November | 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.

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

Summer is a time for wine, out of doors! Grab your family, your friends and try some great summer wines!

On the University Club's fabulous deck-overlooking the pool-we can all enjoy summer and select from excellent wines for our sultry evenings.

The wine club traveled the globe (through the wines we tried) through spring and into summer tasting Shiraz wines, learning about the varietal and how special a grape it is. They are fabulous, try them again!

The pinnacle of summer for the Wine Club is our summer fete or extravaganza as some may see it. It really lets us know that winter is past. It is when you can spend the day luxuriating in beautiful gardens with scrumptious foods & fabulous wines. Champagne is Party in a bottle and with these parties there are always the Sparkling Wines as well. The Champagne flows like its New Years, but in this case we're celebrating summer. We celebrated our annual Summer Fete, lakeside on Sunfish Lake. Our hosts spoiled us with rich French dishes served and paired with fabulous wines. Throughout the day we spend time strolling through gardens with a light white or rose wine, which was magical & fabulous. Occasionally coming inside to meals/ foods served with whites & reds where we can congregate and regroup before another foray into the gardens or onto the Lake itself.

As many bring additional wines to talk about and share, try and discuss, the wines flow as if it were more reflective of a riparian event.

The day wanes and the sun finally sets on our day on the Lake. There will be next year dear friends.

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



POKER CLUB



Interested in playing poker?

Stop by the Poker Club table at Club 101 on Friday September 14th or stop by for the first gathering.

Thursday, September 20th | 7pm

mstone@universityclubofstpaul.com

TABLE TOP

Meet the members creating this new club within the club at Club 101 on Friday September 14th.

This group will meet monthly to play games, meet new people and relax.

Watch the weekly member update for more details!

Friday, September 14th | 5pm



BALLROOM DANCE CLUB



Join us in our weekly, walk-in Group Classes every Wednesday from 5:30-6:30pm in the Summit Room at the University Club. We rotate each month between many styles of Ballroom, Latin, Swing, and Country dances.

This month, Tricia Wood is teaching us Tango! Singles and Couples of all ages and levels are welcome. The cost is \$10 per person, per week. We always review the basic steps first, then add on new dance patterns. As a bonus, Tricia is teaching us a Tango line dance too, that will be performed at the Croquet Club's end-of-season party at the U Club on Sunday, October 7th.

Private Dance Lessons are also available by appointment, \$75 per 50-minutes

Wednesdays | 5:30-6:30pm

Tricia Wood, (651) 605-5784

tricia@danceandentertainment.com | danceandentertainment.com

SPANISH CLUB

Main Theme will be "Explorando las Artes y Literatura en Español," (Exploring the Arts and Literature in Spanish).

UClub members will have the opportunity to practice Spanish; beginning with a 5 to 10 minute presentation in Spanish about a specific artist or book; this presentation will give attendees a common topic to discuss and explore while practicing Spanish.

From September to May-no meeting in December

See below list of presentations:

Septiembre- Gabriel Garcia Marquez

Octubre - Pablo Neruda

Noviembre - Fernando Botero



THROUGH THE GRAPE VINE

Learn, swirl, sniff, sip, repeat!

Introducing Through the Grapevine, a brand new wine club (in addition to our original wine club) for people who want to know more about wine. It's hosted by Chuck Kanski, the wine expert behind Solo Vino.

Through the Grapevine will be an exclusive group, limited to 20 people to make sure everyone can ask questions and participate. Whether you're an experienced wine connoisseur or a total beginner, you'll be sure to expand your wine horizons. Sign up now, before it's full!

Through the Grapevine will meet bi-monthly:

Wednesday October 17th, December 12th, February 20th, April 17th & May 15th

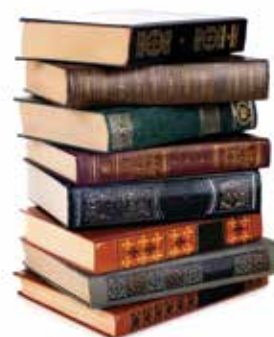


READINGS BY WRITERS

We have a wonderful collection of insightful and talented artists coming to the Club. Meeting every 3rd Tuesday of the month, the diverse topics range from writers bringing their personal cultural truths to light and Bob Dylan, to Somali poetry and reflections on the holiday season. To learn more about the special events this club is offering, read further in the Literature and Learning section.

September 18th, October 16th , November 20th & December 18th

3rd Tuesday | Doors open at 7pm readings begin at 7:30pm





READINGS BY WRITERS

Tuesday, September 18th | 7:30pm

Wang Ping was born in Shanghai and came to the US in 1986. She is the author of many books of poetry, short stories, and memoir. Her most recent book is "Life of Miracles Along the Yangtze and Mississippi" from the University of Georgia Press.

Alison McGhee is a bestselling author who writes for all ages in all forms, from novels to poems to books for children. Her most recent book is "What I Leave Behind," a novel in 100 chapters of 100 words each.

Kao Kalia Yang is a Hmong-American writer and the author of two award-winning memoirs "The Late Homecomer: A Hmong Family Memoir," and "The Song Poet." She has three books coming out this fall—her first children's book, an anthology on miscarriage and infant loss, and a book about refugees in America.

Abdi Nor Iftin's stories have been featured on radio and television. He was born in Somalia, grew up there during the civil war, was a refugee in Kenya, and won a green card to come to the US. His book "Call Me American" was just published and has generated great interest across the country.

Tuesday, October 16th | 7:30pm

An evening of Somali poetry with 6-8 Somali poets, details to follow.

Tuesday, November 20th | 7:30pm

A celebration of Bob Dylan and the publication of an anthology by poets "Visiting Bob: Poems Inspired by the Life and Work of Bob Dylan" from New Rivers Press.

Musicians Phil Bayer and Diane Jarvi will perform, and the following poets will read from the anthology:

Thom Tammaro, Al Davis, Tim Nolan, Katrina Vandenberg, Joyce Sutphen, Ray Gonzalez, Margaret Hasse, Linda Back McKay, Diane Jarvenpa, John Reinhard & Marge Barrett.

Tuesday, December 18th | 7:30pm

Six writers celebrating the season:

James Lenfesty, William Reichard, Marya Hornbacher, Heid Erdrich, Laurie Hertzell & Peter Geye.



COCKTAILS WITH THE MASTERS



James Abbott McNeill Whistler (1834-1903) radically changed the course of modern art. He was a dandy and a man about town who created a public persona that was just as famous as his art. His portrait of his mother (otherwise known as Arrangement in Grey and Black No. 1) was the first work by an American to be acquired by the French nation and is now one of the most famous paintings in the Musée d'Orsay in Paris.

His glorious Peacock Room is the masterpiece of the Freer Gallery of Art in Washington D.C. and his infamous painting Falling Rocket was the subject of a libel trial that bankrupted the artist. He was friends with the Impressionists, the Pre-Raphaelites and the Symbolists, yet was an independent artist that strategically created a market for his work.

Whistler's fascinating life and art will be the topic of a fast-paced and lively lecture by Dr. Lisa Dickinson Michaux on Thursday, November 1. As a curator at the Minneapolis Institute of Arts, Dr. Michaux curated a major exhibition on Whistler's etchings and lithographs, now she is excited to share her knowledge and make Whistler accessible and relevant to the members and friends of the University Club of St. Paul.

Thursday, November 1st | Doors open at 6:30pm, presentation at 7pm



DIVE-IN MOVIES

The summertime classic doesn't have to stop when the summer ends. Join us at SPAC pool for a memorable evening of aquatic cinema, featuring some of the latest and greatest family-friendly movies.

Noodles and pool floaties encouraged!

Ticket price: Donation of an item on the "birthday bag" list

October 13th | Hotel Transylvania

November 10th | Monsters University

DATE NIGHTS

Join us for fun filled and rejuvenating evenings. At the start of the night we will take the kids! Ages 4 and up will be entertained with a variety of activities from scrumptious food creations to carnival games! This is your time to kick back, relax, and enjoy each other's company.

September 21st | Apples, Apples, Apples

October 26th | Halloween Carnival with a guests from The Raptor Center

November 16th | Game Night



HANDS ON SUNDAYS

All families are invited to join us one Sunday each month for activities that include creative art projects, science experiments, jewelry making, and constructing gingerbread house masterpieces! Ages 3 and up.

Reservations Required.

October | To be announced in the Weekly Member Update

November | Jewelry making: Join us as we welcome a local jewelry artisan to the Club. She will lead a workshop on how to design, create, and style your very own masterpiece!

December | 2nd Gingerbread House Make and Take







STOUT'S ISLAND FAMILY FUN WEEKEND

For years, families have asked us for a weekend dedicated to families. This year, with the help of the University Club of Saint Paul and Camp UClub, we are excited to host our first Fall Family Fun Weekend.

Picture this:

You'll stay as a family in one of our rustically elegant rooms. Rooms are available at a variety of rates to fit your budget, and many feature kitchenettes, balconies, living rooms, and other amenities to meet your family's needs.

During the day, children will participate in a variety of fun, supervised activities including arts and crafts, hiking, lawn games, movie nights, and much more. (Yes, that means Mom and Dad get some time to themselves!) In the evenings, families can reconvene and spend time bonding over the campfire, s'mores, games, and more. Our littlest guests can join in the fun, too—just remember that children under age four will need a guardian to accompany them to activities.

We can already smell the crisp fall air and hear those golden colored leaves crunching underfoot. It'll be an unforgettable weekend of recreation, relaxation, and reconnection.

Thursday October 18th - Sunday October 21st

Pricing: \$100 member child | \$150 non-member child

Contact Stout's Island Lodge to make reservations: stoutsislandlodge.com | 715-354-3646

MAD HATTER ETIQUETTE TEA HOSTED BY ALICE

To dine in Alice's Wonderland, one must bring their very best manners to the table! Join Alice at her Mad Hatter social etiquette dining class for children. The class will teach the essentials of table etiquette including key table manners, polite conversation, formal table settings, thank you notes and more. The class includes a multi-course lunch and a take-home etiquette booklet.

Sunday, September 23rd, | 2-4pm | \$45 | RSVP: membership@universityclubofstpaul.com



YOUTH SERVICE TEAM

This year, the University Club is working harder than ever to support service projects and give back to the community. Our new service team leader will coordinate youth participants in a wide range of charitable cause – The service team is a great opportunity to build community, practice teamwork, and continue the friendships formed over the summer.

All eligible members who are in 6th grade or above are encouraged to come together on these specialized projects which benefit and give back to the community. Learn more about the first project in our "Networking and Volunteering" section.

September 21st | Fall Planning Meeting and Birthday Bags for Hallie Q. Brown

October 21st | Assist with Halloween Carnival followed by a guest artist with spooky crafts

November 16th | Team will plan an offsite service project, watch the weekly update for complete details



YOUTH SWIM TEAM

Summer may be over but with the 8th floor pool at Saint Paul Athletic Club, swim team continues! This indoor swim team is a great opportunity for your child to maintain and develop their stroke, build endurance and stay active during the colder months.

Sunday's at The Saint Paul Athletic Club | 12-1pm | \$90.00 per season | Register: membership@universityclubofstpaul.com

October 7, 14, 21 & 28 | November 4, 11 & 18 | January 13, 20 & 27 | February 3, 10, 17 & 24 | March 3, 10 & 31 | April 7, 14 & 28 | May 5

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEP

						1
2	3 Labor Day Corn Roast 1pm Fitz @ 4 4pm	4 Kids are back in School HH by the POOL 7pm	5 Book Club 5:30pm	6 Learn to Dance 5:30pm SPAC Happy Hour Poker Night 5:30pm	7 Member Night @ The University Club 5pm Cass Gilbert Society 5:30pm	8
9 Croquet Sunday 12pm	10	11 Conversational Spanish 7pm	12 Pasta Night 5pm Investment Club 5:30pm Learn to Dance 5:30pm	13 Conversational French 6pm Wine Club 7pm	14 Member Night @ The University Club 5pm	15 F. Scott Fitzgerald Roundtable 9:30am
16	17	18 Volunteer at Women's Advocates 3pm Readings by Writers 7pm	19 ClubE 11:15am Learn to Dance 5:30pm	20 Date Night 5pm	21 Member Night @ The University Club 5pm Date Night 5pm Youth Service Team 6pm	22 F. Scott Fitzgerald Roundtable 9:30am
23 Croquet Sunday 12pm Mad Hatter Etiquette Tea hosted by Alice 2pm	24	25 G.K. Chesterton Society 7pm	26 Learn to Dance 5:30pm Travel Club 7pm	27	28 Member Night @ The University Club 5pm	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2 Cocktails and Conversation 7pm	3 Learn to Dance 5:30pm	4 Popover Thursday SPAC Happy Hour Scavenger Hunt 4:30pm Learn to Dance 5:30pm Cass Gilbert Society 5:30pm	5 Member Night @ The University Club 5pm	6 Piano in the Bar 6pm
7 Twin Cities Marathon Cheer Station 9am Children's Fall Indoor Swim Team 12pm Hands on Sunday 2pm Fitz @ 4 4pm	8	9 Conversational Spanish 7pm	10 Pasta Night 5pm Investment Club 5:30pm Learn to Dance 5:30pm	11 SPAC Fitness Festival Popover Thursday Conversational French 6pm Wine Club 7pm	12 SPAC Fitness Festival Member Night @ The University Club 5pm	13 SPAC Fitness Festival Dive In Movie @ SPAC 7pm
14 Fall Indoor Swim Team for ages 5-15 12pm	15	16 Readings by Writers 7pm	17 ClubE 11:15am Learn to Dance 5:30pm Through the Grapevine 7pm	18 Stout's Island Family Weekend Popover Thursday	19 Stout's Island Family Weekend Member Night @ The University Club 5pm Cass Gilbert Society 5:30pm	20 Stout's Island Family Weekend F. Scott Fitzgerald Roundtable 9:30am
21 Stout's Island Family Weekend Fall Indoor Swim Team for ages 5-15 12pm	22	23	24 Learn to Dance 5:30pm Travel Club 7pm	25 Popover Thursday	26 University Club Member Halloween Party 5pm Kids Halloween Carnival 5pm Youth Service Team 6pm	27 Prime Rib Night 6pm
28 Fall Indoor Swim Team for ages 5-15 12pm	29	30 G.K. Chesterton Society 7pm Stir Fry Night 5:30pm	31 Happy Halloween! Grigg's Mansion Neighborhood Volunteer & Trick or Treating 5pm Learn to Dance 5:30pm	OCT		

SPAC HAPPY HOUR IS COMING BACK!

Join the Saint Paul Athletic Club for Happy Hour on the first Thursdays of every month. We will gather at Butler's Café on the 2nd floor above the Hotel 340's Lobby from 4:30 to 7:30pm. Happy Hour drink specials will be served along with specialty meat and cheese plates.

This year we will be offering fun events to take part in, or just enjoy the company of fellow members and your guests. Please bring friends to these events. We are looking to expand our fan base!

September 6th Casino Night | October 4th Scavenger Hunt | November 1st, December 6th, January 3rd, February 7th, March 7th, April 4th | May 2nd Luau to kick off Summer

The poster features a large, stylized purple starburst shape on a yellow background with a subtle dot pattern. Inside the starburst, the text "SAINT PAUL ATHLETIC CLUB" is written in a bold, black, sans-serif font, followed by "FITNESS FESTIVAL" in a larger, bold, black, sans-serif font, and "OCTOBER 11-13TH" in a bold, black, sans-serif font. A small circular logo of the Saint Paul Athletic Club is positioned at the top center of the starburst. To the right of the starburst, the text "Open to the public, guests, and fitness enthusiasts 18 & up!" is written in a black, sans-serif font. At the bottom left, the text "3 days to see what the Athletic Club can do for you!" is written in a black, sans-serif font, with the number "3" in a large, red, stylized font. At the bottom right, a list of activities is provided: "Group fitness bonanza!", "Nutrition discussions", "Meet our staff", and "Explore the gym". At the very bottom, the text "yoga • cycle • barre • fusion • pilates • massage • prizes • & more!" is written in a black, sans-serif font. The Saint Paul Athletic Club logo is also visible at the top center of the starburst.

**SAINT PAUL
ATHLETIC CLUB
FITNESS FESTIVAL
OCTOBER 11-13TH**

Open to the
public, guests,
and fitness
enthusiasts
18 & up!

3 days to see what
the Athletic Club
can do for you!

- Group fitness bonanza!
- Nutrition discussions
- Meet our staff
- Explore the gym

yoga • cycle • barre • fusion • pilates • massage • prizes • & more!

SaintPaulAthleticClub.com 651-291-7722

WHY ARE YOU MINNESOTA PROUD?

There are a million reasons to be proud of this extraordinary state.

U.S. News & World Report ranks Minnesota 2nd overall among all the states in the U.S., based on a variety of factors including health care, education, economy, opportunity, infrastructure, quality of life, and more.

(We'd complain about not being number 1, but that wouldn't be very Minnesota Nice of us.)

We're famous for our winters around these parts—maybe more notorious than famous—but there's something about summer that reminds us why we'd never want to be anywhere else.

For one thing, we sure appreciate summer here. It's patio season. It's walk-around-the-lakes season. It's cabin season, boat season, emerge-from-hibernation-and-get-moving season.

And we also give summer the ultimate send-off with the legendary Minnesota State Fair. It's the largest state fair in the country in terms of average daily attendance. The slogan Great Minnesota Get-Together is fitting. Every year, we make national headlines for the creative, over-the-top, ridiculously indulgent foods. It's not to be missed. (Is it strange for an athletic club focused on wellness to be promoting a fried food haven like the state fair? We don't think so. To us, wellness—and life—is all about balance.)



MASSAGE

No available appointments 8/8-14. Evening availability on 8/6 & 7 with Devin
New modality: hot stones! So come get stoned, free hot stone back
massage with any 90 minute massage. Or just \$10.00 on a 60 minute. (Hot
stone upgrade, \$19.99.)

Mention hot stones while booking your massage to ensure they are
prepped!

Upgrades you may have forgotten!

Hot towel aroma therapy (lavender, peppermint & eucalyptus) | \$10

Peppermint scalp massage | \$10

20 min foot reflexology | \$22

Add a monthly 60 min massage to your membership for only \$62.00. Let
Sarah know!

Join before August 15th for September and receive a free full body hot stone.
(Existing members can get this offer by recommitting for another 6 months)
6-month commitment

Don't forget massage makes a great gift for every occasion. But a gift
certificate from the front desk!

New Fall hours will be posted soon.

But we'll be offering evening appointment Tuesday-Thursday

E/o Sunday | 9am-3pm (zoua)

Monday | 9:30am-3:30pm

Tuesday | 2-8pm (zoua)

Wednesday | 12-7pm

Thursday | 6-9pm

E/o Friday | 10am-3pm (payday Friday's)



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. Call for more information.

Contact: Stephanie Rupp

651-261-7897

srupp@CommonwealthProperties.com

Charming, Historic Stone CARRIAGE HOUSE



Two Bedroom Carriage House at 426 Summit Avenue
Situating high on a bluff overlooking Downtown St. Paul and the Mississippi River. Includes University Club Membership during your stay. Perfect for the Bride and Groom. Minimum 2 night stay.

**Fully Furnished
Available Dec 18**

RESERVATIONS AND INFORMATION

651-261-7897

srupp@CommonwealthProperties.com

Gangsters and
romantics welcome.



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COMMODORE
BAR AND RESTAURANT

651.330.5999

TheCommodoreBar.com



hotel
340

reservations@hotel340.com

651.280.4120