

THE

SEPT / OCT / NOV 2019

LOOKOUT

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



Oktoberfest

Halloween

Marathon Cheer
Station

Beaujolais
Nouveau

Thanksgiving

THE LOOKOUT

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FRONT DESK

University Club | 651.222.1751

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DINING RESERVATIONS

651.222.1751

CLUB HOURS

UC BUILDING AND FITNESS CENTER HOURS

Labor Day - Memorial Day

Sunday 6 am - 4 pm

Monday 6 am - 8 pm

Tues - Thurs 6 am - 10pm

Friday - Sat 6 am - 11 pm

UC RESTAURANT HOURS

Labor Day - Memorial Day

Sunday 10am-2pm*

**Second Sundays only*

Monday Closed

Tues - Thurs 11 am - 9 pm

Friday - Sat 11 am - 10 pm

Last seating 30 minutes before close

SPAC

Monday - Friday 5am-10pm

Sat-Sun 7am-8pm

*Hours subject to change and are
weather dependent.*

LETTERS FROM OUR MANAGERS

From Sarah's Desk



Fall means falling back into a routine, which is a great opportunity to re-engage (or start up) healthy habits.

Where to start? If you want to break a sweat, break out the calendar. It has been shown that if you schedule specific gym time on your calendar, you're more likely to actually go. (It's one thing to avoid making time for the gym in the first place. It's a totally different feeling if skipping the gym feels like missing an appointment.)

The hardest part of a workout is to simply show up. Once you are here, we offer numerous options for group fitness classes (Fusion, anyone?) where we take the thinking out of your workout. Leave the programming to professionals so you can leave your worries at the door, make time for yourself, and get into the best shape of your life.

Need more incentive to show up? The SPAC has recently added new cardio equipment. Come in and row on our new Matrix rowers, work your tail off on the Assault Bikes, and check out the HIIT option workout on our new Octane Fitness Max Trainer (a step machine and so much

more). We strive to stay on top of fitness trends so we can constantly challenge you, help you mix up your workouts, and keep you excited to come back.

Looking to mix things up even more? The temperature is perfect for outdoor activity like running and outdoor group fitness. Along with our group fitness classes, we also have a dedicated running club on Wednesdays and outdoor group fitness classes scheduled as long as the temperature allows.

One more piece of motivation – fitness is more fun with friends. If you know someone who mentions that they're looking to get back into shape, refer them to the Club. Then you can hold each other accountable!

From Meghan's Desk



UNIVERSITY CLUB
SAINT PAUL

Another summer at the University Club has come and gone for our Kid's Club campers, poolside fans and tennis players. This was my first summer with the University Club and it was one to remember. I've heard so much about how summers at the University Club create lifelong, indelible memories, and I've loved the opportunity to experience that firsthand. There were too many highlights to list, however swim meets, pickle drumming and the Talent Show & Art Fair were some of my favorite experiences.

I've had the chance to get to know several UC campers this year, and it was fantastic seeing them each week as they interacted with each other, competed in meets, and performed on the final evening of camp. Another sign of fall's approach is the departure of camp counselors as they head off

for college or to savor their senior year of high school. We wish them success and look forward to their return next year. The University Club summer camp program wouldn't be the success it is without the efforts of many, but it is with gratitude that I offer a round of applause for Sue Katsiotis and her entire team for another spectacular year of camp!

While renovations to the Member Bar are underway, leaving the Ramsey dining room quiet, everyone can enjoy an extended outdoor season of dining on the Varsity Deck through September. The days may be shorter but beautiful weather and the river valley views can be enjoyed until the re-opening of the member spaces in early fall.

The return of Friday Member Appreciation Happy Hour is highly

anticipated, and fall is gearing up to be a busy time! Don't forget to check the Club calendar online through your member portal for updates.

With the change of seasons, you can expect a new fall menu to debut – but don't worry, Club favorites will be returning. In addition, you can look forward to Family Style Brunch (2nd Sunday of the month), Popover Thursday and Prime Rib Saturday (which has now expanded by popular demand to the 2nd and 4th Saturdays of the month). Chef George has a new right-hand with the addition of Robbie Russell to the culinary team. Together they have been creating, testing and perfecting some spectacular dishes for us all. Come often and come hungry!

I look forward to seeing you soon!

WELCOME TO OUR NEW MEMBERS!

Joe Angles
Liz Aoams
Lisa Axtell
Clint Balentine
Michelle Bernstein
John Bertie
Aaron Boettger
Samuel Brewer
Dana Bruce
Douglas Bruce
Cece Burke
James Carey
Gustano Cruz Solis
Neal Donaghy
Margaret Enadeghe
Peter Farrell
Luke Finsaas
Scott Flaherty

Adam Foss
Jesse Garcia
Britt Gardella
Michael Gavin
Amy Gonyea-Mckittrick
Jonathan Hamilton
Alyssa Hanson
Brad Heagle
Anna Holt
Travis Holt
Krista Judge
Nicholas Judge
Anna Jurgens
Ruchesh Kc
Brenton Kerr
Ayesha Khan
Jason Klous
Jakub Kowalczyk

Beaumont Kusilek
Jim Labarre
David Martinez
Chris Mcconn
Kyle Mckittrick
Patrick Mcquillan
Robert Merrill
Bonnie Miesbauer
Kile Minnis
Ashley Monterusso
Robert Murphy
Connor Newell
Adam Newton
Nicole Omann
Erica Lynde Prosser Jancik
Jim Prost
David Reamer
Maria Reamer

Joseph Rekow
Kurt Siebert
Hannah Smith
Michael Speziale
Sara Stephenson
Peter Surdo
Andrew Tessier
Meredith Tessier
Tony Thomas
Gabrielle Trochez
Isaac Westerlund
Tyler Westphal
Ariel Willette
Paul Williams
Robert Wozniak
Jonathan Zimmerman

Carry your member card

We are asking members to be sure to carry your membership card. Even though we're fortunate to know so many of you by your face and your name, it's critically important that you carry your membership card with you at all times – even if you're a daily presence here. It's essential in order to keep the Club safe for all of our members, including you and your family. It's also for logistical purposes, since you need your card to ensure that any dining or other purchases are appropriately credited to your account. If you do not have a membership card, please email us at membership@universityclubofstpaul.com and we would be happy to print one for you.



Summit Avenue's first boutique hotel.

7 SUITES | 2 SPACIOUS ROOMS | OPENING SOON





FEATURED CLUB:

UNIVERSITY CLUB OF PORTLAND

Embracing the diversity & spirit of the city of Portland by providing everything you need in a premier private city club.

The University Club of Portland [Oregon] was founded in 1898 by a group of young college graduates. After renting space in several buildings, the club completed its own four-story clubhouse in 1913, opening the same year as the University Club of St. Paul's clubhouse. The building, in downtown Portland, OR, is a beautiful example of Jacobean Revival architecture, recalling the early Seventeenth Century English type that adapted traditional Elizabethan with Continental Renaissance influences, complete with secret doors that blend into the dark woodwork. The building has been listed in the National Register of Historic Places since 1979. Inside the front door is the Lounging Room, a pleasant space to greet people. An impressive staircase takes one to the Main Dining Room which measures 64 feet by 33 feet and 24 feet high. Adjacent to the Dining Room is a cozy library with fireplace.

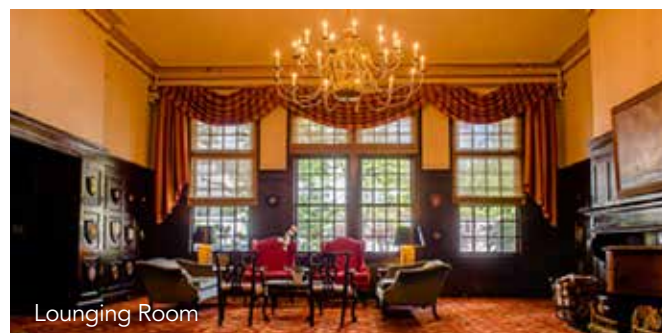
The club has Artist-, Author-, and Archivist-in-Residence Programs, offering a unique cultural experience between Members and local creatives. The club has re-imagined liberal arts by creating the Arts & Education Program, affirming a link with the club and other nonprofit organizations in Portland, including the Oregon Symphony, Portland State University, Portland Opera, Oregon College of Art & Craft, and Oregon Ballet Theatre.



Main Dining Room



Library



Lounging Room

TEAM PROFILE

Meet Kelli McDonald

Director of Sales

Kelli McDonald is known for her energy – and if you haven't yet had the privilege of meeting her, you don't even need to take our word for it. You just need to know that she hit the ground running in her new role of Director of Sales and has three kids at home ranging in age from 20 to 8 who are massively busy with sports and activities, plus she and her husband Chris are bonus parents to a foreign exchange student from South Korea who is spending his fourth consecutive school year with her family.

Kelli has a lot on her plate, but she wouldn't have it any other way. She thrives on the challenge and is bringing so much passion to this role. She's working hard introducing people to the amazing spaces within Commonwealth Properties, but she is quick to point out that the spaces are so spectacular that once she facilitates the introductions, her job gets a lot easier: After all, she says, "how can they not fall in love?" Even if love is inevitable, Kelli still puts in a lot of effort playing matchmaker. We have so many varied event spaces that it's a fun challenge to help people find the perfect



venue for their event, and to make sure they feel welcomed every step of the way.

Part of that matchmaking involves constantly meeting new people, and that's one of her favorite things about the role. And she'd love to meet you, too! She's often found working at the University Club, so keep an eye out for her and say hello!

Yes. You can.

Make the most of every second you spend working out. Fusion is hard-core results backed by hard-core science. Designed for all fitness levels. Be unstoppable in 2019.



FUSION_{BY}SPAC



MEMBER PROFILE

Dr. Delores Henderson



Dr. Delores Henderson is a long-time member of the University Club who joined "to have the opportunity to invite other community members to enjoy life at a club in St. Paul." She has held and attended a range of events here, including open houses, wedding receptions, organizational lunches, book signings, political events, and meetings. And while her tenure at the University Club is impressive, it's just one chapter of her incredible story.

Dr. Henderson holds the distinct honor of having been the longest-sitting educational administrator in the history of the state of Minnesota. "Sitting," of course, refers only to her

tenure and not at all to her approach. In her extraordinary 45-year career, she never stopped moving. She served as a teacher, principal and school administrator, including special assignments and joint appointments with the University of Minnesota.

Raised in Canton, Ohio as one of seventeen children born to hardworking parents. Dr. Henderson joined the University Club with her husband Roy, to whom she was married for 45 years before his passing. She has a daughter and son-in-law who live nearby.

Dr. Henderson recently retired, but she's still not sitting down. She has been granted 501(c)(3) non-profit status for D.E.L.O.R.E.S. WORKS – Developing, Empowering, Leveraging, Occupational Readiness and Economic Sustainability for students, parents and community. The mission: close the achievement and opportunity gap for all children in third and fifth grades, particularly students of color, and especially African-American students and students of African descent. In order to fulfill this mission, D.E.L.O.R.E.S. WORKS is accepting donations. Learn more at deloresworks.org.



Dr. Henderson has been an inspiration to entire generations of children in Minnesota. I am excited to see what the next 53 years will bring.

Joelle Allen
CEO – Millermedia



VOTED
Best Fitness/Yoga
Studio in Saint Paul

SAINT PAUL MAGAZINE
MARCH 2016

651-291-SPAC



THE HOLIDAYS ARE COMING.
**BE STRONGER
THAN COOKIES.**

MONTH-TO-MONTH
CONTRACTS FROM \$89

*Membership options that include
University Club of St. Paul available.*

CLUB DRESS CODE

Dress to impress (it’s required!)

As we’ve mentioned in the past, one of the hallmarks that sets a private club apart is the assurance that certain expectations will be met. We all – staff and members alike – expect much of each other, including the way we present ourselves. Private clubs have always had dress codes, and the University Club is no exception. As we raise the bar via renovations to the Club, we wanted to take the opportunity to request that you do the same and reflect on the apparel you choose when you spend time here. It’s a new season, so it’s a great time for a new start. (Flip-flop season is almost over anyway!)

This is a friendly reminder that the dress code applies to all members of the club, their guests, and members of the public attending events at the Club.

Business Casual Attire

Men: a collared shirt (dress shirt, golf shirt or polo) with optional jacket; turtleneck or sweater and dress pants or khakis.

Women: a collared shirt, blouse, or sweater with skirt or tailored pants

Casual Attire

Defined for men and women as dress denim (pants, skirt, or jacket), tailored dress shorts, smart casual shirt without collar (not a t-shirt), women’s sandals and casual shoes.

Athletic Attire

Defined for both men and women as workout shorts, t-shirts (with sleeves for men), athletic shoes, yoga pants, sweatshirts and pants, jogging suits, and bathing suits, flip-flops, and beach or pool wear. (Flip-flops, beach or pool wear are only permitted in the pool and outdoor play areas.)

Children’s Attire

Children 13 or older, please comply with the adult dress code. Children under the age of 13, please comply with The University Club’s standard of acceptable casual dress. Flip flops, beach or pool wear are only permitted in the pool and outdoor play areas.

Dress denim

Dress denim is the only form of denim allowed throughout the University Club. Denim cannot contain holes or rips and must be accompanied by a jacket if dining in the Ramsey Room.

Dress Code

Fireside Room:	Business Casual
The Lobby:	Business Casual
Ramsey Dining:	Business Casual*
	*Dress denim rules apply
Member's Bar:	Casual
Varsity Grill:	Casual
Outdoor Deck:	Casual
Private Event Room:	Business Casual or Casual as specified by event or host
Fitness Center:	Athletic
Outdoor grounds:	Athletic
Pool/Backyard:	Athletic

WANTED: YOUR BEST CLUB STORIES

Your chance to be featured in our upcoming edition of The Lookout

Through its many decades of operation, the University Club and Saint Paul Athletic Club have been host to countless noteworthy guests, unforgettable evenings, and legendary stories. Now, we’re looking to pass these

stories on. For our upcoming feature, If These Walls Could Talk, we'll be sharing some of the best stories from our members. If you would like to contribute, please contact Sue Katsiotis.

DRINK SPOTLIGHT

Spiced Pear Manhattan

Welcome in autumn with our seasonal cocktail section. This year's fall specialty with a Spiced Pear Manhattan. We've created a twist on this traditional favorite by adding St. George Spiced Pear Liqueur for a touch of warmth to ward off the autumnal chill. We recommend pairing this selection with our monthly prime rib special, beginning September 28th, for a modern twist on a timeless combination. We'll see you at the bar!

Spiced Pear Manhattan

- Bullet Rye Whiskey
- St. George Spiced Pear Liqueur
- Sweet Vermouth
- Bitters



FOOD SPECIALS:

Sunday Brunch:

Start your Sundays off right with brunch and a breathtaking view of the Mississippi River Valley. Turn your Sundays into Fundays at the Club!

Sept 8, October 13, Nov 10, Dec 12



Popover Thursday:

Join us on Thursdays for a surprise in your meal's bread basket: Warm, handmade popover rolls straight from our oven. The perfect pairing for soups, steaks, salads and more; a welcome addition to any dining experience.

Pasta Night:

Enjoy time with friends and family as our Chef creates individualized signature pasta dishes at this member favorite event.

Sept 10, October 8, Nov 12, Dec 10



Prime Rib Night:

On the colder days of fall, few things fend off the chill quite like a warm, hearty meal. Come warm yourself by the fireplace, and fend off the frost with a delicious, hearty supper prepared by our house chefs: A 12-ounce prime rib, baked potato and seasonal vegetables. Reservations encouraged. 651-222-1751

Sept 28, Oct 12, Oct 26, Nov 9, Nov 23, Dec 14, Dec 28

A promotional poster for 'Wine Geek Week Australia' presented by Twin Cities Wine. The poster features a large, stylized wine glass graphic on the left side, filled with a black and white pattern. The text on the right reads: 'TWIN CITIES WINE PRESENTS WINE GEEK WEEK AUSTRALIA'. Below this, a circular badge says '20% OFF for UNIVERSITY CLUB MEMBERS use code "SummitAvenue"'. Further down, it says 'The University Club of St. Paul' and 'GRAND TASTING SEPTEMBER 24TH 6:30 - 8:30PM'. At the bottom, it says 'Visit TWINCITIESWINE.COM for more info and ticketing'.

A promotional poster for 'Pasta Night'. The poster has a black background with a gold border. At the top, a curved banner says 'Come one, come all, just come hungry'. Below this is a gold bow tie graphic. The text 'PASTA NIGHT' is written in large, gold, serif capital letters. Below that, it says 'Reservations 651-222-1751'. At the bottom center is a small gold crest logo.



Modern amenities.
Relaxed luxury.
15% VIP Discount.

As part of your membership, you receive a 15% discount to the iconic Hotel 340, which occupies the top floors of the Saint Paul Athletic Club building in downtown Saint Paul. Hotel 340 is Saint Paul's only independent boutique hotel and is a favorite among travel experts and reviewers. It's hailed as a "hidden gem"—but as a member, you're already an insider.

Here are just a few of the reasons to plan your next stay here:

Upscale design featuring a striking two-story lobby with fireplace and sweeping marble staircases

Free Continental Breakfast

includes breakfast sandwiches, waffles, hard boiled eggs, fresh cut fruit and more

Complimentary Wi-Fi

1080p flat screen televisions

Kerig Coffee Makers and Hot Tea

Business Center

Lobby Bar

Open 7:00 am - 1:00 am

Complimentary access to The SPAC for guests ages 18+

Proximity to the light rail

Skyway access to the Xcel Center, Union Depot and RiverCentre

Award-winning dining options, nightlife, and cultural attractions in the heart of downtown Saint Paul

Steps from the Mississippi and Rice Park

Whether you need a staycation, have guests coming to town or want to turn an evening into an adventure, we look forward to having you.

reservations@hotel340.com
651.280.4120

340 Cedar Street, Saint Paul, Minnesota 55101



INTRODUCTION TO CLUBS WITHIN THE CLUB

Croquet? Tennis? Pickleball? Bridge? What's your fancy?

The University Club offers a wide variety of "Clubs within the Club" that provide the opportunity to meet people with shared interests and pursue a favorite hobby or discover a new passion. Why? Because we believe in lifelong learning, in building community, and in fostering relationships.

These clubs are all member-hosted. Since everyone who participates is already a member of the University Club, the convenience and comfort level simply can't be beat. There is an exceptional range of topics, and if you can't find an existing Club within the Club that matches your interests, you're more than welcome to start your own. You might be surprised at how many people share your passion.

Adding to the convenience, Clubs within the Club have regular meeting times, pre-arranged with the University Club. Members are welcome to invite a non-member to drop in on a meeting as a one-time guest – and it's not uncommon for these guests to fall in love with the space and want to become active members themselves so they can keep coming!

Contact us today to learn more about our Clubs within the Club to make the most of your experience as a University Club member.

Through The Grapevine

Through the Grapevine (separate from our 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.

Monthly meetings limited to 20 guests.

RSVP membership@universityclubofstpaul.com

Investment Club

Investment Club is a member-driven Club within the Club that meets monthly to discuss its investment portfolio. The monthly meeting format includes a report on the status of the portfolio and the individual investments. Individual members report on which investments they have been pursuing, and discussions and comments are encouraged on each individual report. Guests are always welcomed to participate in discussions.

Travel Club

Travel Club meets monthly on the 4th Wednesday of the month.

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!

Cocktails and Conversation

Book Club is led by Holly Weinkauff from the Red Balloon, and book choices will be a group decision. All club members are welcome to join!

F. Scott Fitzgerald Roundtable

The F. Scott Fitzgerald Roundtable is a literary society based out of the Twin Cities that meets at the club once a month, six months out of the year, to discuss Fitzgerald's writings as well as works by his wife Zelda and his other contemporaries.

Gardening Club

Our newest Club within the Club is the Garden Club. The Garden Club will meet between April and September to make plans for the beautification of the green spaces in the Club's backyard. This Club is open to all levels of gardeners!

Great Books Discussions

Great Books Discussions meets monthly at the University Club as a part of the Great Books Foundation (formed in 1947), whose mission is to promote reading, thinking, and the exchange of ideas amongst people of all ages. Monthly readings by authors ranging from Aristotle to Thomas Hobbes to Leo Tolstoy provide a wonderful opportunity for members to participate in lively in-depth discussions about great literature.



TRAVEL CLUB

Have wanderlust? Let's travel!

Travel club is a welcoming group of individuals come together every 4th Wednesday of the month to talk about travels, share travel tips and plan adventures together.

Recently 16 Travel Club members flew to California on Sun Country to enjoy a long weekend together tasting great wine, visiting the Coast, and bonding over delicious food.

Often the Travel Club evenings include a slide show and stories from one of the members about recent travels.

Join us for a fun filled evening, learn more about places to travel, plus make new friends who will invite you along on amazing adventures near and far! Travel Club wants you!!

Upcoming

September 25, 7:00 p.m.

Meet & Greet Presentation on Orkney Islands

October 23, 7:00 p.m.

Presentation on Sicily

November 20, 7:00 p.m.

Change due to Thanksgiving

Presentation Eastern Europe & Balkans



Sonoma trip recap

In July, 16 members of the Travel Club took an unforgettable journey to some of the finest vineyards Sonoma, CA had to offer. We flew into Santa Rosa and stayed at the Calderwood Inn B&B. It was absolutely stunning, beautiful rooms, pristine gardens, scrumptious breakfast and a friendly flock of chickens who gifted us with fresh eggs. It was within walking distance to the town of Healdsburg. As a group we enjoyed riding limos to several vineyards, dinner at the Frances Ford Copella Winery, strolling through magnificent gardens, and throwing fabulous wine and cheese parties on the veranda! Someone between all of that, we also found time to walk through historic neighborhoods, find treasures while antiquing and sample an array of ice cream, pie, and tapas from a few cafes encircling the town square. During our "free day" we chose being traveling to the Calistoga Springs mud baths, trekking through the Redwood Forest, or cruising down to the for a swim. There are definitely more trips like this one in my future!



GREAT NEWS!!

Another chance to join in on the Sonoma Wine Tasting Adventure:
October 31-November 3

For news about the Club or about the Sonoma Trip write to Sharron:
sharronpelham@gmail.com



AUSTRALIAN WINES: CHANGE HAS ARRIVED

By Jason Kallsen, certified sommelier and founder of Twin Cities Wine Education

When is the last time you purchased a bottle of wine from Australia?

If you're like most consumers, it's been years. Here's the story why, and also why that's about to change (plus an opportunity to taste the best new wines of Australia at the University Club on September 24th).

Australian wine grew by leaps and bounds (apologies for the kangaroo reference) in the early 2000's thanks to a "bigger is better" mentality with American wine consumers. Australia was particularly good at putting out higher alcohol "fruit bombs" that were guzzled up in our country.

Then three things changed. First, a new brand was invented for the American market called Yellowtail. It undercut everyone else in price, the initial quality was good, and quickly it dominated a full 50% of Australian wine imports to America. Second, tastes changed. Wine drinkers were no longer seeking big wines. Instead, they were looking for lower alcohols and more acidity. Third, consolidation in the Australian wine industry resulted in five major corporations controlling 80% of the grapes. The little guys were getting squeezed out.

Starting in 2014 or so a change was seen in the market.

New importers started bringing in new wineries, often tiny upstarts with young owners and a new way of looking at things. These were wines made in minuscule productions, with glowing reviews and articles in the New York Times ensuring a frenzied rush for in-the-know consumers to find them. The wines were fresh, lively, and balanced. A few years later, many of those wines started arriving in Minnesota. These "New Australia" wines are changing our wine scene and redefining the category for many.

On September 24th (Tuesday) we'll be celebrating these "New Australia" wine finds at the Wine Geek Week: Australia tasting organized by Twin Cities Wine Education and Solo Vino Wine Shop, at the University Club of St. Paul. Enjoy the opportunity to taste dozens of amazing new wines from Australia in the elegance of the club ballroom, while learning from experts in attendance. This will be the top Australian wine tasting of the year and an eye-opener for those that haven't popped a bottle from Down Under recently. Every wine being poured is new to the Minnesota market in the last three years.

University Club members get 20% off tickets with promotion code "SummitAvenue." No walk-ins allowed, pre-purchase required. Visit tiny.cc/Aussie_grandtasting for more info and registration.

WHEN

Tuesday, Sept 24th
6:30 – 8:30pm

TICKETS AT EVENTBRITE
\$50.00 *before discount*

Enter promo code

WGW Australia Grand
\$50.00 +\$4.67 Fee
Sales end on Sep 24, 2019

Use promo code
"SummitAvenue"
for 20% off

Get your tickets on Eventbrite
visit tiny.cc/Aussie_grandtasting
or go to eventbrite and search Wine Geek Week





BRIDGE

Coming soon

Bridge will return on October please register online if you are interested in playing and watch the weekly ups for the date and time. All abilities welcome to play.

PICKLE BALL

Wednesdays, 6:00 pm

Through October weather permitting

Pickleball is one of the newest Clubs Within a Club, and is an excellent opportunity to learn a new sport or hone your existing skills! The University Club has purchased nets, pickle balls and rackets. We are excited to give our members the opportunity to learn and play the fastest growing recreation sport in North America!

HUMP DAY GAMES

Who doesn't love a giant Jenga?

Second Wednesdays, 7:00 pm

Hump Day Games is a happy-go-lucky club for the big kid in all of us. If you're 21 or older and interested in turning an ordinary Wednesday into a romp of a good time, this club is for you. We have an endless roster of games, like Drunk, Stoned or Stupid?, Pictionary and Giant Jenga. We've got a bunch of great board games. And, we're not afraid to bring out the Twister mat.

Dates:

Oct 9, Nov 13, Dec 11

Contact:

Sheri Ellis - sherijellis@gmail.com

Lisa Tabor - lisa@culturebrokers.com,

Shasha Porter - shashacporter@gmail.com

Rosemary Ugboajah - rosemaryu@nekacreative.com



TENNIS MIXER

Thursdays 6:00 pm (weather permitting)

The University Club's new Tennis Club is a great way for new players or longtime tennis fans to connect for a friendly game. Tennis Club is already wildly popular among our members, and is an excellent opportunity make new connections and stay active through the summer. Our clay court allows players a unique opportunity to master skillsets used in tournaments such as the French Open. We are excited to give our members the opportunity to play this timeless sport!

Dates:

Through the end of October



KNITTING FOR A CAUSE

All are welcome to join Knitting Club, a new club that offers the chance for social sessions of knitting, trading advice and ideas, and building our skills. While just beginning, Knitting Club has just one mission: To help those in need in our community. Watch the weekly updates for more information.

If you are interested in joining, please email membership@universityclubofstpaul.com

CROQUET

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.

September 15th, September 29th,
October 13th - Closing Club and
Edward Gorey Party

Contact: varsitycroquet@gmail.com



GARDENING CLUB

Take part in new growth at the Club

Calling all veteran green thumbs, enthusiastic newcomers and everyone in between — We are looking to grow a new community at the University Club! Watch the weekly member updates for more information.

Dates: TBA

membership@universityclubofstpaul.com



BALLROOM DANCE

Thursdays, 5:30 pm

Walk-in \$10 per person

Tricia Wood, Owner & Dance Instructor at Dance and Entertainment Studios, will be leading a series of dance classes at the University Club. Now's your chance to polish up your skills or learn something new to impress on the dance floor!

SCHEDULE

Thursday, Sept 5 at 5:30pm Cha-Cha

Thursday, Sept 12 at 5:30pm Cha-Cha

Thursday, Sept 19 at 5:30pm Cha-Cha

Thursday, Sept 26 at 5:30pm Cha-Cha

Thursday, Oct 3 at 5:30pm Night Club 2-Step

Thursday, Oct 10 at 5:30pm Night Club 2-Step

Thursday, Oct 17 at 5:30pm Night Club 2-Step

Thursday, Oct 24 at 5:30pm Night Club 2-Step

No class Halloween

Thursday, Nov 7 at 5:30pm Rumba

Thursday, Nov 14 at 5:30pm Rumba

Thursday, Nov 21 at 5:30pm Rumba

No class Thanksgiving

Thursday, Dec 5 at 5:30pm Foxtrot

Thursday, Dec 12 at 5:30pm Foxtrot

Thursday, Dec 19 at 5:30pm Foxtrot

No class Christmas week

For details and other questions,
please contact Tricia:

tricia@danceentertainment.com

GREAT BOOKS

*Welcome to the University Club's
Great Books Discussion Group!*

Second Wednesdays, 5:30 pm

We are a lively group of readers who meet monthly to share our observations, insights and sometimes lessons, that we find in the Great Books which still change the world.

Great Books offer insights into human experience and challenges to living a good life well, and offer happiness and hope for today and into the future. We use curated anthologies and collections from the Great Books Foundation in Chicago, as well as other pieces by famous authors, to guide our reading selections.

It's always a good time to read the greatest books, stories and essays ever written; and even better times are enjoyed when discussing Great Books with other perceptive and humorous readers. Join us soon.

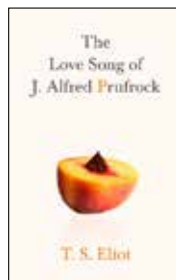
Sept 11, Oct 9, Nov 13

FALL 2019 SCHEDULE

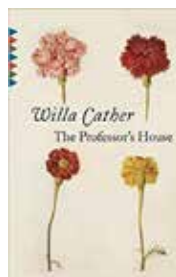
Wednesdays at 5:00



September 11
"The Secret Life of
Walter Mitty,"
a short story by
James Thurber



October 9
"The Love Song of
J Alfred Prufrock,"
a poem by T.S. Eliot



November 13
Tom Outland's Story,
a novella by Willa Cather

COCKTAILS AND CONVERSATION

Literature in good company

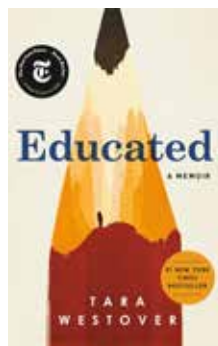
First Tuesdays, 7:00 pm

Sip on a specialty cocktail created to go along with the book of the month, as you discuss the latest literature in good company. All book club books are available for purchase at Red Balloon Bookshop, 891 Grand Avenue. Mention the University Club Book Club to receive a 20% discount.

Oct 1, Nov 5, Dec 3

membership@universityclubofsaintpaul.com

October 1



Educated
by Tara Westover

November 5



One-in-a-Million Boy
by Monica Wood
Host- Sandra Nowak

December 5



**Holiday Party
and Book
Exchange**

FITZGERALD ROUND TABLE

Third Saturday, 9:30 am

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.

Dates: Sept 21, Oct 19, Nov 16th
Group will not meet in December,
July or August

Contact: jkh913@gmail.com

INVESTMENT CLUB

Second Wednesdays, 5:30 pm

Look out Wall Street! Investment club meets on 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!).

Dates:
Sept 11, Oct 9, Nov 13



GREAT BOOKS CLUB

Second Wednesdays, 5pm

The Great Books Discussion group meets on the second Wednesday of each month at 5pm. Join other convivial readers as we discuss writings from collections curated by the Great Books Foundation in Chicago. Read, think, and express your opinions!

Dates: July 10th, August 14th
If you are interested contact
kingmuelken@q.com



THROUGH THE GRAPEVINE

It's always a great time with wine

Fourth Tuesday, 7:00 pm

Through the Grapevine is a 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.

Dates:
Sept 24th, *Special Event, Geek Week Grand Tasting*
Oct 23
Nov 20th (*date change due to Thanksgiving holiday*)
December - club does not meet

If you are interested in joining, please email
chuck@solovinowines.com

Join us for the first
Sunday of every month.



\$25 per family

RSVP: Membership@universityclubofstpaul.com

October 13th

LEARN TO JUGGLE

2:00 pm – 4:00 pm



November 10th

DAZZLING DAVE THE YO YO MAN

Yoyo class and demonstration
2:00 pm – 4:00 pm

December 15th

GINGERBREAD HOUSE MAKE & TAKE

2:00 pm – 4:00 pm



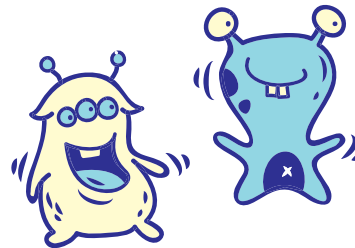
\$15 per child

RSVP: Membership@universityclubofstpaul.com

October 25th

KIDS HALLOWEEN CARNIVAL AND PARTY

5:00 pm – 8:30 pm



November 15th

OUTER SPACE AND ALIENS

5:00 pm – 8:30 pm

January 17th

PJ PARTY AND PANCAKE BAR

5:00 pm – 8:30 pm





Chess is a tool for teaching such skills as concentration and critical thinking

CHESS TEAM

Calling kids ages 5-12

The University Club of Saint Paul is partnering with the Twin Cities Chess Club to offer our member's a one of a kind experience. We are inviting children ages 5-12 to join us for Chess lessons that will not only expand their horizon, but strengthen their place within our community.

Chess is a tool for teaching such skills as concentration and critical thinking. And it can help build student self-esteem. Indeed, it's a game that can change kids' lives!

Any level is welcome. Learn to play a game of chess. Practice good sportsmanship. Compete for various prizes including certificates, medals, and chess sets! Competitive chess tournaments are scheduled once a year and students can play for real chess trophies!

We routinely see huge growth in students only after first session. Parents consistently report that their children can sit and concentrate on their chess games for longer and longer after only a few structured chess classes. This translates to their other studies, strengthening their ability to sit and learn other subjects.

Fall Session ~ 6 sessions

\$45.00 per student

Saturday's 1:00 pm

Session begins October 5th and meets weekly through November 16th. There will be no session on October 19th due to MEA.



YOUTH SERVICE TEAM

The University Club is working harder than ever to support service projects and give back to the community. Our new service team leader with 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. Sign-up will be available at the Camp UClub Art Show!

Please email skatsiotis@universityclubofstpaul.com to sign up to be a part of this organization



DIVE-IN MOVIES

It's cold outside. It's hot at The SPAC.

Select Saturdays, 7:00 pm

October 5
November 2
February 1
March 7
April 4



FAMILY FUN WEEKEND OCT 17 - OCT 20

*I'm so glad I live in
a world where there
are Octobers."*

The line comes from Anne of Green Gables, but we could have written it ourselves. Summer goes by all too quickly, so it's a good thing we have something incredible on the calendar to look forward to:

Stout's Island Lodge Family Weekend!

It takes place over MEA weekend, which is the third weekend in October. If you've never experienced Stout's Island Lodge in October, you're missing out.

This stunning space is made — dare we say it — even more magical in the crisp fall air, with vibrant leaves and plenty of time to enjoy the stars before bedtime.

And if you've never experienced Stout's Island Lodge at all, put it on your bucket list immediately. It's a private island resort located just two hours from the Twin Cities. Originally built as a lumber baron's summer family estate, Stout's Island Lodge boasts rustic elegance, historic charm,

gourmet food, outdoor activities galore, and the opportunity to unwind and reconnect with family away from the hustle and bustle of the daily grind.

Stout's Island Lodge Family Weekend is a special opportunity featuring activities tailor-made for autumn on the island. It's the ideal family vacation: It'll take you no time at all to get there, but the memories you'll make will last a lifetime.

**Space is limited, so don't wait —
make your reservations today!**

715-354-3646

info@stoutsislandlodge.com





CLUB E

Third Wednesdays 11:30



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.

Dates:

Sept 18, Oct 16, Nov 20

Contact:

eugene.mason@comcast.net



VOLUNTEER OPPORTUNITIES

Decorate Grigg's Mansion for Halloween

Saturday October 26th, 10:00 am - Noon

University Club of St. Paul Halloween

Wednesday October 23rd, 6:00 pm – close

Halloween Carnival and Kid's Party Set Up

Friday October 25th

Village Set Up

December 2nd, 8:00 am

Varsity Grill Christmas

December 2nd, 10:00am

Christmas at The University Club

Member Decorate and Tree Trimming

December 4th 6:00 pm (or two dates 2nd & 4th)



HOLIDAY ON THE HILL:

Unique boutique shopping event

Thursday, Dec 5th 6:00-9:00 pm

Shopping for the perfect gift for your spouse, parents, or close friends? Just looking for an occasion to mingle, sip cocktails and chat with friends? Holiday on the Hill opens the University Club for an exciting night of shopping, featuring local vendors and artisans selling truly gift-worthy crafts. Enjoy the holiday spirit, make new connections and experience a wide selection of fine local wares at this annual holiday market.



NETWORKING

Accelerated Global Connections

Accelerated Global Connections believes that personal connections drive business. We have observed that strong personal connections often start in a casual environment outside of the traditional work day. We recognize there is a need for productive events where people can meet with purpose and begin to do business with people they enjoy hanging out with and maybe even become friends.

AGC provides the ultimate networking experience unlike anything you have ever attended before. We have fun networking activities that creates great conversation starters eliminating awkwardness in open networking. We also have a featured motivational speaker at every event that gives everyone an educational take away that you will be able to apply to your business.

Travis Sims is the Founder and CEO of Accelerated Global Connections. He is an expert in business networking and travels the country speaking about referral networking and professional development. Travis is passionate about building a successful

organization that connects business owners and sales people around the world creating a positive social impact. Prior to AGC, he served as a BNI executive Director and various roles within BNI over a 14-year span. After spending his entire professional career networking and teaching network marketing Travis saw a huge hole in the open networking community and wanted to make a bigger impact on the world. Accelerated Global Networking was born. Ultimately Travis loves helping people achieve their goals through networking relationships.

The St. Paul meeting is always held the 4th Thursday of every month, from 5:00-7:00pm. Your first event is always free.

Dates:
Sept 26, Oct 24

Contact:
joinagc.com

CHARITY SPOTLIGHT

Ronald McDonald House Join us September 24th

RSVP to: membership@universityclubofstpaul.com

Ronald McDonald House Birthday Party

Member 18 years and older come together to celebrate the birthday of residents of the Ronald McDonald House. Volunteers will bring activities, treats and smiles to the children's' birthday festivities.

When: September 24th

5:00 – Decorate and Setup

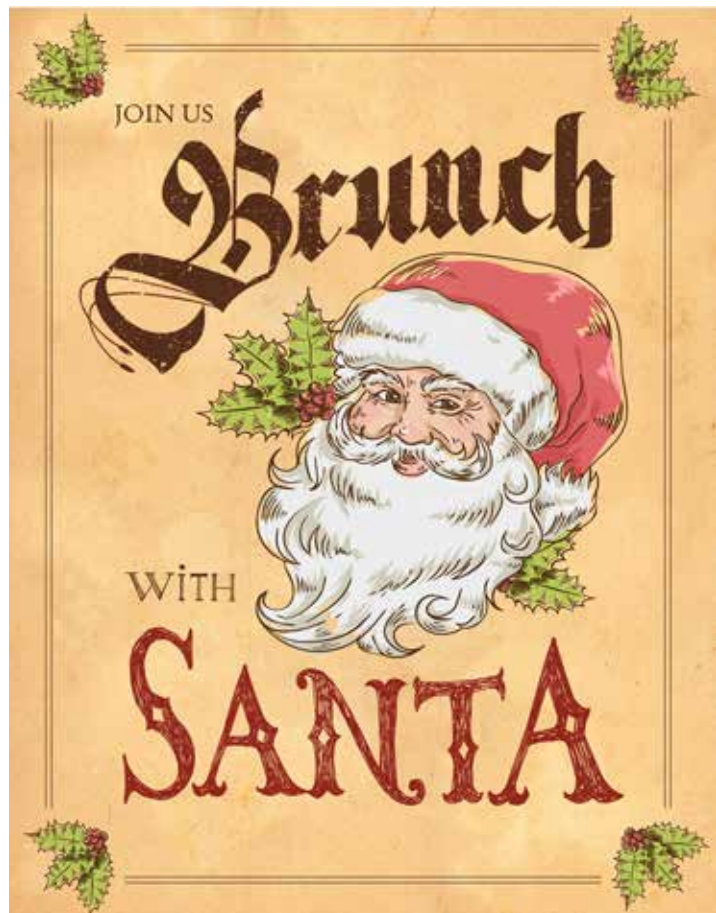
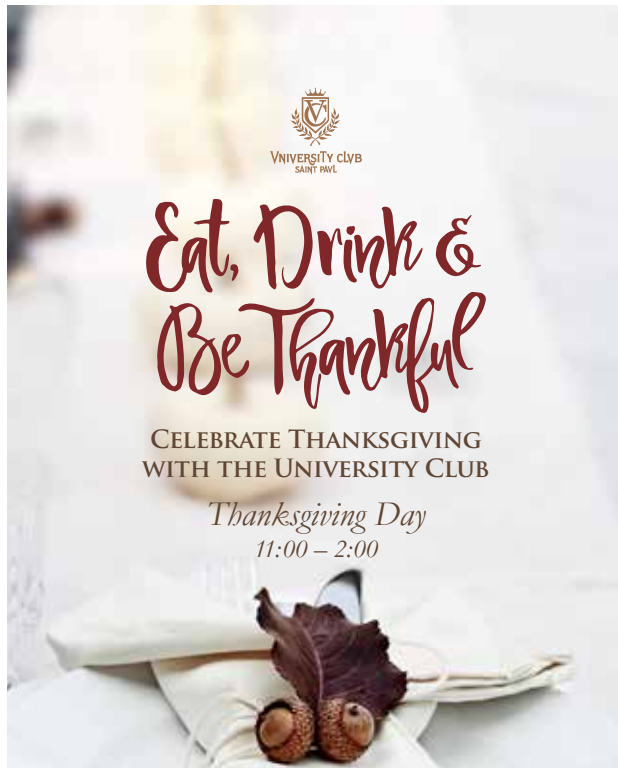
6:30 – 7:30 - Party

RSVP membership@universityclubofstpaul.com



Members host a pirate themed birthday party at Ronald McDonald house





L'ALLIANCE FRANCAIS

Your gateway to the Francophone world

Second Thursday's 6:00 pm

The non-profit French cultural center of the Twin Cities, Alliance Française Mpls/St Paul, welcomes all French speakers and learners to a monthly "apéritif en français" at the University Club the second Thursday of the month. University Club members may join Alliance Française staff and members to practice conversational French in a relaxed environment. Common topics include travel, literature and current events, though each conversation is directed by its participants. This language exchange is open to the public. Venez nombreux!

Dates:

Sept 12th

Oct 10th

Nov 14th

Contact:

culture@afmstp.org

OPENTO THE PUBLIC



COFFEE CONCERTS:

Free monthly noontime concerts

First Wednesday's 12:00 pm

The SPCM's popular Coffee Concerts series — free, monthly, noontime concerts featuring beautiful music and opportunities to meet the artists — continues throughout the 2019-2020 season.

Coffee Concerts are at noon, are free to the public, and include coffee and bagels. After the performances there is an opportunity to meet and talk with the musicians.

Dates:

Nov 6th

Dec 4th

Jan 8th



1524 Summit Avenue, Saint Paul, MN 55105

LITERATURE & LEARNING

READINGS BY WRITERS

Readings by Writers: Readings by Writers will be taking a hiatus during the summer months of July and August. We are excited to reconvene in September!

September 17, 2019

Stefan Lovasak

Bruce Wieg

Mai Der Vang

David Mura

October 15, 2019

Su Love

Pat Barone

Norita Dittbrenner Jax

Jennifer Kwon Dobbs

November 19, 2019

A Celebration of Minnesota Poet Laureate

Joyce Sutphen

With friends including Phil Bryant, Louis Jenkins, Connie Wanek, Freya Manfred, Tim Nolan, Thom Tammara, Patricia Kirkpatrick

December 17, 2019

Thomas Redshaw

Sharon Chmielarz

Gary Peter

Donte Collins

Tish Jones



GK CHESTERTON SOCIETY

Last Tuesday's
7:00 pm

The Twin Cities Chesterton Society has been meeting at the University Club the last Tuesday of every month (except December) at 7 pm for 23 years! The group discusses the writings and ideas of the great English author G.K. Chesterton, one of the most prolific and profound writers of the last century. While there are usually assigned readings by or about Chesterton to discuss, some meetings are lectures or special presentations. The subjects include literature, philosophy, theology, history, political and social theory, poetry, and of course, detective fiction. Always a lot of laughs and a lot of arguing. Meets the last Tuesday of every month 7:00 pm.

To be on the regular mailing list

Contact:

Dale Ahlquist, Acting Czar
dale@chesterton.org



Reservations
651.224.5715
WAFrost.com

WA
FROST
AND
COMPANY



FALL FLOWER ARRANGING CLASS

Grab your friends and join a class.
Open to the entire community.
Limit 60 people.

Thursday October 10th

7:00 pm - 9:00 pm

65.00 per person

REGISTER AT

https://alicestable.com/events/fall-fun-with-succulents-at-university-club_1565904862



What To Expect

The flower arranging can take anywhere from one to two hours, depending on the complexity and format of the arrangement. Alice's Table provides aprons for you to wear for the duration of the event. Working with flowers can be messy, so make sure to wear something you won't mind getting a little dirty.

MANDALA ROCK PAINTING

The art of meditative rock painting

This is your opportunity to tap into your creative spirit and learn this meditative art of rock painting! Absolutely no painting or artistic skill or experience needed, PROMISE!!

You're sure to be surprised how learning just a few, easy dotting techniques, will lead to gorgeous painted stones. (Class is suitable for kids, around age 9 and up, too!)

Each class includes: instruction, demonstration, informational sheets with helpful hints and supply information, 3 x 3 canvas panel, and the opportunity to paint as many stones as you'd like during the 2 hour class.

The class is instructed by Susan Weislow, an Occupational Therapist with over 20 years of psychiatric experience. She enjoys leading groups of all ages that teach different art forms that have both a leisure component and a therapeutic element. Mandala rock painting offers you an opportunity for self-expression and may serve as a tool in your own creative journey.



Mandala Rock Painting

November 7th - 7:00

Members and their guests only

RSVP – membership@universityclubofstpaul.com

\$30.00 per guest

Ages 12 to adult

Class Size limited to 25

Teacher and Contact -

Susan Weislow sanovick@yahoo.com

Class Includes:

- Instruction
- Demonstration
- Tip sheets
- Supply information
- 3 x 3 canvas panel
- Stones

Please register on the
University Club's website

BENEFITS OF OUTDOOR EXERCISE:

Take it outside

Why would an athletic club advocate for outdoor exercise? Because we're in Minnesota. And Minnesotans know how to embrace the outdoors. We find ways to get fresh air all year-round, whether we're facing wind chills or heat indexes.

Of course, we all have our limits. One of the best things about having a membership at the University Club or the SPAC is that you have a fantastic place to get a great workout in *regardless* of weather conditions.

But we find that our members love mixing it up with indoor and outdoor recreation, and we're all for it. In fact, we want to be part of it. We host a weekly running club and weekly outdoor fitness classes (weather permitting!) and, of course, the University Club boasts opportunities for on-site outdoor recreation. (And if you haven't yet been to Stout's Island Lodge, you're missing out. Biking, hiking, swimming, lawn games – the accommodations are exquisite but you'll still want to spend all your time outdoors!)

There are many benefits to taking it outside every now and then. Here are just a few of them:

Mix it up

An outdoor workout provides a changing environment. While treadmills and other exercise equipment are incredibly beneficial, it's good to challenge your body with terrain that teaches the body how to react and adapt. Simply by spending some on a surface that's not entirely flat and static, you'll engage different muscle groups, sharpen your mental focus, and can strengthen your connective tissue which may help avoid certain injuries.

Face the elements

Wind resistance can help you burn more calories (and a tailwind can even have benefits if it makes you move faster, recruiting different muscle fibers). And while SPF is critical, a dose of Vitamin D is hugely beneficial.

See things differently

If you feel like you're stuck in a rut, taking a workout outdoors (even if it's a boot camp class where you stay in one place, as opposed to an outdoor running or cycling workout), the visual stimulation of being in an outdoor environment will add some zing to your routine (and, if need be, some distraction from the exertion if it's a really tough workout!).

Have fun

One study found that outdoor exercise delivered "feelings of revitalization, increased energy and positive engagement, together with decreases in tension, confusion, anger and depression." Sign us up!

Interested in joining us for weekly runs or outdoor workout classes? Don't delay – we'll keep going as long as the weather holds out, but this is Minnesota, so you never know. Make it happen now!





FEATURED CLASS

Women's Warrior Strength Circuit

Ready to unleash your inner warrior? Join SPAC's very own General Manager (and total warrior herself) Sarah McClendon for a women's warrior strength circuit class designed to promote inner strength *and* outer strength.

Monday, Tuesday and Wednesdays
12:00 p.m. (45 minutes)

Class Description:

Get maximum benefits in just 45 minutes per day with this fast-paced, fun and challenging workout that combines cardio, strength, and core training into one muscle pumping circuit. This athletic-based class focuses on all the major components of any workout: core exercises, cardiovascular work, and strength training. Using a variety of equipment, this class is designed to work every major muscle group in the body and deliver results, fast.





BENEFITS OF RUNNING:

The real ways running improves your life

Unless you're one of those people who gets a major endorphin kick from running and you bounce out of bed bursting with enthusiasm to lace up your running shoes, it's possible that you find running to be a bit of a slog.

Even if you don't plan on signing up for the next Twin Cities Marathon or becoming a die-hard runner, there's a lot to be said for exploring a running practice – even a few minutes here and there (with your doctor's approval).

Running can have incredible benefits for the mind, body, and spirit. Active Network compiled a list of five specific reasons to skip the excuses and hit the pavement. Here's what they say:

1. Improved health

This seems obvious, but how it improves your health might surprise you. In addition to increasing lung function (an obvious benefit), running can boost your immune system, lower your risk of developing blood clots, and raise your levels of good cholesterol!

2. Disease prevention

Did you know that running can actually help to lower the risk of breast cancer in women? It can also help reduce the risk of having a stroke, and is often recommended to combat high blood pressure, osteoporosis, and the risk of heart attack.

3. Calorie burn

Running is second only to cross-country skiing in terms of calories burned per minute – and running requires a lot less equipment. If you're looking to lose or maintain your weight, running is one of the most efficient options available.

4. Confidence boost

Even if you're not one of the lucky ones to get the "runners' high," you can still get a major boost to your confidence and self-esteem by developing a running practice. A big part of that comes from setting and achieving goals, giving yourself a sense of empowerment. And it's pretty awesome to do that on your own two feet.

5. Stress Relief

Stress can have a tremendously negative impact on your health, but running could be part of the solution. Running can reduce your chances of developing tension headaches and also reduces the level of hormones that are associated with stress, such as cortisol and adrenaline. Going for a run can serve as a fantastic mental reset, and can even promote the release of hormones that naturally improve your mood.

Looking to start or enliven your running practice, or get some extra support? The SPAC has an outdoor running club that meets weekly on Wednesdays, weather permitting. We'd love to have you!



MARATHON, 10 MILE, 10K, AND 5K



HALF MARATHON, 10 MILE, AND 5K



10K AND 6K



OUTDOOR CLASS WILL RUN THROUGH THE FALL, WEATHER PERMITTING



CHALLENGE YOURSELF:

Yes, you can.



**STRENGTH
COMPETITION**

JOIN US SATURDAY SEPTEMBER
21ST, 2019 FROM 8-10AM

**COMPETE
WITH THE CREW**

Saint Paul Athletic Club is teaming up with Saint Paul Fire
Department for a
Strength competition.
Come test your strength against Saint Paul's Finest .
\$30.00 Entry Fee, Prizes for 1st Place in gender categories

EVENTS

- Max Thrusters
- Max triple bench press
- Deadlift Ladder
- Sled pull and push
- Farmers carry for distance

Sign-up online at Mindbody.com through Saint Paul Athletic Club
or at the Front Desk at the club.



CONDITIONING COACH MATT HANSON
WILL LEAD 2 HOURS OF WORK EVERY
WEEK IN SMALL GROUPS. YOU WILL
WORK ON THE BODY'S STRONGEST
MOVEMENTS LIKE THE DEADLIFT,
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THE NUMBER ONE GOAL OF THE
STRENGTH CLUB IS TO GET

STRONGER

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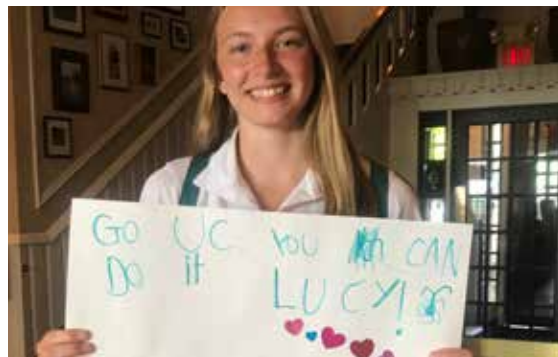
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Best Fitness/Yoga
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SAINT PAUL MAGAZINE
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We didn't build these spaces. We are devoted stewards of their legacies, ensuring that these places are around to hold your story and the stories of those who come after you. Place matters.



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