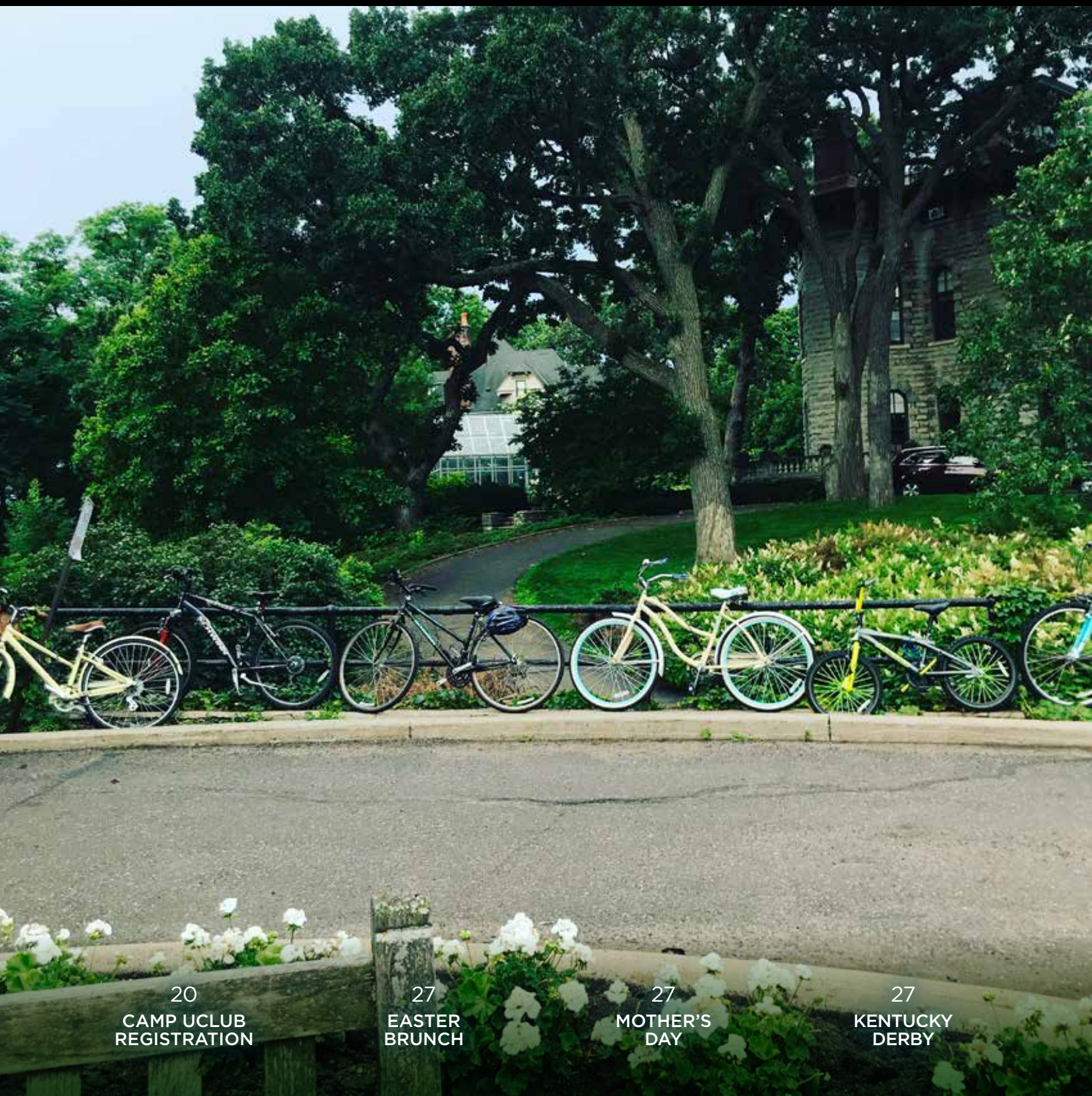


THE

MARCH 2020 - MAY 2020

LOOKOUT

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



20
CAMP UCLUB
REGISTRATION

27
EASTER
BRUNCH

27
MOTHER'S
DAY

27
KENTUCKY
DERBY

THE LOOKOUT

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CONTACT LIST

PRESIDENT

Stephanie Laitala-Rupp - srupp@commonwealthproperties.com

GENERAL MANAGER, SAINT PAUL ATHLETIC CLUB

Sarah McClendon - smcclendon@thespac.com

CHEF

George Snyder, III - chef@universityclubofstpaul.com

CATERING DIRECTOR

Julia Struve - jstruve@commonwealthproperties.com

DIRECTOR OF MEMBERSHIP & PROGRAMMING

Sue Katsiotis - skatsiotis@universityclubofstpaul.com

MEMBERSHIP INFORMATION

membership@universityclubofstpaul.com

membership@thespac.com

FRONT DESK

University Club | 651.222.1751

SPAC | 651.291.7722

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.*

HOLIDAY HOURS

University Club

Easter 6:00 am - 4:00 pm

Saint Paul Athletic Club

Easter 6:00 am - 2:00 pm



Mothers Day



Step Challenge

LETTER FROM THE PRESIDENT

Whether you're enduring a metaphorical winter (getting bogged down by the news or something in your life) or simply the *actual* winter, everyone needs a break. We all deserve a place to restore, reconnect, and take time for ourselves.

We feel honored that so many of you have found that place *here*, at the University Club, the Saint Paul Athletic Club, and our sister properties including Hotel 340, Stout's Island Lodge, the Commodore Bar & Restaurant, and The Davidson Hotel, Summit Avenue's first boutique hotel, which is now open. We love to see the ways you make these spaces your own and find exactly what you need here.

Spring is a time of renewal, and we're encouraging each of you to ask yourselves what exactly you need to feel renewed.

Perhaps it's coffee with a friend, or chance to get away from the office but still get some work done, or an opportunity to join a club and reignite an old hobby or new interest, or to pursue a new fitness regimen, or to treat yourself to a massage, or to indulge in a great meal, or to share a laugh over happy hour. You can find all of that – and more – here.

Events

In addition to what we offer every day, there's always something exciting coming up. Please consider joining us for Easter Brunch, Mother's Day Brunch, the Memorial Day Pig Roast, and check out our events calendar for many more happenings, including Clubs within the Club, date nights, and special parties.

Camp U Club

It's time once again to sign up for Camp U Club, a tradition that has created priceless memories for generations of campers. This year, we're offering something new based on your feedback: Camp U2NEW, featuring supervised afternoon [AFTERNOON WHAT?] Monday through Friday, plus the return of the ever-popular Field Trip Fridays.

Step Challenge

This April, the University Club and SPAC are going head-to-head in a step challenge. Are you ready to step it up? Let the competition begin!

For more on all of these – and any other questions you may have – don't hesitate to reach out via phone or email, or stop by the membership desk. We're grateful to share this incredible community with people like you who truly understand the importance of place and the value of creating memories for a more enriched life.

See you at the Club!

Stephanie Laitala-Rupp

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.

CLUB DRESS CODE

A friendly but important reminder about dress code

With spring right around the corner, we wanted to take the opportunity to offer a friendly but important reminder about our dress code. As a private club, we hold certain expectations of our staff as well as our members. Part of that expectation relates to the way we present ourselves each day.

We know you won't be swinging through in your tank tops and flip flops this time of year anyway (brr!) but it's a good reminder for all of us to uphold the standard that sets this extraordinary place apart.

An important takeaway: ***workout clothes are not permitted anywhere except the fitness center and locker rooms.*** If you're in need of a coffee after your workout (and who isn't?), please take advantage of the coffee station conveniently located off the membership office in the fitness center.

We're including the specifics of our dress code again below. Please don't hesitate to reach out if you have any questions.

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

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.

WELCOME TO OUR NEW MEMBERS!

Tommy Adams Jr.
Prince Agbara
Chloe Ahlf
Annemarie Allen
William Althaus
Linda Anderson
Roger Anderson
Courtney Anderson-Ewald
Heather Appert
William Ashton
Rober Aulert
James Backus
Robert Baker
Ben Barner
Brett Bartylla
Monica Bauerlein
Beth Belle Isle
DeAnne Bennett
John Bennett
Catherine Bittner
Rhiannon Bjork
Alison Boerner
Roderic Bolen
Adian Boyle
Carole Boyum
Beverly Brending
Calvin Brue
Hillary Brue
Tim Bruns
Brooke Byrd
Benjamin Carlson
John Chandler
Pamela Chandler
Adam Chase
Carys Church
Peter Church

Deb Clayton
Geoffrey Curley
Matt Dutoit
Amenmal Endalw
Michael Everson
Jessica Fine
Jeremy Fine
Nicholas Flolid
Olivia Florer
Tyler Fox
Peggy Fraley
Daniel Freiermuth
Robert Gains
Scott Gigrich
Julianne Gigrich
Mary Gleigh-Matthews
Nathan Glynn
John Goltz
Shelby Goltz
Senta Gorrie
Ian Griggs
Ashle Griggs
Devashree Gupta
Andrew Haberman
Shannon Hadly
Sergie Hanka
Kristin Heck
Jason Hellem
Kristine Hemmer
Barbara Henry
Andee Holdner
Mya Honeywell
Ann Houser
Gary Huffman
Dawn Huffman
Mubarak Ibrahim

Roger Irvine
Marianne Jasinski
Annalise John
Matthew Jolly
Andrew Kamps
Michael Kelleher
Paula Kelly
John Kelly
Cohl Kerkau
Payton Kerkau
Bonnie Keyworth
Max Kielely
Jennifer Kohnhorst
Ashley Kolodzek
Krsiti Kumorek
Michelle LaFrance
C.J. Larson
Jean Law
Andrea Ledger
Nicholas Leeves
Walter Lehmann
Avery Lehr
Brian Lemek
Ted Lentz
Grace Lewallen
Kris Lukkarila
Colton Maag
Jason Macak
Amy Macak
Daniel Mack
Karen Margolis
Stephen Margolis
Jeffrey Martell
William Mast
Michael McGinn
Taylor McGowen

Sara Meslow
Emily Metz Quandt
Savy Mey
Alyssa Millard
Molly Miller
Nicholas Minkel
Melissa Montbriand
Lori Moreno
Charles Morse
Mitchell Mountain
Abigail Nachtsheim
Adam Nance
Jennifer Nance
Gregory Nixon
Shawn Nygaard
Alexander Oechler
Matt Olson
Matthew Orloske
Elizabeth Orme
Tammy Osman
Sharen Osterhouse
Marjorie Pearson
Brent Peterson
Thomas Petzold
Christopher Pizinger
Kimberly Pizinger
Marisa Plescia
Scott Pollei
Marilyn Porter
Daniel Powers
Dion Powers
Jacob Powers
Douglas Prideaux
Nicholas Quandt
Sydney Radke
Andrea Reinecke

Jill Roffers
Owen Romo
Jamie Rubinsak
Joseph Ryan
Cirien Saadeh
Anthony Sarrazin
Rev. Warren Sazama
Mike Schlumbohm
Roger Schwinghammer
Colleen Seglem
Conor Sexton
Matt Shohara
Aaron Sidner
Jordan Sisto
John Sonnen
Natalie Sonnen
Brian Soper
Rachel Spilker
Shana Tomenes
Queenie Tran
Phillip Trebatoski
Bill Tripp
Kara Tripp
Chris Valle
Harrison Wagenseil
Robert Waters
Darcy Weiler
Thomas Weinholzer
Stephen Welliver
Andrea Willaert
Isla Wilson
Dennis Wilson
Heather Winter
Jason Worden
John Yust



Bring 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.

Please note our cell phone policy

We're proud that, unlike your noisy local coffee shop, the University Club is a haven of respite, relaxation, culture, and civil conversation (that you don't have to shout over!). Part of maintaining that experience for all of our members and guests means limiting cell phone usage in certain areas of the club.

Please kindly note that there is no cell phone usage in the Fireside Room or Member Bar. We understand that the need for calls arises frequently. If you need to make a call, you may be in the Terrace or Lobby areas provided that no other members are meeting in those spaces. We're aware that this policy is somewhat more restrictive than other gathering spaces, but that's exactly what makes the University Club so distinguished and exceptional. We're here to facilitate quiet time when you need it, and, best of all, real, face-to-face interaction which we can all admit is something we don't get enough of these days. Thank you for your cooperation.



FEATURED CLUB:

OXFORD AND CAMBRIDGE CLUB LONDON, ENGLAND

The club was formed in 1830 at a meeting in the British Coffee House in Cockspur Street presided over by Lord Palmerston. Its clubhouse was completed in 1838 in the Greek revival style by Sir Robert Smirke who also designed the British Museum among many other buildings. With its elegant dining room, known as the Coffee Room, a large and well-maintained library of more than 20,000 books and its own librarian, two bars, more than 40 bedrooms and its own sports facilities with two squash courts, the Oxford and Cambridge Club is ideally located on Pall Mall close to the Royal Palace of St. James's. The clubhouse has been extensively refurbished over the last few years and was featured in Country Life magazine showing its restoration.

Many of our members have stayed at the Oxford and Cambridge Club and can attest that the Coffee Room has excellent food and the clubhouse

has superb amenities and facilities. The club is one of the few in London that serves three meals a day seven days a week, all in the main dining room. The club has an active younger members club with most events requiring formal attire and selling out immediately. Clement Atlee, Deputy Prime Minister during World War II and Prime Minister 1945-1951 dined nearly every night at the club. The Chancellors, Vice Chancellors, and Heads of Houses of both universities are members of the club. Prince Philip, the Duke of Edinburgh, is the royal patron of the club having joined in 1953, and both Prince Charles and Prince Edward belong. Queen Margarethe of Denmark was the first Lady Member. King Harald V of Norway is also a member. Membership in the club is limited to those associated with the two ancient universities of England.





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





THE UNIVERSITY CLUB OF ST PAUL PRESENTS:

THE 28TH ANNUAL WHISKY TASTING

Friday, March 27, 7:00 pm

In concert with The Wine Company of Minnesota, we are proud to welcome, David Cover, International Brand Ambassador for Penderyn Distillery (Penderyn, Wales). Join us for the afternoon on Friday, March 27th at 7:00 pm in the Summit Ballroom for a guided tasting of the following six exclusive Penderyn Distillery expressions:

Penderyn Legend Single Malt

Penderyn Celt Single Malt

Penderyn Madeira Single Malt

Penderyn Distillery Sherrywood Single Malt

Penderyn Distillery Portwood Single Malt

Tickets for this tasting are available for \$60 and will include light fare followed by a social hour where you can revisit tasting several Penderyn Distillery expressions. Please contact Sue Katsiotis in Membership to sign up today! skatsiotis@universityclubofstpaul.com



David Cover, International Brand Ambassador, Penderyn Distillery (Penderyn, Wales)

‘Distilling in Wales was a lost art...’

...but in the late 1990s, in a pub in a small post-industrial Welsh valley town, a group of friends drank and chatted about establishing the first whisky distillery in Wales in over a century. They dreamt of creating a whisky as pure and precious as Welsh gold, represented today by Penderyn’s ‘gold seam’.

The friends had a location in the historic village of Penderyn on the southern tip of the Brecon Beacons, chosen because of the site’s own supply of fresh natural spring water. They also had a unique copper single-pot still designed by Dr David Faraday, a relative of the great 19th-century scientist Michael Faraday. Penderyn Whisky was launched on St David’s Day 2004 in the presence of HRH Prince Charles.

At Penderyn we produce our own malted barley spirit which, when matured, is recognized worldwide as one of the finest single malt whiskies. The majority of our spirit goes into casks for ageing in our cellars. The remainder is used to craft other award-winning products. With investment, inspiration, hard work, attention to detail, the finest barley, expert distillers and the best American oak bourbon casks, Penderyn Whisky has quickly gained a worldwide reputation winning several awards en route.

‘A lost art no more.’



Penderyn’s worldwide renown is skyrocketing after their all-women distilling team has earned a series of top accolades from prominent whisky reviewers such as the Whisky Advocate and the Whisky Bible. Their resumé also includes Gold Medal wins at the International Wine and Spirits Awards, the San

Francisco Spirits Competition, as well the Whiskies of the World Competition.

We are happy to announce a partnership with our favorite local retailer, Solo Vino, should you wish to purchase any of the featured whiskies! As always, they will be available to you in the Member’s Bar as well.



TEAM PROFILE

Ben Carlson

Personal Trainer

How many of us kicked off 2020 with a resolution to make the fitness amenities at the SPAC a bigger part of our lives? Ben Carlson did just that – but in his case, he’s not looking to start a fitness journey. He’s already at the height of his journey. Ben is our newest personal trainer, and even though he just joined in January, he’s already making an impact. Ben’s passion for fitness is contagious, and so his is super high energy. If you’re feeling sluggish or looking to add some pep to your workouts, Ben is your guy.

“I love pushing people to be their best selves,” says Ben. And those high standards apply to himself, too. Ben holds certifications in personal training, nutrition, strength training and conditioning, plus a certification in physical therapy rehabilitation. He’s committed to not only helping people achieve their health and fitness goals, but to help them enjoy the process. Yes, it is possible to love being at the gym. Just ask Ben!

If you’d like to start or enhance your fitness journey with Ben, schedule a training session today.

MEMBER PROFILE

Maggie Mell

UC University Club member Maggie Mell is an accomplished interior designer and real estate agent with Edina Realty, and she’s devoted to her career. And yet, that role barely scratches the surface of what Maggie’s all about. She’s a woman of many talents who wears many hats, and we caught up with her to dig below the surface:

UC: You’ve been a member since 2016. What prompted you to join?

MM: Joining the U Club was the first thing I wanted to do when I moved to St. Paul. I couldn’t wait to get inside this beautiful building and the inside didn’t disappoint. The U Club had me at hello when I walked in and saw the fireplaces and main room.

UC: We’re so glad you joined. What are your favorite things to do here?

MM: My favorite thing is to go to the events. We love Derby Day and the Fezziwig Ball. I also love the workout room and sitting by the pool in the summer.

UC: What keeps you busy when you’re not at the Club?

MM: My husband and I have raised four children and are empty nesters.

What keeps me busy is the love of my career. My passion is helping clients who have lived in their home for years and are overwhelmed by the process of selling their home. I love to help them with every step of the way with to-do lists, choosing what to take with them, making furniture plans and designing their new home. I can talk Real Estate and Design for hours with anyone anytime. I also volunteer quite a bit. I am active in Rotary and Hope For Tomorrow- an organization that mentors 8th grade girls. I also mentor new real estate agents in my office. I am just getting started to be more active with The Ronald McDonald House.

UC: And as if that’s not enough, we understand that you have quite a resumé and list of pursuits. What might people be surprised to learn about you?

MM: People would be surprised to learn that I was an on-air White House Correspondent for ABC news. I have three degrees and I use them all every day. For many years I was a part of the Dakota County Sheriffs Mounted Patrol as a Board member and volunteer on horseback. We would do search and rescue/recovery as well as security for most big local



parades. I also owned and operated my own farm in Eagan. I was a hockey mom for 14 years and a horse show mom.

I’ve lived in Minnesota for almost 20 years. When I first moved here, I owned a home accessories and furniture store in Linden Hills. In my spare time I am writing a book. Bottom line I love to be busy! And I love to help others and truly enjoy making homes beautiful.

UC: I’ll say! And we heard you’re a big HGTV fan. We think you ought to have your own show! Where can people learn more about you?

MM: My website is MaggieMell.com.



FOOD SPOTLIGHT

Chef George Snyder III

Enticing Menus in the End of Winter

As a chef the most challenging time of year is the winter. We remember with fondness (and no small amount of anticipation) the spring and summer months and the bountiful fresh ingredients we work with, eat and serve.

But it's Minnesota, and part of our charm and resilience comes from the time we spend embracing these long winter months. As a chef, the challenge is to make interesting, healthful and delicious meals. I invite you to visit the Ramsey Room and see how we met the challenge with our rotating risotto selections! Our fresh ingredients will tease your palate into believing the weather outside is better than it really is! (Chef's tip: use citrus fruits and fresh herbs to brighten up gloomy ingredients.) And try the Panko herb encrusted Walleye, served with asparagus, hashbrowns, and aromatic lemon butter. Our inspired recipes just may give you a glimpse of summer. Hang in there, everyone, spring is just around the corner!



Sunday Brunch Second Sunday of every month

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

March 8, April 12 (Easter), May 10 (Mother's Day)
Reservations Encouraged: 651-222-1751



Prime Rib Night:

When faced with the bitter winter winds, few things fend off the chill quite like a warm, hearty meal. Our Chef will prepare a delicious plate filled with a 12-ounce prime rib, a baked potato, and seasonal vegetables!

March 14, March 28, April 11, April 25, May 9 and 23
Reservations encouraged 651-222-1751

Pasta Night:

Enjoy time with friends and family as our Chef create signature pasta dishes just for you at this member favorite event. Come back time and again for a taste of our exciting rotating menu!

March 10, April 14, May 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.



Fish Fry

Friday Fish Fry's have returned to the University Club! Throughout Lent Chef George Snyder III will be frying up fish and complimentary side dishes. As fish is limited, this event will operate on a first come, first served basis.

Every Friday, March 6, April 10

DRINK SPOTLIGHT

Hemingway Daiquiri

With the end of winter just around the corner we are all dreaming of warmer weather. This variation of the classic summery rum cocktail draws its inspiration from Hemmingway's time in Cuba. Hemmingway preferred his daiquiris without the sugar and double the rum creating an unbalanced drink. Bartenders mended this with the addition of maraschino liqueur instead of traditional sugar, and grapefruit to balance it all out.

In this Hemmingway Daiquiri equal parts of white and spiced rums are used; these added spices give the daiquiri a more complex flavor.

Hemingway Daiquiri:

Served up in a chilled martini glass

- 1 oz white rum
- 1 oz spiced rum
- ¾ oz lime juice
- ½ oz Luxardo maraschino liqueur
- ½ oz grapefruit juice
- Lime wheel for garnish

1. Fill martini glass with ice & water to chill glass
2. Combine all ingredients into a cocktail shaker, add ice, shake until cold
3. Strain into chilled martini glass, garnish with a full lime wheel floated on the surface



Hatching April 12th, 2020

Save the date for our ever popular Easter brunch! We host kid favorites including a petty zoo and an egg hunt next door at the Grigg's Mansion. Bring the whole family for an afternoon of great food and memories to last a lifetime.



UNIVERSITY CLUB OF ST. PAUL PRESENTS:

THE 28TH ANNUAL WHISKEY TASTING

Friday, March 27th

\$60 per guest. Registration Required.

Our annual Whiskey Tasting evening features a fine selection of delicious scotches from several notable distilleries, delivering a range of incredible flavors. Participants will experience the history and complexity of scotch while they sample our selection, all while enjoying a delicious hors d'oeuvres. Fill your dram and don't miss our on this memorable evening.

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.

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 June 5th, 5:00 pm

During Member Happy Hour

GREAT BOOKS

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

Second Wednesday, 5:00 pm

The Great Books Discussion group meets monthly to share observations and insights that we find in the Great Books that still change the world. It's always a good time to read the greatest books, stories and essays of all time; and better times are enjoyed when discussing these works with convivial fellow readers. These classic literary works offer insights into human experience and challenges to living a good life well. Join us soon.

Our spring discussions offer works from three distinctive time periods and nationalities:

On Wednesday, March 11, we'll discuss two flash fiction stories: "Blind Fish" by Melanie Rae Thon, and "My Date with Neanderthal Woman" by David Galef.

On Wednesday, April 8, our selection will be *MacBeth*, William Shakespeare's famous play.

On Wednesday, May 13, we'll parse Yukio Mishima's short story "Patriotism."



March 11

"Blind Fish"

Melanie Rae Thon

"My Date with
Neanderthal Woman"

David Galef



April 8

"MacBeth"

William Shakespeare's
famous play



May 13

"Patriotism"

Short story by
Yukio Mishima

For questions please contact Margaret
King at: kingmuelken@q.com

A ROMP OF A GOOD TIME

Second Wednesday, 6:00 pm
'til the last card has been played

Meet Hump Day Games, 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. Hump Day Games takes place the second Wednesday of every month, which happens to coincide with half price bottle night (just plain smart budgeting). Invite your friends. Coerce your neighbors. Or, come by yourself. Anyone is welcome (absolutely) and anything goes (almost).



If you have questions, email one of the Hump Day hosts:

lisa@culturebrokers.com
shashacporter@gmail.com
rosemaryu@nekacreative.com
sherijellis@gmail.com

Like us on Facebook. And by all means, join in on the fun. Non-members are welcome.

Dates: March 11, April 8, May 5

CROQUET SEASON KICK-OFF

Coming May 2020

The North Star Croquet Association 2020 season kick off and "get a grip" mini lesson will be on Wednesday, May 6. We will gather at 5:30 in the Varsity Bar at the University Club. Registration, lessons and socialization will run until 7:30. Please join us anytime between 5:30 and 7:30 to catch up or learn more.

The 2020 croquet matches will be played on Sunday afternoons. The dates of play are:

May 17	July 26
May 31	August 9
June 14	August 23
June 28	September 13
July 12	September 27



Questions may be directed to varsitycroquet@gmail.com



TENNIS CLUB

Thursdays 6-8 PM

Join us for play in the sun! Bring your racquet every Thursday evening from 6:00 – 8:00pm. All levels of players, from beginners to pros, are welcome. Please feel free to contact either of the co-captains if you have any questions: Matt Rahn at marahn@gmail.com, or Meg Kane at mkane@kaneeducationlaw.com.



ALL-AGES KNITTING CLUB

Join us for our new knitting club, held on the second Sunday of each month! Members of every age and ability are welcome to learn the basics of the craft or offer up projects and tips of their own! Two of our youngest members will be taking on a leadership role, but what they lack in years they make up for in skill and enthusiasm!

Contact Kelly Deignan with questions, kellydorowdeignan@gmail.com

1:00pm, March 8th

Follow the Weekly Update for information about future meeting dates



BRIDGE CLUB

Saturdays, 1:30 pm

(except holiday weekends)

Bridge Club welcomes all ability to come and play! If you are interested in joining us, please watch the weekly ups for RSVP information.

For more information, Stephen Rockefeller:
stephen@lavendermagazine.com



THROUGH THE GRAPEVINE

It's always a great time with wine

Fourth Tuesdays

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.

Join us in April, we will be attending Wine Geek Grand Tasting. Tickets available at eventbrite.

Dates:

March 31, 6:30-8:30 pm

In March the group will attend the Wine Geek Grand Tasting - SPAIN

TICKETS:

Go to eventbrite and search Geek Week

Receive 20% off your tickets with code **SUMMITAVENUE**



April 22, 7:00 pm

Preregistration required.

Through the Grapevine will take a vacation until August 25th. Happy Summer!!

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

INVESTMENT CLUB

Second Wednesday, 5:30 pm

The Investment Club has as our goal to foster an increased understanding of stock investing, through discussion, education, and experience in investing, while reducing the risk through a pooling of knowledge and funds from members. At the monthly meetings we have educational sessions, members propose individual stocks for discussion, which may potentially lead to investment or sale of investments.

We meet the second Wednesday of each month in the Library Room from 5:30 to 7:00 PM. Upcoming meeting dates are 2/12, 3/11 and 4/8. Our next educational topics will include 5G and renewable energy stocks and a return to the basics of investing. Please join us to help us pick our next investments! Contact member Harry Hohman at harry@hohmanlawfirm.com for more information.

For more information, please contact Harry Hohman: harry@hohmanlawfirm.com

Dates: March 11, April 8

COCKTAILS AND CONVERSATION

Literature in good company

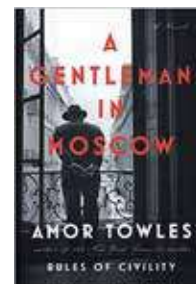
First Tuesday, 7:00 pm

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.

For more information, please contact:

membership@universityclubofstpaul.com

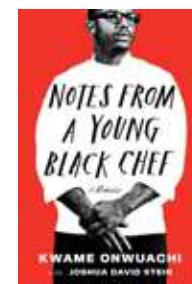
March 3



A Gentleman in Moscow

Christine April

April 7



Notes from a Young Black Chef
 Kwame Onwuachi
 & Joshua David



TRAVEL CLUB

Travel Club managed to get through the winter....another St. Paul survival story!

U Club again made all the difference in our survival story providing a roaring fire, a hot toddy or hot coffee mixed with convivial friends in a beautifully renovated space. Thank you for this amazing gift dear U Club!

January Travel Club made its annual pilgrimage across the Mississippi to the Minneapolis Women's Club where we celebrated the Holidays with a ridiculously amazing Brunch complete with mimosas and champagne and delicious tiramisu. Despite freezing weather and ice, over 25 members made the trek, some of us via uber and some of us via Uber Lisa Egnash!! Thanks Lisa for helping to put this event together with fun travel games and conversation starters! We've also had some great presentations to help us get out of the Minnesota cold. Pat Plonski and Judy Hawkinson warmed us up with their slides and stories from their African travels and Marty Egnash, fresh from several years living in Germany, brought us new insights into European cultures.

At the end of February eleven Travel Club members escaped the winter with a short trip to New Orleans where we listened to jazz, toured the French Quarter and Garden District, ate amazing seafood and beignets, plus laughed the blues away.) We're already planning our next tour together...anyone for a return to Sonoma or how about Mackinac Island. This fall join us for a European adventure to Prague, Krakow, and Budapest!

Please join us for our regular March, April and May Travel Club events. In March we'll hear from Lisa Egnash and other New Orleans tour participants on the February tour plus David Brandt will join the fun to talk about his trip to New Orleans "on a budget!" Then in April Cindy Spreiter will share slides and stories from her recent tour of Bulgaria, Romania, and Moldova. May we will hear from "mystery presenters." Check the U Club weekly update for information! Better yet, come in March and get your name on our Travel Club email list. We would love to meet you!

When: 4th Wednesday each month

Time: 7:00 p.m.

Place: UClub Presidents Room

Information: sharronpelham@gmail.com



HOLIDAY RECAP

Todd P. Walker

We did it...we made it through the season of merriment 2019! As we roll into 2020 here are a few celebrations that made the season joyful and bright!

Fezziwig Ball

The University Club of Saint Paul was the site of the annual Fezziwig - Dickens' London Christmas - Ball. Close to 300 guests attended the magical evening that kicked off at the Summit Avenue historic Burbank Livingston Griggs Mansion. Mr. and Mrs. Fezziwig and Christmas Carolers greeted Ball attendees at the Griggs Mansion. Once inside the mansion guests enjoyed hors d'oeuvre's and champagne while mingling amongst the historic home. From the Griggs mansion guests walked over to the neighboring University Club

to continue the Fezziwig festivities. When it was time for dinner Executive Chef George Snyder and trumpeters paraded through the mansion presenting the Boar's head and roast. This is one occasion where the words "Over Dressed" will never be used. Feathers, bows, top hats tuxedos, gloves, spats, furs, walking sticks and even a monocle are common wear at the Fete'. Following dinner guests tangoed and foxtrotted into the night to the big band sounds of the 11piece Jerry O'Hagan Orchestra.



Sarah Auten & Ryan Jordan

Poling-Henderson Wedding

Chan Poling, composer-performer-author, and Patty Radford Henderson, a marketing strategist-entrepreneur, were married December 23rd at their Crocus Hill home. A private dinner and reception for family and friends was held at the evergreen and flower festooned St. Paul restaurant Meritage. Chef Klein prepared a sumptuous multi-course meal for the bride and groom's extended families followed by a charming seasonal "wedding cake" made of two towering croquembouche, a traditional French pastry popular at Christmas. There was plenty of champagne for all, imported from the family vineyards of their friends at Gratiot-Pilliere, where the couple had visited and

participated in the champagne harvest just a few weeks earlier. Mr. Poling proposed in Paris on September 18th. Former mayor of St. Paul Chris Coleman looked like he had raided Chan's closet sporting a snappy wool plaid blazer....an obvious nod to the Minnesota music legend and the couples love for all things plaid. The guest list of luminaries from the media and arts world enjoyed late night canapes and frites with bearnaise, all to the belle-epoque waltz musical stylings of Chris Lynch and the Dust of Suns. The couple danced a short romantic turn as Mr. Poling's daughters serenaded the couple with daughter Olivia singing Edelweiss and daughter Maddie singing L.O.V.E.



Chan Poling & Patty Radford Henderson

JOIN US ON RACE DAY FOR OUR SIGNATURE

KENTUCKY DERBY PARTY

SATURDAY, MAY 2, 2020
3:00 - 7:00 PM

TICKETS GOING FAST. OPEN TO ALL.

Wilsey 24th Annual Christmas Party

Shari and Roger Wilsey of St. Paul celebrated the season on December 23rd with their 24th annual Christmas party. Having driven by this grand affair many years in the past, wanting to peak in the windows for a glimpse of this grand party, some how I made the nice list and was an actual invited guest. Eight twinkling flocked Christmas trees illuminated the walkway to their Clarence Johnston Summit Avenue mansion. Santa's Sleigh was parked on the porch of the home where Santa and Mrs. Claus greeted guests...creating the perfect instagram photo opportunity.

Once inside the Wilsey home, it was apparent that Santa's helpers had been very busy preparing a hardy spread, sufficient enough to serve the entire North Poll. When the clock struck 7:00pm the 24-year tradition of singing the 12 days of Christmas commenced with Connie Keyes twinkling the ivories while guests raised a glass toasting the season.

Guests enjoyed a dinner provided by Cossetta's, Kowalski's, Shari's specially prepared holiday ham and dozens of Christmas treats including seven



Todd Walker, Shari Wilsey, Molly Maier, Santa

pans of Mrs. Wilsey's famous toffee. No coal in my stocking this year.... hostess Shari slipped me a holiday stocking filled with the amazing toffee treat. Former Senator Norm Coleman was looking to be in good health after his recent bout with cancer, but that can't be said for the entire Coleman clan as Lori Coleman was home recovering from a touch of the flu. Sheri Wilsey claims this is the last year of the annual party. Let's hope the Wisely's get bite by the holiday bug next year and continue the tradition for the 25th anniversary of the affair.



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IT'S SPRING BREAK TIME

Exploring the New Mazatlan

Todd P. Walker

Escaping Minnesota during the long winter months is something many of us long for once the long dark days of winter have nestled in.

When I was invited to visit Mazatlan to check out the revitalization of this sun-drenched destination, I jumped at the chance. One visit was by sea and one by air. The last time I explored the city was in the early 90's, so my expectations naturally went into re-call mode. I can vividly remember beaches filled with scantily dressed Spring Breakers doing tequila body shots while dancing to the music of Vanilla Ice.

Well ladies and gentleman...things have changed. If you are looking to relive the days of "Hammer Time"... Mazatlan just may not be your warm weather destination. The Mexican resort city has successfully done a face-lift refreshing this beauty on the Pacific. Mazatlan has also re-branded the sunshine destination with a concentrated effort on attracting a more discerning refined clientele. The majority of the hotels now actually require guests renting a suite to be 25 or older. This move clearly eliminates the option of packing a hotel room with multiple 18-year-old bro's fist pumping each other while "all the single ladies" twerk along to

"milkshake" by Kelis. Come on we certainly all remember those days!

Be experimental and follow the lead of locals...you won't be disappointed.

If you are weighing family spring break options, you may want to consider Mazatlan. There is also good news for Minnesota winter escape artist's; Sun Country has launched seasonal direct flights from the Minneapolis St. Paul airport to Mazatlan. In just over four hours you will be transported from the teeth chattering cold and snow of the bold north to the white sand beaches and palm trees of Mazatlan. My travels took me from traveling along the Mexican Riviera on a Princess Cruise, where I visited the city spending a day exploring the highlights of Mazatlan, to returning a few weeks later for a four day crash course immersion on all the city has to offer tourists in search of a sunshine adventure.



Time for a little Q & A with me:

So where exactly is Mazatlan, Mexico?

Mazatlan is located on Mexico's western shore at the foot of the Sierra Madre Mountains where the Sea of Cortez meets the Pacific Ocean. The city is the second largest city in the state of Sinaloa.

What is the weather like in Mazatlan during the cold Minnesota winter?

From January to March you will find temperatures to fluctuate from a very comfortable high 70's to low 80's.

What about accommodations - where did you stay?

During my 4-night visit I stayed at the all-inclusive El Cid Moro Beach Hotel where I was pleased to find that there were pools for families as well as adult only options. If you consider yourself a foodie, there were plenty of choices from casual to fine dining. The guest rooms were well appointed and spacious.

It's Spring Break Time cont.

I am all about location when I book a hotel. How was the location?

It was a perfect - centrally located along the area known as the Golden Zone. The zone is very popular with tourist for its many shops, restaurants and white sand beaches.

How are the Mazatlan Beaches?

If you are looking for beach options Mazatlan checks that box with 12 miles of beaches.

Tell me about the food?

Mazatlan is known as the shrimp capitol of the world making Mazatlan a great destination for seafood lovers. Spend time exploring the street food in Mazatlan. During lunch and dinner you will find street carts and make shift food counters serving amazing ceviche, tacos, quesadillas and burritos. Many of the items were new to me, and certainly not a staple on a Taco Bell menu board. Be experimental and follow the lead of locals...you won't be disappointed.

Okay it's time for a little exercise - any recommendations?

After indulging in local cuisine you may be itching for a cardio work out...head to the El Faro Lighthouse, which has been shining a light over the Pacific Ocean since 1879. The lighthouse rests at a 500ft elevation and is about 350 steps to the base. Depending on your cardio conditioning the hike with its amazing views takes about 30 minutes each way.



Okay I'm sold on the sunshine and beaches, but what other activities would you suggest?

Be sure to stroll along the boulevard called the Malecon to Diver's Point where you will find high divers performing acrobatic plunges into the surf from a 59 ft. high ledge. You will also find many places to duck in for a coffee or an afternoon cocktail while gazing upon the islands off the shores of Mazatlan. Take note of Deer Island where you will see pelicans and colonies of resting sea lions sunning themselves on nearby rocks.



Stone Island is a short 10-minute drive from the city but it definitely has a completely different vibe. The Island is a very popular destination for tourists looking for a respite from the busier lifestyle apparent in the city of Mazatlan. The area offers visitors an opportunity to relax and enjoy a piña colada in a hammocks, or in the shade under an umbrella at one of the many beach front restaurants. Stone Island is also the perfect destination for those looking for an adrenaline rush. Guests will find merchants happy to take guests out on excursions to explore the Pacific on banana boats, catamarans and wind surfers.

A visit to Mazatlan is not complete without spending time strolling through the old downtown district known as El Centro. Take time to admire the Moorish and Gothic architecture of the Cathedral Basilica built in 1856. The Cathedral is the only Roman Catholic Church in the world that has the Star of David displayed in each of the Cathedrals



28 stained glass windows. While walking through the historic streets, spend some time at the Plaza Machado in the area known as the Centro Historico. Surrounding the plaza you will see the French and Spanish influence in the architecture of the hotels, shops and restaurants. The area is also home to the beautifully restored neoclassic Angela Peralta Theatre. The theatre is named after the famous singer that died of yellow fever after performing at the theatre.

Whether by ship or by sea today's Mazatlan is a welcome oasis from using those arms to scrap windshields to using those arms to slather on suntan lotion...oops sunscreen right? See you on the scene!

TWIN CITIES WINE PRESENTS

WINE GEEK WEEK SPAIN

GRAND TASTING

THE UNIVERSITY CLUB OF ST. PAUL

TUES, MARCH 31ST
6:30 - 8:30 PM

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FOR MORE INFO & TICKETS HEAD TO:
TWINCITIESWINE.COM



CAMP UClub 2020

June 15th – August 14th

The University Club is known for its incredible summer program, Camp UClub. Camp UClub combines educational, cultural, and recreational activities for children to explore and develop new skills and hone existing talents. With the warm weather comes summertime splashing by the pool, volleys on the tennis court, sunset weenie roasts, field trips, and much more.

Camp UClub is excited to return for the summer 2020 season, with an updated activity roster that brings back camp staples and introduces some special new surprises. For campers in early grade school to graduating teens, Camp UClub provides the opportunity to learn new skills, make new friends, and enjoy a summer in the sun.

Camp UClub

\$650.00 per camper with registration by May 1st, 2020

\$700.00 per camper with registration after May 1st, 2020

Additional costs:

Camp U2

Fieldtrip Fridays (\$40 noon- 4:00 pm)

Dive Team (\$50.00)

Tennis Practice at SPA (\$50.00)

INTRODUCING CAMP U2 - AFTERNOONS SUMMER 2020

June 15th – August 13th

You asked. We listened. Camp U2 is a new program for the summer 2020 season. Designed for ages 5-11. Supervised afternoon fun including arts, crafts, swimming and games.

Camp U2

Eligible ages: 5 through 11

Dates: Monday, June 15th through Thursday, August 13th

Time: Noon - 4:00 pm

Costs: \$650 for registration before May 1st
\$700 for registration after May 1st

****brown bag lunch may be purchased for an additional fee****

Online registration open now visit the University Clubs website.
You'll find Camp UClub registration under "Things to Do."



Camp U Club
Kick-off Breakfast
Saturday, March 8
10:00 am - Noon
Meet the team.
Order Gear.
Get all your camp
questions answered.

FIELD TRIP FRIDAYS

We're opening up our jam-packed summer field trip program

Now, all the fun of Friday can continue even after Camp U Club ends. We're making our Friday field trips open to all University Club youth between the ages of 5 and 15, even if they are not Camp U Club campers — Field trips are most fun with a full bus! We're pleased to share our full field trip schedule, as listed below.

LOVEABLE LLAMAS

Friday, June 19th

12:00 - 4:00 pm – Cost \$40.00

Dreams really do come true!

To kick off the summer season

campers will be heading to Carlson's Lovable Llama Farm!!

Upon arrival the llamas will introduce themselves, munch on

some snacks, and mingle with the group. If that's not already

a cuteness overload wait for this... each camper will be assigned their own llama to accompany them on a trail hike! This perfect afternoon will wrap up with a send-off from the tiniest baby llamas you've ever seen!



VERTICAL ENDEAVORS

Friday, June 26th

12:00 - 4:00 pm – Cost \$40.00

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



BASE CAMP

Friday, July 10th

12:00 - 4:30 pm – Cost \$40.00

Base Camp is the perfect place for campers show off their teamwork and leadership skills! They will have the opportunity to participate in archery and rock climbing.



THE WORKS: HANDS ON ENGINEERING MUSEUM

Friday, July 17th

TBD – Cost TBD

The Works gives campers an opportunity to be engineers for the afternoon! The museum offers a host of different areas focusing on buoyancy, design/ building, gears, light and optics, and more. This is the perfect place for campers to put on their thinking cap and invent something great!



FORT SNELLING STATE PARK

Friday, July 24th

12:00 - 4:00 pm – Cost \$30.00

Fort Snelling is one of

Minnesota's greatest State Parks! Campers will spend the day by the Mississippi river hiking, building sandcastles, and exploring the natural world.



CASCADE BAY

Friday, July 31st

12:00 - 4:30 pm – Cost \$40.00

Campers will spend the day cooling off in the leisure pool, lazy river, or on their choice of 7 waterslides! If

that's not enough excitement, a round of mini-golf is always available.



ST. CROIX CANOE TRIP

Friday, July 7th

TBD – Cost TBD

The St. Croix is one of the most beautiful Rivers in this region. Campers will spend the afternoon canoeing along the scenic bank and exploring the forest!



ZERO GRAVITY

Friday, August 14th

Noon - 4:00 pm – Cost \$40.00

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



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

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



\$25 per family

RSVP via **Google Forms**, found on the University Club's website and in the Weekly Update

All families are invited to join us on the first Sunday each month for family-friendly activities. Guided by University Club staff as well as guest instructors, Hands On Sundays provides an opportunity for the whole family to come together to enjoy a creative kinetic activity. Each session is sure to teach children new practical skills in crafting, culinary arts and creative endeavors.

March 8, Chess



\$15 per child

RSVP via **Google Forms**, found on the University Club's website and in the Weekly Update

Join us for fun filled and rejuvenating evenings. At the start of the night we will take the kids! You and your partner will be free to enjoy the evening together. 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.

March 20, Dazzling Dave the Yoyo Man

April 17, Beach Party

May 15, Garden Party



2020 YOUTH SERVICE TEAM

This spring, the University Club is working harder than ever to support service projects and give back to the community. The service team is a great opportunity to build community, practice teamwork, and strengthen friendships formed over the years. 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. Watch the Weekly Member Updates for more information!



DIVE-IN MOVIES

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

Select Saturdays, 7:00 pm

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!

March 7

April 4

YOUTH SWIM TEAM

There's never ice on SPAC's 8th floor pool! Summer may be over, but swimming continues indoors through the winter and spring months. 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.

**SPRING SESSION
7 SESSIONS**

\$90.00 per session

SPAC - Saturday's 1:00 pm

March 1, 8, 15, 22, 29

April 5, 29, 26

Food Drive

The University Club and The SPAC are joining in Minnesota's annual March Food Drive from March 1st to April 12th. In Ramsey County, 1 out of every 9 residents and 1 in 6 children struggle with hunger. We are answering the Call to Action by setting up a food drive within our building to give our members the opportunity to contribute to the efforts of providing thousands of people with fresh, healthy food options for their families. Cash donations are also greatly appreciated as many food shelves have access to discounted goods which translates into more food being available for those in need. We have identified 3 local organizations in Saint Paul that we will bring our donations to throughout the March Food Drive!



MARCH 1ST - MARCH 14TH Neighborhood House

- ☐ Flour (all purpose, rice flour, maseca corn)
- ☐ Oil (vegetable, canola, olive)
- ☐ Canned Fruit
- ☐ Canned Corn
- ☐ Canned Beans (black, pinto, red, black-eyed)
- ☐ Canned meat (tuna, chicken)
- ☐ Coconut milk
- ☐ Noodles (bamboo, rice)
- ☐ Rice (long-grained, jasmine, kokuho)



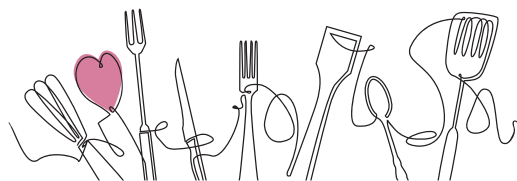
MARCH 15TH - MARCH 28TH Keystone

- ☐ Health snacks (granola bars, string cheese, nuts, low-sodium popcorn, clementines)
- ☐ Condiments (ketchup, mustard, jelly)
- ☐ Flour (all purpose, rice flour, maseca corn)
- ☐ Oil (vegetable, canola, olive)
- ☐ Coconut milk
- ☐ Noodles (bamboo, rice)
- ☐ Rice (long-grained, jasmine, kokuho)



MARCH 29TH - APRIL 12TH Hallie Q. Brown

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Bread | <input type="checkbox"/> Chicken |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Canned soup |
| <input type="checkbox"/> Juice | <input type="checkbox"/> Cooking oil |
| <input type="checkbox"/> Canned vegetables | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Flour |
| <input type="checkbox"/> Cheese | |



VOLUNTEER WITH US!

COOKS FOR KIDS

Children's Minneapolis Dinner Group -
May 11

Join us for Cooks for Kids. A Ronald McDonald House organization. Our group of volunteers will support a family with a seriously-ill or injured child. We will purchase, prepare and serve a buffet-style meal of their choice.

Volunteers must be at least 14 years old, and individuals between 14-17 years old must be supervised by an adult. Watch the weekly updates for The University Club's year of service. Each month we will work together to give back to the community we live and work in.

2525 Chicago Avenue South, Mpls, MN 55404
3:00 pm - 8:00 pm
10 Volunteers needed
RSVP ~ membership@universityclubofstpaul.com

"The meals prepared by volunteers nourished our souls in the way only food prepared with love can."

— Parent of a child hospitalized at Children's, Minneapolis

Volunteer with us

The University Club members have gathered together to create a yearlong calendar of giving back to our community. Each month we will focus on a need in our community for members to donate their time, talent or resources.

The club is starting with March for Hunger asking members to give to 3 local charities in the community where we live and work. Club members will gather to prepare and serve a meal at The Ronald McDonald House in Minneapolis on Monday May 11th from 3:00 pm - 8:00 pm.

During the month of May our focus will be on a new local charity, Days for Girls. Watch the weekly member updates to learn more and how you can help this amazing organization.

If you are interested in attending a volunteer planning meeting or sharing a local charity or project that you believe our membership's assistance would be beneficial to, please reach out to Sue Katsiotis skatsiotis@universityclubofstpaul.com.

L'ALLIANCE FRANCAIS

Your gateway to the Francophone world

Second Thursday 6:00 pm

The Alliance Française began in Minnesota in the 1920s with a small group interested in the language and culture of France, led by University of Minnesota Professor Jacques Fermand. By the 1950s, the local chapter had around 100 members. In 1975, the chapter was incorporated as a non-profit organization in the state of Minnesota. Today, the Alliance Française of Minneapolis/St. Paul has over 1,000 members, serving as a major promoter for cultural activities, presenting and promoting the arts and culture of France and French-speaking cultures around the world.

Dates:

March 12, April 9, May 14

Contact:

culture@afmisp.org

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COFFEE CONCERTS:

*Free monthly noontime concerts at
The Summit Center for Arts & Innovation*

First Wednesday 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.

All concerts are at noon and are FREE to the public and include coffee and bagels. After the performances there is an opportunity to meet and talk with the musicians.



Roads to Bach

Wednesday, March 11, 2020

12:00 PM 1:00 PM

Featuring Jacques Ogg, harpsichord

Mill City Quartet and Paul Kovacovic Play Dvorak Quintet

Wednesday, April 1, 2020

12:00 PM 1:00 PM

Featuring Paul Kovacovic, piano

With the Mill City String Quartet: Huldah Niles, violin,
Erika Hoozeveen, violin, Valerie Little, viola, Ruth
Marshall, cello

SPCM Piano Faculty Extravaganza

Wednesday, May 13, 2020

12:00 PM 1:00 PM

Featuring SPCM Piano Faculty

Peter Arnstein, Ivan Konev, Paul Kovacovic, Oleg Levin,
Patty McPherson, Garret Ross, Koki Sato, Rie Tanaka

Introducing the CASS GILBERT SOCIETY

By Marjorie Pearson, PhD, Cass Gilbert Society, President
and Ted Lentz, AIA, Past Cass Gilbert Society, President

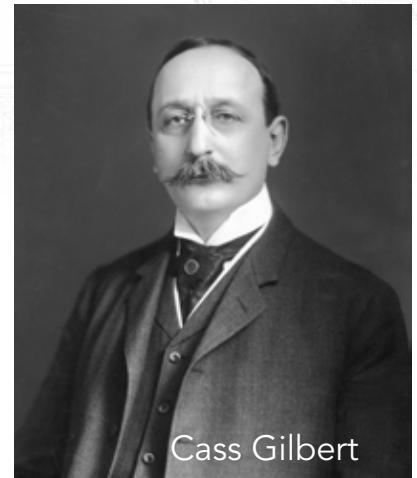
Since 1999 the Cass Gilbert Society has met at the University Club. Over fifty Cass Gilbert Society public programs featuring well known scholars, authors and architects have made public presentations at the U Club on the work of Cass Gilbert and his contemporaries.

Gilbert was the architect of the Minnesota State Capitol, the U.S. Supreme Court building in Washington D.C., the Woolworth Building in New York City, and over 400 other buildings in almost every state in the United States.

When the Cass Gilbert Society began in 1998, no books had been published on the work of Cass Gilbert in years. Now 8 major books have been published on his work, plus many articles in print and online. More importantly over the past twenty years over a billion dollars of preservation and

restoration work of Cass Gilbert designed buildings has been completed. These projects in New York City, St. Louis, Washington, D.C., and Waterbury, Connecticut, have joined several of Minnesota's major commercial buildings and residences in St. Paul. The Cass Gilbert Society website, www.cassgilbertsociety.org, is a prime source of information.

The preservation and restoration of the Cass Gilbert's Minnesota State Capitol renewed statewide recognition of Gilbert's skill and work. The opening within the Capitol of new public spaces, the removal of offices that crowded other public spaces in the Capitol, and incorporation of modern electrical, and mechanical systems restored and improved the Minnesota capitol to the standard conceived by Cass Gilbert on its completion in 1905.



Cass Gilbert

“The Capitol is the best work I have ever done, or shall ever do, and I am glad to have given it to St. Paul.”

– Cass Gilbert



Woolworth Building, NYC was the highest skyscraper in the world 1913



Construction of the Capitol, 1901



US Supreme Court Building, 1935

READINGS BY WRITERS

Readings by Writers is free to all U Club and SPAC members and guests.

Sponsored by Public Art Saint Paul/Everyday Poems for City Sidewalk and hosted by Saint Paul's first poet laureate, Carol Connolly, Readings by Writers presents interesting new authors, poets, and their work at the University Club every month.

March 17, 7:30 p.m.

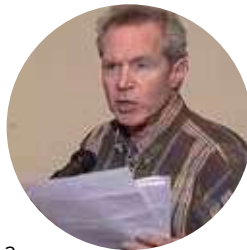


Laura MacKenzie has been a featured performer for the National Flute Association and for public radio, including appearances on A Prairie Home Companion and Voices of Minnesota. She has recorded many CD's some of which are for sale tonight.



Thomas Dillon Redshaw retired from the St. Thomas faculty in 2012. Before becoming the founding editor of *New Hibernia Review*, Tom served as the long-standing editor of the journal *Éire-Ireland*. He is currently writing a multi-volume history of Liam Miller's Dolmen Press and Irish poetry from the mid-century to the present.

Kevin FitzPatrick is the author of three books of poetry: *Down on the Corner*, *Rush Hour*, and, most recently, *Still Living in Town*, a finalist for the Midwest Book Award. *Greatest Hits*, a chapbook of his poetry, published by Pudding House Publications. For many years he was the editor of the *Lake Street Review*, a Minneapolis and Saint Paul literary magazine.



Ethna McKiernan has been twice awarded a Minnesota State Arts Board grant in poetry. Her first book, *Caravan*, was nominated for the Minnesota Book Award and her work has been widely anthologized, including in *The Notre Dame Book of Irish American Poetry*, *33 Minnesota Poets*, and more. Ethna holds an MFA from Warren Wilson Program for Writers. Her fourth book, *Swimming with Shadows*, was published in 2019

by Salmon Poetry (Ireland). Ethna works in Street Outreach for a non-profit serving the Minneapolis homeless population. In an earlier life, she was CEO of Irish Books and Media, Inc., a grape-picker in France, and a school bus driver.



James Silas Rogers Formerly director of operations for the Irish American Cultural Institute, Jim has published widely on Irish-American literature. His essay collection *Northern Orchards: Places Near the Dead* was a finalist for the Minnesota Book Award. Jim's book *Irish-American Autobiography: The Divided Hearts of Athletes, Priests, Pilgrims, and More* was published by the Catholic University of America Press in 2016, and his full-length poetry collection, *The Collector of Shadows*, was published by Brighthorse Books in 2019.

Please call 651-222-1751 to make a dinner reservation.





MOTHER'S DAY BRUNCH

May 10

March brings a great opportunity to celebrate the mothers in our lives: On May 10th, we're offering a special Mother's Day variation on our favorite Sunday brunch, with a delicious buffet menu of our Chef's best dishes. Bring the family, and share a memorable meal with mom.



EASTER BRUNCH

April 12

Bring the family for unforgettable memories. In addition to our ever-popular Easter brunch, we're hosting kids' favorites including a petting zoo and an egg hunt next door at the Griggs' Mansion. You can look forward to an afternoon of great food and lots of family activities.



KENTUCKY DERBY

May 2

Don your best hat and your most dapper ensemble and join us on race day at the University Club for southern-inspired food and drinks plus a live race feed of the Kentucky Derby.



SAVE THE DATES

MEMORIAL DAY PIG ROAST

May 25

Kick off summer at the pool at one of our oldest and most beloved traditions, the annual Memorial Day Pig Roast Picnic and Pool Opener. Be the first to jump into the pool and enjoy a poolside picnic with family and fellow members. We hope to see you there!



FATHER'S DAY BBQ

June 21

Don't miss our signature Father's Day backyard BBQ! Show dad how much he means to you with some quality family time at the Club!



4TH OF JULY PICNIC

July 4

It wouldn't be the Fourth of July at the University Club without a poolside picnic! Spend the day with friends and family enjoying our BBQ buffet, refreshing pool, clay tennis court, face-painting and much more.

What is mental fitness?

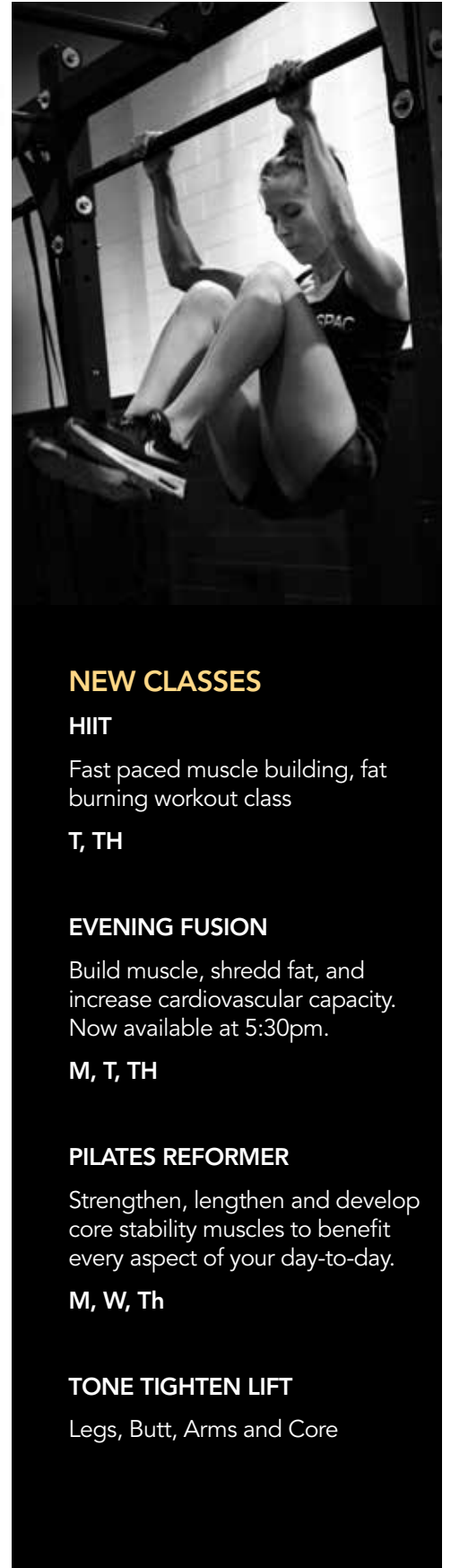


“Busyness” has become a badge of honor. So many of us are wearing several hats, putting in a lot of hours, and trying to keep up a household. With the connectivity of our devices, we’re constantly on — and even when we’re not directly working or responding to a need, we find ourselves scrolling when we should be sleeping. Is it any wonder that more and more of us are experiencing burnout? Burning out can lead to serious consequences, both for your physical and mental health. One way to combat burnout: focus on your mental fitness. Mental fitness is the pursuit of “keeping your brain and emotional health in tip-top shape,” according to Healthline. You can pursue mental fitness the same way you pursue physical fitness: By making time to exercise in the right way.

Mental fitness is the pursuit of “keeping your brain and emotional health in tip-top shape

Mental fitness exercises might include anything that disrupts patterns in your brain and challenges it in new ways, such as learning a new language, meditating, doing a crossword puzzle, or simply finding a new way

to approach an old routine (such as taking a different route to the store). You might think, “But I don’t have time for meditation and crosswords!” The truth: When we’re constantly flying through our to-do list and multitasking the whole way, our productivity actually suffers. Pursuing mental fitness can help us be better problem-solvers and improve reasoning skills. It can reduce stress, combat depression, and enhance concentration and memory. It’s possible to blend mental and physical fitness by facilitating a mind-body connection. Yoga is well-known for its ability to blend mind and body work, but something as simple as walking (without headphones and with a deliberate focus on your breath, your thoughts, and your body) can be a powerful mind-body exercise. And it’s important to note that physical exercise is good for your mental and emotional health, too. Give yourself permission to invest in both physical and mental fitness. You’re worth it. And we’d love to help.



NEW CLASSES

HIIT

Fast paced muscle building, fat burning workout class

T, TH

EVENING FUSION

Build muscle, shred fat, and increase cardiovascular capacity. Now available at 5:30pm.

M, T, TH

PILATES REFORMER

Strengthen, lengthen and develop core stability muscles to benefit every aspect of your day-to-day.

M, W, Th

TONE TIGHTEN LIFT

Legs, Butt, Arms and Core



You don't build muscle in the gym. Or the kitchen.

Here's where you really build it.



It doesn't matter how hard you train: You **DON'T** build muscle or increase fitness in the gym. You don't build muscles or increase fitness in the kitchen, either.

Where do you really build muscles? Asleep. In bed. Yes, seriously. A workout routine is designed to break down muscle fibers through repeated contractions. This is the same for both cardio and strength exercises. But what actually builds those muscles and increases your fitness is the repair and recovery process that takes place while you're at rest.

This is so important that it bears repeating: An increase in muscle happens not when you break down those muscles by working them to fatigue, but when those muscles repair themselves. It's the repair process – NOT the breaking down process – that creates stronger, more toned muscles that are more resilient to breaking down next time. But if you don't give your muscles a chance to repair, your body can't

properly repair itself by building muscle increasing strength and fitness.

An increase in muscle happens when those muscles repair themselves.

Put simply, rest and sleep are absolutely critical elements of your fitness journey. And the more active of a lifestyle you have, the more important it is to properly recover and sleep. This isn't license to lie in bed all day long. After all, if you haven't broken down your muscles, there's nothing to build back up and you'll never see an increase in strength and fitness. But you don't have to do back-breaking workouts to see results, either. Even low- and moderate-intensity workouts like walking, Pilates, and swimming break down muscle fibers and, when paired with proper rest and recovery, can build muscle and improve fitness. Plus, mixing up your routine with lower-intensity workouts on your "active recovery" days can facilitate muscle growth and repair, too.

The bottom line: Train. Rest. Repeat. And let us know if we can help.

TONE TIGHTEN LIFT

Legs, arms, glutes
and core with
Ben Carlson



4 week Course \$99
\$30 Drop-in
Wednesdays 5:30-6:30
Begins March 4th

Sign up online at
Mindbody.com or contact
Ben Carlson for questions at
BCarlson@TheSPAC.com



HAPPY HOUR YOGA

Happy Hour Yoga at the University Club

Friday, March 6

4:30pm yoga

5:30pm happy hour

Come for yoga class and stay for a glass!

Join us for a fun yoga class for all levels. After class, walk upstairs for happy hour at the bar.

This is a great way to end the week and meet other members.



Paula Lindemann, E-RYT

Certified Yoga Instructor



PILATES REFORMER CLASSES

4 Sessions \$99
Drop-in \$30
sessions expire 1 month after first class
Monday 4:30 PM
Wednesday 4:30 pm
Thursday 11:30 am

Classes Begin
Monday
February 10th, 2020

Saint Paul Athletic Club, 340 Cedar St Saint Paul, MN 55101 or call 651-291-7722
 Sign-up Online at Mindbody.com



GROUP FITNESS *Schedule*

SPRING 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM Vinyasa Yoga Dana Bedingfield	9:00 AM Power Yoga Sophie Rupp		9:00 AM Gentle Yoga Paula Lindemann		11:00 AM Vinyasa Yoga Paula Lindemann
6:00 PM Vinyasa Yoga Jen Palmer		6:00 PM Vinyasa Yoga Jen Palmer		4:30 PM Happy Hour Yoga Paula Lindemann	

CHALLENGE YOURSELF: Yes, you can.

STEP INTO SPRING April 1st through May 31st, 2020

Make the most of spring with the Eight Week Step Challenge at SPAC and the University Club. Registration is FREE, and all you have to do is record your daily steps from April 1st through May 31st. We'll even make it easy for you to track – we recommend the smartphone app Pacer, which will record your steps for you! The main goal of the Eight Week Step Challenge is to help you get moving, but if you're feeling competitive, you're in luck. We'll recognize weekly winners, an overall winner at the end of May, and even an award ceremony complete with a trophy to recognize which clubhouse's members (the University Club vs. the Saint Paul Athletic Club) took more steps!

Looking for creative ways to get your steps in? Our group fitness classes will also get you closer to your goal: Cycle - 45 minutes gets about 3,500-4,000 "steps" per class; Zumba - 30 minute step class is about 2,300 "steps" per class; and INSANITY - 45 minutes is close to 2,500 "steps" per class. Have fun with it! You need 10,000 steps per day just to maintain your health and fitness levels, and 12,000-15,000 to lose weight. Intimidated? Don't be. We're here with all the support you need. And, after all, the journey of a thousand miles begins with a single step.



To step up to the challenge, email Sarah McClendon at smcclendon@thespac.com

- 1) Let her know which clubhouse you will be representing
- 2) Report your weekly steps every Friday
- 3) Check the weekly update for more information and leader announcements!



Smartphone app Pacer will record your steps for you



PRENATAL YOGA WITH ANN

Tuesdays, 7:00pm

Beginning Tuesday, April 14th

Ann has been a labor and delivery nurse for 30 years. A Prenatal Yoga Instructor for 7 years who incorporates yoga into her daily practice and into each of her labor patients. She is an advocate for movement during labor so as to promote the correct position of your infant for birth. She stresses safety first and will do a modified medical screening of your current state of pregnancy in order to modify the positions for the health of you and your baby. These classes are meant to be a gathering where as you will feel safe and empowered so as to assist you in your journey of your pregnancy and birth.



Ann Gilligan RN, SANE-A, LNC, Prenatal Yoga Instructor, SpBAP









Dive into a summer of fun.

Join us for our legendary summer program. Families come from all over the metro area; parents rave about the high quality educational, cultural, and recreational activities; and kids just want to know how soon they can come back. Activities include: swim team, tennis, certified arts programming, a camping trip to Stout's Island Lodge, field trips, and even a ukulele club. The program runs five mornings per week for three months, but the memories and friendships will last a lifetime. Call now to reserve a spot!



UNIVERSITY CLUB
SAINT PAUL

420 Summit Avenue, Saint Paul, Minnesota 55101 | 651-222-1751 | UniversityClubofStPaul.com

