

JANUARY 2015

THE LOOKOUT

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

WINTER AT THE CLUB, FAMILY STYLE

2015 family club nights
See page 7

IN THIS ISSUE: Specialty classes at the St. Paul Athletic Club | page 14

THE LOOKOUT

MESSAGE FROM THE PRESIDENT

This holiday season, we invited you to get out of the cold and join us for relaxation, spirits, and festivities galore.

You took us up on that offer in a big way. We hosted over 8,500 people for gatherings and events in November and December — and that doesn't even count W.A. Frost, which has been packed with revelers all holiday season long.

It is such a privilege to witness so many people reconnect with old friends and meet new ones and enjoy richly deserved moments of culture, wellness, and celebration.

The holidays may be winding down, but we're still going strong. Our schedule is filled with activities for the whole family, so there's no excuse for cabin fever.

Need ideas?

- Sign your children up for etiquette classes (starts February 7th), the
- Spanish language book and conversation club (starts January 15th), or
- Beginning classical ballet (starts January 8th).
- Learn valuable skills at the Family Parenting Series (first event January 15th).
- Join us on the third Friday of each month from 5:00 to 8:00 p.m. for Family Club Night, during which children are treated to a fun dinner and activities while parents sneak away and socialize in the Fireside room.
- Bring the whole family to Hands on Sundays for themed activities that people of all ages will enjoy.

For more information on family programming, visit The University Club's website or give us a call at 651-222-1751.

We wish you the very best for a happy and healthy 2015, and we look forward to spending the year with you.

– Stephanie Laitala-Rupp

Contact info

President:
Stephanie Laitala-Rupp
slaitala@TheSPAC.com

Chef:
Chris Gerster
chef@UniversityClubofStPaul.com

Catering Manager:
Julia Struve
jstruve@UniversityClubofStPaul.com

Front of the House and Beverage Manager:
Joel Nelson
jnelson@UniversityClubofStPaul.com

Membership:
skatsiotis@UniversityClubofStPaul.com
kmontpetit@TheSPAC.com

Fitness Director:
Jill Winegar
JWinegar@TheSPAC.com

Dining Reservations: 651-222-1751

Member Billing:
Amalia Ospina
aospina@UniversityClubofStPaul.com
kmontpetit@TheSPAC.com

Front Desk: University Club:
651-222-1751
SPAC: 651-291-7722

IN THIS ISSUE:

Member Spotlight	I
New Members	2
Member Nights	2
Beverage Spotlight	3
Culinary Spotlight	4
SPCM Coffee Concert	4
G.K. Chesterton Society	5
Reciprocal Club	5
Great Books Discussions	6
2015 Family Club Nights	7
TCCF Movie Night	11
Stewart O'Nan	11
Investment Club	12
Wellness Corner	14
Fitness Schedules	14

Hours of operation

UC: Fitness Center

Monday: 6am – 8pm

Tuesday – Saturday: 6am – 10pm

Sunday: 8am – 8pm

Dining

Tuesday – Friday: 11am – 10pm

Saturday: 10am – 10pm

Sunday: 10am – 2pm

SPAC

Monday – Friday: 5am – 10pm,

Saturday – Sunday: 7am – 8pm

MEMBER SPOTLIGHT



Kat Higgins

Executive Producer for Television; Musician

When you first encounter Kat Higgins, you're immediately struck by her warmth, charm, and humility. You have to do a little digging to find out that you're in the presence of an insanely accomplished person who gives new meaning to the term "well-rounded."

There's her day job, as an Emmy-winning television producer who is responsible for, among other things, the ultra-addicting Food Network show *Diners, Drive-Ins, and Dives*. Then there's her work as a musician, which includes stints singing with the Saint Paul Chamber Orchestra under the artistic direction of Dale Warland. Then there are her hobbies, which include basketball (she was a Division I basketball player at the University of Minnesota) and triathlons (she just placed in her division at this year's Lifetime Triathlon).

And all of that is in her spare time, because her #1 gig is being a mom to her nine-year-old son, Paz.

Consider us humbled.

Here's more of our conversation with Kat:

UC: What prompted you to join the University Club?

KH: I'm a Saint Paul native, and when I moved back here from Denver, I was looking to grow my community again. I wanted a place where both my son and I would be welcome. A friend recommended the University Club as an excellent place for young families. I was surprised, because I grew up being aware of the Club but always thought of it as sort of a grand, untouchable, otherworldly place.

UC: So what happened when you got here?

KH: We joined this past spring, and my son participated in the summer program. It was beyond outstanding. It was the best summer ever. We both had so much fun. He swam every morning and then played tennis, while I got work done on my laptop. Then we'd come back in the evening for more activities. I was able to forge adult relationships and we both became part of the community, and I couldn't believe how much programming there was. It's so great to have a place where there is children's programming but where I can also get away and socialize with other adults.

And who wouldn't want to be part of the University Club in the summer? With that pool, it's a no brainer!

UC: You said you were able to get some work done here?

KH: Yes. I work from home, which can get very isolating. I used to rely on coffee shops, but I found it very mind-numbing and I started to get sick of hearing other people's conversations and the constant clatter of coffee machines. I loved being able to have a quiet place to focus work—all while my son was having a great time.

UC: In addition to your work in television, you're quite an accomplished musician. Are you working on any music now?

KH: I am! I'm singing with the Saint Paul Chamber Orchestra under Dale Warland's direction again. We're doing the *Messiah* at the Basilica in December, and Beethoven's Ninth at the Ordway in February. I'm really looking forward to it.

UC: What's your favorite thing to do in Saint Paul, aside from spending time at the University Club?

KH: I love running along Mississippi River Boulevard when it's warm, and driving along Summit Avenue in the winter to see all the lights. I've lived other places, but I've never felt as safe and comfortable as I do in Saint Paul. There's just so much charm here.

UC: What's on your bucket list?

KH: I'd love to sing with the Minnesota Opera.

UC: Anything else you want to share?

KH: I'm just so glad that my friend encouraged me to join the Club, and I want others to know just how perfect it is for young families. I couldn't have imagined our summer without it, and now I'm excited to see what's in store there this winter.

SPAC MEMBER NIGHTS

2015 is going to be a great year for our Thursday SPAC Member Night. We'll try a few new events along with a few familiar favorites! Every Thursday, 5:30 – 8 pm in Butler's Café (2nd floor, unless otherwise noted). We have free appetizers, a cash bar, & LOTS of fun. Bring your friends/co-workers & prepare to have a SPAC-tacular time!

January 2015

- 8 – Family Feud
- 15 – Twin Cities Film Fest screening of "112 Weddings" Documentary with filmmaker Doug Block, Q&A afterwards
- 22 – Bingo
- 29 – Groundhog Day Event



SPAC Has Gone Mobile: did you know that SPAC has an app? Be sure to download the app to your phone & stay connected to SPAC! You can now find our mobile app on both the Apple Store and the Google Play Store for Android. Search 'Saint Paul Athletic Club'.

SPAC Apparel Now Available: We now have SPAC hoodies, half zip pullovers, and knit caps for sale at the front desk. Try one on today and see how good you look.

Welcome to the members who joined in December! We're so glad you're here!

SPAC New Members

Jon Applebaum	Robert Harrell
David Bauer	JoAnn Hawkins
Kristine Bausch	Emily Herringshaw
Paul Bottoms	Daniel Hicks
Doug Bulthuis	Sam Hsu
Alison Campbell & John Rentschler	Margaret Hughes
Anders Davidson	Chris Iverson
David Dehne	Alex Kim
Alexis Donath	Shona Koester & Ron Hagen
Shawn Dormody	Gabriel Kosa
Brian Dusek	Bryan Larson & Michael Nielsen
Chey Eisenman	Hilary Le Bon
Lynn Elliott	Eric Lund
Kevin Fay	Scott Lyon
April Gardner-Taylor	Charles & Karen Macomber
Andrew Garland	Adam Martini
Dan Grundmeir & Cyndi Grundmeir	Michael Matsen
	Patricia McArdle

Torih Michelle
Mark & Jack Moores
Karen Morrill
Aaron Mulder
Kande Ngalamulume & Samantha Grose
Siri Nyman & Jesse Gibbs
Mary O'Brien
Timothy & Maria O'Phelan
Mark Proctor & Kayla Zirpel-Proctor
Karl Reichensperger
Scott Renquist
Sarah Reynolds
Peggy Roy
William Ryder
Christopher Sebald
Mary Shields
Therese Skarda
Damion Smith

Brandon & Alyson Sood
Cherian Thomas & Anita Johnson
Samuel Thompson & Chandra McFarland
Brett Waverly
Jenny Werness
Courtney & Nick Woltman
Zayda Harsha

University Club

Erika Applebaum
Jennie Engelhart
James Haven
Dorothy Heins
Lucas Muellerleile
Tim Palm
James Richardson
John and Susan Schatz
Ellis Wright

BEVERAGE SPOTLIGHT

By Joel Nelson

We begin the New Year by examining the University Club's cocktail offerings. In congruence with the century long tradition at the Club, we center our cocktail program on classic beverages while supplementing with seasonally or locally oriented choices. Some of the most prominently featured local companies are VIKRE from Duluth and BORDER from new Richmond, WI. One may always expect to receive a perfectly crafted Rob Roy, Gimlet or Dry Martini, and the addition of a few contemporary cocktails assists to combat stagnancy. This month we pull back the curtains on a few original cocktails currently on the University Club's list.

THE NUCKY THOMPSON

This modern twist on a classic Old Fashioned is named after a fictitious character from a recent Prohibition Crime Drama, Boardwalk Empire. In the series, Nucky Thompson uses his power as a political figure in Atlantic City to influence the booming covert bootlegging industry during Prohibition. This ode to Nucky differs from a classic Old Fashioned in a few aspects: the use of molasses sugar, Griotte cherries and Madagascan vanilla syrup, while omitting white sugar, Maraschino cherries, Angostura bitters and a soda spritz.

2.5 oz Woodford Reserve
2 Griotte Cherries
Slice of orange
.5 oz Organic Madagascan Vanilla Syrup
1 tsp Molasses sugar

Your bartender will begin by muddling the sugar, cherries, orange slice and vanilla syrup in the base of a lowball glass, then top with ice and Woodford Reserve, stir and serve with a garnish of orange. This twist on a classic Prohibition favorite accentuates the mellow, caramelized notes that the molasses sugar, vanilla syrup and Woodford Reserve contribute. The drink benefits both in color and depth of flavor added by the smaller, darker and more potent French Griotte cherries. In comparison to the classic recipe, the bitters are replaced by the syrup, and soda is omitted simply because it is not necessary to dilute the smooth caramelized notes that characterize Woodford Reserve, while the darker molasses sugar solidifies the intended flavor profile.

THE SPICY BEE

This cocktail brings some heat and local influence to the classic 1920's favorite, The Bee's Knees. A pure and simple three part beverage, this drink originally consisted of honey and lemon juice mixed in equal parts to mask the poor quality encountered in "bathtub" gins that were often consumed during Prohibition. The sweetness from the honey and the acidity from the lemon juice still provide that same balance to counteract the gin, but in the University Club's version, we add spice via the addition of jalapeno, clove, star anise and allspice to make the flavors profile more dynamic. The key to this beverage lies in the preparatory work. First, we must make a simple syrup from local AMES honey. A simple syrup is necessary rather than simply adding straight honey because then the dissolving process is much more rapid and the honey will not freeze to the ice cubes while shaking. A ratio of two parts honey to one part water is used to reduce the honey, then once the desired consistency is reached, a jalapeno is halved and added along with the afore mentioned proprietary whole spice blend to steep in the syrup as it cools. The end result being a beautifully effervescent house made simple syrup with a moderate spice factor.

2 oz Vikre Juniper Gin
1oz fresh squeezed lemon juice
1oz House made spiced honey syrup

Your Uclub bartender will begin by chilling your coupe glass while he or she combines the liquid ingredients according to the ratio above, shaking over ice and straining into the chilled vessel. We elect to support our friends to the north, Emily and Joel Vikre of Duluth, as they forge new ground in the subtle science of creating new and unique gin botanical blends. The "Juniper" gin delivers on its namesake and offers a bright, dry flavor profile scented as if you had just crushed a juniper berry in your glass. The final step is garnishing with a twist of orange zest and voila, The Spicy Bee is here to stay as a potent gem of a cocktail to be enjoyed by all members on your next visit to the Member's Bar!



CULINARY SPOTLIGHT

by Chef Chris Gerster

Winter Herbs and Spices

Food is always better when properly seasoned. And cooking is much more fun once you've mastered the basics of herbs and spices. Your food will taste better, smell better, and impress your family and friends.

First, a definition: Herbs are the leaves of the plant while spices come from the roots, bark, and seeds. Basically, anything not a leaf falls into the spice category.

Now let's take a look at a three common herbs and spices to get you started.

Allspice is similar to nutmeg, clove, cinnamon and black pepper. It can be used in both savory and sweet applications (think pot roast, apple pie, or apple muffins). A word of caution: allspice can be very strong, so experiment with a small amount (1/2 tsp or so) until you find what suits your tastes.

Rosemary is one of the most aromatic and flavorful of all the herbs. Its needlelike leaves have strong pine and citrus flavors that pair well with lamb, garlic, and olive oil. Rosemary is also a nice addition to garlic bread, tomato sauce, pizza, and pork, but because its flavor is strong, a little goes a long way.

Bay leaves are used most often in soups, stews, and classic French pates and terrines. Bay leaves are a prominent ingredient in Cuban and French cuisine. I throw one in when I cook dried beans, a tomato sauce or a braised item of any kind (bay leaves and braised meat are practically joined at the hip). Just remember to remove the bay leaf when serving. They add a nice flavor to your dish but taste, well, not very good on their own.

Here are just a few things you can try right away:

- Add a teaspoon of chopped rosemary and some olive oil to dress up a frozen pizza
- Try a ½ bay leaf to store bought soup when reheating
- A ½ tsp of ground allspice added to your favorite muffin recipe or mix is sure to add interesting depth.

Have fun and don't be afraid to experiment!



COFFEE CONCERT

Paul Metzger has been experimenting since way back when, playing his art-guitar (complete with a crash cymbal mounted to its bottom) and his distinct heavily modified 23-string banjo. In 2003 he went public, playing out sets of his own music - part old-time strung-out blues and raga, and part deep listening compositions that wind their way through your inner ear. This is not, however, the limit...what he can do with his instruments live also includes clangorous, rapidly punctuated percussive workouts that blow audiences away. He pulls the listener inwards and then takes them out the backdoor to experience the other.

And then add the date, time, and place
someplace noticeable

Wednesday, January 7th Noon
Saint Paul Athletic Club
340 Cedar Ave Saint Paul

RECIPROCAL CLUB SPOTLIGHT

The Montana Club in the state capital of Helena was founded in 1885 but its first building was destroyed by fire in 1903. The club then hired Cass Gilbert of Saint Paul and New York City to design a new six-story clubhouse which opened in June 1905, the same year the Minnesota State Capitol building designed by Cass Gilbert was completed. Cass Gilbert also designed the Woolworth building in New York City, the U.S. Supreme Court Building in Washington and the Arkansas and West Virginia state capitol buildings. The clubhouse has a basement bar called the Rathskeller, a dining room and a lounge on the second floor and a grand banquet hall on the sixth floor modeled after the great halls of medieval Europe. Just off the banquet hall is a loggia that allows guests to look down upon Helena's main street, officially called Last Chance Gulch. Men are expected to wear collared shirt and jacket.



G.K. CHESTERTON SOCIETY by Dale Ahlquist

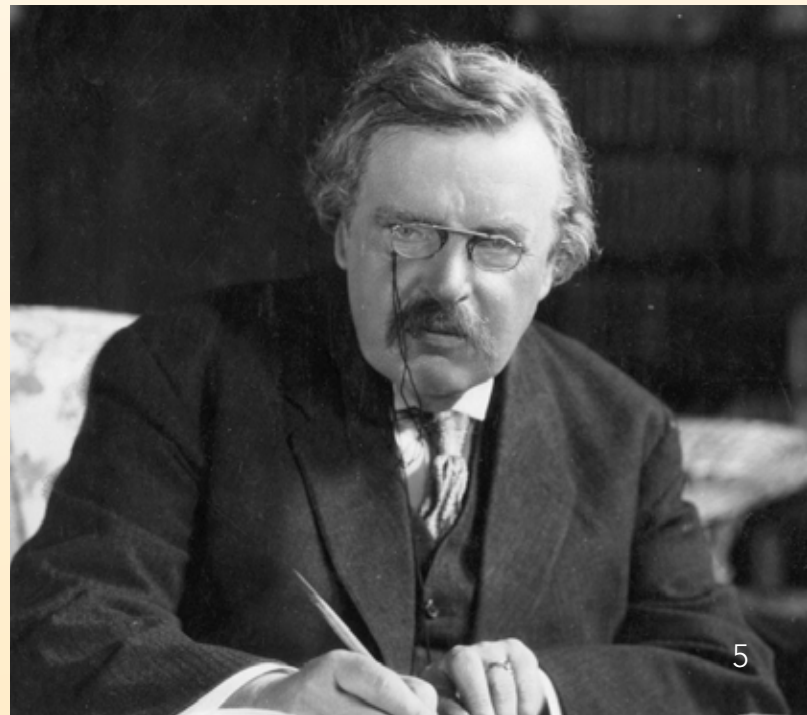
On January 27, the Twin Cities Chesterton Society will be discussing "The Great Heresies" by Hilaire Belloc.

Belloc (1870-1953) was an Anglo-French writer and historian who became a naturalized British subject. He was one of the most prolific writers in England during the early twentieth century, known as an orator, poet, satirist, man of letters and political activist. He is most notable for his Catholic faith, which had a strong impact on most of his works and his writing collaboration with G. K. Chesterton. He was a noted disputant, with a number of long-running feuds, but is also widely regarded as a humane and sympathetic man.

In this important book "The Great Heresies" written in 1936, Belloc predicts the re-emergence of Islam with startling accuracy. This is an interesting and timely conversation and we hope you join us.

Guests welcomed!

Chesterton meets the 4th Tuesday of every month at 7pm. For more information, please contact info@chesterton.org.



GREAT BOOKS DISCUSSIONS!

by Margaret King



Trapped in Marriage? Decide for yourself.

Meet up with the Great Books Discussions group to discuss Edith Wharton's novel *The Age of Innocence*. Great Books will take up this classic work on Wednesday, January 21, 7:30pm at the U Club. Secure a copy from your local library and weigh in with your opinion!

The Age of Innocence was Edith Wharton's twelfth novel. It won the 1921 Pulitzer Prize for Fiction, making it the first novel written by a woman to win the Pulitzer Prize for Fiction, and thus

Wharton the first woman to win the prize. The story is set in upper-class New York City in the 1870s. The title, an ironic comment on the polished outward manners of New York society, is believed to have been drawn from the popular 1785 painting *A Little Girl* by Sir Joshua Reynolds, later known as *The Age of Innocence*.

The novel centers on an upper-class couple's impending marriage, and the introduction of the bride's scandal-plagued cousin, whose presence threatens their happiness. The novel questions the assumptions and morals of Golden Age New York society, and perhaps, our own.

The story's protagonist, Newland Archer, is a young, popular, successful lawyer living in an elegant New York City house. Since childhood, his life has been shaped by the customs and expectations of upper-class society. His engagement to the shallow, dull May Welland is one in a string of accomplishments, and he's content to dream about a traditional marriage. His life changes when he meets Countess Ellen Olenska. Through his relationship with her, he begins questioning the values on which he was raised.



But ... decide for yourself. Within the mores of Wharton's time, good breeding and repression were synonymous. Have things changed so much today? Are the advantages of respectability worth renouncing one's dreams and desires? Is Minnesota Nice the evil stepchild of Midwestern social dictates? Join the debate. We welcome you!

The next Great Books Discussions meets on Wednesday, January 21, 2014 at 7:30 pm, in the Casual Room. We hope to see you there!

For more information, email Margaret King: kingmuelken@q.com

Pictures:

Caption for the painting image: *A Little Girl* by Sir Joshua Reynolds, 1785

Caption for the photograph of Wharton: Edith Wharton, looking somewhat repressed.

FAMILY CLUB NIGHTS 2015

FAMILY CLUB NIGHT 2015

The 3rd Friday of every month features family entertainment from 5:00 – 8:00 pm. Children are treated to a fun dinner, seasonal crafts and activities while parents are able to enjoy socializing with friends old and new in the Fireside room during the weekly “Club Night.”

\$10.00 per child/ \$30.00 per family will include dinner and activities.

Reservations encouraged; please call 651-222-1751



HANDS ON SUNDAYS

2 - 4 p.m.

The University Club loves kids, and we recognize the value our members place on spending time together so we are offering a variety of family activities everyone can enjoy doing together. Activities will occur in the club's sunny terrace room the first Sunday of every month, January through May. The University Club will provide a toddler corner so the entire family can enjoy the activities.

Cost: \$15.00* per family.

Reservations encouraged; please call 651- 222-1751.

*some activities require pre-registration and may have an additional fee



ETIQUETTE CLASSES

Do you need extra reinforcement at home teaching your child that good manners matter? Look no further! The University Club is proud to be offering a first time manners dining class for children of our members! We are excited to be hosting etiquette professional, Bethany Miller, from Doors of Success Etiquette as we offer this valuable and fun, social and dining skills workshop!

Saturday February 7th
Time: 11:00 am – 1:00 pm
Ages: Children ages 6-9
Location: The University Club
of St. Paul

Saturday March 7th
Time: 11:00 am – 1:00 pm
Ages: Children ages 10 - 13
Location: The University Club
of St. Paul

A stack of several books is shown, with the top page of the top book visible. The page contains Spanish text in a cursive font. The text is partially obscured by a black overlay at the bottom of the image. The background is a warm, textured surface.

YOUTH SPANISH BOOK AND CONVERSATIONAL LANGUAGE CLUB

with Miriam Grady

This club is for children in 5th - 12th grades with a minimum of intermediate Spanish. The group will read a book written in Spanish along with having fun Spanish discussions.

3rd Thursdays, 6:30 - 7:30
January 15, February 19, March 19, April 16, and May 21



FAMILY PARENTING SERIES

presented by Jenny Hanlon

Teacher, Consultant, & Author Jenny Hanlon, M.Ed. provides tools and resources to empower children so they can grow to be genuinely happy and confident. She offers consulting sessions with parents and organizations that work with children along with classes (in-person and online) for professionals who work with children, parents of children birth through the early teen years and even classes specifically geared to children. Jenny occasionally appears on Twin Cities Live, KSTP and the KARE 11 Saturday morning show offering parenting advice. Jenny lives with her husband and two school-age children in the eastern suburbs of the Twin Cities.

Cost: \$40.00 per parenting team (includes all three classes)



BEGINNING CLASSICAL BALLET

Taught by the Co-Directors of Rivers Ballet, Georgia Finnegan Amdahl and Jennifer Murry, this class will introduce young dancers to the art, technique, and joy of classical dance. With more than 60 years of experience between them, Ms. Finnegan Amdahl and Ms. Murry have trained and taught extensively in North America and in Europe and will use the Russian method to lead students through basic barre exercises, port de bras, center practice, and allegro.

Nine week session; January 8 – March 5

Thursdays, 6:30 pm – 7:30 pm

Cost: \$150.00 per child. To register, please call 651-222-1751.



U CLUB INDOOR SWIM SEASON

Winter Session begins January 4th, 2015! This is the perfect opportunity to develop your stroke, gain endurance and stay active during the cooler months. Classes meet Sunday's from 1:00 – 2:00 pm at The Saint Paul Athletic Club.

Head Coach: John Thomas
Assistant Coach: Katie Kustritz

Cost: \$99.00 per session. To register, call 651-222-1751,
or email skatsiotis@universityclubofstpaul.com.

Session 2: January 4th – March 1st

Session 3: March 8th – May 10th

*Each session is limited to 20 swimmers



TUESDAY NIGHT PASTA RETURNS!

2nd Tuesdays, 5:00 – 8:00 pm
(Members Bar and Casual Room)

January 13th, February 10th, March 10th,
April 14th, and May 12th
Reservations encouraged;
please call 651-222-1751

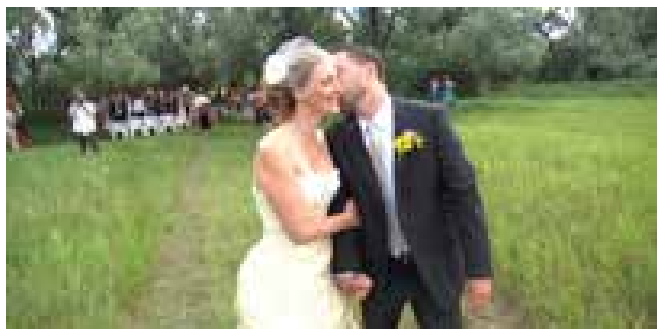
TWIN CITIES FILM FEST MOVIE NIGHT

112 Weddings Documentary

Jan 15th 2015 | 6:30pm

Filmmaker Doug Block will be in attendance from New York to do a Q&A after!

Over the past two decades, acclaimed documentary filmmaker Doug Block has supported his career with a side business of videotaping weddings. Long curious about how their marriages have turned out, he tracks down and interviews some of the more memorable of his 112 wedding couples - with funny, insightful and deeply moving results.



'Love, Lust and Loss'

Feb 12th 2015 | 6:30pm

From the first sparks of attraction to the depths of a long term relationship, this short block examines the complexities of the significant relationships in our lives with both ourselves and with others. How do we grieve? What is the truth? How often should a couple have sex? Films Include: Destroyer, Evergreen, How 'Bout Now?, The Cat's Cradle, North, Sad Clown, What Cheer?

Script reading

March 19th 2015 | 6:30pm

Ever wanted to be in the room when they try out a script? Here's your chance! Professional actors preview a new movie. Real, unedited, and how it gets started.

STEWART O'NAN – WEST OF SUNSET

Join us for a reading by Stewart O'Nan, author of the new novel, *West of Sunset*, about the last years of F. Scott Fitzgerald's life, when he worked in Hollywood. O'Nan's award-winning fiction includes *Snow Angels*, *A Prayer for the Dying*, *Last Night at the Lobster*, and *Emily, Alone*.

Free reading and book signing: Wednesday, January 21, 7:00 p.m.

University Club, 420 Summit Ave, Saint Paul.

O'Nan's new book will be available for purchase at the event.

Special Reception with Stewart O'Nan (RESERVATIONS REQUIRED - \$50 admission)

Wednesday, January 21, 5:30 to 6:30 p.m.,

University Club, 420 Summit Ave, Saint Paul.

Before the reading, join Stewart O'Nan for a private reception – limited to 20 people - at the University Club. Reception admission includes a copy of O'Nan's new novel, delicious appetizers, and a cash bar. Proceeds benefit Fitzgerald in Saint Paul. To reserve your spot, please contact Stu Wilson at stu@fitzgeraldinsaintpaul.org or call 651-253-3231.

Events are co-sponsored by Common Good Books & The Friends of the Saint Paul Public Library

FITZGERALD
IN SAINT PAUL

Fitzgerald in Saint Paul – www.fitzgeraldinsaintpaul.org
join us Facebook and Twitter, too!

INVESTMENT CLUB By Eugene Mason

How many is too many? That question was posed at the December meeting and it related to the number of investments held in the club's stock portfolio. It's a legitimate question because to manage a portfolio effectively, the members must volunteer to update specific stocks on a monthly basis. It is not okay to purchase a stock and then forget about it. So, how many individual stocks should the club own for ease of administration while maintaining a diversified portfolio?

Currently the membership attempts to diversify its investments over the ten business sectors but limits the amount of a particular investment to \$4,000. If the current cash position of \$28,000 is invested in \$4,000 increments, the portfolio investments would increase by seven, resulting in portfolio with too many individual companies to follow.

A resolution was offered and passed to eliminate the \$4,000 cap. All new investments will be open-ended allowing the proponents to recommend larger purchase orders. Additionally, the membership is

urged to consider making additional investments in its current holdings.

In the days following the December meeting the stock market probably had its most volatile down days and its most volatile up days in decades. The Dow Jones Industrial Index fell close to 700 points and then regained nearly all the 700 points in the following days. It is not the time to have a weak heart! At the end of the day, with all market gyrations, the club's portfolio is back where it started on November 30th.

Wall Street pundits are looking forward to slow - but good - 2015. Yeah sure you betcha!

The Investment Club meets the second Wednesday of every month. All meetings start at 5:30 PM and adjourn 7:00 PM. Contact Gene Mason at eugene.mason@comcast.net if you would like additional information.

THE HISTORIC DACOTAH BUILDING



Architecturally distinguished, this building is located at Western & Selby Avenues in Saint Paul's Historic Cathedral Hill neighborhood. Woodburning fireplaces, hardwood floors and views of the St. Paul Cathedral and above

W.A. Frost & Company. **Rates from \$450 per month.**

Contact: Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com

**PREMIUM OFFICE SPACE
NOW AVAILABLE**

SUMMIT AVENUE'S HISTORIC BURBANK-LIVINGSTON-GRIGGS MANSION

COMMONWEALTH PROPERTIES

SECOND FLOOR WEST WING

1,000 sq. ft. apartment with 17th and 18th Century European rooms, one bedroom, galley kitchen with granite countertops, stainless steel appliances, green marble bathroom, parquered floors, rock crystal chandeliers and wall sconces, phenomenal view down Summit Avenue to the Cathedral, off street parking.

Available fully furnished for long or short term stays

\$2,100 per month

BUILDING AMENITIES:

Wireless Internet
Security System
Satellite/Cable Television
Phone Lines

Full use of the University Club
Facilities
Housekeeping Services Available
Catering Services Available
Off Street Parking
Stay Free at Stout's Island Lodge



For more information and to schedule a showing, please contact
Debbie at dburgwald@commonwealthproperties.com

651-261-7897

Charming, Historic Stone
CARRIAGE HOUSE



**Two Bedroom Carriage House
at 426 Summit Ave**

Situated high on a bluff overlooking Downtown St. Paul and the Mississippi River. Includes University Club Membership during your stay. Perfect for the Bride and Groom. Minimum 2 night stay.

RESERVATIONS AND INFORMATION

651-261-7897

dburgwald@commonwealthproperties.com

**COMMONWEALTH
PROPERTIES**

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

THE EXCHANGE BUILDING

THE DAKOTAH BUILDING
(above W.A. Frost)

U CLUB DOWNTOWN CLUBHOUSE

THE SAINT PAUL BUILDING

SUMMIT AVENUE U CLUB

CONDOMINIUM OFFICES

Now available for sale.

For more information contact Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com

WELLNESS CORNER by Jill Winegar

Do you need support with your New Year's resolutions? Our new specialized training classes can help you get started on the right foot for all of your health and wellness goals. We have different class formats for different needs. Is weight loss the goal? Body Blast is an intense metabolic workout that maximizes fat loss. Straps and Bells is a great core and cardio workout, and Cardio Fit Tennis will help get your game on for spring and summer game play. We also offer two levels of Pilates reformer classes, beginning and intermediate. All sessions are eight weeks and start the week of January 5th. For more information or to register call 651 291 7722 or email jillwinegar@TheSPAC.com.



SMALL GROUP

Classes

Eight week session starts the week of January 5th, 2015

Small Group Classes mean personalized attention in an energetic, motivating and supportive environment. You get the attention of one of our highly qualified Personal Trainers with a limited number of participants to ensure maximum effectiveness, efficiency, and support. All without judgment.

BODY BLAST – Tuesdays 5:30 pm – Designed to melt away fat and build lean muscle. Using an interval format, sixteen different exercises in four separate muscle group circuits, every inch of your body will be blasted.

Michael Zuehl Trainer

CARDIO FIT TENNIS – Mondays 6:30 pm – A sport-inspired workout geared to build strength, stamina, increase flexibility and improve balance. This circuit format infuses athletic aerobic movements with strength and stability exercises that will motivate you towards your best performance yet. No racquet required.

Jami Bauer Trainer

BELLS AND STRAPS – Mondays 12:00 pm or Thursdays 6:00 pm – The perfect storm of TRX and Kettlebells – learn why this is a favorite of Navy Seals and Firefighters. All core, all the time, this class works power, strength, and balance.

*Mondays 12:00 pm Jill Winegar Trainer
Thursdays 6:00 pm Georgene Gray Trainer*

POLICIES AND PRICING

- Eight week session only \$100. This is a reduced price for 2015!
- Registration required 48 hours before first class
- Class minimums apply for class to run, so register early!
- Drop in rate \$18, space available
- To register call 651-291-7722



PILATES GROUP REFORMER

Class Schedule

Eight week session starts the week of January 5th, 2015

Pilates is a great way to achieve optimal strength, tone and flexibility without adding bulk. Pilates works to restore the natural function of the spine and joints, balances the muscles and is therefore the perfect approach to injury rehabilitation. Pilates can be done in a group mat class (included in your regular membership), or in a small group class of four for additional fees. You may also work privately with a trainer to suit your specific goals, needs and time frame.

POLICIES AND PRICING

- Eight week session \$145
- Registration required 48 hours before first class
- Drop in rate \$25 space available
- Classes are 50 minutes
- Two person minimum to run the class
- Make up sessions allowed by Instructor approval only
- Experienced class requires previous experience or instructor approval
- To register call 651-291-7722

The reformer is the main piece of equipment used in Pilates training. The reformer uses spring resistance and is an extremely versatile piece of equipment. Unlike more traditional strength training equipment, there are hundreds of exercise variations that can be done on the reformer that allow for three dimensional movement and conditioning.

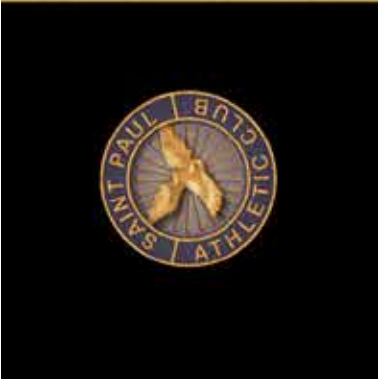
SPAC Pilates Program is headed by Fitness Director and STOTT PILATES Lead Instructor Trainer Jill Winegar. One of 30 in the world who have achieved her level for STOTT PILATES, she has trained thousands of Instructors in the method, and leads the STOTT PILATES staff here in programming and instruction. Our state of the art studio is fully equipped with STOTT PILATES brand equipment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am		Beginning Reformer Jill (5A)				
10:00 am					Beginning Reformer Jill (5A)	
12:00 pm			Experienced Reformer Jill (5A)			
6:00 pm			Beginning Reformer Georgene (5A)			

Class Locations: 4A = Yoga Studio / 4th Floor 5A = Studio A / 5th Floor 5B = Cycle Studio / 5th Floor 5C = Studio C / 5th Floor 9A = Studio

A / 9th Floor

St. Paul Athletic Club, 340 Cedar Street, St. Paul, MN 55101 • For more information call: 651-291-7722 or email jwinegar@theSPAC.com



MASSAGE THERAPY *Services*



The St. Paul Athletic Club is proud to bring you quality, award winning Massage Therapy from Caring Hands Massage. Caring Hands Massage, known for it's reputation for gentle, strong, exceptional massage and bodywork, joins with The Saint Paul Athletic Club to continue bringing the quality of fitness and wellness opportunities members have come to enjoy and respect.

Massage Therapy supports your natural functions and affords you the possibility of improved circulation, stronger immune system, pain relief, greater internal cleansing, better recovery and healing, increased flexibility and athletic performance, rejuvenation and relaxation. . Your session is customized to meet your specific needs and may include techniques like:

- Swedish/Relaxation Massage
- Deep Tissue Massage
- Trigger Point
- Sport Massage
- Reflexology

Sixty and ninety minute appointments available at a variety of times, see starting and ending times below. Member and non-member pricing available.

TUESDAY		1:00 pm					7:00 pm
WEDNESDAY		1:00 pm					7:00 pm
FRIDAY	11:00 am					5:00 pm	
SATURDAY	8:00 am			2:00 pm			



POOL Schedule

Effective December 1, 2014

Masters Swimming is designed for those who swim at a scheduled practice time(s) with the benefit of group and individual coaching. Each workout is designed to be fun and exciting as well as improve technique. Class prices range from \$28 – \$37 per class.

Kids' Swim Club The kids' swim program at SPAC will give your child an opportunity to learn the various parts of the sport of swimming. Our coaches will train each participant in the four competitive strokes (front crawl, backstroke, breaststroke, and butterfly). Incorporated with this training will be correct stroke technique, breathing, starts and turns.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 pm							Kids Swim Club JT (P)
4:00 pm							Masters Swimming Elena (P)
6:30 pm				Masters Swimming Elena (P)			

Lap swim is not available during class times

For more information contact Elena Jacobson at 651 -280 -4386 Ejacobsen@TheSPAC.com



Clear your mind of can't.

SUNDAY

22

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Happy New Year! UC Closed SPAC 7am – 8pm	2 Member Night 5 – 7pm UC	3
4 <i>Hands on Sunday</i> <i>The Kitchen Pantry</i> <i>Scientist</i> 2:00 – 4:00 UC <i>Swim Team Session 2</i> 1pm SPAC	5	6 Yoga 6pm UC	7	8 <u>L'Apéritif en Français</u> 6pm UC <u>Cass Gilbert</u> 7pm UC <u>Member Night</u> 5:30pm SPAC	9 Member Night 5 – 7pm UC	10
11 <i>Swim Team Session 2</i> 1pm SPAC	12	13 <i>Pasta Night</i> 5 – 8pm UC Yoga 6pm UC	14 Investment Club 5:30pm UC	15 <u>Casa de Espana &</u> <u>Youth Spanish!</u> 6 – 7:30pm UC <u>Parenting Series</u> 7pm-8:30 UC <u>Member Night</u> 5:30pm SPAC	16 Member Night 5 – 7pm UC <i>Family Fun</i> 5pm Varsity Grill	17
18 <i>Swim Team Session 2</i> 1pm SPAC	19	20 Yoga 6pm UC Readings by Writers 7pm UC	21 Great Books 7:30pm UC John Adams Society 7:30pm UC	22 Member Night 5:30pm SPAC	23 Member Night 5 – 7pm UC	24
25 <i>Swim Team Session 2</i> 1pm SPAC	26	27 GK Chesterton 7pm UC	28	29 Member Night 5:30pm SPAC	30 Member Night 5 – 7pm UC	31

Please see the Group Fitness Schedule for classes offered at SPAC

For more information or questions about anything listed, please contact receptionists@UnversityClubofStPaul.com or call 651-222-1751

Italics indicates kid-friendly or specifically for families.

2015

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 <i>Swim Team Session 2</i> <i>1pm SPAC</i> <i>Hands on Sunday</i> <i>Stampin' Up and</i> <i>Northern Clay Center</i> <i>2 – 4pm UC</i>	2	3	4	5 Member Night 5:30pm SPAC	Ice Martini Bar	7 <i>Etiquette Class</i> <i>Ages 6 – 9</i> <i>11am-1pm UC</i>
8 <i>Swim Team Session 2</i> <i>1pm SPAC</i>	9	10 <i>Pasta Night</i> 5:00 – 8:00 Yoga 6pm UC	11	12 <u>L'Apéritif en Français</u> 6pm UC <u>Cass Gilbert</u> 7pm UC <u>Member Night</u> 5:30pm SPAC	13 Member Night 5 – 7pm UC Mardi Gras	14 Valentine's Day!
15 <i>Swim Team Session 2</i> <i>1pm SPAC</i>	16	17 <u>Yoga</u> 6pm UClub <u>Readings by Writers</u> 7pm UC <u>Great Books</u> 7:30pm UC	18 Investment Club 5:30pm UC John Adams Society 7:30pm UC	19 <u>Casa de Espana &</u> <u>Youth Spanish!</u> 6 – 7:30pm UC <u>Parenting Series</u> 7pm-8:30 UC <u>Member Night</u> 5:30pm SPAC	20 Member Night 5 – 7pm UC <i>Family Fun 5pm</i> <i>Varsity Grill</i>	21
22 <i>Swim Team Session 2</i> <i>1pm SPAC</i>	23	24 Yoga 6pm UC GK Chesterton 7pm UC	25	26 Member Night 5:30pm SPAC	27 Member Night 5 – 7pm UC	28

Please see the Group Fitness Schedule for classes offered at SPAC or call

For more information or questions about anything listed, please contact Receptionists@UnversityClubofStPaul.com or call 651-222-1751

Italics indicates kid-friendly or specifically for families.

2015