

JUNE 2015

THE LOOKOUT

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

**Mark your Calendars:
Reggae by the Pool
with The Meditations**
(these guys played with Bob Marley!)

See page 11



Also inside: 1st annual neighborhood pool party | page 6

THE LOOKOUT

Something extraordinary happens every summer in Minnesota. We northerners truly appreciate and embrace warm weather and sunshine, perhaps because we know exactly what it feels like to go without it for extended periods of time.

There's a palpable shift during the summer months—not just in the temperature, but in the pace of life and the spirit of the community. Everyone pours outside. The air hangs thick with the sounds of laughter and the smell of barbecues. Neighbors get re-acquainted with each other and share stories and surplus garden cucumbers. Families enjoy picnics together. New babies get introduced to green grass for the first time.

This spirit of togetherness, of camaraderie, of all-around wellness, of spilling out of our houses and breaking away from our screens and actually having *conversations* again—this is the spirit we capture every day at the Saint Paul Athletic Club and the University Club. And we capture it year-round, thanks to the magic of good heaters and roaring fireplaces. But it's never more alive than it is during summer.

Here, summer means **outdoor pool season** and the famous **summer program** at the University Club. It means the start of **Great Summer Reads Book Club**, and a very special Jamaican-themed **Reggae pool party** that is sure to be a summer highlight (more details on page 11).

And it means the **Step Challenge**, an eight-week program during which participants agree to log their daily steps and engage in friendly competition with each other (more details on page 9).

We have a feeling it's going to be a great summer, and we're so glad you're spending it with us.



– Stephanie Laitala-Rupp

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Hours of Operation

UC: Fitness Center:

Monday 6am – 9pm
Tuesday – Saturday 6am – 10pm
Sunday 6am – 9pm

UC: Dining:

Monday 11am – 9pm
Tuesday – Friday 11am – 10pm
Saturday 9am – 10pm
Sunday 9am – 9pm

UC: Pool and Tennis:

Monday – Friday 6am – 7:30am
and 12:30pm – dusk;
Saturday – Sunday 6am – dusk

UC: Pool Dining:

Monday – Sunday 11am – 8pm

SPAC:

Monday – Friday 5am – 10pm
Saturday – Sunday 7am – 8pm

MEET THE TEAM



The University Club of St. Paul is excited to announce the addition of David Collins as Food and Beverage Manager. David, who is known for his management at Haute Dish and Libertine (among other Minneapolis restaurants), will be directing the University Club and Hotel 340 dining and banquet facilities alongside Executive Chef Christopher Gerster. David will also assist our Membership

Director Sue Katsiosis and Catering Manager Julia Struve to ensure our club remains one of the most prestigious and regarded facilities in Minnesota. David looks to bring his years of impeccable service standards to the University Club, while using his insights into the world of restaurants and bar management to ensure member satisfaction.

The dynamic food and beverage landscape in the Twin Cities has been developing and evolving into a nationally recognized powerhouse for the last decade. St. Paul features some of the most talented and recognized

chefs and mixologists in the industry, some of whom are products of our sister company, W.A. Frost. The University Club is excited to bring on a seasoned veteran within the restaurant world to maintain high standards for our food and beverage services. David designed cocktail menus and tended bar while at Haute Dish in downtown Minneapolis. He furthered his cocktail experience and helped to open Libertine, working under the guise of James Beard Award winning Chef Tim McKee.

“Minnesotans are craving quality local food and spirits. The University Club and its affiliates’ reputation and leadership in this industry lead me to them,” said David. “I have been enamored with the refinement of this club, its membership, and impeccable banquet service since first researching this position, and have been nothing short of astonished at its drive and commitment to ensure that the University Club remains one of St. Paul’s most coveted private social clubs. I am so proud and honored to be a part of this amazing operation. I hope to instill this sense of pride and ownership in every one of our team members. I look forward to meeting each and every one of you and will relish and digest any and all input that you have.”

Welcome, David!

WELCOME TO THE MEMBERS WHO JOINED IN APRIL!

- | | |
|-------------------------------------|------------------------------------|
| Edward Piechowski & Sean Ryan | Alan Oaks |
| Amanda Pranke | Alice Ruppert |
| Kurt Wolterstorff | Colin Schmidt |
| Jay Stoffel | David Jacobson |
| Peter & Ellen Demerath | Diana Grasselli |
| David Burns & Linda Mairr | Dustin Crenshaw |
| David & Kristel Barber | Jonathan Knutzen |
| Karyl Maier | Josh Williams |
| Don & Carol Schramm | Kramer Sneed |
| Jack Boespflug & Jacqueline Fortier | Meaghan Kirschling |
| Michael & Amelia Arthur | Michael DeBough |
| Joseph & Sandra Damiani | Michael Mehlich |
| Karen & Dave Hartje & Nancy Baxter | Mitch Elliott |
| Bob Murphy | Morgan Winters |
| Anna & Peter Kern | Nicholas Murray |
| Emily Goff & Ricardo De Medeiros | Richard Pemberton & Rebecca McLane |
| Rick & Sara Frommeyer | Steve Nikorak |
| Molli Maier | Vincent DiFazio |
| Robyn & Jeff Kramer | |

MEMBER PORTAL

Did you recently move? Have a new email address? If there are changes to your personal information you’d like to make to your account, our online Member Portal is a great place to go.

First, visit the SPAC website (TheSPAC.com) or the UC website (UniversityClubofStPaul.com) and log in to your account. From there, click **Account Information**, then select **Account Summary**.

Here, you can click the “update” link next to any personal information you’d like to update.

Click **Submit Changes** when you are finished, and you are set to go!

Have a question? Please contact SPAC or the UC and the front desk will be happy to assist you.

MEMBER SPOTLIGHT By Ellen Gans



Leah Berard;
International Rugby Referee

If you've ever noticed the giant weight sled on the 7th floor and wondered who subjects him or herself to that level of intensity and why, all you need to do is ask Leah Berard.

The former standout collegiate and club rugby player is now a full-time professional international rugby referee, but she's as motivated as ever to stay in tip-top condition, and the SPAC is where she does it.

The weight sled, by the way, isn't just for rugby athletes. It's an intense but effective way to build strength and power. And even though Leah is technically on the sidelines these days, she needs to be as fit as the athletes.

Here's why:

LB: In the international rugby games I coach, there's only one referee, and that person has to run up and down the 100-meter field for the whole game. We run as much as the athletes do—the only difference is that we don't get tackled!

SPAC: So you need to be able to train at a really high level. And you're able to do that at the SPAC?

LB: Oh, yes. I do a little of everything here. I do sled pushes and sprint shuttles and box jumps and warm-ups on the 7th floor, and sometimes I'll head to the 8th floor to use a bike. I also like stepping into the spin room when there isn't a class going on. I'll put some music on, hop on a bike, and just go.

SPAC: What prompted you to join the SPAC?

LB: My husband and I were members at a different club, but it just wasn't offering the amenities we wanted and it was always packed. We went for a tour at the SPAC and we were sold. The building is amazing and the amenities are amazing, and even though the price isn't that different from what we were paying before, I just feel more special here.

SPAC: Why's that?

LB: With the exclusive executive floor with robes and towels and all that, you just feel pampered. The pool is great, too. I had ACL and meniscus surgery a year ago, and having that constant access to the pool at the SPAC really helped me recover quickly. It was the only exercise that I could do that would keep my heart rate up.

SPAC: Do you take advantage of the reciprocity that comes with executive membership?

LB: I love going to the University Club in the summer for the outdoor pool. My husband and I also go there on Friday nights to socialize, and we like going to the wine tastings. I wish I could do more of the socialization and activities, but I travel so much for work. I'm gone up to 75% of the time.

SPAC: Do you keep track of the countries you've been to?

LB: No, but I've refereed on six continents. Maybe I can get someone to play a game in Antarctica so I can make it seven. [Laughs]

SPAC: What's on your bucket list?

LB: Most of my bucket list items involve travel. I want to get to Cuba before it gets taken over by tourism. I love traveling for what I do, and I'm lucky to have a really supportive husband. The immediate thing on my bucket list is that I'd really like to referee in the Olympics.

SPAC: Cool! Could that happen?

LB: I hope so. Rugby is going to be an Olympic sport for the first time since 1924, and I'd love to be there.

BEVERAGE SPOTLIGHT

By Joel Nelson

Spring is upon us, and the backyard is in full swing! It is only fitting that the Club offers the requisite seasonal beverages to be enjoyed poolside and on the deck. This spring, I am pleased to launch my final beverage menu as the outbound Front of House Manager; a menu flush with eclectic wines, local spirits and a nice array of summer brews. Below are some of the Club's favorite beverage offerings on the spring list.

White Wine by the Glass: the Club is excited to add some lesser known varietals, perfect for the warmer temperatures. Kinetic acidity races across the palate upon the first taste of our *Columna Albarino* from northern Spain, while the mellow, yet sweetly perfumed dry *Gewurtzraminer* from northern California offers a nice contrast. The young and vivacious *Vinho Verde* wine hails from Portugal, and if a crisp and refreshing dry white from the southern hemisphere is in your wheelhouse, keep an eye peeled for our *Torrontes!*

Cocktails: we are pleased to continue our partnership with and support of our friends in Duluth at Vikre Distillery, who have recently launched their Lake Superior Vodka; test it out in our *Minnesota Mule*. An early staff favorite is a spin on the classic Salty Dog cocktail. Our version, the *Smokey Dog*, is made with house-made grapefruit simple syrup, contrasted by the bitter Italian cordial, Aperol. The addition of Mezcal bolsters the flavor of the drink by adding a hint of smokiness. The *Smokey Dog* is topped with a splash of club soda and Alder wood-smoked sea salt.

Beer: as always, an accentuation of our local microbreweries runs strongly through the Club's spring beer list. Early frontrunners include Fulton's *Expat*, Brainerd Lakes Brewery's *First Pull IPA*, and the dynamic and highly popular *Traitor IPA* from Badger Hill (back by popular demand!). Don't forget to sample the *Hell or High Watermelon* wheat from 21st Amendment Brewing (although not local, we love this fruity beer!).

Let my final sentiment as your Club Beverage Manager be this: we strive to offer you classic and contemporary, old and new, local and original. This is a practice that shall certainly continue under the Club's new Food & Beverage Manager, David Collins. I was impressed by his charisma, competence and knowledge on the libation front during our overlapping time together. In support of David's continued efforts on your behalf, I urge you all to branch out and explore new drinks as David continues where I have left off, marrying the classic with the contemporary, and always infusing originality as the beverage program soldiers on into a new era.



DID YOU KNOW?

The University Club has new summer hours effective June 1st, and the deck is open and ready to be enjoyed! Read below for details:

Dining Service:

Monday: 11am – 9pm

Tuesday-Friday: 11am – 10pm

Saturday: 9am – 10pm

Sunday: 9am – 9pm

Fitness Center:

Monday: 6am – 9pm

Tuesday-Saturday: 6am – 10pm

Sunday: 6am – 9pm

Pool Dining Service:

Monday-Sunday: 11am – 8pm

Pool and Tennis:

Monday-Friday: 6am – 7:30am and 12:30pm – dusk

Saturday-Sunday: 6am – dusk

WINE CLUB

by Cory Biladeau

The Wine Club is fully launched, completely member-led, and thriving! After our inaugural April meeting, we dabbled in a Tuscan theme during our May 14th gathering. As the newly-established Wine Club presidents, my wife Pam and I offered wines from Montepulciano as well as other Sangiovese-based Tuscan gems (many of you know we are shameless lovers of the Club's recent glass pour of "Gran Sasso Montepulciano," which served as the driving force behind our presentation!). The Club was surprised at the amount of blending in many Tuscan wines such as Montepulciano and some Chiantis. We all found the exploration into different styles of wine from the same region to be intriguing, especially the dynamic variations one encounters from wines grown in sub-regions just a few miles apart!

In our everyday lives we hear words from the wine world, be it on television, radio or simply in passing: "bouquet," "tannin" and "chew," and so many more (what is "earth flavor," anyhow?). The Wine Club looks forward to learning and experiencing different wines, through appearance, smell and taste. As



our group coalesces, we are finding that we all have differing levels of knowledge regarding wine, ranging from limited to vast. The group as a whole is filled with interest and excited at the prospect of exploring and learning more about wine in the months to come.

The Wine Club would like to thank Joel Nelson, who has been an incredible support for our group; he really was the driving force in the organization and creation of the Wine Club. When we've had the opportunity to discuss wines with Joel, it's like "sipping from a firehose" (words spoken by my wife, a retired firefighter). The Wine Club looks forward to continuing to use Joel as a resource; he will be involved in the Club on a limited basis moving forward.

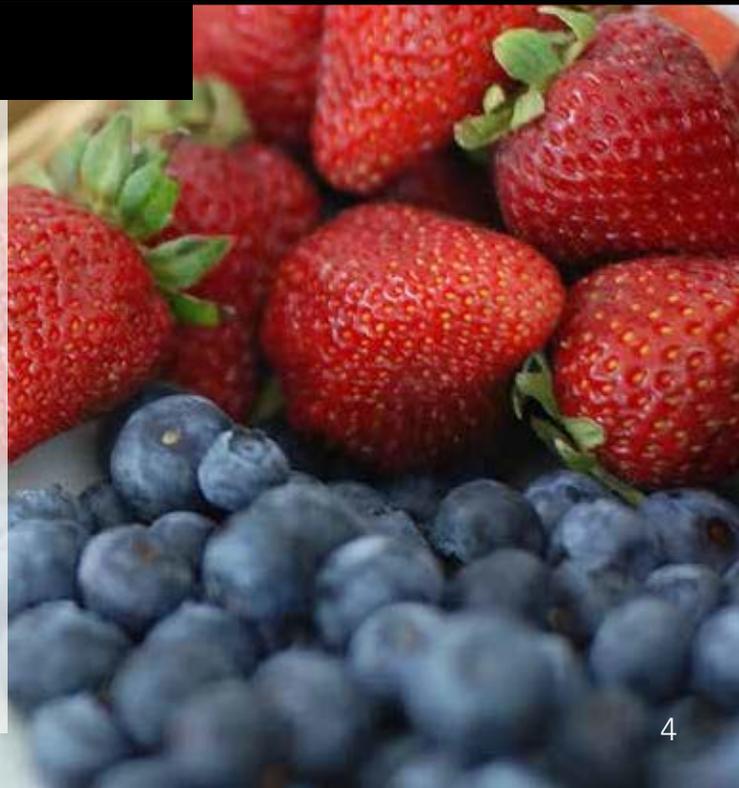
Wine Club meets on the second Thursday of each month at 7pm, and all are welcome! We ask that you RSVP and direct any questions to Cory and Pam Biladeau at corybiladeau@gmail.com. The Wine Club is \$10/meeting.. Cheers!

CULINARY SPOTLIGHT

by Chef Chris Gerster

The pool is open, and the University Club's summer program is revving up. A new energy is alive at the Club, and we are so excited for the upcoming summer season! Whether you choose to relax by the pool or stay active in the Club's backyard, it's important to be well-hydrated and energized as the temperatures continue to climb.

With the opening of the pool comes the opening of the pool shack, and we are especially excited for the shack's offerings this summer. In addition to some of your favorite frozen treats, we will be featuring a selection of delicious and nutritious house-made baked goods, yogurt parfaits and fresh seasonal fruit cups. Quell your hunger pains with one of our pastry chef's all-natural granola bars, a morning glory muffin with whole grains and fresh fruit, or one of several other tasty options. We look forward to seeing you by the pool!



RECIPROCAL CLUB SPOTLIGHT

Union Club of British Columbia

Founded in 1879, the Union Club of British Columbia is a landmark institution in the heart of downtown Victoria, British Columbia. Its present clubhouse was completed in 1913, the same year as the University Club of St. Paul. With an imposing neo-Georgian design inspired by the classic clubs of London, this heritage building has always offered premier service, amenities, and exceptional comfort. And because of those virtues, the club has consistently had an impressive membership – the type of community leaders who have been at the heart of the business, political, and cultural life of Victoria from its early colonial beginnings.

Stepping through the front door one sees a grand lobby with rich mahogany paneling, a 20-foot ceiling, and an expanse of stained glass skylights. The Main Dining Room is an atmospheric and superbly appointed room with high vaulted ceilings, period light fixtures, rich mahogany paneling, two fireplaces, and Georgian



windows overlooking the beautiful Inner Harbor. The Rooftop Terrace on the third floor, with wrought iron tables and chairs, offers a view of the Inner Harbor during the summer months. The Reading Room, situated on the main floor of the club, is distinguished by high ceilings, a grand piano, and a pair of gas fireplaces. A superb view of the Inner Harbor is offered by fifteen-foot windows. It is believed to be the largest reading room in Canada, covering 2,970 square feet. A separate library is on the main floor connected to the Reading Room. An old-fashioned billiards room features three full-size tables built in 1911. The club has a fitness center and 22 overnight guest rooms, including 7 suites with separate sitting rooms. All have queen or king beds, and many rooms have views of the Inner Harbor. The club has a strict dress code which guests must adhere to.

The club has a superb location across the street from the famous Empress Hotel for tourists visiting Victoria.

LAST MONTH AT THE CLUBS

Last month at the Clubs, we celebrated the Kentucky Derby and Mother's Day – and what fun these very special events were! We also kicked off summer and opened the University Club pool.



Mother's Day



Mother's Day



Kentucky Derby



University Club pool is open!



Kentucky Derby

Kentucky Derby photos by Roy Son.



The University Club's First Annual Neighborhood Pool Party

When: Saturday, June 13th 10:00am – 2:00pm

On Saturday, June 13th, we are inviting our neighbors to a pool party, and you are invited, too!

Bring your friends and family to the University Club's backyard for complimentary appetizers, swimming, children's activities and a weenie roast. Non-members are invited and encouraged to attend. There is no guest fee!

We are excited to spend time with you and meet new faces. We hope to see you there!

RSVP is encouraged so we can plan accordingly – please call the front desk at (651) 222-1751 and let us know how many are coming!

UNIVERSITY CLUB POOL HOURS & IMPORTANT INFORMATION

Pool Hours

Monday, May 25th through Monday, September 7th
Daily 6:00am - Dusk

Camp UClub Hours (pool and tennis reserved)

Monday, June 15th through Friday, August 21st
Monday - Friday 8:00am - 12:00pm

Pool Dining Service

Daily 11:00am - 8:00pm

The Ramsey Hill gate opens at 8:00am Monday – Friday & 10:00am Saturday. For Sunday access, please enter through the clubhouse entrance.

Important Information:

*Shoes are required inside the clubhouse at all times - please remember to wear shoes when accessing the locker rooms

*No outside food and beverage is permitted

*Pool and athletic attire are allowed in the outdoor pool area, outside play areas and fitness center only

*Lost and Found is located in the pool shack and is donated on the 1st day of every month

Pool Etiquette is posted at the pool shack and on the University Club website.

We look forward to a great summer with you!

REACH IN REACH OUT By Carol Engelhart

The stories of need at Crossroads Science and Montessori are great. The school has an overall poverty rate of 72%, and many students are recent immigrants from warmer climates - including Myanmar, Mexico and East Africa – who are facing Minnesota winters for the first time. These children find themselves in a winter season without mittens, boots, hats, snow pants or coats.

On **Friday, June 12th**, when the Minnesota winter blast is far from us, there is an opportunity to give back to these children. *Reach in Reach Out* is partnering with Crossroads Science and Montessori Elementary School and seeking donations of children’s winter clothing. Any gently used children’s winter clothing can be donated. There will also be an option to donate \$5 dollars cash, if preferred. We are so proud to be a part of this wonderful cause, and look forward to seeing you there!

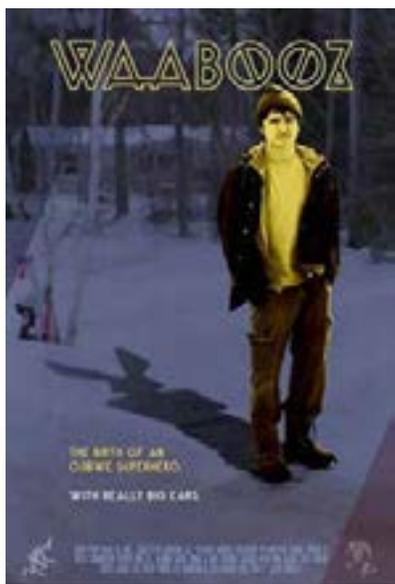
Donations will be accepted during Member night, beginning at 5pm on Friday, June 12th. Please email Carol Engelhart at carolengelhart@gmail.com with any questions.

AROUND THE MEMBERSHIP

Each issue, we like to take a few moments to recognize some exciting things happening with our members. This month, we’d like to send a big “congratulations!” to **Sue Scott**, who recently became a grandmother. Her grandson, Marshall Burns, was born on February 26th, 2015 (the same day as Joel Nelson’s little girl, Andie!). We’d also like to wish **Tammie Folliet** luck on her upcoming climb to the Summit of Mount Kilimanjaro – we hope you take lots of pictures! Lastly, we’d like to congratulate **Pam Biladeau** on her recent retirement. Pam spent most of her career in education and emergency management services, and she also served as a firefighter in the Roseville Fire Department for the last 10 years. You can find Pam on the second Thursday of each month facilitating our Wine Club!

Do you have a member you would like to recognize (it can even be you!)? Reach out to Sophie Rupp at srupp@universityclubofstpaul.com and we’ll be sure to include the shout-out in next month’s issue!

TWIN CITIES FILM FESTIVAL



Waabooz | Thursday, June 4th

Ticket Link: <https://www.eventbrite.com/e/tcff-insider-series-screenplay-reading-waabooz-tickets-16097629443>

Ticket Code: Screenplay

“Waabooz” is a character-driven drama set on a remote northern Wisconsin reservation, centered around a boy and his isolation, imagination and inspiration.

Twelve-year-old Rabbit spends most of his days collecting comics, keeping his little sister out of his hair and avoiding daily taunts from his peers for being a shy, awkward daydreamer. He keeps busy drawing and perfecting Waabooz: a superhero reflecting Rabbit’s desired self: strong, smart and brave. As the annual powwow approaches, Rabbit’s grandfather uses traditional storytelling and a little something up his sleeve to empower his grandson to be his own superhero.

This is a screenplay reading.



GREAT BOOKS DISCUSSIONS!

by Margaret King

“Where I Lived, and What I Lived For” by Henry David Thoreau



Photo: "Benjamin D. Maxham - Henry David Thoreau - Restored" by Benjamin D. Maxham active 1848 - 1858 - National Portrait Gallery, Washington, Smithsonian Institution, Washington, D.C. Licensed under Public Domain via Wikimedia Commons.

Quotable quotes from Thoreau:

“Live your beliefs and you can turn the world around.”

“It’s not what you look at that matters, it’s what you see.”

“Wealth is the ability to fully experience life.”

There’s never been anyone to match Thoreau (1817 - 1862), who, besides being an author, poet, naturalist, philosopher, abolitionist, tax resister, development critic, surveyor and historian, was a very individual individualist. This complex man of many talents studied at Harvard, taught school, helped make pencils in his father’s factory, and served as the general handyman to Ralph Waldo Emerson. But the most important event is his life was the building of a shack on the shores of Walden Pond, near Concord, Massachusetts, where he lived alone in the woods for more than two years. Here he figured out a simple life for himself and observed the animals and natural things around him, reporting his experiences in his masterpiece *Walden, or Life in the Woods*. (For a nice photographic tour of Walden Pond, beginning about 100 years ago, go to: <http://thoreau.eserver.org/cliff.html>.)

In “Where I Lived, and What I Lived For,” a chapter from *Walden*, Thoreau explains what motivated him to move to his cabin in the woods and what he hopes to accomplish by living there, drawing contrasts between the life he is embarking on and the one he is leaving behind in Concord.

“Over the years, Thoreau’s reputation has been strong, although he is often cast into roles – the hermit in the wilderness, the prophet of passive resistance ... that he surely would have seen as somewhat alien. His work is so rich, and so full of the complex contradictions that he explored, that his readers keep reshaping his image to fit their own needs. Perhaps he would have appreciated that, for he seems to have wanted most to use words to force his readers to rethink their own lives creatively, different though they may be, even as he spent his life rethinking his, always asking questions, always looking to nature for greater intensity and meaning for his life.” (Ann Woodlief)

Join us, then, for an interesting and enlightening discussion:

When: Wednesday, June 17th at 7:30pm

Where: University Club of St. Paul

Contact: Margaret King

Email: kingmuelken@q.com

READINGS BY WRITERS

by Carol Connolly

On Tuesday, June 16th at 7:30pm, eight published poets will be reading from their work in honor of Bloomsday. Mary Scallen, violinist, and Jim Miller, flutist, will be playing prelude music from 7:00pm to 7:30pm as they do each month, closing when the poetry reading begins. We hope to see you there!

Important Summer Program Information

June Highlights

- Monday, June 15th – First Day of Camp
- Monday, June 15th - Diving Practice at Highland Pool
- Friday, June 19th - Terry the Turtle Guy 6:30pm (poolside)
- Friday, June 26th – Book Clubs & Dive-in Movie

June Swim Meets

- Thursday, June 25th – Away @ White Bear Yacht Club
Bus Departs at 8:00am – Returns at 12:00pm
- Tuesday, June 30th – Away @ Town and Country Club
Bus Departs at 8:00am – Returns at 12:00pm

Save the Date

- Friday, June 24th – Fort Snelling Field Trip
- Thursday, July 30th – Inter-Club Swim Meet at Town and Country
- Friday, July 31st – Camp UClub Summer Celebration at the Saint Paul Athletic Club
- Monday, August 17th – Wednesday, August 19th – Stout’s Island Camping Trip

The University Club Adult Swim Team

starts Wednesday, June 17th!

This summer, the kids aren’t the only ones refining their strokes and having fun in the pool! The University Club Adult Swim Team will meet weekly on Monday and Wednesday mornings from 7:00am-8:00am

Optional Tuesday Evening Practice will be held at 7:00pm

Please contact Sue at SKatsiotis@UniversityClubofStPaul.com for more information.



Interested in joining our Croquet Team?

An informational meeting will be held at **7:00pm on Monday, June 8th** at the University Club.

Please call the front desk of the University Club to RSVP and request further information – 651-222-1751.

THE STEP CHALLENGE June 1st through July 31st

Summer is here, and as all Minnesotans know, it’ll be over before you can say "mosquito bite." Make the most of it with the Eight Week Step Challenge at the SPAC and University Club. Registration is FREE, and all you have to do is record your daily steps from June 1st to July 31st. We’ll even make that easy for you recommending a smartphone app that will record your steps for you, and we’ll also have pedometers for sale at SPAC for those who prefer a low-tech option. 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, as well as an overall winner at the end of the challenge. Need extra motivation? The Challenge includes an optional group walking class at SPAC over the lunch

hour. Our group fitness classes will also get your closer to your goal: Cycle - 45 minutes get about 3,500-4,000 “steps” per class; Step - 30 minute step class is about 2300 “steps” per class; and INSANITY - 45 minutes is close to 2500 “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, call 651-291-7722 or email Kristin at KMontpetit@theSPAC.com

Reggae Sun Splash

**POOLSIDE @ THE UNIVERSITY CLUB
THURSDAY, JUNE 18, 5:30 PM**

A Caribbean getaway in our backyard: The U Club pool turns into a Jamaican resort for one night only. Kick off your summer and your sandals and dance the night away to the relaxing rhythms of The Meditations, reggae legends who toured and recorded with Bob Marley, Jimmy Cliff, and Gregory Isaacs. Opening act Irie Sol features Junior Williams all the way from Kingston. Don't miss this night of Jamaican food and music under the night sky.

FEATURING JAMAICAN REGGAE LEGENDS:



**AND TWIN CITIES REGGAE/
WORLD BEAT COLLECTIVE, IRIE SOL**



SEE FOLLOWING PAGE FOR FURTHER DETAILS AND TICKETING INFORMATION



Dr. Joel Pace is Professor of English at the University of Wisconsin – Eau Claire, vocalist and trumpeter for Irie Sol, and a member of the University Club. Irie Sol's founder, Junior Williams, moved to the States from Kingston, Jamaica to start a group that fuses Jamaican musical genres with American ones.

Irie Sol's forthcoming 1920s jazz-themed album was recorded in the studio of Justin Vernon/Bon Iver. Irie Sol has had the good fortune to share bills with a diverse array of musicians: The Wailers, Stephen Marley, Morgan Heritage, The Meditations, Justin Vernon of Bon Iver, Tech N9ne, Sevendust, Quiet Riot, Bret Michaels, and Warrant!

REGGAE POOL PARTY

When: Thursday, June 18th – pool gate opens at 5:30pm,
first performance starts at 6:30pm

Where: University Club of St. Paul pool

What: Music by Irie Sole and The Meditations
Jamaican-themed food and cocktails (cash bar)

VIP Tickets

Includes a reserved seat at a poolside table, Jamaican-themed dinner buffet, one drink ticket, and a meet and greet with The Meditations

All-inclusive VIP ticket: \$55

General Admission Tickets and Buffet Option

General Admission

Ticket: \$20 advanced purchase / \$25 at the gate

Jamaican-themed dinner buffet (optional):

\$10 advanced purchase / \$15 at the gate

Limited seating available on a first-come, first-serve basis by the pool and on the deck

To purchase tickets, please visit www.brownpapertickets.com/event/1644669

PLEASE NOTE: This event is kid-friendly! If you plan to attend with children ages 12 and under, please reserve your tickets by calling the University Club front desk at 651-222-1751

Important information for ALL members to know related to this event:

- The University Club pool and restaurant will be closed for this event; the restaurant will close at 3pm and the pool will close at 4pm
- This event is open to the public – non-member family and friends are welcome to attend!
- Entrance to this event will only be made available through the pool gate located on Ramsey Hill
- In the event of inclement weather, the festivities will be moved to the Grand Ballroom at the Saint Paul Athletic Club

FREE SELF-DEFENSE CLASS FOR WOMEN AT THE SPAC

**Tuesday, June 16th from 6:00pm-8:00pm
3rd floor Ballroom**

The goal of this free self-defense class is to increase participants' understanding of personal safety and situational awareness. Portions of the class are hands on, and the class is tailored to its participants and their desired outcomes. We will discuss stranger violence, pre-attack indicators, and the physical and mental aspects of a violent encounter.

The class will be facilitated by Commander Kelly McCarthy, who is the Deputy Director of Public Safety - Police Division for the Lino Lakes Public Safety Department. Commander McCarthy has over 16 years' experience training police officers and members of the public in defensive tactics.

Members are encouraged to bring their daughters and granddaughters ages 12 and up. Please RSVP to Kristin at KMontpetit@TheSPAC.com or call (651) 291-7722.



Join us for

108 Sun Salutations Summer Solstice

June 20, 2015
9:00 am - 11:00 am



Hotel 340 lobby (first floor)

Light brunch and refreshments

Bring water and a towel

This FREE event is open to the public

Space is limited

The 9:00 am Vinyasa Yoga class will be canceled for this event

WELLNESS CORNER

Tennis; A sport of "love," a sport for life

By Jami L. Bauer,
Tennis Professional/Coach (UClub)
and Personal Trainer (SPAC)

Did you know that tennis is the only game that uses the word "love" in the scoring? I love tennis because it fully engages you both physically and mentally. I love tennis for the way it encourages you to think for yourself, to learn and to adapt, and to accept personal responsibility for winning and losing. I love tennis because it builds more than healthy bodies and active minds. Tennis builds character. And it's one of the few sports that can be played for a lifetime.

According to world-renowned scientists from a variety of disciplines, there is no doubt that tennis is one of the best sports for you to play. Here are some of the reasons:

1. People who participate in 3 hours per week of tennis cut their risk of heart disease/death in half, according to physician Ralph Paffembager who studied more than 10,000 people over 20 years.
2. Tennis players have more vigor, optimism and self-esteem and less depression, anger, confusion, anxiety and tension than other athletes and non-athletes according to Dr. Joan Finn and colleagues at Southern Connecticut State University.



3. Scientists at the University of Illinois found that tennis generates new connections between nerves in the brain due to alertness and tactical thinking and thus promotes a lifetime of continuing development of the brain.
4. Tennis outperforms golf, roller blading and most other sports in developing positive personality characteristics according to Dr. Jim Gavin, author of *The Exercise Habit*.
5. Competitive tennis burns more calories than aerobics, in-line skating or cycling according to studies on caloric expenditures.

Playing tennis on a clay court, such as the court at the University Club, leaves players more physically and emotionally satisfied than other surfaces. The physical satisfaction comes from playing longer points and matches without over-stressing the knees, back and lower extremities.

The emotional satisfaction comes from the thinking, creating and the strategic responding that goes into each point and each match. Playing on a clay surface slows shots down, equalizing levels of play and allowing varying ages and ability levels to have fun playing together. Tennis is good for your body, mind and spirit. Tennis is fun, healthy and can be learned and played at any age.

Tennis is a sport of "love," and a sport for life!

Clubs within the Club Contact List

Alliance Francaise
bonjour@afmsp.org

Beer Club
Joel Nelson
JNelson@UniversityClubofStPaul.com

Casa de España
Myriam Grady
MyriamG@q.com

Cass Gilbert Society
Ted Lentz
Ted@TedLentz.com

Documentary Night
Robert Byrd
RByrd@JeromeFdn.org

F. Scott Fitzgerald Roundtable
Judith Ries
jrtese55517@earthlink.net

GK Chesterton Society
Dale Ahlquist
Dale@chesterton.org

Great Books
Meg King
KingMuelken@q.com

Great Summer Reads Book Club
Holly Weinkauf
Holly@RedBalloonBookshop.com

Investment Club
Gene Mason
Eugene.Mason@comcast.net

John Adams Society
Joshua Regnier
(651) 321-8414

Reach in Reach Out
Carol Engelhart
CarolEngelhart@gmail.com

Readings by Writers
Carol Connelly
CarolMConnolly@aol.com

Wine Club
Cory Biladeau
CoryBiladeau@gmail.com

*Got a passion? Got a hobby?
Want to start your own Club within the Club?
Contact Sue at SKatsiotis@UniversityClubofSt.Paul*

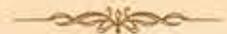


Photo: Elizabeth Williams

This is the Island of Happy Days. Unwind for a romantic getaway. Reconnect with friends and family. Just...escape.

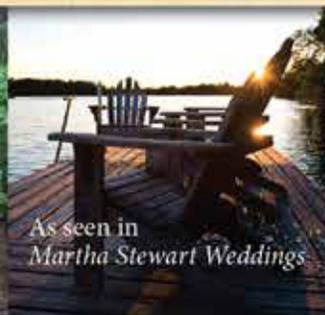
Just two hours from the Twin Cities, timeless elegance meets modern comfort on this magical island on Red Cedar Lake in Birchwood, Wisconsin. Indulge in fresh air, breathtaking scenery, sumptuous food, and perhaps a sunset cocktail on the dock. Visit our website for more information or call 715-354-3646.

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Martha Stewart Weddings



INVESTMENT CLUB

By Eugene Mason

ACTIVITIES May 2015

In general, the Investment Club's portfolio is in good condition and performing well within its overall strategies, with one exception. **Whole Foods (WFM)** is the only investment to underperform. Acquired in January 2015, the stock is down 16%. A little more patience may be appropriate, as the company has changed its business plan to create a new chain of smaller, less expensive organic grocery stores aimed at the more cost-conscious millennial market.

The market continues to be very volatile -- another reason why patience is a virtue when investing in the stock market. To attempt to benefit from this volatility, the membership authorized its treasurer to place a buy (a limit order) order for **Cummins, Inc (CMI)** at \$125/share. The current market price is \$142 and change. That order, if filled, will be a hefty discount to the current market.

"Buy gold as a hedge against inflation" say some market tacticians. Or buy gold for other reasons. Whatever the reason, the membership believes gold will be a worthy investment decision at this time. The treasurer was instructed to buy 51 shares of **SPDR GOLD SHARES ETF (GLD)** at \$116.50. This investment will be interesting to watch for the market dynamics

that will move it up or down. Will increased buying activity from such gold markets as China and India have an influence on the price or will the inflation factor dominate the price movement? Stay tuned.

Recently, articles have appeared in the Wall Street Journal discussing **EXCHANGE TRADED FUNDS (ETFs)** and their use as an alternative investment vehicle. Of particular note is one article that discusses robo investing. Robo investing provides a program where an investor's portfolio is constructed of ETFs; it's re-balanced automatically, it provides risk management, there are minimal or no fees, and it provides global portfolios. Three programs listed in the article include **THE INTELLIGENT PORTFOLIOS** (Charles Schwab), **BETTERMENT** and **WEALTHFRONT**. Copies of the Wall Street Journal article discussing this investment strategy may be obtained by contacting Gene Mason at eugene.mason@comcast.net.

The Investment Club meets the second Wednesday of every month. All meetings are convened at 5:30pm and adjourn at 7:00pm. Guests are always welcome.

E-mail Gene Mason at eugene.mason@comcast.net for more information

THE HISTORIC DACOTAH BUILDING



**PREMIUM OFFICE SPACE
NOW AVAILABLE**

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

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

Contact: Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com

SUMMIT AVENUE'S HISTORIC BURBANK-LIVINGSTON-GRIGGS MANSION

Situated high on a bluff commanding breathtaking views of the Downtown St. Paul skyline and the Mississippi River Valley is Minnesota's most beautiful example of mid-19th century Italianate architecture, a magnificent mansion modeled after villas constructed in Florence in the early eighteenth century.

Unit One is a 4,400 square-foot apartment is located on the entire first floor and half of the second. It contains 17th & 18th century English, French & Italian paneled rooms with antique parquet floors: living room (with rock crystal chandeliers), dining room, gourmet kitchen with stainless-steel appliances, three bedrooms with marble bathrooms, a stone library, and breakfast room.

Unit Three is on the top floor of the mansion, and features sweeping views of Summit Avenue, downtown Saint Paul, and the Mississippi River Valley. This beautiful unit features old-world sophistication with modern updates, including beautiful hardwood floors, ornate tiling, elegant antique furniture and custom artwork. The floor plan features an open kitchen and living room configuration and access to the cupola, including sun porch.

On the river valley side of the apartment are located a fabulous stone terrace, private garden and gazebo. Amenities include wireless Internet, security system, and satellite/cable television. Complimentary membership and full use of the University Club (next door), the Saint Paul Athletic Club, and three two-day stays at Stouts Island Lodge are available at no charge.



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.

AVAILABLE TO RENT AUGUST 1ST

RESERVATIONS AND INFORMATION

651-261-7897

dburgwald@commonwealthproperties.com

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THE DACOTAH BUILDING
(above W.A. Frost)

U CLUB DOWNTOWN CLUBHOUSE

THE SAINT PAUL BUILDING

SUMMIT AVENUE U CLUB

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For more information contact Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com



GROUP FITNESS Schedule

JUNE 1 – JULY 5, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM Total Body Fitness Lindsay (9A)	6:15 AM Warrior Sculpt Emily (4A)	6:15 AM Cycle Express Karren (5C)	11:00 AM Express Cycle Jason (5C)	6:15 AM Total Body Fitness Lindsay (9A)	8:00 AM Total Barre Jill (4A)
11:45 AM Trekking Jason (Floor 5)	11:30 AM Express Cycle Jason (5C)	11:45 AM Body Shred Linda (9A)	11:45 AM Barbell Strength Ex. Jason (9A)	11:45 AM Cycle Elizabeth (5C)	8:00 AM Cycle Georgene (5C)
11:45 AM Cycle Elizabeth (5C)	Noon Trekking Jason (Floor 5)	NOON Vinyasa Yoga Lauri (4A)	12:30 PM Step Jason (9A)	NOON Vinyasa Yoga Cara (4A)	9:00 AM Vinyasa Yoga (75 min.) Nick (4A)
NOON Vinyasa Yoga Barrie (4A)	11:45 AM Barbell Strength Ex. Linda (9A)	12:15 PM Core Conditioning Linda (9A)	5:30 PM Total Body Fitness Linda (9A)	12:30 PM Core Conditioning Jason (9A)	SUNDAY
12:30 PM Core Conditioning Jason (9A)	12:30 PM Core Conditioning Linda (9A)	5:00 PM Kickbox Blast Jason (9A)	6:00 PM Vinyasa Yoga Jared (4A)	5:00 PM Cycle Cinema Every 2 nd Friday Jason (5C)	9:00 AM Vinyasa Yoga (75 min.) Jared (4A)
5:00 PM Step Jason (9A)	5:30 PM Cycle Karren (5C)	5:30 PM Barbell Strength Jason (9A)		5:30 PM Barbell Strength Jason (9A)	10:30 AM Gentle Yoga Jared (4A)
5:30 PM Barbell Strength Jason (9A)	6:00 PM Vinyasa Yoga Cara (4A)	6:00 PM Warrior Sculpt Ashley (4A)		6:00 PM Zumba Every 4 th Friday Jill (4A)	3:30 PM Warrior Sculpt Stefanie (4A)
6:00 PM P90X Georgene (4A)	7:00 PM Total Barre Jill (4A)	6:30 PM Insanity Nicole (9A)		6:30 PM Candlelight Yoga Every 1 st & 3 rd Friday Jared/Lisa (4A)	
7:00 PM Vinyasa Yoga Lisa (4A)					

Class Locations: 4th Floor: 4A = Yoga Studio | 5th Floor: 5A = Reformer Studio A, 5B = Small Group Training Studio, 5C = Cycle Studio | 9th Floor: 9A Group Fitness Studio, 9B=Meditation
Schedule subject to change. St. Paul Athletic Club, 340 Cedar Street, St. Paul, MN 55101 • For more information call: 651-291-7722 or email jrebeck@theSPAC.com



UNIVERSITY CLUB
SAINT PAUL

GROUP FITNESS

Class Schedule

June 1st – July 5th, 2015

MAT PILATES Strengthen and lengthen your muscles while improving posture and reducing stress and tension. Mat Pilates teaches basic movement principles and focuses on core strength.

Duration: 45 Minutes
Level: All Levels

VINYASA YOGA Yoga flow style takes you through sun salutation series and works on flexibility, strength, power and balance coordinated with breath.

Duration: 55 Minutes
Level: All Levels

TOTAL STRETCH Treat your body with this invigorating stretch class that incorporates Gentle Yoga moves.
Duration: 45 Minutes
Level: All Levels

MORE INFORMATION

- Group fitness classes are included free of charge to full members who have athletic and pool privileges.
- Classes are taught by professional SPAC group fitness instructors and are held in the Group Fitness Studio.
- Unless otherwise stated, classes are adult only.
- Schedule is subject to change.
- Pre-registration is not required, but appreciated. Please call 651-291-7722.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am				Mat Pilates Georgene Grey		
8:15 am	Vinyasa Yoga Dana Bedingfield					
9:30 am			Total Stretch Linda Hoffman			
6:00 pm		Vinyasa Yoga Jared Erdman				

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Step Challenge Begins	2	3	4	5 Member Night 5pm UC	6
7	8 Informational Croquet Meeting 7pm UC	9 Poolside Pasta Night 5:30pm-7:30pm UC	10 Investment Club 5:30pm UC	11 Cass Gilbert 5:30pm UC L'Apéritif en Français 6pm UC Wine Club 7pm UC	12 Member Night 5pm UC Reach in Reach Out Clothing Drive 5pm UC	13 University Club Neighborhood Pool Party 10am-2pm UC
14	15 Camp U Club Begins!	16 Great Summer Reads Book Club 5pm UC Women's Self-Defense 6pm SPAC Readings by Writers 7pm UC	17 Adult Swim Team begins 7am UC Great Books 7:30pm UC John Adams Society 7:30pm UC	18 Casa de España 6pm – 7:30pm UC Reggae Sun Splash Pool Party 7pm UC	19 Member Night 5pm UC Family Fun Night (Terry the Turtle Guy) 6:30pm UC (poolside)	20 108 Sun Salutations 9am SPAC
21	22	23 GK Chesterton 7pm UC	24 Beer Club 7pm UC	25 Epicurean Night 6pm UC	26 Member Night 5pm UC Dive-in Movie (Dusk) UC	27
28	29 F. Scott Fitzgerald Roundtable 9:00am-11:30am UC	30				

Please see the Group Fitness Schedule for classes offered at both the SPAC and the UC.
For more information or questions about anything listed, please contact
Receptionists@UniversityClubofStPaul.com or call 651-222-1751

2015

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3 Member Night 5pm UC	4
5	6	7 Poolside Pasta Night 5:30pm-7:30pm UC	8 Investment Club 5:30pm UC	9 Cass Gilbert 5:30pm UC L'Apéritif en Français 6pm UC Wine Club 7pm UC	10 Member Night 5pm UC	11
12	13	14 Great Summer Reads 5pm UC	15 Great Books 7:30pm UC John Adams Society 7:30pm UC	16 Casa de España 6pm – 7:30pm UC	17 Member Night 5pm UC Family Fun Night (The Bazillions) 6:30pm UC (poolside)	18
19	20	21 GK Chesterton 7pm UC	22 Beer Club 7pm UC	23	24 Member Night 5pm UC	25
26	27 F. Scott Fitzgerald Roundtable 9:00am-11:30am UC	28	29	30 Interclub Swim Meet Epicurean Night 6pm UC	31 Camp UClub Summer Celebration Banquet SPAC	

Please see the Group Fitness Schedule for classes offered at both the SPAC and the UC.
For more information or questions about anything listed, please contact
Receptionists@UniversityClubofStPaul.com or call 651-222-1751

2015