

SEPTEMBER 2015

THE LOOKOUT

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

**READINGS BY WRITERS
AND DOCUMENTARY
NIGHT ARE BACK**

MARK YOUR CALENDARS:
Monthly wine tastings at the
University Club with Chuck
Kanski of Solo Vino

**MEMBER NIGHT AT SPAC
RETURNS IN OCTOBER**

See inside

**Get Involved: Marathon Cheer Station and Alex's Lemonade Stand;
Club E debuts at the University Club**

THE LOOKOUT

Are we the only ones who are crazy excited for fall? Crisp weather, sweaters, apple picking, the return of hot chocolate, diving into leaf piles — what's not to love?

We have even more reasons to love this season at the University Club and Saint Paul Athletic Club.

We're kicking off fall programming, which includes the return of the popular **documentary night** at the University Club and **SPAC Member Nights** (starting in October). We also have new children's activities as well as an adult book club (er, that is, a book club for adults).

We're offering a **fall tasting menu series** that's not to be missed. After all, fall flavors are one of the best things about this season. Still need more in your calendar? We've got an exciting new program being introduced. **Club E** is designed exclusively for entrepreneurs and leaders of small companies. Monthly lunch meetings will leave you inspired and invigorated – both by the amazing speakers and the conversations you'll have with other attendees. See page 5 for more details.

And don't forget about the **Halloween** party and **Thanksgiving** brunch at the University Club, too! I know it's barely fall, but winter programming is right around the corner. It's already time to start getting excited about **Dickens' London Christmas and Fezziwig Ball**, the **Ice Martini Bar**, and more.

All this talk about festivities reminds us — we hope you'll get creative with your attire for the Halloween party, but we want to offer a gentle reminder about the dress code that members adhere to on a daily basis. Most areas of the University Club are considered business casual, with the exception of the fitness facilities and pool. All private clubs have dress codes, and our dress code helps us maintain a standard of civility that people come to expect at the University Club. We want you to be comfortable, of course, but we do ask that everyone review the dress code and please don't hesitate to let us know if you have questions. See page 5 for details.

Even if you're not as enthusiastic about the return of fall as we are, we think a little time spent at the Clubs enjoying the events and tastes of the season might just change your mind. We look forward to spending time with you.



Stephanie Laitala-Rupp

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Hours of Operation Post Labor Day

UC: Fitness Center:

Monday 6am – 8pm
Tuesday – Saturday 6am – 10pm
Sunday 8am – 8pm

UC: Dining:

Tuesday – Friday 11am – 10pm
Saturday 10am – 10pm
Sunday 10am – 2pm

SPAC:

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

MEET THE TEAM



Ralph Fritz is a familiar face at the University Club, and he has been a part of both the University Club and the Saint Paul Athletic Club long before they came under common ownership in 1990. Ralph's career in the service industry started at the Saint Paul Athletic Club in 1966, where he worked as a bus boy until the building closed in 1989. Ralph joined the University Club in 1990 and has worn many hats during his 25-year career: dishwasher, assistant prep cook (back when the University Club had a lunch buffet!), assistant server, bus boy, and assistant gardener. Currently, Ralph works part-time as a bus boy, and keeps our dining facilities looking sharp, our waters refreshed and our bread baskets filled. He works incredibly hard to ensure our members and guests are well attended to.

Ralph was named the University Club Outstanding Employee in 2006. He enjoys working at the University Club because of the relationships he's built with the members and the staff. Ralph's favorite menu items are the Varsity Burger and the macaroni and cheese. In addition to his time spent at the University Club, Ralph enjoys collecting bells, model motorcycles and coins.

Ralph is currently on a 2-month leave from work, recovering from back surgery. If you'd like to send get well wishes to Ralph, please stop by the front desk at the University Club and sign your name on our Club card. We will deliver the card to Ralph in mid-September.

WELCOME TO THE MEMBERS WHO JOINED IN AUGUST!

Erik Carlson & Joelle Lester
 Kate and Graeme Webster
 Lydia & David Hoffman
 Maggie Broner
 Sarah & Matthew Caflich
 Renee Lane
 Joey Vossen & Donovan Nelson
 Colleen & Paul Corrigan
 Scott Leitz
 Nabeel Ahmad
 Rachel Waller
 Matthew & Gretchen Hazelton
 Barry Hunter
 Bridget Morales
 Forrest Kuske

James Nobles
 Samantha Wiczorek
 Tahsim Aumeer
 Alyssa Spehar
 Andrew Hahn
 Ansley McAllister
 Brian Colombo
 Carol Bagnoli
 Chris Pennington
 Christopher Parker
 Christopher Parton
 David McCoy
 David & Lisa Stegall
 Deanna Cross
 Erin Martin

Jaidyn Martin
 Jason Hanson
 Jeff Huff
 Jennifer Ray-Jones
 Joel Daly
 Katie Limbeck
 Kayla Heen
 Kaytee Hanson
 Keefe Bauschelt
 Kelly Flaherty
 Ken Mickle
 Lauren MacCormick
 Loudi Rivamonte & James Young
 Marci Mylan
 Melissa & Carol Maier

Michael Amundson
 Michael Janisch & Kerry Sullivan
 Mike Edgerly
 Riley Wilkes
 Samuel Clark
 Stephan Millard
 Tauni Howes
 Wendy Madsen
 William Phillips
 Zach & Krista Lerner
 Zachery Feinberg & Khervin Cheng Chua

CLUBS WITHIN THE CLUB CONTACT LIST

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Casa de España
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 MyriamG@q.com

Cass Gilbert Society
 Ted Lentz
 Ted@TedLentz.com

Croquet (Cheesebrough Varsity Blues)
 Ned Rupp
 erupp@commonwealthproperties.com

Documentary Night
 Robert Byrd
 RByrd@JeromeFdn.org

F. Scott Fitzgerald Roundtable
 Judith Ries
 jriese55517@earthlink.net

GK Chesterton Society
 Dale Ahlquist
 Dale@chesterton.org

Great Books
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 KingMuelken@q.com

Investment Club
 Gene Mason
 Eugene.Mason@comcast.net

John Adams Society
 Joshua Regnier
 (651) 321-8414

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 CarolEngelhart@gmail.com

Readings by Writers
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Wine Club
 Cory Biladeau
 CoryBiladeau@gmail.com

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

MEMBER SPOTLIGHT



Aaron and Finn

Aaron Gjerde

Aaron Gjerde has at least one clear quality in common with the University Club: both Aaron and the Club qualify as neighborhood institutions. In addition to his consulting work for Ramsey County, Aaron also devotes a significant amount of his time to the Ramsey Hill Association, for which he is a board member. He works tirelessly to support and improve the neighborhood he works in, lives in, raises his family in, and loves.

We caught up with Aaron to hear more about what’s keeping him busy — and what keeps him coming back to the University Club. Here are a few highlights from our conversation:

- UC:** When did you originally join the University Club?
- AG:** About 15 years ago. Wow. Has it been that long? Yes, 15 years. I’ve always been drawn to history as well as preservation, and the University Club is a great example of that.
- UC:** How has your relationship with the Club changed over the years?
- AG:** When I first joined, a primary draw aside from the history of the University Club was the events. I’ve always loved the Beaujolais Nouveau and the Christmas ball. It’s rare to find a place that upholds so many traditions like the University Club does. And my wife and I honeymooned at Stout’s Island Lodge in 2002. These days, I have two children (Henrik, 6, and Finn, 4), and we participate in a lot of the family programming.

We’re absolutely delighted with all the new family and kids programs. Henrik and Finn swim, play tennis, and participate in the art program. We’re just so impressed with the thoughtfulness and quality of the art program, and we also love the etiquette classes for kids.

- UC:** Do you still get to Stout’s Island Lodge?
- AG:** Yes! We just got back from there. I’ve chaperoned the Camp U Club trip there the last two years.
- UC:** I’m glad your kids get so much out of the club, but I hope you and your wife still get to attend some of the more adult-focused events, too!
- AG:** Oh, yes, we do. We went to the last Scotch tasting. And now I host business meetings at the University Club, and I also use the Club for the Ramsey Hill Association meetings, including planning meetings for the house tour.
- UC:** Tell us more about the house tour!
- AG:** It’s on Thursday, September 17th, from 4:00 p.m. to 9:00 p.m. The University Club will be featured on the tour, as well as the Griggs Mansion, and of course, many other houses. For more information, visit RamseyHill.org/housetour
- UC:** We’d love to hear more about your work with the Ramsey Hill Association.
- AG:** I’m the social events chair for the Association, and actually the University Club is a great match for a lot of what we do. We partnered with the University Club and Solo Vino for the last two years to host fundraisers for the Ramsey Hill Association Community Partnership Fund. We raise money to provide opportunities for children in the neighborhood, especially to support educational opportunities such as tutoring and mentoring. We had a very successful event this year with a great turnout.
- UC:** You mentioned that you’re drawn to history and that’s part of what drew you to the University Club in the first place. Can you tell us more about that?
- AG:** If you live in this neighborhood, it’s hard not to feel a connection with the history of the area. I think the U Club as a local institution helps to fulfill some of that historical connection for people. Many of the events at the U Club are not events that you could go to just anywhere. For example, I don’t think it’s common to have a G.K. Chesterson society. [Laughs.] It’s fun to have the opportunity to be part of these classical, history-focused events and elements. I think everybody just wants to feel that connection with their past. Everyone in this neighborhood loves to tell stories about who the architect of their house was and who used to live there. That’s what people do here. It’s how people connect.

CULINARY SPOTLIGHT by Chef Chris Gerster

September is here and with it comes a new season filled with changing landscapes. Not only will the trees grace us with beautiful fall foliage, our palates will change, as well, as we welcome warmer, richer comfort foods. With the end of grill season upon us and the start of school around the corner, we are excited to welcome our members indoors for our new fall menu and fall tasting series.

The University Club kitchen is preparing to say goodbye to some of our favorite summer foods and embrace the bounty of autumn flavors and ingredients. We are working to bring new and exciting items to the fall menu along with some favorites from last year (including the popular mushroom risotto with stewed forest mushrooms, braised greens, parmesan crisp and a sunny side up egg).

Our fall tasting series kicks off September 12th. Menus will change monthly, and our first visit is the American South. Please see below for the complete menu, and contact the front desk at 651.222.1751 for reservations.

When: Saturday evenings from 4:00pm – 10:00pm, beginning September 12th

Where: University Club

Price: \$40/person,
\$20/person optional wine/beer pairing add-on

SOUTHERN FARE TASTING MENU

First Course

Crisp romaine salad with smoked ham, pecan praline and creamy sweet onion vinaigrette

Second Course

Gulf Coast shrimp and grits with smoky bacon and bourbon glaze

or

Sweet corn bisque with jalapeño and cheddar biscuit croutons

Third Course

Chicken-fried steak with sweet potato spoon bread and green tomato relish

or

Creamy grits with kale, poached egg, and black eyed pea “chili”

Dessert

Southern fruit cobbler

or

Pecan tartlet



WINE CLUB by Cory Biladeau

Vinho Verde, maybe you’ve heard of it? Or (like me) maybe you haven’t. Vinho Verde is the largest of the Portuguese wine regions, located in the northeastern part of the country. It is a style of wine as opposed to a type of grape; Vinho Verde grape types include Loureiro, Trajadura and Penderna. These wines use young grapes, which have a “fizz” from carbon dioxide. They are an excellent and refreshing way to celebrate the last warm weeks of summer!

Lynn Indihar and Scott Spencer hosted the Wine Club for August and Lynn introduced us to Vinho Verde wines with a spectacular presentation. This type of wine includes whites and rosés. The Vinho Verdes we sampled were delightful and delicious, and were a joy to have with the Wine Club members. Vinho Verde wines typically have a lower alcohol content, and are also very affordable.

Lynn paired the wines with a wonderful strawberry spinach salad, shrimp cocktail, cucumber with salmon and crackers with brie. The pairings and the flavors were dynamic and delicious; a total joy to experience. Many of us look forward to recreating the recipes so we can enjoy them again with our favorite Vinho Verdes.

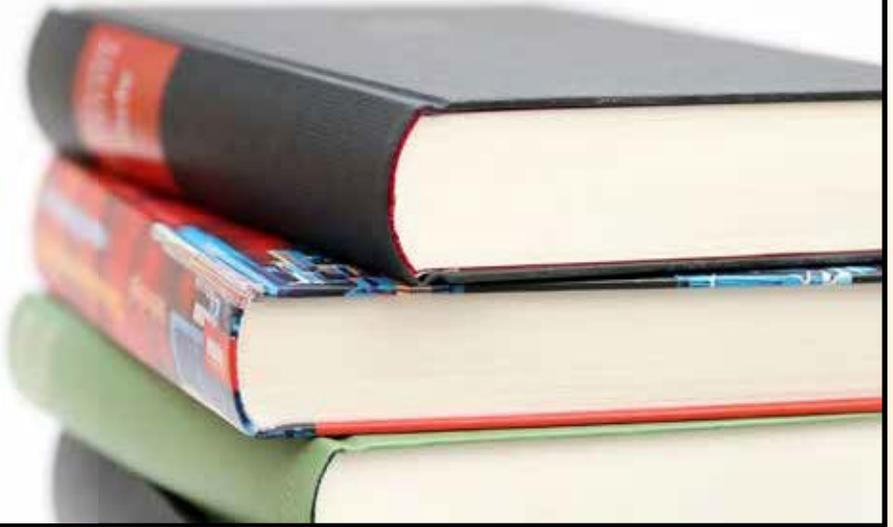
If you are interested in exploring the world of wine with us, please join us for our next Wine Club meeting!

Cheers!

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.

(ADULT) BOOK CLUB CONTINUES THIS FALL!

Our poolside Adult Book Club (formerly known as Great Summer Reads Book Club) will continue indoors starting in October. Book Club will meet the first Tuesday of each month (which coincides with our half-price bottle of wine night), and will be led by Holly Weinkauf from the Red Balloon. Book choices will be a group decision, and all are welcome to join!



RECIPROCAL CLUB SPOTLIGHT THE NORTHERN CLUB



The Northern Club in Auckland, New Zealand, has always provided a sense of belonging in a dignified atmosphere where old traditions have meaning and value because they have been tested and retained. From its inception, the Northern Club has laid down certain rules of dress and behavior for members and their guests, and these codes continue into the

21st century. The original part of the clubhouse is attractive with tall ceilings and paneled walls. The Northern Club was founded by a group of prominent professional and business men in 1869. The Club's founders, with remarkable foresight, agreed to purchase a handsome quarry stone building overlooking Albert Barracks on Princes Street. The four-story building, a high-rise in its own time, was originally designed as a hotel and built on the first section sold at Auckland's inaugural land sale in 1841. Following the purchase, architect Edward Ramsey was commissioned to rearrange the hotel's internal rooms for use by the 120 founding members. Membership of the Northern Club attracted many leaders of the Auckland community, and the Club has played an active and sometimes pivotal role in the history of New Zealand's largest city. Governors of the colony were among those invited as guests, reinforcing the exclusivity of the organization.

The Club is representative of important aspects of colonial society. It demonstrates the implanting and nurturing of

traditions introduced from Britain, particularly among the social elite. The building's well-preserved interiors yield information about nineteenth- and twentieth-century life in New Zealand, such as the use of decor. From the point of view of its position in the social history of Auckland, the Northern Club stands as a tangible physical link between past and present, both in terms of the people who stayed in the building, and in terms of its architectural form which has enduring value to the present day. Among those who have stayed at the Club are the Duke and Duchess of Cornwall and York (later King George V and Queen Mary), Anthony Trollope and the famous English historian J.A. Froude.

In terms of the well-mannered style of the building and the careful and articulated use of Italian Renaissance architectural themes, the building represents an extremely fine interpretation of European Italianate design. From the time it was built the Northern Club building has occupied a prominent position on lower Princes Street. As the section it occupies forms part of the Waterloo Quadrant, the Club stands in a precinctual relationship with other historic buildings nearby and helps to define their historic character, these being the Old Government House, the former Jewish Synagogue and Princes Street houses.

The amenities of the Northern Club include the formal Members' Dining Room and the casual Bankside dining room, a library and reading room, fitness center, billiards room, private function rooms, and nine overnight rooms with queen or king beds.



JOIN US THIS FALL FOR CLUB ENTREPRENEUR (CLUB E)!

Club Entrepreneur (St. Paul) is a community of business professionals who will meet on the third Wednesday of each month at the University Club for networking, idea sharing and presentations from some of the Twin Cities' most respected innovators, catalysts and thought leaders.

During each lunch hour session, guests will have the chance to enjoy a meal, chat with peers and strengthen their network of personal and professional relationships. There will be a speaker presentation on an informative topic that provides practical, actionable ideas. The purpose behind each session is to provide attendees with the encouragement to go back to their offices more inspired, savvy and energized.

Our mission is to provide timely support to the Twin Cities' established and emerging business leaders, to help them strengthen their professional networks and develop productive business relationships, and to provide them with actionable, innovative ideas.

All monthly meetings are open to the public. Each gathering will be hosted by Chum Struve, co-hosted by the University Club and supported by our generous sponsors.

The details:

Club Entrepreneur (Club E) will meet on the 3rd Wednesday of each month. Please see below for details regarding the next meeting:

When: September 16th, 2015

Time: 11:30am – 1:00pm

Where: University Club of St. Paul

Topic: "Drones.Data.ROI."

Price: \$26 pre-registration/\$36 registration within 24 hours and at the door

Please visit the below site to RSVP (also made available in the Weekly Member Update email):

<http://www.eventbrite.com/e/club-e-dronesdataroi-tickets-18005792811>

DRESS CODE

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

The University Club adheres to a dress code throughout the majority of the Club. Casual clothing (including dress jeans) is allowed in all areas of the Club except for the Ramsey Room. The Ramsey Room requires all diners to dress in business casual attire; no jeans are permitted. Baseball hats are prohibited through the entire club except for the fitness and outdoor spaces. Workout and swim attire are permitted if you are passing through the University Club's lobby on your way to the fitness center or Club Backyard, but are not permitted in the main Clubhouse spaces (Fireside Room, Member Bar, Ramsey Room, Lobby). Please see the University Club website (The Club>Policies) for specific information about what clothing is and isn't permitted throughout our spaces.

Thank you in advance for adhering to these guidelines!

DID YOU KNOW?

The **University Club pool will remain open until the middle of September**, weather permitting. Join us on Labor Day for the Corn Roast to celebrate the end of summer, then continue to enjoy the outdoor pool until Sunday, September 13th.

Looking for a great, well-paying and flexible job?

We have the job for you! The University Club is looking for part-time and on-call banquet servers at both the University Club and the Saint Paul Athletic Club locations. This is a fun, flexible job that:

- a) pays well and
- b) has minimal time commitments.

If you are interested, or if you know somebody who may be, please email Dave at dcollins@UniversityClubofStPaul.com.

Individuals ages 16 and older are welcome to apply.

GREAT BOOKS DISCUSSIONS!

by Margaret King



"Portrait of Anton Chekhov"
by Osip Braz (Wikimedia)

The Darling by Anton Chekhov

Anton Chekhov (1860–1904) is among the rarest of great writers, considered a master of the short story as well as the play. Born in the provincial port town of Taganrog, Russia, he moved to Moscow and began writing for newspapers and magazines, supporting his family while he attended medical school. He graduated in 1884 and began practicing medicine while continuing what had become a successful writing career. In 1887, his short story collection *At Dusk* (*V Sumerkakh*) won Chekhov the coveted Pushkin Prize "for the best literary production distinguished by high artistic worth."

In 1887 a theatre manager named Korsh commissioned Chekhov to write a play, a key moment in his intellectual development and literary career. From this period comes an observation of Chekhov's that has become known as "Chekhov's gun," a dramatic principle that requires that every element in a narrative be necessary and irreplaceable. "Remove everything that has no relevance to the story. If you say in the first chapter that there is a rifle hanging on the wall, in the second or third chapter it absolutely must go off. If it's not going to be fired, it shouldn't be hanging there." (Unfortunately, no guns go off in this month's short story selection.)

Chekhov's work creates a strong impression, even though very little of it is inherently dramatic. This is at least in part because of the manner in which Chekhov renders the complex inner lives of his characters. Their vividness is a result not only of their specific attributes, but also of the mysteries that lurk within them, emerging without resolution. He made no apologies for the difficulties this posed to readers, insisting that the role of an artist was to ask questions, not to answer them.

In *The Darling* (1899), Chekhov presents a protagonist whose identity seems to be contingent on others. However, as in most of Chekhov's work, the appearance of simplicity does not amount to transparency. The story is an exploration of both the effects of gender roles and the dynamics of intimate relationships.

Are women more likely than men to accept as their own the beliefs of those they love? To what extent does loving others require agreement with their beliefs?

You can read *The Darling* online at this address, and decide for yourself:
<http://archive.org/stream/thedarlingandoth13416gut/13416.txt>

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

When: Wednesday, September 16th at 7:30pm
Where: University Club



It's 1921 and F. Scott Fitzgerald is turning 25. He and his wife Zelda are the toasts of the nation and symbols of the Jazz Age, and have just moved into the elegant new Commodore Hotel. Scott's grandmother is hosting an elegant dinner soiree for the "proper people" of Saint Paul. But Zelda has plans to throw the "after-party-to-end-all-parties." *A truly historic evening is ahead...*

F. SCOTT FITZGERALD'S BIRTHDAY BASH

Supporting **FITZGERALD IN SAINT PAUL**

Thursday, September 24, 2015

The Commodore Hotel
79 Western Avenue, Saint Paul
5:30 to 11:00 pm

- SEE** the beautifully renovated interiors of The Commodore Hotel
- TASTE** a sumptuous selection of delicious entrees and desserts
- SIP** signature cocktails featuring *Fitzgerald Gin* from *Du Nord Craft Spirits*
- HEAR** the infectious sounds of world jazz music ensemble, *Irie Sol*
- SHOP** at the silent auction of Fitzgerald-themed items
- EXPECT** a special appearance by Scott and Zelda

You won't want to miss this!

FOR MORE INFORMATION, OR TO PURCHASE TICKETS, VISIT
www.fitzgeraldinsaintpaul.org

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**FITZGERALD
IN SAINT PAUL**

Fitzgerald in Saint Paul is a 501(c)(3) nonprofit organization. 950 Hoyt Avenue West, Saint Paul, MN 55117, info@fitzgeraldinsaintpaul.org, 651.253.3231

VOLUNTEER WITH US AT ALEX'S LEMONADE STAND!

Join us on Thursday, September 17th as we take part in Alex's Lemonade Stand, a foundation with a mission to raise funds and awareness for pediatric cancer research. The Clubs will set up a lemonade stand outside the University Club, and we encourage our younger members and their families to work together with us to raise awareness for this great cause. Alex's Lemonade Stand has funded over 475 research projects across North America, and is able to do so with the money raised through lemonade stand sales. For more information, please visit alexlemonade.org.

When: Thursday, September 17th
from 4:00pm – 7:00pm
(during the Ramsey Hill House Tour)

How to sign up: Please email Sue at skatsiotis@UniversityClubofStPaul.com for information and shift availability. This event is open to all members of the Clubs.

READINGS BY WRITERS IS BACK!

After a brief summer hiatus, Readings by Writers is back, and its first fall program will be held Tuesday, September 15th at 7:00pm. 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.

Free to members and guests.

MARK YOUR CALENDARS:

SPAC Member Nights Return on Thursday, October 1st!

After a summer hiatus, SPAC Member Nights are back! All SPAC members and all Executive members of the University Club are invited to join us on Thursdays at 5:30pm in Butler's Café on the 2nd floor of SPAC. This first Member Night of the season is guaranteed to be a good time – bring your Lederhosen and your Dirndls, we're celebrating Oktoberfest!

GRAPE JUICE 101: A BEGINNERS GUIDE TO WINE

Chuck Kanski from Solo Vino will be teaching his classic Grape Juice 101 wine class at the University Club. This classroom-style tasting will include the basic building blocks of every wine. Fruit, tannin, & acid...and a detailed discussion about basic tasting techniques. Food and wine pairings will also be discussed. After this class you will have the tools to order/buy the perfect wine every time!

When: Wednesday, October 7th from 5:30pm – 7:00pm

Where: University Club

Price: \$25/person

Please call the front desk at 651.222.1751 to make your reservation!

SOLO  VINO



LABOR DAY 2015 CORN ROAST AND BBQ!

Help us celebrate the end of the season at our annual Labor Day Corn Roast. This year's menu features barbeque pork ribs, hot dogs, roasted corn, summer salads and an array of Pastry Chef Brian's delicious desserts.

The Details:

When: Monday, September 7th from 1:00pm – 4:00pm

Where: University Club backyard

Pricing: Adults \$12 | Children (10 and under) \$8.00
Children 5 and under FREE

It's not too late! Make your reservation today by calling the front desk at 651.222.1751



PRE-TEEN AND TEEN FITNESS CLASSES THIS FALL



TEEN YOGA

Ages 12 and older

Children ages 12 and older are invited to participate in a bi-monthly beginning yoga class. Participants will learn basic breath and postures, and move through a Vinyasa-style flow. Each class will build upon the last, and young yogis will have the opportunity to increase flexibility and build awareness of both mind and body, all while becoming physically stronger and more mindful of themselves and others. All levels are welcome!

When: 2nd and 4th Wednesday of the month,
September - May from 4:00pm – 4:50pm

Where: University Club Group Fitness Studio

Price: FREE

BOOT CAMP WITH MICHAEL

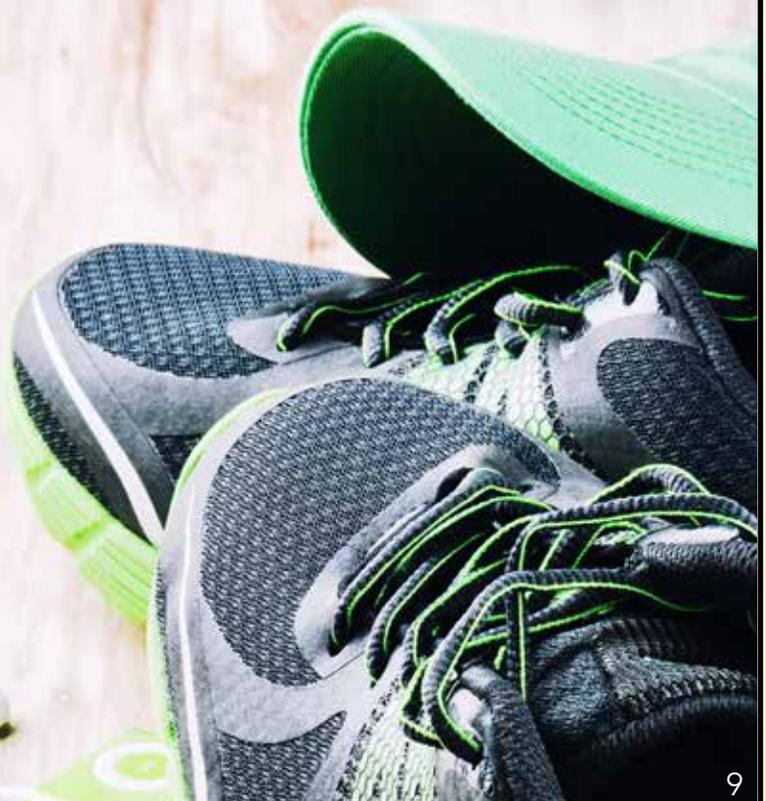
Ages 11 through 15

Michael's summer boot camp was such a hit, we've decided to keep it going through the fall and winter! Two Saturdays a month, Michael will lead members ages 11 to 15 through a fun, interactive workout that will get their heart rates up and provide an environment that fosters community, fitness and learning. In the fall months, workouts will take place outside in the parks across the street.

When: 1st and 3rd Saturday of the month,
September - May from 9:00am – 9:50am

Where: University Club Group Fitness Studio and
the park(s) across the street

Price: FREE



HELP US CHEER ON THE RUNNERS DURING THE MEDTRONIC TWIN CITIES MARATHON!

Join us outside the University Club on Sunday, October 4th at our 2015 Twin Cities Marathon cheer station. The U Club is a prime location to watch the race and cheer on the runners – help us to support these amazing athletes as they enter the home stretch of the race!

We will hand out water, Gatorade and coffee, and volunteers are welcome to enjoy Pastry Chef Bryan's baked goods and bacon strips (why not?).

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

If you are interested in volunteering at the cheer station and would like more information, please reach out to Sophie at srupp@UniversityClubofStPaul.com or call 651.842.9093.



THE MODERNS Walking Tour and Guide F. Scott Fitzgerald and Art Deco Saint Paul

Preview tour and pre-register (required) at <http://www.vayable.com/>

Guided Walking Tour • Fridays 10 am to noon, includes interior of City Hall & County Courthouse • Saturdays 1 to 3 pm

The Jazz Age was a time of great change and Saint Paul's own F. Scott Fitzgerald took credit for naming it. Today that spirit of collaboration and innovation is revitalizing the heart of the capital city. Discover the literary and architectural history of the neighborhood on this two-part tour. We'll look at 13 art deco buildings in downtown Saint Paul, eight up close from both the street and the all-season skyway system, as well as several interiors. And we'll talk about three books that changed our world. Reference <http://www.mnopedia.org/place/kilmarnock-books>

And Self-Guided Tour • Both tours for \$30, \$25 for seniors

Continue exploring all the neighborhood has to offer. As part of this cluster of tours, you will receive **Meet the Makers**, a curated guide to the artisans, artists and creative entrepreneurs living and working downtown.

Your guide is Joan Mathison, a pastry chef, history geek and community development professional certified in sustainability. She is the founder of the social enterprise *Adventures with a Locavore* and lives in the neighborhood.

To schedule a private tour, contact joan@adventureswithalocavore.com

BALLET ON THE HILL

Begins Thursday, October 1st!

Once a month, members of all ages are invited into the Summit Room at the University Club to enjoy a one-hour ballet performance from the Twin Cities Ballet. Members will enjoy “a taste” of an upcoming Twin Cities Ballet performance, training, or Company repertoire, and have the opportunity to ask questions and speak with the dancers after each performance.

When: Thursday, October 1st from 11:00am – 12:00pm

Where: University Club



KIDS IN THE KITCHEN

Ages 8 and older

This fall and winter, give the kids a chance to get their hands dirty with our first-ever Kids in the Kitchen cooking class series. Children are invited one Sunday a month to learn and practice culinary techniques, then put their newly acquired skills in action as they prepare a themed dish and enjoy eating it together. Each month will be different, and each session is guaranteed to be educational and fun. See below for an idea of what to expect each month:

September: All About Apples

October: Pizza, Pizza, Pizza!

November: Pasta Making

January: Eggs 101

When: 2nd Sunday of the month, September – November and January,
2:00pm – 5:00pm

September 13th | October 11th | November 8th | January 10th

Where: September session will be held in the 3rd floor kitchen at the Saint Paul Athletic Club

Price: \$120 for all four session (includes a personalized chef's apron)
\$40 for single session (no apron)

Space is limited - please contact Sue at skatsiotis@UniversityClubofStPaul.com to reserve a spot!



LAST MONTH AT THE CLUBS

Last month at the Clubs, we enjoyed an incredibly interesting presentation from Sotheby's gemologist, Robin Wright. Many of us found ourselves poolside for the annual End of Summer Talent and Art Show and the last dive-in movie of the summer, and a troop of Campers made their way to Stout's Island Lodge for an action-packed 3-day camping trip.

Sotheby's presentation: "Magnificent Jewels of the 20th Century"



Dine In Movie



End of Summer Talent and Art Show



Stout's Island Lodge Camping Trip



DOCUMENTARY NIGHT RETURNS IN SEPTEMBER

When: Wednesday, September 30th at 7:30pm

Where: University Club

Documentary: *How to Die In Oregon*

The ever-popular Documentary Night returns this fall, and the first showing is a profoundly moving and much lauded film. *How to Die in Oregon* received a rare 100% rating from Rotten Tomatoes, and our members and their guests have the opportunity to enjoy the film in the Summit Room at the University Club.

As medical technology has extended the human life span far beyond what many believed possible only decades ago, a growing number of people face the dilemma of having their lives artificially prolonged beyond a point they regard as necessary or desirable. In 1994, the state of Oregon addressed this issue by enacting the "Death With Dignity Act," which allows terminally ill patients the right to opt for physician-

assisted suicide. Filmmaker Peter D. Richardson looks into the philosophical and practical implications of this law in the documentary How to Die in Oregon. Richardson features interviews with journalists, lawyers and physicians as they talk about the efforts to legalize physician-assisted suicide, as well as patients and their families as they struggle with the decision of just when is the time to say they've lived long enough, with a special focus placed on Cody Curtis, a woman in her mid-50s fighting an uphill battle with liver cancer. How to Die in Oregon received its world premiere at the 2011 South by Southwest Film Festival and was the Documentary Grand Jury Prize winner at the Sundance Film Festival. The film had its television premiere on HBO, one of its primary funders.

This event is free and open to the public. A cash bar will be available, and dinner reservations are encouraged prior to the screening.

WELLNESS CORNER

By Jason Rebeck, Group Fitness Director

TIPS ON A STICK: SMART FEASTING AT THE STATE FAIR

The Minnesota State Fair is an annual event that marks the end of summer, boasts hundreds of acres of fun exhibitions and typically includes over-indulging on a wide variety of innovative and often-fried eats and treats. If you'd like feast at the Fair without the food coma, try these six tips:

Skip the dip

Resist the urge to soak up the added butter, sauces, dips and glazes. Most food items are just as good (or better) without the added dressings. Spare the added calories altogether or save them for your favorite indulgence.

Suggest a "fair share"

Plan to share splurges with a friend (or two). Rather than eating all of everything you want, try eating a smaller portion of the things you want most. Sometimes a bite or two can be just as satisfying – plus, it means you have more room to try different things!

Water while you wait (and walk)

Yes, the State Fair is about a lot of good food, but don't wait until it's too late to hydrate. Drink plenty of water while you wait... between meals, while in line and while walking throughout the fairgrounds.

Feed your brain

Take the emphasis off of food and place it on enjoying the experiences and people (especially family and friends). The State Fair has various art, science, agriculture, entertainment and plenty of exhibits and experiences to enjoy.

Choose healthier foods

Look for food vendors that offer things like fresh fruits, frozen yogurt, pickled or roasted veggies on a stick and grilled fish or lean meats.

Cover some distance

The State Fair has a lot going on, and covers a lot of land! Make it a goal to get your daily steps in while at the Fair. Instead of popping from one food stand to the next, try walking farther distances to your favorite spots. Craving Sweet Martha's cookies? Grab a cone (skip the bucket!) and head across the fairgrounds for some cheese curds, rather than visiting the curd stand next door (for example). *Bonus: your walk may lead you through a new spot at the Fair you've never seen before.*

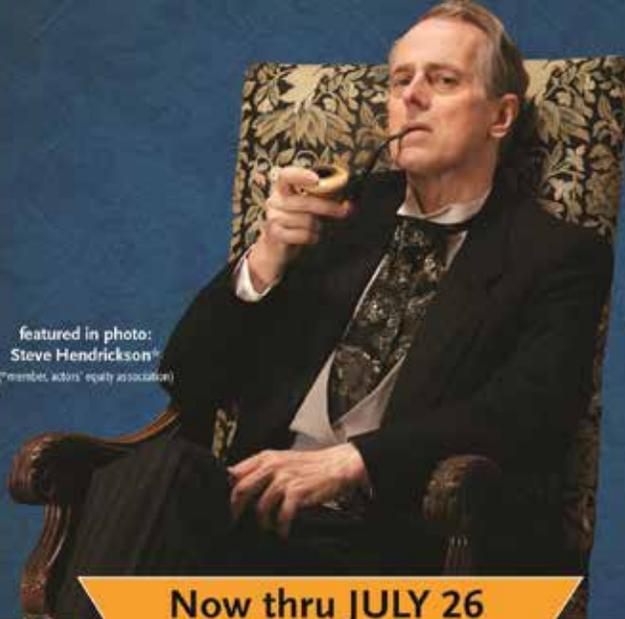




PARK SQUARE
THEATRE

651.291.7005 | parksquaretheatre.org
Historic Hamm Building, Downtown Saint Paul

The world's slyest sleuth travels to Saint Paul...



featured in photo:
Steve Hendrickson
(member, actors' equity association)

Now thru JULY 26
on the Proscenium Stage

SHERLOCK HOLMES AND THE ICE PALACE MURDERS

By JEFFREY HATCHER; Directed by PETER MOORE
Adapted from the novel by LARRY MILLETT

World Premiere Commission

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INVESTMENT CLUB By Eugene Mason

The August meeting of the Investment Club (ICLUB) was the first of its kind - at least, the first of its kind in the last twenty years. Our president challenged the members present at the meeting to examine our current modus operandi with the ICLUB's partnership agreement. We analyzed how the written agreement compares with how the ICLUB is currently conducted, a long overdue task. A committee was organized to search out the answers to these concerns. The outcomes are to be presented at a future meeting.

Other business that came before the chair at our August meeting included reviewing the "watch list" and also the ICLUB's investment portfolio. The portfolio's three best performers as of July 31st are Starbucks (75%), UnitedHealth (56%), and Apple (53%). At the bottom of the barrel sits Whole Foods (-38%). It will be most interesting to review the portfolio investments at the September meeting, to determine what investments will be the least impacted

by the "down-draft" in the stock market during the last few weeks (a total loss of 1,000+ points).

The stock market has not treated its investors very kindly lately. There are many possible explanations - the presidential race, China's stock market, the weather, and possible other reasons offered by various companies to justify lousy earnings. Despite these market gyrations, the ICLUB's portfolio only lost 5% of its principal. It will be interesting to learn how long it will take for the ICLUB to recover its losses.

Future meetings will have full agendas in order to deal with these issues. Guests are always welcome at ICLUB meetings and are encouraged to participate in discussions. Meetings are scheduled on the second Wednesday of each month. They start at 5:30 PM and adjourn at 7 PM. If you would like additional information regarding ICLUB activities, please e-mail Gene Mason at eugene.mason@comcast.net

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**



GROUP FITNESS *Schedule*

SEPTEMBER 7 – OCTOBER 4TH, 2015

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



UNIVERSITY CLUB
SAINT PAUL

GROUP FITNESS

Class Schedule

September 7th - October 4th, 2015

TEEN YOGA (ages 12 and up) Learn basic breath and postures, and move through a Vinyasa-style flow. Each class will build upon the last, and young yogis will have the opportunity to increase flexibility and build awareness of both mind and body, all while becoming physically stronger and more mindful of themselves and others.
Duration: 50 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

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

BOOTCAMP WITH MICHAEL (ages 11-15) Fun, interactive workout that will get heart rates up and provide an environment that fosters community, fitness and learning. Workouts may take place outside on warm days.
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 651-222-1751.

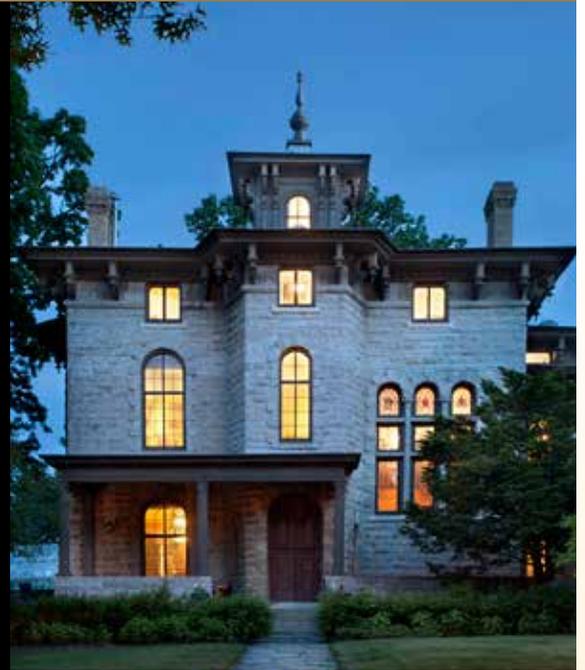
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am				Mat Pilates Georgene Grey		
8:15 am	Vinyasa Yoga Dana Beddingfield			Vinyasa Yoga Dana Beddingfield		
9:00 am		Vinyasa Yoga Sophie Rupp				BOOTCAMP Michael Zuehl (1 st & 3 rd Sat.)
9:30 am			Total Stretch Linda Hoffman			
4:00 pm			Teen Yoga Sophie Rupp (2 nd & 4 th Wed.)			
6:00 pm		Vinyasa Yoga Jared Erdman				

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 and 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.

On the river valley side of the apartment are located a fabulous stone terrace, private garden and gazebo. Amenities include wireless internet, security system, satellite/cable television, a complimentary Executive membership to both the University Club of St. Paul (located next door) and the Saint Paul Athletic Club, and three two-night stays at historic 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.

*AVAILABLE
TO
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RESERVATIONS AND INFORMATION

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Architecturally distinguished
office, retail and residential space
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THE DACOTAH BUILDING
(above W.A. Frost)

SAINT PAUL ATHLETIC CLUB

THE SAINT PAUL BUILDING

UNIVERSITY CLUB OF ST. PAUL

CONDOMINIUM OFFICES

Now available for sale.

For more information contact Debbie Burgwald

651-261-7897

dburgwald@commonwealthproperties.com

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Member Night 5pm UC	5
6	7 Labor Day Corn Roast 1pm – 4pm UC Croquet 6pm UC	8 Pasta Night 5:30pm-7:30pm UC Game Night 6pm UC	9 Investment Club 5:30pm UC	10 Cass Gilbert 5:30pm UC L'Apéritif en Français 6pm UC Wine Club 7pm UC	11 Member Night 5pm UC	12 Tasting Menu – American South 4pm – 10pm UC
13 Kids in the Kitchen 2pm – 5pm SPAC	14 Croquet 6pm UC	15 Readings by Writers 7pm UC	16 CLUB E 11:30am UC Great Books 7:30pm UC John Adams Society 6:30pm UC	17 Alex's Lemonade Stand 4pm UC Casa de España 6pm – 7:30pm UC	18 Member Night 5pm UC Family Fun Night 5pm UC	19 Tasting Menu – American South 4pm – 10pm UC
20	21 Croquet 6pm UC	22 GK Chesterton 7pm UC	23	24 Beginning Ballet 5:30pm UC	25 Member Night 5pm UC	26 Tasting Menu – American South 4pm – 10pm UC SPAC Dive-in Movie 7pm SPAC
27 Indoor swim team begins SPAC	28 F. Scott Fitzgerald Roundtable 9:00am-11:30am UC Croquet 6pm UC	29	30 Documentary Night 7:30pm UC			

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

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Ballet on the Hill 11am UC Beginning Ballet 5:30pm UC Member Night 5:30pm SPAC	2 Member Night 5pm UC	3 Tasting Menu – TBD 4pm – 10pm UC
4 Marathon Cheer Station 9:30am UC Hands on Sunday 2pm – 4pm UC	5 Croquet TBD 6pm UC	6 Book Club 7pm UC	7 Solo Vino Presents 5:30pm-7pm UC	8 Cass Gilbert 5:30pm UC Beginning Ballet 5:30pm UC Member Night 5:30pm SPAC L'Apéritif en Français 6pm UC Wine Club 7pm UC	9 Oktoberfest 5pm UC	10 Tasting Menu – TBD 4pm – 10pm UC
11 Kids in the Kitchen 2pm – 5pm TBD	12 Croquet TBD 6pm UC	13 Pasta Night 5:30pm-7:30pm UC Game Night 6pm UC	14 Investment Club 5:30pm UC	15 Beginning Ballet 5:30pm UC Member Night 5:30pm SPAC Casa de España 6pm – 7:30pm UC	16 Member Night 5pm UC Family Fun Night 5pm UC	17 Tasting Menu – TBD 4pm – 10pm UC
18	19 Croquet TBD 6pm UC	20 Readings by Writers 7pm UC	21 CLUB E 11:30am UC Great Books 7:30pm UC John Adams Society 6:30pm UC	22 Beginning Ballet 5:30pm UC Member Night 5:30pm SPAC	23 Member Night 5pm UC	24 Tasting Menu – TBD 4pm – 10pm UC
25	26 F. Scott Fitzgerald Roundtable 9:00am-11:30am UC Croquet TBD	27 GK Chesterton 7pm UC Documentary Night 7:30pm UC	28	29 Beginning Ballet 5:30pm UC Member Night 5:30pm SPAC	30 Member Night 5pm UC	31 Griggs Halloween Adult Halloween Costume Party 7pm – 11pm UC

Please see the Group Fitness Schedule for classes offered at both the SPAC and the UC.
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2015