

NOVEMBER 2015

# THE LOOKOUT

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

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# THE LOOKOUT

## MESSAGE FROM THE PRESIDENT

It's a season of thankfulness (and delicious food, and tasty libations, and good company, and lots of laughter and shared memories). We're celebrating *all* of those things in a big way with the grand opening of the Commodore. The Commodore is one of Saint Paul's most historically significant properties. The famous art deco bar originally opened in 1934 and was frequented by F. Scott Fitzgerald and his wife Zelda, and a *who's who* list of St. Paulites – along with more than a few notorious sorts, Al Capone among them.

After painstaking and meticulous renovation, we've breathed life back into this extraordinary space and are so excited to welcome you there. Setting foot in the Commodore is like stepping back in time. With the season's sense of gratitude in mind, we want to express special thanks to the people who devoted so much time, energy, and passion into turning this massive undertaking into reality. Our contractors, team members, friends, and family poured their hearts and souls into this project and we think that effort is evident in every architectural detail, every sip, and every bite.

We're also so grateful for the people who make these extraordinary properties – the Commodore, the Saint Paul Athletic Club, and the University Club – come alive. That means *you*. Our properties are anything but common – the buildings themselves are living examples of history, and yet they're still just (very pretty) shells without you, your family, your friends, your neighbors, and our exceptional staff. You're the pulse of these spaces, and we're so thankful that you choose to spend time here.

In fact, thanks to you, there's more energy vibrating around here than ever. We have an absolutely jam-packed schedule of events and activities throughout the extended holiday season. Is **Beaujolais Nouveau** on your must-do list? How about **Ladies Night Out** or **Cycle Cinema** at the SPAC? Will you join us for **Thanksgiving Brunch**? Start thinking now about how we can help make your holidays unforgettable.

And, because we can't say it enough, *thank you* for making us part of your life. Thank you, thank you, thank you.



Stephanie Laitala-Rupp

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## Hours of Operation

### 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

The name Donna Fink is synonymous with fitness at the University Club. She first started providing contract-based fitness and wellness services to the Club in the early 1990s while working full-time for United Hospital. She has been directly employed by the Club since 2005 and provides myriad services related to health coaching, wellness, and training.

Members respect Donna not only for her skill as a fitness and wellness expert, but because she walks the walk. And then some. Donna tries to start each day with her own workout, which varies between walking, biking, using the elliptical trainer, and strength training. Her entire family is “very active” and Donna reports that family gatherings usually involve some kind of physical activity (a rather novel idea indeed, given that many families tend to gather around the *table* instead of a sport court!).

In spite of Donna’s decades of experience, she continues to keep pace (pun intended) with current fitness ideology. These days, she’s committed to prioritizing functional



training – moving one’s body through daily functions without pain or injury – as opposed to simply trying to lift the heaviest weight possible. And that practical approach resonates with members of all fitness levels.

Donna is also known for tailoring her programs to an individual client’s needs. She knows that everyone comes to fitness from a different background, with different abilities, goals, limitations, lifestyles, resources, and interests. She likes to work closely with each

client in order to develop a health program that sets the client up for success.

Donna holds a bachelor of science degree from the University of Wisconsin – La Crosse and has advanced training in clinical exercise from the American College of Sports Medicine (ACSM) as well as certifications in ACLS (Advanced Cardiac Life Support), First Aid, CPR, and more. She is also a trained biofeedback specialist.

If you are interested in finding out how Donna can help you reach your fitness and wellness goals, contact the front desk at 651.222.1751.

## WELCOME TO THE MEMBERS WHO JOINED IN OCTOBER!

Amy Elyea	Jennifer Palmer	MJ Majetich	Patrick & Stephanie Lamey
Amy Koliner	Jordan McGavin	Sheila Burgess	Gary & Rachel Tierney
Angelica Ramirez	Katherine Kelly	Stephen Roemer	Shana & David Tomenes
Ashley Neumann	Katherine Lawler	Susan Philbrook	Timothy & Melanie Ronneberg
Bernard Gonzalez	Katie Damberg	Travis Beard	Cori Paulet & Michael
Christy Leopold	Katie & Tyler Lagrange	Travis Hacker	Herrmann
Claire Philpott	Katie VanDixhorn	Vai Paye	Susan Triemert
David Marks	Kevin Horn	Zach Orbeck	Laura Gilliland
Doug Hepper	Kristina Gorder	Charlotte Hanley-Jacobson	Caroline Amplatz
Erin Mirocha	Mark Ireland	& Paul Jacobson	Ben & Monica Hartberg
Grant Johnson	Mark & Julie Margolis	Rod Johnson	
Jennifer Osborne	Michelle Chaffee	Margie Betts	

## THE CLUBS WANT TO SPONSOR YOUR TEAM!

Are you participating in a sports or recreational team and looking for a sponsor? Contact the Clubs! We’d love to hear more about your team and talk with you about the opportunity to sponsor you and your teammates during the season. Contact Sophie at [srupp@universityclubofstpaul.com](mailto:srupp@universityclubofstpaul.com) with interest!

## MEMBER SPOTLIGHT



**Eugene Mason** is the best kind of "busy." After he retired as an executive at First Bank System (now US Bank) – a career which he says he "loved every minute of" – Eugene threw himself into volunteer activities. He spends the most time volunteering with the Service Corps of Retired Executives and Ally People Solutions, a non-profit that provides services for individuals with special needs. Eugene's tireless work ethic still allows plenty of room for recreation,

family time, and personal improvement – and the time he spends at the University Club and Saint Paul Athletic Club are clear evidence of that. We caught up with Eugene to hear more about what "busy" means to him:

**UC:** How long have you been a member?

**EM:** My wife Ann and I joined in 1991 after friends introduced us to the Club, and we're members at both SPAC and the UC.

**UC:** What do you spend time on when you come here?

**EM:** The fitness center is a morning "must do." SPAC has fitness activities for all levels and interests, and while the UC fitness center is smaller, it has all the equipment needed to make me happy. Another morning "must do" is grabbing a copy of a newspaper and a cup of coffee, and retiring to the Fireside Room.

**UC:** Why the Fireside Room?

**EM:** It's THE place to 'chew the fat' with the locals. And as for the rest of the day, the Club is a great place for business luncheons and meetings, but in the summertime we take advantage of the pool. (Actually, it's all about the grandkids.) Pool time is usually followed by dinner on the deck. Saturday night dining at the Club is one of our favorite times.

**UC:** Sounds like you spend a fair amount of time here.

**EM:** Yes, and it's a wonderful venue to bring the family together for special occasions, too.

**UC:** Do you participate in any of the programming?

**EM:** Yes. We joined the Investment Club shortly after becoming members of the University Club. That's one of my favorites. (Eugene is the current contact for the Investment Club and provides a monthly write-up of the Club's activities in each newsletter.)

**UC:** So what do you do when you're not exercising, volunteering, spending time with family, socializing, participating in Clubs within the Club, or having business meetings? That is, in your "spare" time? (Ha, ha.)

**EM:** I'm a make-believe DIY-er, carpenter, mechanic, painter, gardener, and wannabe fitness freak. And over the years, our family enjoyed skiing, skating, tennis, camping, fishing, and just about everything outdoors. I also enjoy reading non-fiction, especially biographies of early American presidents as well as, lately, biographies of contemporary Secretaries of States. "Worthy Fights" by Leon Panetta is almost finished.

**UC:** So there is somehow spare time in there. This does indeed sound like the very best kind of "busy."

## NOVEMBER MEMBER NIGHTS AT THE CLUBS

**Member Nights at SPAC** *all member nights are on Thursdays from 5:30pm - 8:00pm in Butler's Café (2<sup>nd</sup> floor) unless otherwise noted and include complimentary appetizers and cash bar:*

**Thursday, November 5th:** Complimentary appetizers and cash bar

**Thursday, November 12th:** Solo Vino Wine Tasting

**Thursday, November 19th:** BINGO!

**Thursday, November 26th:** Thanksgiving - Member night CANCELED

**Member Nights at the University Club** *all member nights are on Fridays from 5:00pm - 7:00pm unless otherwise noted and include complimentary appetizers and cash bar:*

**Friday, November 6th:** Putting green on the Terrace!

**Friday, November 13th:** Complimentary appetizers and cash bar

**Friday, November 20th:** Beaujolais Nouveau and live music (5:00pm - 9:00pm)

**Friday, November 27th:** Complimentary appetizers and cash bar

# RECIPROCAL CLUB

## THE BUFFALO CLUB



Buffalo, New York, became important in 1825 as the western terminus of the Erie Canal. By 1900, it was the eighth largest city in the United States. It is the second largest city in New York State and has been since the mid-1850s. For more than a century, Buffalo has had important economic links with the Twin Cities.

The Buffalo Club was founded in 1867 by Millard Fillmore who served as its first president and was Vice President of the United States from 1849-1850 and President from 1850-1853. Its second president was William G. Fargo, co-founder of both the American Express Company and Wells Fargo & Company, and after whom Fargo, ND, is named. The Club moved into its present home in 1887, a house built in 1870 for Stephen Van Rensselaer Watson. As a home, the entire third floor was given over to a ballroom which was the scene of some of the most beautiful balls ever given for Buffalo society. The theater was complete with stage, curtain, scenery and footlights and had a seating capacity of 300. The owners were hosts at three theater parties in their home each year with plays presented by the Buffalo Amateurs. The Reading Room on the first floor has oil paintings of two of its former members, Millard Fillmore and Grover Cleveland. President William Howard Taft was an honorary member of the club from 1917 until his death in 1930. Ansley Wilcox was president of the club in 1893. It was at his home that Theodore Roosevelt took the oath of office as President of the United States on September 14, 1901. Ansley Wilcox's home is today preserved as a National Historic Site administered by the National Park Service. Through more than a century of impeccable stewardship, the Buffalo Club has retained its timeless elegance. The Club is located

on Delaware Avenue which at the turn of the twentieth century was one of the grand avenues in America. Many of the presidents of the Buffalo Club lived along Delaware Avenue.

A major renovation and expansion of the clubhouse lasting a year was completed in February 2014 adding 16,000 square feet to the original 100,000 square foot building. A major consideration was addressing how to blend modern amenities with the stately dining rooms and parlors that comprised the original clubhouse and making sure the Club retained its traditional look. The project added four overnight guest rooms, a doubles squash court located near the two existing singles squash courts, a full-service spa with private massage rooms and four full-time massage therapists on staff, a Pilates/yoga studio, and two new locker rooms. The indoor saltwater swimming pool built in 1898 was completely renovated and the skylights restored allowing natural light into the room. Other additions include a new roof-top dining area and three new boardrooms. The kitchen and food service facilities were upgraded and renovated. A new entry was added to the two existing entries to provide easy access to the overnight rooms and the spa/fitness center.

The Club also features a beautiful formal dining room with live piano music every Friday evening year-round, a billiard room, cocktail lounge, four bowling alleys, barbershop, and beauty salon. A large parking lot owned by the Club is adjacent to the clubhouse.



## 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 congratulate **Chuck Kanski** for his 2<sup>nd</sup> annual Autumn Wine Tasting held at SPAC in October. Chuck is also hosting monthly wine tastings at the Clubs through spring - we are lucky to have him - thank you, Chuck! We'd like to recognize **Stephanie Laitala-Rupp**, who was elected to the board of the Pinky Swear Foundation, which aims to ease the financial and emotional impacts experienced by children with cancer and their families by providing basic needs support and unique family programming. Minnesota Human Services Commissioner and member **Lucinda Jesson** received a fabulous write-up in the Pioneer Press this month - Lucinda is head of the state's largest agency

and Governor Mark Dayton refers to her job as the "toughest leadership position in state government." Keep up the great work, Lucinda! Last but not least, two of our members will be hosting special events this month and next: Dr. **Lisa Michaux** will be offering her expertise during a November 19<sup>th</sup> Art Collecting 101 seminar at the U Club (see page 14 for more information), and **Ryan Sarafolean** is hosting the 7<sup>th</sup> annual KGSA Foundation gala on December 3<sup>rd</sup>, also at the U Club (see page 13 for more information).

*Do you have a member you would like to recognize (it can even be you!)? Reach out to Sophie at [srupp@university-clubofstpaul.com](mailto:srupp@university-clubofstpaul.com) and we'll be sure to include the shout-out in next month's issue.*

# LAST MONTH AT THE CLUBS

October was a busy month! Last month at the Clubs, members of all ages played rowdy games of BINGO! during Member Night, the neighborhood visited the Haunted Griggs Mansion on Halloween, a magician served up lots of entertainment during Magic in the Bar and we cheered on the runners (and fed bystanders) during our marathon cheer station. The kids learned how to make pizza during Kids in the Kitchen and celebrated Halloween during our annual Boo Bash, Ballet on the Hill premiered at the U Club, Oktoberfest saw great turnouts at both Clubs, and Artful Living hosted a LEXUS event at SPAC. We also learned about bugs during Hands on Sunday and listened to great music during the Jazz Brunch. See below for snapshots:



BINGO



MARATHON CHEER STATION



OKTOBERFEST



KIDS IN THE KITCHEN



HANDS ON SUNDAY



BOO BASH



BOO BASH

## HOLIDAY CARD MAKING

Want to add a personal touch to your holiday cards this year? Need a stack of hand-stamped cards to add to your supply? Dying for a gal's or guy's day out? Looking for a fun parent/teenager afternoon activity? This is the perfect event. Come to the University Club, grab a beverage from the bar and make 12 hand-stamped holiday cards. Not creative? Don't worry! Everything is pre-designed, pre-cut and ready to go for a fun afternoon of crafting.

**When:** Sunday, November 22<sup>nd</sup> from 3:00pm - 5:00p

**Where:** University Club Varsity Grill

**Price:** \$25.00/person (includes refreshments, cookies and all supplies and envelopes)  
\*\*\*\$30 if registered after November 18<sup>th</sup>

*Reservations encouraged - space is limited. Please see the Weekly Update Email to RSVP online or call the front desk at 651.222.1751 to make your reservation.*

## PLANNING A HOLIDAY PARTY?

### LET THE CLUBS HELP YOU THROW A SPECTACULAR EVENT

Whether you're looking for an intimate social gathering for 10 or a festive plated dinner for 300 (or anything in between!), both the University Club and SPAC have beautiful spaces with onsite catering to create a memorable and personal holiday event.

*Reach out to Julia at 651.222.1751 or [jstruve@universityclubofstpaul.com](mailto:jstruve@universityclubofstpaul.com) with inquiries and requests.*

### We're sending you a holiday gift....

... and want to make sure we have an updated address for you. If you've recently moved, or are not sure if the address we have on file for you is correct, please take one of the following actions:

- 1) Log in to your member account online and update your personal information (if you need a username and/or password reset, please email Sophie at [srupp@universityclubofstpaul.com](mailto:srupp@universityclubofstpaul.com))
- 2) Email Sophie at [srupp@universityclubofstpaul.com](mailto:srupp@universityclubofstpaul.com) with an updated mailing address.

Thank you!

## THANKSGIVING BRUNCH

*Reservations required*

Leave the cooking to us and celebrate Thanksgiving at the University Club! Make your reservation today, and bring friends and family to celebrate this wonderful holiday together.

**When:** Thursday, November 26<sup>th</sup> (Thanksgiving Day) from 11:00am - 3:00pm

**Where:** University Club

**Price:** \$35 adults | \$15 children 10 and under | FREE children 5 and under



## SANTA BRUNCH

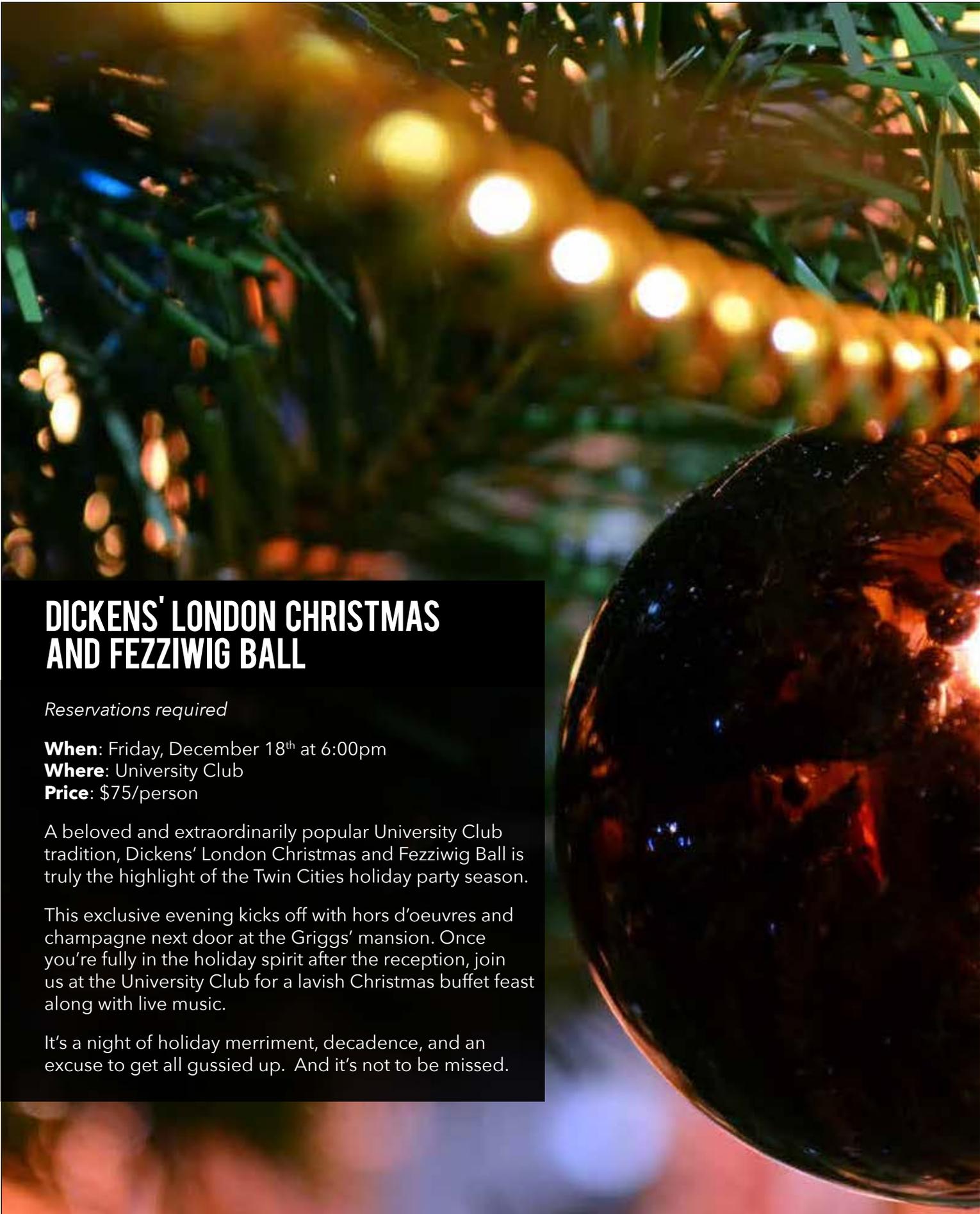
*Reservations required*

Join us for this family favorite tradition! Bring the whole family and enjoy delicious food, make-and-take crafts and pictures with Santa dressed in his Victorian finery.

**When:** Sunday, December 13<sup>th</sup> from 10:00am - 2:00pm

**Where:** University Club

**Price:** \$25 adults  
\$10 children 10 and under  
FREE children 5 and under



## DICKENS' LONDON CHRISTMAS AND FEZZIWIG BALL

*Reservations required*

**When:** Friday, December 18<sup>th</sup> at 6:00pm

**Where:** University Club

**Price:** \$75/person

A beloved and extraordinarily popular University Club tradition, Dickens' London Christmas and Fezziwig Ball is truly the highlight of the Twin Cities holiday party season.

This exclusive evening kicks off with hors d'oeuvres and champagne next door at the Griggs' mansion. Once you're fully in the holiday spirit after the reception, join us at the University Club for a lavish Christmas buffet feast along with live music.

It's a night of holiday merriment, decadence, and an excuse to get all gussied up. And it's not to be missed.

## BEAUJOLAIS NOUVEAU

For our highly anticipated annual Beaujolais Nouveau, we stock the bar with cases of brand new wine, freshly harvested from the famed Beaujolais region of France.

This region is world-renowned for producing delicious young wines that are all harvested by hand. At one minute past midnight on the third Thursday of each November, from little villages and towns throughout Beaujolais, cases of Beaujolais Nouveau begin their journey through a sleeping French countryside to bustling Paris for immediate shipment to all parts of the world.

We're pleased to be among the first to offer this new wine each year at this festive and wildly popular event.

**When:** Friday, November 20<sup>th</sup> at 5:00pm (Member Night)



## NEW! CLUB TABLE IN THE RAMSEY ROOM

Starting Tuesday, November 3<sup>rd</sup>, the Ramsey Room will have a Club table during lunch service in addition to private seating. We hope the Club table will help to foster new and existing friendships and build community between members and guests - all are welcome and encouraged to enjoy a meal at the table. As always, we welcome your feedback!

## SOLO VINO

### Thanksgiving Day Wines Happy Hour

*Reservations required*

Join Chuck Kanski from Solo Vino as he talks and tastes through his Turkey Day wine ideas. Three reds & three whites will be presented in this reception style happy hour tasting. Light food will be served.

**When:** Wednesday, November 4<sup>th</sup> from 5:30pm - 7:00pm

**Where:** University Club

**Price:** \$25/person

### Sparkling Wine

*Reservations required*

Join us for a night of bubbles! This special happy hour tasting is all about sparkling wine. Guests will enjoy Cava from Spain, Prosecco from Italy and Champagne from France.

**When:** Wednesday, December 2<sup>nd</sup> from 5:30pm - 7:00pm

**Where:** University Club

**Price:** \$25/person

*Please call the front desk at 651.222.1751 for reservation requests*



## CULINARY SPOTLIGHT by Chef Chris Gerster

'Tis the holiday season, which for many of us is synonymous with hosting or entertaining in one way or another. Looking for an easy, delicious and healthy (bonus!) side dish to bring to a potluck dinner or serve alongside a holiday feast? See below for one of my favorites, which pairs nicely with pork, beef, chicken and fish:

### Roasted Brussels Sprouts with Shallots and Thyme

#### Ingredients

- 2 lb. Brussels sprouts, root end trimmed and chopped into quarters (save the leaves that fall off the sprout as well)
- 3 TBSP extra virgin olive oil
- 2 shallots, finely minced
- 1 TBSP fresh thyme leave or ½ TBSP dry thyme leaves
- ½ TBSP kosher salt (seems like a lot, but trust me here)

#### Directions

Preheat the oven to 375 degrees

Toss the Brussels sprouts, olive oil and salt in a bowl. Spread out onto a baking sheet that will fit the sprouts in a single layer. Place in the preheated oven and roast for about 15-20 minutes. When the sprouts are soft but not falling apart and have some caramelization, sprinkle the shallots and thyme over the tray. Return to the oven for 2 minutes to blend the flavors. Remove from the oven and serve warm.



## POPOVER THURSDAYS START MID-NOVEMBER!

*Reservations encouraged for lunch and dinner - popovers will be served while they last!*

Beginning November 12<sup>th</sup>, Thursday lunch and dinner guests will enjoy Chef Brian's fresh popovers in their bread baskets. Chef Brian worked at the River Room and is thrilled to bring the popover tradition back to St. Paul (using the original recipe)! We plan to continue popover Thursdays through December, pending member feedback!

Love 'em? We'll keep 'em through the winter months!  
Not feeling it? Let us know!



## FRIDAY AND SATURDAY TASTING MENU SERIES

This month, our Friday and Saturday Tasting Menu Series will take us to the East Coast. The 4-course menu has not been finalized, but will be ready to be enjoyed soon! Keep an eye on the weekly member updates or call the front desk for more information!

When: Friday and Saturday evenings  
from 4:00pm - 10:00pm

Price: \$40/person with an optional \$20/person  
beverage pairing add-on

## NOVEMBER'S CYCLE CINEMA AT SPAC: PLANES, TRAINS & AUTOMOBILES

Join us on November 13<sup>th</sup> for our monthly Cycle Cinema class! This month, we will screen *Planes, Trains & Automobiles*. See you there!

**When:** Friday, November 13<sup>th</sup> from  
5:30pm - 7:00pm

**Where:** SPAC



## CALENDAR UPDATE

### Teen Fitness Classes Have Ended For The Season

Thank you to all who participated in our September and October teen fitness classes at the University Club. Boot Camp with Michael and Teen Yoga have ended for the season, and will resume in spring of 2016.



## WELLNESS CORNER by Donna Fink

### Why is exercise good for injury recovery and rehabilitation?

Not long ago, the recovery period after a reconstructive Anterior Cruciate Ligament (ACL) surgery meant the injured leg was immobilized for almost 6 weeks. The thought was that this allowed for healing of the graft to take place. Today, the recovery after a major surgery such as this begins with movement before the patient wakes up from the anesthesia; the leg is already working through a range of motion (ROM) with the use of a passive ROM machine. Similarly, in the past when an individual experienced back pain, the advice often given was to minimize movement and activity. More recently, the tune has changed, and appropriate movements are many times prescribed by physicians to aide in recovery.

As with all injuries, movement will help decrease muscle atrophy, allow additional blood flow to the area, and

begin to build a supportive musculature structure to support the weakened part of the body.

Exercise and movement are critical in recovery and rehabilitation beyond orthopedic issues, as well. Consider high blood pressure, elevated cholesterol, stress, obesity, and other chronic health conditions: movement, stretching and exercise have a positive effect in controlling these health risk factors.

If it has been some time since you have regularly have been active and are interested in starting an exercise program, consult with your physician before you begin. The Clubs and its fitness center staff are here to help you and work with your health care practitioners to ensure that you are performing appropriate exercises at the right time during the healing process and your rehabilitation plan. For more information on how to get started, please reach out to Donna at the front desk at 651.222.1751.



# GROUP FITNESS Schedule

NOVEMBER 2 – NOVEMBER 29, 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 Karren (5C)	6:15 AM Gentle Yoga Grant (4A)	6:15 AM Total Body Fitness Georgene (9A)	8:00 AM Cycle Georgene (5C)
11:45 AM Cycle Jason (5C)	11:00 AM Express Cycle Jason (5C)	11:45 AM Body Shred Linda (9A)	11:00 AM Express Cycle Jason (5C)	11:45 AM Cycle Terrance (5C)	8:00 AM Total Barre Jill (5B)
NOON Vinyasa Yoga Barrie (4A)	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)
12:30 PM Core Conditioning Jason (5B)	NOON Gentle Yoga Ex. Sandra (4A)	12:15 PM Core Conditioning Linda (9A)	NOON Muscle Playground Michael (5B)		
5:00 PM Step Jason (9A)	NOON Muscle Playground Michael (5B)	5:00 PM Step Jason (9A)	12:30 PM Step Jason (9A)	5:30 PM Cycle Cinema Every 2 <sup>nd</sup> Friday Jason (5C)	SUNDAY
5:30 PM Barbell Strength Jason (9A)	12:30 PM Core Conditioning Linda (9A)	5:30 PM Step Jason (9A)	5:30 PM Core Conditioning Linda (9A)	6:30 PM Candlelight Yoga Every 1 <sup>st</sup> & 3 <sup>rd</sup> Friday Jared/Lisa (4A)	9:00 AM Vinyasa Yoga (75 min.) Jared (4A)
6:00 PM P90X Georgene (4A)	5:30 PM Cycle Karren (5C)	5:30 PM Barbell Strength Jason (9A)	6:00 PM Vinyasa Yoga Kristina (4A)		10:30 AM Gentle Yoga Jared (4A)
6:30 PM Yoga Nidra Jason (9A)	6:00 PM Vinyasa Yoga Cara (4A)	6:30 PM Gentle Yoga Ex. Sandra (4A)			3:30 PM Warrior Sculpt Stefanie (4A)
7:00 PM Vinyasa Yoga Sandra (4A)	6:00 PM Total Barre Jill (5B)	6:30 PM Insanity Nicole (9A)			6:00 PM Candlelight Yoga Every 1 <sup>st</sup> & 3 <sup>rd</sup> Sunday Jen (4A)
	7:00 PM Warrior Sculpt Ashley (4A)				



**UNIVERSITY CLUB  
SAINT PAUL**

# GROUP FITNESS

## Class Schedule

### November 2<sup>nd</sup>- November 29<sup>th</sup>, 2015

**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

**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

**POWER YOGA** This Vinyasa-style yoga class blends breath, yoga postures and strength training to increase flexibility, improve cardiovascular capacity and strengthen both major and minor muscle groups for a complete mind and body workout that is challenging yet gentle. Light weights are optional throughout class as we move through certain postures to further challenge yogis and increase strength. All levels welcome.  
*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 651-222-1751.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 am	<b>Vinyasa Yoga</b> Dana Bedingfield					
9:00 am		<b>Power Yoga</b> Sophie Rupp		<b>Vinyasa Yoga</b> Dana Bedingfield		
9:30 am			<b>Total Stretch</b> Linda Hoffman			
6:00 pm		<b>Vinyasa Yoga</b> Jennifer Palmer				



## YOU'RE INVITED

### KGSA Foundation Winter Gala

Ryan Sarafolean, a long time University Club member and former employee, will be hosting the Kibera Girls' Soccer Academy (KGSA) Foundation's 7<sup>th</sup> annual winter gala this December at the University Club, and all members of both Clubs are invited to celebrate the foundation's recent accomplishments!

The KGSA Foundation provides free secondary education, artistic and athletic opportunities, and microfinance programming to over 130 girls annually in the Kibera slum of Nairobi, Kenya. Ryan established the Foundation in 2009 after spending six months in Kenya through a study abroad program offered by the University of Minnesota. More than 286 girls have graduated from KGSA and are moving into vocational programs, two and four year universities, and starting their own businesses, ensuring that they themselves can lead healthy, sustainable, independent lives. This February, the foundation hopes to "break ground" on a 4-story Boarding and Community Center.

Guests will enjoy complimentary appetizers, cash bar, live jazz music and meeting and mingling with a great community while learning about a wonderful cause.

**When:** Thursday, December 3<sup>rd</sup> from 6:00pm - 9:00pm

**Where:** University Club

**Price:** Free

## PRIMARY DEBATE VIEWING PARTIES THIS FALL AND WINTER AT THE UNIVERSITY CLUB

Join fellow members this fall and winter for Democratic and Republican Primary Debate viewing parties at the University Club. The Club will air the debates in the Member Bar or President's Room. The restaurant and bar will be open during the viewings, and as always, friends and family are always welcome to join.

*Please note: all start times are TBA. Please see our Weekly Member Update emails for the most up-to-date information.*

### 2015 Republican Primary Debates

Tuesday, November 10<sup>th</sup>

Tuesday, December 15<sup>th</sup>

### 2015 Democratic Primary Debates

Saturday, November 14<sup>th</sup>

Saturday, December 19<sup>th</sup>

## ART COLLECTING 101

**When:** Thursday, November 19<sup>th</sup>  
5:00pm arrival, 6:00pm presentation

**Where:** University Club

**Price:** Free under the program information

*How do I start collecting art? How do I know if it's real? What am I actually buying? What is original? Why buy the original when there's a much cheaper copy on eBay? What is the difference between vintage and reproduction?*

These and many other questions will be answered in this unique evening of art and education.

With an engaging presentation taught from original works of art, Lisa Dickinson Michaux, Ph.D will guide you through this complex, but fascinating process. She will discuss a range of mediums including etchings, lithographs, woodcuts, drawings, paintings, decorative arts and furniture. For 20 years, Dr. Michaux was a curator at the Minneapolis Institute of Arts organizing exhibition and acquiring art for the museum's collection. Now she has moved into the world of art dealing and is helping her clients create compelling private collections. She will share her secrets and also offer a wide array of objects for sale in this unique evening of art buying and education. Dr. Michaux will have just returned from a buying trip to Paris and will have new treasures to share as well as a selection of exciting mid-century modern American furniture and decorative arts from local resources. There will be something for everyone!

The event will begin with a chance to peruse the art on display from 5:00pm to 6:00pm. Lisa and other experts including Ann Gilligan will be on hand to answer questions and talk about the works. There will also be a cash bar and the opportunity to eat at the University Club in the bar or dining room (reservations encouraged).

The "lecture" will start at 6:00 p.m., but this is not the art history course of your college days—no slides and no falling asleep in the dark! You will examine actual works of art, see fakes that Dr. Michaux bought by accident (oops!) and for teaching purposes, and learn from these tricky pieces. You will leave with information and tools to use when you visit galleries, estate sales, and auctions.

*Please RSVP to the front desk at 651.222.1751 and tell us how many will be coming!*

## SCRABBLE SATURDAYS BEGIN THIS MONTH!

All ages and abilities are invited to play Scrabble in the Member Bar on the second Saturday of every month. University Club house rules will be presented at the first meeting, and boards and dictionaries will be available for use. Join us for friendly competition!

**When:** 2<sup>nd</sup> Saturday of every month from 2:00pm – 4:00pm, beginning November 14<sup>th</sup>



## LAKES AREA MUSIC FESTIVAL PRESENTS: LIEDERABEND

**When:** Thursday, November 5<sup>th</sup> -  
6:00pm cocktail hour (optional), 7:00pm performance

**Where:** University Club of St. Paul

**Price:** Free (and open to the public!) but donations are welcome

LAKES AREA  
**MUSIC**  
FESTIVAL

**John Taylor Ward, baritone**  
**Scott Lykins, piano**  
**Roma Duncan, Minnesota Orchestra**

This concert is the first in a November through May series of classical music concerts co-presented by the Lakes Area Music Festival and University Club of St. Paul.

*The Lakes Area Music Festival was founded in 2009 by Artistic Directors Scott Lykins and John Taylor Ward. Each August, the organization brings together the nation's best audiences and performers for three weeks of classical music performance, including chamber music, symphonic orchestra, and semi-staged opera. A collaborative roster includes over 140 musicians from ensembles and conservatories such as the Minnesota Orchestra, St. Paul Chamber Orchestra, New World Symphony, Metropolitan Opera, Minnesota Opera, Juilliard School, Eastman School of Music, Curtis Institute, and more.*

*For more information, visit [lakesareamusic.org](http://lakesareamusic.org)*



## ABOUT THE PERFORMERS

Enjoy an evening of German songs performed by world-renowned opera singer John Taylor Ward and collaborative partner, pianist Scott Lykins. Ward and Lykins are the Artistic Directors of the Lakes Area Music Festival (Brainerd, MN) and will present a program featuring two foundations of the song cycle repertoire: Ludwig van Beethoven's *An die ferne Geliebte* (*To the distant Beloved*) is considered to be the first song cycle, leading way to the many great works of his contemporaries. Franz Schubert's *Schwanengesang* (*Swan Song*) features the poetic works of three German poets in a collection of songs.



**John Taylor Ward's** performances have been praised by the *New York Times* for their "impressive clarity and color" and "velvety suaveness" and the *Washington Post* for "finely calibrated precision and heart-rending expressivity." This season, Taylor has appeared as a principal artist on five continents, joining ensembles such as Les Arts Florissants (as a lauriate of the *Jardin des voix*), Collegium Vocale Ghent and the Boston Camerata. Other recent credits include several roles in the 2015 Boston Early Music Festival's cycle of Monteverdi operas and the creation of a new opera for the Teatro Mayor of Bogotá, Columbia with the ensemble L'arpeggiata. Taylor is also a frequent collaborator with the Grammy award winning ensemble, Roomful of Teeth, and Pulitzer Prize winning composer, Caroline Shaw. Originally from Boone, NC, he graduated from the Eastman School of Music, and went on to pursue a Masters and Doctoral study at Yale University, where his scholarly research focused on the performance practice of shape-note and Appalachian folk music.

**Scott Lykins'** career uniquely blends artistic performance as a cellist and pianist with administrative creativity as founding Artistic and Executive Director of the Lakes Area Music Festival. As a collaborative pianist with a primarily vocal focus, he has performed in recitals and concerts throughout the United States, and recently made his European debut performing Schubert's *Winterreise* with baritone John Taylor Ward at the Cite Internationale Universitaire de Paris.

Primarily a cellist, he enjoys a busy schedule performing throughout the Midwest. He has served as principal cellist for numerous ensembles and festivals and has played regularly with the Syracuse, South Dakota, and New World Symphonies. As a soloist, recent concerto appearances include the Minnesota Philharmonic Orchestra, Heartland Symphony, Northeast Orchestra, and the Lakes Area Music Festival. He has received both bachelors and masters degrees in cello performance from the Eastman School of Music, studying with Steven Doane and Alan Harris, respectively.

Lykins is also a graduate of the Catherine Filene Shouse Arts Leadership Program at Eastman and was a member of the 2014 cohort of the Institute for Executive Director Leadership through St. Thomas' School of Business.



UNIVERSITY CLUB  
SAINT PAUL

The University Club of St. Paul Invites You to  
**LADIES NIGHT OUT!**

## HOLIDAY SHOPPING PREVIEW

Sounds of the season performed by local pianist Steve Anderson

Handcrafted items for home and holiday giving

Raffle supporting Hope Chest for Breast Cancer

Local and specialty fashion must haves!

**EVERYONE WELCOME!**

TUESDAY NOVEMBER 10, 2015 | 6:00 – 9:00

\$10.00 Admission

(includes small bites, a glass of wine or champagne and admission to the event)



## COFFEE CONCERTS AT THE U CLUB AND SPAC

Coffee concerts at the U Club and SPAC are back beginning in December. Join us at the Clubs for hot coffee and an afternoon performance from the Saint Paul Conservatory of Music. December's concert is entitled "Spanish Works for Voice and Guitar" and will feature Nerea Berraondo (mezzo soprano) and Eva Beneke (guitar).

**When:** Wednesday, December 2<sup>nd</sup> from 12:00pm - 1:00pm

**Where:** University Club

**Price:** Free and open to the public

**Mark Your Calendars for Upcoming Coffee Concerts (all at 12:00pm)**

Wednesday, January 6<sup>th</sup> at SPAC

Wednesday, February 3<sup>rd</sup> at U Club

Wednesday, May 4<sup>th</sup> at U Club

## BALLET ON THE HILL

Once a month, members of all ages are invited into the Summit Room at the University Club for an educational presentation and demonstration from Twin Cities Ballet Company dancers, including audience-dancer interactive activities and a preview performance. Attendees 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. These performances are FREE and open to the public.

### UPCOMING PERFORMANCES:

**When:** Thursday, November 5<sup>th</sup>  
from 11:00am - 12:00pm

**Where:** University Club of St. Paul

#### Welcome and Introduction

- From Imperial Russia to Europe: Development of the classics

#### Presentation/Demonstration

- Pointe shoes and tutus
- Ballet music and composers: The Dying Swan

#### Interactive Engagement with the Company Dancers and Children

- Learn a 2-minute dance

#### Talk

- Twin Cities Ballet of Minnesota: Innovative. Visionary. Exceptional.
- 2015-16 season and outreach programs

#### Performance

- Excerpts from The Nutcracker

**When:** Thursday, December 3<sup>rd</sup>  
from 11:00am - 12:00pm

**Where:** University Club of St. Paul

#### Welcome and Introduction:

- all about the Nutcracker

#### Presentation/Demonstration:

- History of the Nutcracker Ballet

#### Interactive Engagement with the Company Dancers and Children:

- Learn a 2-minute dance

#### Performance:

- Classic Nutcracker choreography excerpts

## 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. The purpose behind each session is to provide attendees with the encouragement to go back to their offices more inspired, savvy and energized.

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

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

**When:** November 18<sup>th</sup>, 2015

**Time:** 11:15am - 1:00pm

**Where:** University Club of St. Paul

**Topic:** Demystifying Digital

*Darin Lynch is the Founder and CEO of Irish Titan, a digital agency focused on ecommerce, web development and online marketing. Darin offers over 20 years of leadership, sales and marketing, web and technology experience ranging from Fortune 100 financial firms to national retailers to start-up and early stage companies.*

*Attendees will learn a combination of top 10's, best practices, tips, tricks and mistakes, sprinkled with amusing anecdotes and first-person case studies. This conversation will offer insights and information that will help describe today's websites and online marketing in a common sense way suitable for business-minded folks.*

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

For tickets visit: <https://www.eventbrite.com/e/club-e-demystifying-digital-tickets-19213548240>

## VOLUNTEER OPPORTUNITY

### COMMUNITY LEAF RAKING AND CLEAN-UP

All ages welcome!

The Clubs are seeking volunteers to help rake leaves for members of the community. We do not have a date or time set, as we want to gauge the interest of our members first. Please contact Sue at [skatsiotis@universityclubofstpaul.com](mailto:skatsiotis@universityclubofstpaul.com) and let us know if you're interested!

## ETIQUETTE CLASSES

Ages 8 through 12

We are so excited to partner once again with licensed etiquette professional Bethany Miller from Doors of Success Etiquette. Due to the popularity of last year's class, we are proud to offer this class twice throughout the month of November. Bethany's etiquette class provides a valuable and fun, social and dining skills workshop. Class includes a multi-course lunch and a manners party bag, and topics include the following:

- Creating and maintaining good eye-contact
- Key table manners
- Introductions
- Restaurant Manners
- Thank you notes and more

**When:** Saturday, November 7<sup>th</sup> and 21<sup>st</sup> from 10:00am - 1:00pm

**Where:** University Club

**Price:** \$60 per child

RSVP is required by calling 651.222.1751

Proper attire is required: boys must wear dress slacks & a collared shirt with a sport coat, or a suit. Girls must wear their best dress or dress slacks and a dressy shirt.

## SAVE THE DATES

- **Sunday, December 6<sup>th</sup>:**  
Hands on Sunday - Make and Take Gingerbread Houses
- **Sunday, December 13<sup>th</sup>:**  
Santa Brunch
- **Saturday, January 9<sup>th</sup>:**  
Smart Money Kids Class
- **Sunday, January 10<sup>th</sup>:**  
Kids in the Kitchen cooking class

## HANDS ON SUNDAY: MAKE AND TAKE GINGERBREAD HOUSES

*Reservations required*

Bring the entire family for an afternoon of holiday fun. Chef Brian will provide tips and tricks on how to construct your own gingerbread house. Decorative candies, gum drops, peppermints, sprinkles, cookies and more will be provided to help make your house come alive. This is an event not to be missed!

**When:** Sunday, December 6<sup>th</sup> from 2:00pm - 4:00pm

**Where:** University Club

**Price:** \$25/house (*note: this is a change from our regular price of \$15/family*)

# LUNAR BALL AND LUNAR CHRONICLES AUTHOR MARISSA MEYER MEET-AND-GREET

## VIP tickets for U Club and SPAC members!

Friends, Lunars, Earthens, lend me your ears! Red Balloon Bookshop and the University Club of St. Paul are hosting a Lunar Ball with Marissa Meyer in celebration of the release of *Winter*, the heart-stopping conclusion to the bestselling *Lunar Chronicles*! Your presence is requested for *Lunar Chronicles* trivia, activities, giveaways...and to meet Marissa Meyer herself! Formal attire, cosplay, or the official Lunar colors of red, black, and white are strongly encouraged. Join the Resistance and get your Lunar Ball tickets today!

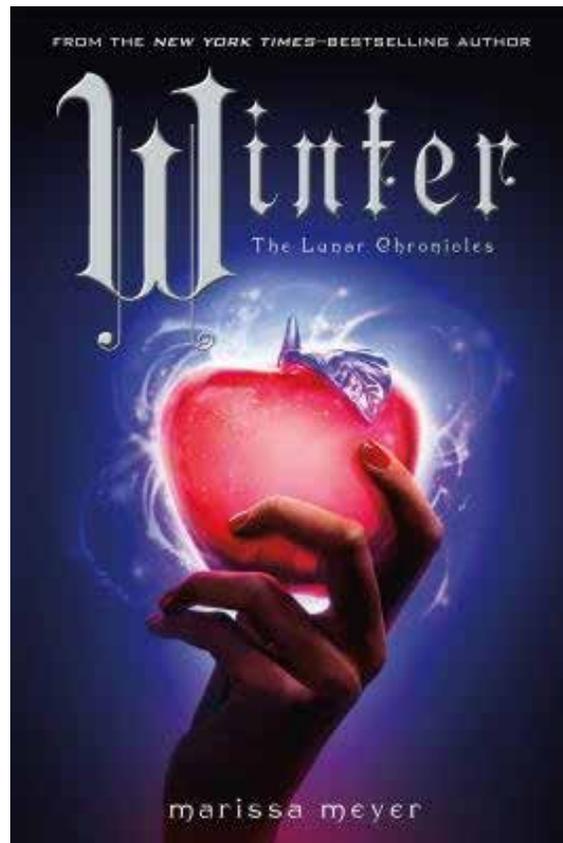
**TICKET INFO:** This is a ticketed event, presentation, and book signing. Tickets are \$26.00 and include one copy of *Winter* by Marissa Meyer (original price \$24.75 w/tax). One ticket per person; underage guests may be accompanied by an adult chaperone (please notify staff at time of ticket purchase).

**When:** Wednesday, November 18th - doors open at 6:00pm, event begins at 6:30pm

**Where:** University Club

**Tickets:** \$26/person (adult chaperones do not need to purchase a ticket); includes one copy of *Winter*

Tickets can be purchased in-store at Red Balloon or over the phone by calling 651-224-8320. Tickets and books will also be available for purchase at the event, though advance purchase is recommended.



**University Club and SPAC members receive VIP tickets, which includes signing line priority and an exclusive VIP swag bag.** Limited to the first 20 members to RSVP!

## KIDS IN THE KITCHEN

*Ages 8 and older*

Give the kids a chance to get their hands dirty with our 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:

**November:** Pasta Making

**January:** Eggs 101

**When:** November 8<sup>th</sup> from 2:00pm - 5:00pm

**Where:** November's session will take place at the University Club

**Price:** \$40/session

*Space is limited - please contact Sue at [skatsiotis@universityclubofstpaul.com](mailto:skatsiotis@universityclubofstpaul.com) to reserve a spot!*

## SPAC DIVE-IN MOVIE AND FOOD DRIVE

*For children and teens ages 6<sup>th</sup> grade and older*

Our summer dive-in movies are such a fun tradition, we've decided to move them inside during the cooler months. This fall and winter, kids ages 6<sup>th</sup> grade and older are invited to put on their suits, bring their favorite pool float and meet us down at the SPAC indoor pool to continue the dive-in movie tradition all season long. The "ticket price" for each dive-in movie will be one or more canned goods that will be donated to a local food shelf.

**Movie:** TBD - we are taking votes on Facebook and via email ([skatsiotis@universityclubofstpaul.com](mailto:skatsiotis@universityclubofstpaul.com))

**When:** Saturday, November 14<sup>th</sup> at 7:00pm

**Where:** SPAC 8<sup>th</sup> floor

**Price:** one or more canned goods to be donated to a local food shelf

## CLUBS WITHIN THE CLUB CONTACT LIST

### Alliance Francaise

bonjour@afmsp.org

### Book Club

Holly Weinkauff

Holly@RedBalloonBookshop.com

### Casa de España

Marisa Parzenczewski

De\_madrid@hotmail.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

Jeannie Hanson

jkhans913@gmail.com

### GK Chesterton Society

Dale Ahlquist

Dale@chesterton.org

### Great Books

Meg King

KingMuelken@q.com

### Investment Club

Gene Mason

Eugene.Mason@comcast.net

### John Adams Society

Joshua Regnier

(651) 321-8414

### Knitting Club

Patricia Herrera

chelajewelry@gmail.com

### Reach in Reach Out

Carol Engelhart

CarolEngelhart@gmail.com

### Readings by Writers

Carol Connelly

CarolMConnolly@aol.com

### 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](mailto:SKatsiotis@UniversityClubofSt.Paul.com)

## Investment Club (ICLUB) by

Eugene Mason

It may be instructive to compare the ICLUB portfolio at September 30th (\$134,500) to October 23rd (\$143,195). The months leading up to September 30th were supportive and illustrative of the mantra (but definitely not dogma!) "Sell in May and go away." The ICLUB observed that its portfolio rebounded to previously seen levels during the months of September and October 2015. However, there may be advantages and opportunities to the prevalence of market volatility during the warmer months. One strategy the ICLUB discussed would be carrying a bit more cash if that period continues to be more predictable; however, serious research will need to be conducted to support this strategy.

After a very intensive discussion, the membership attending the meeting decided to invest in Fastenal (FAST). The

ICLUB instructed the Treasurer to place an order with its broker to buy 100 shares. The order was filled on the opening of the market on the following business day at \$38.02 per share.

After over 20 years, the President of the ICLUB organized an Ad Hoc Committee to review the Club's partnership agreement. There appears to be a need to either establish bylaws clarifying the intent of the partnership agreement or to change the agreement to conform to current practices.

The "watch List" and portfolio investments were also reviewed, and no changes were made.

*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 re: the club activities, please e-mail Gene Mason at [eugene.mason@comcast.net](mailto:eugene.mason@comcast.net).*

## Wine Club by Cory Biladeau

Every month, a different Wine Club member takes a turn hosting and teaching us about their chosen wines. It's exciting and impressive to learn how much there is to wine. It is truly interesting and fun to see what the members decide to present on each month. Wine is a world unto itself and a great part of the history from where it comes.

At last month's meeting, we were very fortunate to have a new member, Brad Ballinger, jump right in and host the evening event. Brad provided a plethora of information and served absolutely fabulous Beaujolais wines.

Have you heard of Beaujolais wines? They are truly exceptional (and you have the opportunity to taste them for yourself during Beaujolais Nouveau at the University Club on Friday, November 20th!).

From Brad we learned that there are four classifications of

Beaujolais and that Beaujolais is actually part of Burgundy (but happily, the Beaujolais wines do not carry the Burgundy prices).

Brad brought a number of Cru Beaujolais wines for us to try and we quickly found out why these are the more prestigious of the Beaujolais wines. They smelled beautiful and tasted fantastic.

Another bit of information that seemed contrary to what many hear is that many Beaujolais wines can be aged - they keep getting better! It is a wonderful wine to consider for holiday pairings.

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](mailto:corybiladeau@gmail.com). The Wine Club is \$10/meeting to cover the costs of the food and beverage consumed.*

## GREAT BOOKS DISCUSSION

In November, the Great Books Discussion group departs the Western canon to read *First Snow on Mount Fuji*, by Yasunari Kawabata.

The stories of Yasunari Kawabata evoke an unmistakably Japanese atmosphere in their delicacy, understatement, and lyrical description. Kawabata lets us slide into the lives of people who have been shattered by war, loss and longing. These stories are beautiful and melancholy, filled with his unerring vision of human psychology.

One of the most influential figures in modern Japanese fiction, Yasunari Kawabata is treasured for the intensity of his perception and the compressed elegance of his style. His spare and subtly-shaded prose works won him the Nobel Prize for Literature in 1968; he was the first Japanese author to receive such a distinction. Kawabata received numerous literary accolades in his home country as well as Europe, and worked tirelessly with translators, agents and publishers to bring Japanese literature to an international audience.

Kawabata published steadily from the 1920s until his death in 1972. Some of his best-known works, translated into English sometimes decades after their original publication, include *The House of the Sleeping Beauties and Other Stories* (1969), *Snow Country* (1957) and *Thousand Cranes* (1958).

*First Snow on Fuji* was originally published in Japan in 1958, ten years before Kawabata received the Prize. It contains elements that are the hallmarks of his writing: rich and sensuous detail, the exploration of memory—both its healing possibilities and its limitations—and, most of all, the effects of suffering and loss on human beings.

Join us, then, for a discussion of this fascinating and exotic story.

**When:** Wednesday, November 18<sup>th</sup> at 7:30pm

**Where:** University Club



Kawabata at work at his house in Nagatani of Kamakura (1946). Image via Wikimedia Commons.

## MARK YOUR CALENDARS: REACH IN REACH OUT MEMBER OUTING

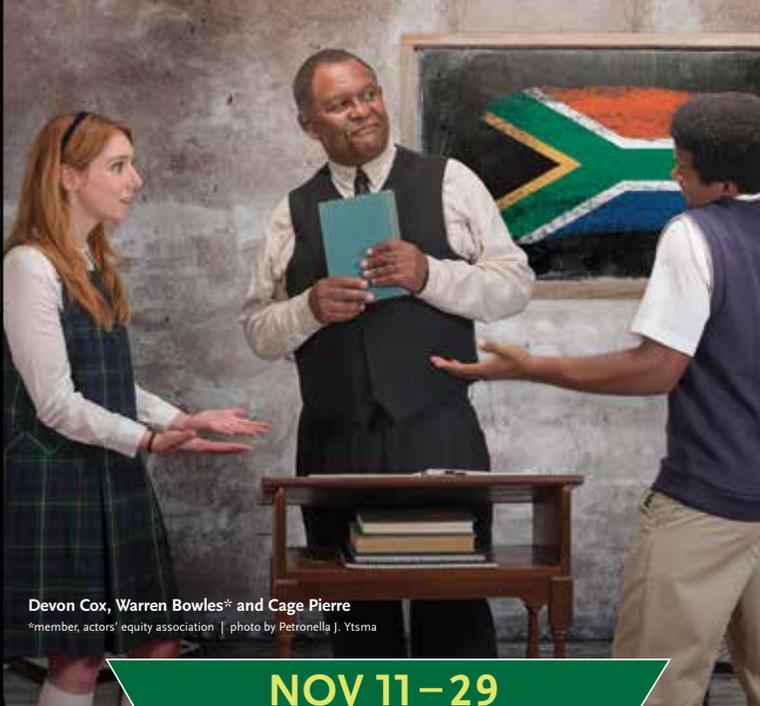
**What:** Minnesota History Museum tour followed by lunch at WA Frost

**When:** Tuesday, December 8<sup>th</sup> - 10:30am tour, 1:00pm lunch

Please RSVP to Carol at [CarolEngelhart@gmail.com](mailto:CarolEngelhart@gmail.com) with interest!



# PARK SQUARE THEATRE



Devon Cox, Warren Bowles\* and Cage Pierre  
\*member, actors' equity association | photo by Petronella J. Ytsma

**NOV 11-29**  
Andy Boss Thrust Stage

# My Children! My Africa!

By Athol Fugard; Directed by James A. Williams  
*Regional Premiere*

*An emotionally charged  
confluence of art and activism.*

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## 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  
NOVEMBER 1<sup>ST</sup>*

RESERVATIONS AND INFORMATION

651-261-7897

[dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

## COMMONWEALTH PROPERTIES

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

THE EXCHANGE BUILDING

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

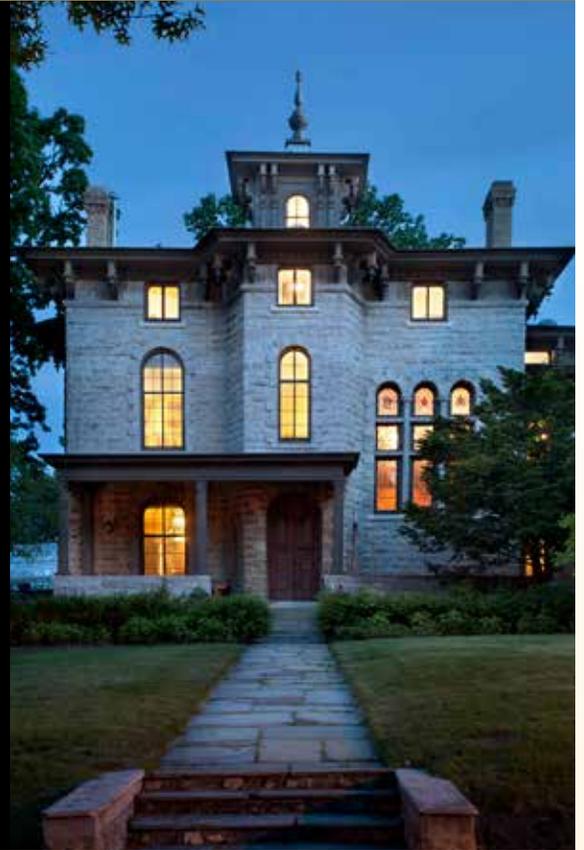
[dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

## 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 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](mailto:dburgwald@commonwealthproperties.com)

**651-261-7897**

## 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](mailto:dburgwald@commonwealthproperties.com)

**PREMIUM OFFICE SPACE  
NOW AVAILABLE**

# November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 <b>Hands on Sunday</b> 2pm – 4pm UC	2 <b>Knitting Club</b> 6pm UC	3 <b>Book Club</b> 7pm UC	4 <b>Solo Vino Presents</b> 5:30pm -7pm UC	5 <b>Ballet on the Hill</b> 11am UC <b>Beginning Ballet</b> 5:30pm UC <b>Member Night</b> 5:30pm SPAC <b>Lakes Area Music Festival</b> 7pm UC	6 <b>Tasting Menu – TBD</b> 4pm – 10pm UC <b>Member Night &amp; Putting Green</b> 5pm UC	7 <b>Etiquette Class</b> 10am – 1pm UC <b>Tasting Menu – TBD</b> 4pm – 10pm UC
8 <b>Kids in the Kitchen</b> 2pm – 5pm TBD	9	10 <b>Pasta Night</b> 5:30pm-7:30pm UC <b>Game Night</b> 6pm UC <b>Ladies Night Out</b> 6pm UC	11 <b>Investment Club</b> 5:30pm UC	12 <b>Beginning Ballet</b> 5:30pm UC <b>Member Night</b> 5:30pm SPAC <b>Cass Gilbert</b> 5:30pm UC <b>L'Apéritif en Français</b> 6pm UC <b>Wine Club</b> 7pm UC	13 <b>Tasting Menu – TBD</b> 4pm – 10pm UC <b>Member Night</b> 5pm UC	14 <b>Scrabble Saturday</b> 2pm – 4pm UC <b>Tasting Menu – TBD</b> 4pm – 10pm UC <b>SPAC Dive-in Movie</b> 7pm SPAC <b>Democratic Debate Viewing</b> TBD UC
15	16	17 <b>Readings by Writers</b> 7pm UC	18 <b>CLUB E</b> 11:15am UC <b>Lunar Ball</b> 6pm UC <b>Great Books</b> 7:30pm UC <b>John Adams Society</b> 7:30pm UC	19 <b>Art Collecting 101</b> 5pm UC <b>Beginning Ballet</b> 5:30pm UC <b>Member Night</b> 5:30pm SPAC <b>Casa de España</b> 6pm – 7:30pm UC	20 <b>Tasting Menu – TBD</b> 4pm – 10pm UC <b>Beaujolais Nouveau</b> 5pm UC <b>Family Fun Night</b> 5pm UC	21 <b>F. Scott Fitzgerald Roundtable</b> 9:30am UC <b>Etiquette Class</b> 10am – 1pm UC <b>Tasting Menu – TBD</b> 4pm – 10pm UC
22 <b>Holiday Card Making</b> 3pm – 5pm UC	23	24 <b>GK Chesterton</b> 7pm UC	25	26 <b>Thanksgiving Brunch</b> 11am – 3pm UC	27 <b>Member Night</b> 5pm UC	28
29	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

# December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 <b>Book Club</b> 7pm UC	2 <b>Coffee Concert</b> 12pm UC <b>Solo Vino Presents</b> 5:30pm -7pm UC	3 <b>Ballet on the Hill</b> 11am UC <b>Member Night</b> 5:30pm SPAC	4 <b>Tasting Menu – TBD</b> 4pm – 10pm UC <b>Member Night</b> 5pm UC	5 <b>Tasting Menu – TBD</b> 4pm – 10pm UC
6 <b>Hands on Sunday</b> 2pm – 4pm UC	7 <b>Knitting Club</b> 6pm UC	8 <b>Pasta Night</b> 5:30pm-7:30pm UC <b>Game Night</b> 6pm UC	9 <b>Investment Club</b> 5:30pm UC	10 <b>Member Night</b> 5:30pm SPAC <b>Cass Gilbert</b> 5:30pm UC <b>L'Apéritif en Français</b> 6pm UC <b>Wine Club</b> 7pm UC	11 <b>Tasting Menu – TBD</b> 4pm – 10pm UC <b>Member Night &amp; Holiday sing-a-long</b> 5pm UC	12 <b>Scrabble Saturday</b> 2pm – 4pm UC <b>Tasting Menu – TBD</b> 4pm – 10pm UC
13 <b>Santa Brunch</b> 11am – 2pm UC	14	15 <b>Readings by Writers</b> 7pm UC <b>Republican Debate Viewing</b> TBD UC	16 <b>CLUB E</b> 11:15am UC <b>Great Books</b> 7:30pm UC <b>John Adams Society</b> 7:30pm UC	17 <b>Member Night</b> 5:30pm SPAC <b>Casa de España</b> 6pm – 7:30pm UC	18 <b>Dickens' London Christmas &amp; Fezziwig Ball</b> 6pm Griggs & UC	19 <b>Tasting Menu – TBD</b> 4pm – 10pm UC <b>Democratic Debate Viewing</b> TBD UC
20	21	22 <b>GK Chesterton</b> 7pm UC	23	24 <b>U CLUB IS CLOSED</b>	25 <b>U CLUB &amp; SPAC ARE CLOSED</b>	26
27	28	29	30	31		

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