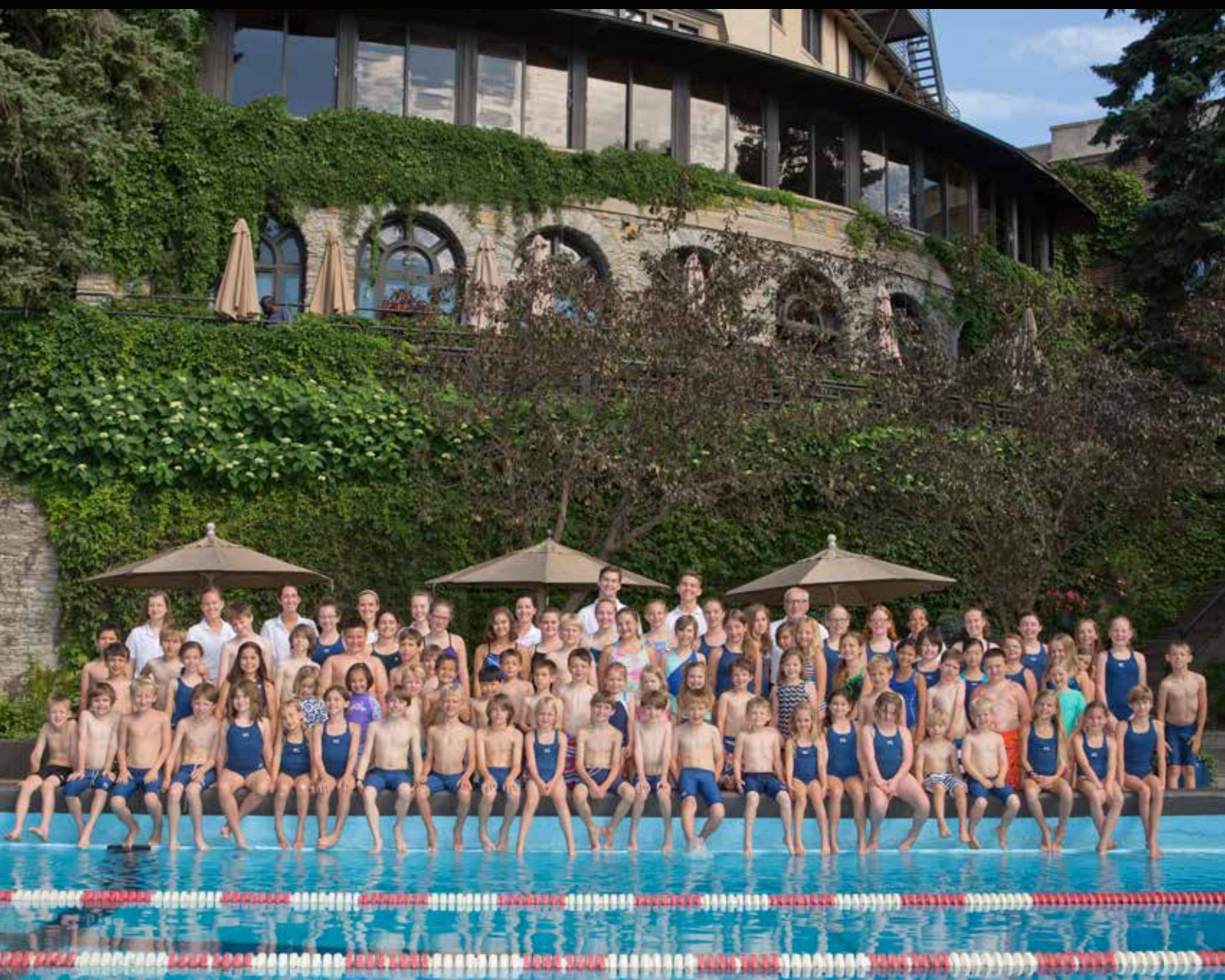


July 2016

# THE LOOKOUT

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



**Sneak Peak at Fusion by SPAC** Page 11

**SPAC Attack Tough Mudder Team** Page 13

ALSO INSIDE: *Sharing the Rough Documentary Viewing* page 9 | *St. Paul Saints Game* page 10  
*National Massage Week* page 15

# THE LOOKOUT

## Message from the President

By now, you've undoubtedly heard about Marie Kondo's book, *The Life-Changing Magic of Tidying Up*. It's the reason your neighbor put 6,300 bags of garbage out on the curb last month. Kondo's primary principle: Get rid of things that don't spark joy. ("Spark joy" is her phrase, not ours, but we're borrowing it.) This summer, we invite you to do the same with your life, starting with your schedule.

Instead of falling into the trap of constantly sprinting around, ask yourself what moments and activities truly spark joy for you. If you ask us, we could go for a few extra days of leisurely cocktails by the pool while the kids splash away. We could go for a weekend in nature, where the constant inclination to stare at a screen gives way in favor of staring at stars or a roaring campfire.

We could go for creating some family memories in no-pressure environments.

Frankly, we could go for a *massage*. Now *that's* sparking joy.

All of this and more is available at the Clubs this summer. Join us, won't you?

**Every Body Deserves a Massage Week.** (No, we weren't kidding about the massages!) From July 10-16, save 20% on one massage session or buy three massages and get one free. We won't tell your family if you buy all three massages for yourself—and keep the free one, too.

**Stout's Camping Trip.** In August, our younger members will escape to beautiful Stout's Island Lodge for a weekend of recreation, relaxation, and restoration in rustic elegance. Book now while there's still space!

**Saints Game with the Clubs.** Check out the new stadium and relish in America's favorite pastime. (Speaking of relish, and ketchup, and mustard, get a hot dog while you're at it—you can always work it off in our fitness centers.)

Of course, this is just the beginning. There are myriad other events including our Clubs within the Club and other activities, such as the Wine Club, Member Nights, Pasta Night, Game Night, Book Club, Croquet, and Friday night Weenie and S'mores roasts.

What will spark joy for you this summer?

We'll see you at the Clubs!

Stephanie Laitala-Rupp



Stephanie Laitala-Rupp

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## Hours of Operation

### UC: Fitness Center:

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

### UC: Dining:

Monday 11am – 9pm  
Tuesday – Friday 11am – 10pm  
Saturday 9am – 10pm  
Sunday 10am – 2pm

### UC: Pool Dining:

Monday-Sunday 11am – 8pm

### UC: Pool and Tennis:

Monday – Friday 6am – 7:45am & 12:15pm - dusk  
Saturday – Sunday 6am – dusk

### SPAC:

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



## MEET THE TEAM

There's "well rounded," and then there's **Sophie Rupp**. She keeps herself busy, boasting the sort of resume that makes you want to say, "I need to have coffee with this person and find out what's going on in her brain."

Case in point: Sophie is a CPA, yoga instructor, and baker. Oh, and Director of Membership and Communications at the University Club. How's *that* for an unusual juxtaposition?

The unique blend suits Sophie, who has always moved seamlessly between varied roles. In fact, her career at the University Club started in high school, when she served as a lifeguard, diving coach, receptionist, *and* hostess. After obtaining her Master's in accounting in 2010, Sophie worked as a tax consultant in Manhattan. We're glad she felt the lure of home and came back to the Twin Cities—and everyone around here who has taken one of her yoga classes (she has more than 500 hours of teaching experience and helped manage a studio)



or eaten one of her baking creations (she co-owns Sweet Queens, LLC) is glad she came back, too.

Wearing multiple hats is an important component of Sophie's position at the U Club. No two days are alike, but she's always focused on keeping the members happy. Sophie tackles member accounts and billing, member communications (including *The Lookout* newsletter and Weekly Update emails) and new member onboarding while providing tours of the facilities, attending events, teaching yoga, and even running errands for such things as replenishing the pool shack's ice cream

inventory. We keep her busy, but she thrives on it, and relishes being "surrounded by a wonderful team and awesome members."

Sophie spends her free time cooking, gardening, staying active and fixing up her grandmother's house, which she bought with her fiancé. She can also occasionally be spotted lounging by the U Club pool or in the steam room at the SPAC—off the clock, of course!

## 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 Club**  
Michael-Jon Pease  
wicketkeeper@gmail.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

## MEMBER SPOTLIGHT



**Lynne Duke** and her husband Gordon joined the University Club 28 years ago after relocating to St. Paul from Edina. The objective: Meet more people in the neighborhood. It's safe to say that they succeeded. Today, Gordon and Lynne are fixtures in the community—not to mention beloved regulars at the Club—and it's hard to envision them as ever being the “unfamiliar new

neighbors.” Like any good neighbor, Lynne was recently kind enough to chat with us and share more of her story.

**UC:** Twenty-eight years! Thank you so much for your loyalty to the Club. Still having fun here?

**LD:** Every time I see the new monthly U Club newsletter with all of the fabulous activities, I want to join all over again!

**UC:** What is the biggest change you've seen at the Club over the years?

**LD:** I've loved watching the Children's program emerge and expand, with all the adorable children participating. So fun to see them having fun everywhere on the property.

**UC:** And you moved to St. Paul from Edina, yes? Are you from the Twin Cities originally?

**LD:** I am from Michigan and my husband is from Georgia, and our daughter is adopted from Korea. She lives in Arizona now.

**UC:** How do you usually spend your time at the Club?

**LD:** Every day I use the gym and then read the newspaper in the Fireside Room. I have met many wonderful members this way. My husband and I also attend Member Night every Friday night we're in town. We also enjoy Pasta Night, holiday brunches, New Year's Eve, and any meal on the deck in the summer.

**UC:** What's something that people may not know about you—even if they join you for chats in the Fireside Room?

**LD:** When I turned 60, I took motorcycle classes and got my motorcycle license!

**UC:** That sounds fabulous! And while we are fortunate enough to see you a lot at the Club, you aren't in St. Paul year-round—is that correct?

**LD:** We live in Arizona for about six months out of the year. It's on my wish list to have a University Club branch in Scottsdale to enjoy during the winter months!

**UC:** We'll look into it.

## LAST MONTH AT THE CLUBS

Last month at the Clubs was full of action! The beloved Camp U Club began, Terry the Turtle Guy came for a visit, SPAC and U Club members joined together for a golf outing, and we held the first dive-in movie of the summer at the U Club. Members celebrated the start of the season with 108 Sun Salutations and the croquet team played 2 matches in Overlook Park. See below for snapshots:



CAMP U CLUB



CAMP U CLUB



## CHARITY SPOTLIGHT

Charity Spotlight is a monthly initiative we've developed to further give back to important causes in our community. Each month, we feature a different non-profit partner to help raise awareness and funds for an array of incredible organizations. We feature a special restaurant menu every month, and a portion of the sales from this menu will be donated directly to the spotlight organization. In addition, our Youth Service Team will be working on projects directly affiliated with each non-profit during each monthly meeting.

As a first-of-its-kind hospital, **Gillette Children's Specialty Healthcare** pioneered a mission to serve people who have disabilities and highly complex conditions. Its mission and care principles infuse everything it does –from providing top-notch specialty care to training the next generation of medical and surgical specialists. Gillette Children's Specialty Healthcare provides specialized health care for people who have short-term or long-term disabilities that began during childhood. The organization helps children, adults and their families improve their health, achieve greater well-being, and enjoy life.

## JULY MEMBER NIGHTS AT THE CLUBS

*Please note that SPAC happy is on hiatus through the summer and will return in October!*

**Member Nights at the University Club** all member nights are held on Fridays from 5:00pm – 7:00pm and include complimentary appetizers and cash bar unless otherwise noted. Executive SPAC members are welcome and encouraged to join:

- **Friday, July 1<sup>st</sup>:** Complimentary appetizers and cash bar
- **Friday, July 8<sup>th</sup>:** Complimentary appetizers and cash bar
- **Friday, July 15<sup>th</sup>:** Complimentary appetizers and cash bar
- **Friday, July 22<sup>nd</sup>:** Complimentary appetizers and cash bar
- **Friday, July 29<sup>th</sup>:** Complimentary appetizers and cash bar



## WELCOME TO THE MEMBERS WHO JOINED IN JUNE!

Aaron Jacobs  
 Adam Leclerc & Megan Schindeldecker  
 Alex Carlson & Christy Dockendorf  
 Alexandra Gayl  
 Angela & Charles Loving-DeCoster  
 Anna Waters  
 Bill Bard & Mary Hogan-Bard  
 Bruce Jones  
 Cheryl Bailey and Dan Humes  
 Chris Coyle  
 Christopher Longley &  
     Tiffany Hanssen-Longley  
 Courtney DelMoral-Beeman  
 Deena & Christopher Winter  
 Elizabeth Sobotka

Elizabeth Tessmer  
 Eric Ruhland & Mya Honeywell  
 Jake Murphy  
 James Farley & Paula Guerra  
 Jason Koenig & Shane Montoya  
 Jill Wiedemann-West  
 John & Jill Anderson  
 Jon Zimmermann  
 Kate Mudge  
 Katherine & Michael Pexa  
 Keaton Wendroth  
 Kurt Mueller  
 Laurie & Paul Hevier  
 Lisa Carr  
 Mary Clark

Michael Tierney & Kelly Knight  
 Peter & Melissa Kestner  
 Rannon Arch & Marie Harmon  
 Ryan Knoke  
 Scott & Kirsten Ramsay  
 Shane McCarron & Serenity Silvers  
 Steve Veverka & Donna Swanson  
 Thomas & Kelsey Anderson  
 Tom & Melissa Woehrle  
 Tory & James Smith  
 Virginia Arthur  
 William & Katie Worple  
 Yasuko Yamamura & Luis Laguna



## 4<sup>TH</sup> OF JULY HOURS AT THE CLUBS

Please note that SPAC will be CLOSED for the 4<sup>th</sup> of July, and the U Club will be open regular business hours. Group Fitness classes are canceled on Monday, July 4<sup>th</sup> at the U Club and the Tuesday 9am Power Yoga class at the U Club will also be canceled. Thank you!

### ATTENTION MEMBERS

**The pool will be unavailable during the following dates and times due to Camp U Club swim meets:**

Thursday, July 14<sup>th</sup> from 12:00pm – 3:30pm

Thursday, July 21<sup>st</sup> from 12:00pm – 3:30pm

Thank you!

### 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

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For more information contact Debbie Burgwald

**651-261-7897**

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

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Rates from \$450 per month.

**Dacotahbldg.com**

Contact: Debbie Burgwald

**651-261-7897**

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

## CULINARY SPOTLIGHT by Chef T.J. Rawitzer



### Words from a Chef and Beekeeper

As a chef, I have a lot of respect for simple ingredients. As a beekeeper with Pennsylvania Dutch in my blood, I cannot think of anything as beneficial and productive as pollinators. Pollinators come in many forms: butterflies, hummingbirds, flies, moths, wind and even bats. By far, the most efficient of all pollinators are bees. Most bees are very docile and don't pose a threat to people. Their cousin, the wasp, is another story. Bees tend to get a bad rap because of wasps; it is much more common to get stung by a wasp than by a bee.

I have kept bees at my home with the assistance of my kids for several years. I find beekeeping to be a fun and relaxing hobby. In addition to helping us with our garden, the bees give us pollen, wax, propolis and, of course, honey. When I decided to keep my family heritage alive and become a beekeeper, some of my neighbors were a bit apprehensive, but that quickly went away when they saw that the bees were only interested in plants (a couple jars of honey helped them to relax, as well!).

From an agricultural standpoint, pollinators are responsible for one out of every three bites of food we eat. Apples, almonds, melons, chocolate, alfalfa (eaten by dairy cows), tomatoes, and peaches are just a few foods that would not exist without pollinators. Unfortunately, the bee population has been steadily declining over the years due to large monocultures, disease and pesticides. What small part can we do to help? Avoid using pesticides and plant neonicotinoid-free plants.

My grandfather was very influential in not only in my beekeeping but also my cooking. One of his favorite simple desserts was vanilla ice cream with some good honey sprinkled with a fresh coffee grounds. Simplicity at its best!

## WINE CLUB by Cory Biladeau

This month, the Wine Club was treated by Mike and Jean Ryan. Mike has an impressive knowledge of wine and Jean is a truly amazing cook. It was with considerable thought that the Ryans chose to put a spin on their presentation, proving once again that food and wine should be paired together, intentionally and with care.

The Wine Club waits for its next meeting always with anticipation, knowing that we will be rewarded and amazed at the thought time and time put into each presentation and delighted by our experience as we make our way through the evening.

Mike and Jean taught us not only about wine, but also about food and how pairing the two correctly is essential. We discussed how the improper pairing of food and wine can result in the loss of flavor to both, sometimes in a way that is unappetizing. We sampled wines that were intentionally paired with the wrong foods, and noticed how both suffered: bitter, sour and flat flavors were left on our palettes.

On the flipside, we sampled wines that were excellently paired with food. The juxtaposition between the two "tasting" sections of the evening was huge. We found that some wines that were initially disliked due to the wrong pairing were enjoyed when sampled with the right foods.

The presentation drove home the necessity of thought when enjoying a meal or a small bite with a glass of wine. And guess what? It's not difficult to pair correctly! Local wine stores are a great resource, and the internet is full of information.

Cheers!

*Wine Club meets on the second Thursday of each month at 7:00pm, 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 \$35/meeting to cover the costs of food and beverage consumed.*



## CAMP U CLUB SUMMER 2016 FIELD TRIPS

\*Open to members not enrolled in Camp U Club\*

### Friday, July 8<sup>th</sup> ~ MN History Center

Cost \$15.00 | \$25.00 for non-campers

12:00pm - 4:00pm

Campers will spend the afternoon participating in games popular during the pioneer days, exploring the museum exhibits and maybe even learning something about the history of the University Club.

### Friday, July 15<sup>th</sup> ~ Fort Snelling State Park

\*FREE and available to Camp U Club only\*

12:00pm - 4:30pm

This is a Camp U Club summer tradition. Campers will have a fun filled afternoon of hiking, canoeing, fishing and building sand castles. Bring bag lunch, swimming suit, water bottle, sunscreen, and bug spray

### Friday, July 22<sup>nd</sup> ~ Base Camp

Cost \$40.00 | \$50.00 for non-campers

12:00pm ~ 4:00pm

Located near Fort Snelling in the century old Cavalry Drill Hall, Base Camp will prove to be an active afternoon for Campers featuring indoor rock climbing, archery, and team building activities.

### Friday, August 5<sup>th</sup> ~ MN Center for Book Arts

Cost \$35.00 | \$45.00 for non-campers

12:00pm - 4:00pm

Campers will tour The MN Center for books arts and learn about the history and artistry of book making. Campers will then have the opportunity to participate in hands on classes relating to book arts. Campers ages 6 - 9 will experience a *Print a Poster* class and produce a collaborative printing project this will be followed by an introduction to Paper Making Class. Campers ages 10 and older will learn about ancient and contemporary book-binding and create a hardcover accordion book with a pop up insert.

## 8<sup>TH</sup> ANNUAL CAMPING TRIP TO STOUT'S ISLAND LODGE!

*Open to both Camp U Club and non-Camp U Club members*

Young members entering 2<sup>nd</sup> grade and older are invited to join us for the highlight of the summer: the Stout's Island camping trip. This summer tradition is a favorite way to hang out with friends both new and old and make memories that will last a lifetime. Children will travel with parent chaperones to beautiful Red Cedar Lake and travel via ferry to "The Island of Happy Days," aka Stout's Island Lodge. Children will swim, hike, canoe, cook over a camp fire, sleep under the stars and roast marshmallows over the fire.

**When:** Monday, August 15<sup>th</sup> - Wednesday, August 18<sup>th</sup>

**Price:** \$150.00 per camper / \$200.00 per non-camper

Parent Chaperones will receive free lodging and be charged \$50.00 dollars for meals and other incidentals (limited spaces available).

*Call 651-222-1814 to reserve your spot.*

*For additional questions please contact Sue Katsiotis  
skatsiotis@universityclubofstpaul.com or  
office 651-842-9084.*



Now thru JUL 24 on the Proscenium Stage:

# Calendar GIRLS

By Tim Firth; Directed by Mary M. Finnerty



## Deliciously Witty and Heartwarming

When a group of friends raises funds for a local charity (by posing in the buff for a calendar) their hilarious venture becomes a media sensation.

in photo: Christina Baldwin\*, Shanan Custer,  
Charity Jones\* \*Member, Actors' Equity Association  
photo by Petronella J. Ytsma

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## SUBSCRIBE TODAY!

The 2016-2017 Season:

**The Liar** Sept 9 – Oct 2, 2016 *Comedy*

**The Realistic Joneses** Sept 23 – Oct 16, 2016 *Comedy/Drama*

**The House on Mango Street** Oct 21 & 22, 2016 *Memoir*

**A Raisin in the Sun** Oct 28 – Nov 20, 2016 *Drama*

**The Soul of Gershwin: The Musical Journey  
of an American Klezmer** Dec 2 – 31, 2016 *Musical*

**Big Money** Presented by Sandbox Theatre  
Jan 12 – 28, 2017 *Drama/Comedy*

**Flower Drum Song** Co-Production with Mu Performing Arts  
Jan 20 – Feb 19, 2017 *Musical*

**Nina Simone: Four Women** Feb 7 – 26, 2017 *Play with Music*

**Macbeth** Mar 17 – Apr 9, 2017 *Tragedy*

**The (curious case of the) Watson Intelligence**  
April 7 – 30, 2017 *Comedy/Drama*

**Amy's View** May 12 – June 4, 2017 *Drama*

**Up: The Man in the Flying Chair** Presented by Theatre Pro Rata  
May 25 – Jun 11, 2017 *Comedy/Drama*

**Might as Well Be Dead: A Nero Wolfe Mystery**  
Jun 16 – Jul 30, 2017 *Mystery*

**Idiot's Delight** Presented by Girl Friday Productions  
Jun 29 – Jul 23, 2017 *Comedy/Drama*



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## SAVE THE DATES

**July 15<sup>th</sup>**

The Bazillions (Kid-friendly Rock and Roll,  
6:30 pm, poolside)

**July 22<sup>th</sup>**

Dive-In Movie (dusk, poolside)

**July 28<sup>th</sup>**

University Club Swim Team Interclub Swim  
Meet

**August 4<sup>th</sup>**

Camp U Club Celebration (Saint Paul Athletic  
Club, 5:30pm)

**August 12<sup>th</sup>**

University Club Summer Art and Talent Show  
(5:30pm Art and 7:00pm Talent, poolside)

## WEENIE ROASTS EVERY FRIDAY!

Welcome, summer! School is out, the garden is planted, the pool is full and it is time to play. Friday Nights continue with poolside programming, weenie roasts and open game room from 5:00pm – 8:00 pm.

The University Club family weenie roasts will be held every Friday evening through September 2<sup>nd</sup> from 5:00 pm – 7:00 pm in the lower yard of the Griggs' Mansion (next to the outdoor pool).



# GREAT BOOKS DISCUSSIONS

## NOTE: NEW START TIME!

July's meeting of Great Books Discussions will discuss two short stories dealing with the theme of love: "The Little Mermaid," by Hans Christian Andersen, and "The Pangs of Love," by Jane Gardam.

"Mermaid" is the classic fairy tale, while "Pangs of Love" is a modern retelling. Both stories present differing views on the universal theme of love and romance. These selections appear in the anthology *Counterparts*, published by the Great Books Foundation. Visit the below link to access the Foundation's bookstore and secure your copy:

<http://store.greatbooks.org/colleges-book-groups/literature-anthologies/counterparts.html>

Join us as we discuss these timeless themes! Everyone is welcome!

**When:** Wednesday, July 20<sup>th</sup> at 7:00pm

**Where:** University Club



## BOOK CLUB

**Please note that July's Book Club will meet on Tuesday, July 12<sup>th</sup> due to the 4<sup>th</sup> of July holiday.**

July's Book Club pick is *The Glass Castle* (Jeannette Walls).

August's book will be *People of the Book* (Geraldine Brooks).

### July Meeting:

**When:** Tuesday, July 12<sup>th</sup> at 7:00pm

**Where:** University Club (poolside if the weather permits!)

*Books are available at the Red Balloon Bookstore - mention the U Club Book Club and receive a 20% discount!*





# ROUGH

A DOCUMENTARY FILM

---

**University Club members Cory and Pam Biladeau,  
together with jeweler Janel Russell, present this award winning  
documentary for the first time in St. Paul, MN.**

*Sharing the Rough* documents the never before captured process of the journey of a colored gemstone from mine to market while exploring the challenges of an emerging mining economy in East Africa.

**ONE NIGHT ONLY!**  
**Limited Seating**

**Tuesday July 19<sup>th</sup>, 2016 starting promptly at 5:30**

**\$15 at the door**

**Or**

**\$10 for advance tickets**

[Gemdocumentary.eventbrite.com](http://Gemdocumentary.eventbrite.com)

You won't want to miss this film! Remind your fellow members, bring your family.  
In fact, invite everyone you know! *Sharing the Rough* is a 'feel good' film about Africa.

It's truth in action, filmed without a script, just the way it is in Africa, just as it has been on every one of  
Roger Dery's 27 trips to East Africa

**There will be a Q&A period after the 85-minute film with  
Star of the film Roger Dery.**

For more info contact Cory and Pam Biladeau 651.348.7239

Janel Russell at 651.778.9679 or email [janel@janelrusselldesigns.com](mailto:janel@janelrusselldesigns.com)



## INVESTMENT CLUB (ICLUB) by Eugene Mason

Another lively and enthusiastic discussion was had at the June meeting. When all was said and done, three resolutions were passed: two resolutions authorizing the purchase of Home Depot (HD) and Alphabet, Class A (GOOGL) and one resolution approving the sale of Toro (TTC).

The sale of Toro, which was acquired by the ICLUB in November 2015, resulted in a gain of 13%, which is not too shabby given the volatile market. Proceeds from this sale will be deployed to other business sectors.

Home Depot shares were purchased in January 2016. It has performed quite well, which is why the ICLUB authorized the purchase of additional shares.

Alphabet, Class A shares looked very inviting but not at the current market value. To take advantage of market volatility, the membership discussed and agreed to place a buy limit order at \$715/share. The market price on

the meeting date was \$742/share. The order was subsequently filled. What is a buy limit order, you ask? "A buy limit order is an order to purchase a security at or below a specified price"(Investopedia).

The investment club's cash position is very favorable (\$19,000, or 13% of total assets) and we are heading into the next meeting with a lot of "low hanging fruit" (that is, investment opportunities). July should be a most interesting meeting, especially in light of the market's reaction to the turmoil in the European Union.

*Guests are always welcome at investment club meetings and are encouraged to participate in discussions. Meetings are scheduled on the second Wednesday of each month. Meetings start at 5:30pm and adjourn at 7:00pm. 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).*

## JOIN THE CLUBS FOR A SUMMER SAINTS GAME!

Join us in August as we head to CHS Field for a picnic and a night of baseball. We've reserved tickets for you, our members, and we would love for you to join us! Ticket price includes a picnic dinner and ticket to the game.

**When:** Thursday, August 11<sup>th</sup> - picnic dinner from 5:00 - 6:45pm, game begins at 7:05pm

**Where:** CHS Field (downtown St. Paul)

**Price:** \$35/person

Please reach out to Sue at [skatsiotis@UniversityClubofStPaul.com](mailto:skatsiotis@UniversityClubofStPaul.com) to purchase your ticket!



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Make the most of every second you spend in the gym.  
Fusion is a flexible workout backed by hard core science designed  
for all ages for longevity and a healthy life.

Say goodbye to boredom with constant variation, strategic  
movements, to create a stronger, leaner, healthier you.

**FREE TRIAL CLASSES START JULY 25th**

Come to the 5th floor to start your new journey

651.291.SPAC | [FusionBySPAC.com](http://FusionBySPAC.com)

## JULY'S CYCLE CINEMA AT SPAC

### The Goonies

Join us for our monthly Cycle Cinema class! This month, we will screen *The Goonies*. We hope to see you there!

**When:** Friday, July 8<sup>th</sup> at 5:30pm

**Where:** SPAC

# WELLNESS CORNER

## Top 5 Tips to Staying Cool During Your Summer Workout from the American Heart Association

You've been exercising regularly, but now it's summer – and hot. Sometimes even dangerously hot, and seemingly too hot to go work out.

But don't decide this is the time for a little summer break from fitness, experts say, because you may be hurting yourself in the longer term.

### Be smarter than the heat

Still, you can't just ignore the heat because you could wind up with heat stress, heat stroke or other problems. So to keep the heat from melting your workouts, it is recommended you do the following:

- 1. Hydrate, hydrate, hydrate.** Maintain salt-water balance by drinking plenty of fluids (preferably water) before, during and after physical activity. Avoid alcoholic and caffeinated beverages.
- 2. Exercise smarter, not harder.** Work out during the cooler parts of the day, preferably when the sun's radiation is minimal – early in the morning or early in the evening. Decrease exercise intensity and duration at high temperatures or relative humidity. And don't hesitate to take your exercise inside, to the gym, the mall or anyplace else where you can get in regular physical activity.
- 3. Ease in to summer.** Allow your body to adapt partially to heat through repeated gradual daily exposures. "An increase in the body's circulatory and cooling efficiency, called acclimatization, generally occurs in only four to 14 days," Barry Franklin, ph.D. says.
- 4. Dress the part.** Wear minimal amounts of clothing to facilitate cooling by evaporation. "Remember, it's not sweating that cools the body; rather, the evaporation of sweat into the atmosphere," Franklin says. Wear lightweight, light-colored clothing in breathable fabrics such as cotton.
- 5. Team up.** If you can, exercise with a friend or family member. It's safer, and could be more fun.

## Know what's up

Because vigorous exercise in hot and humid conditions can lead to heat stress, heat stroke and related complications, you should know the signs of danger to keep an eye out for.

### Symptoms of heat exhaustion:

- Headaches
- Heavy sweating
- Cold, moist skin, chills
- Dizziness or fainting
- Weak or rapid pulse
- Muscle cramps
- Fast, shallow breathing
- Nausea, vomiting or both

### Symptoms of heat stroke:

- Warm, dry skin with no sweating
- Strong and rapid pulse
- Confusion and/or unconsciousness
- High fever
- Throbbing headaches
- Nausea, vomiting or both

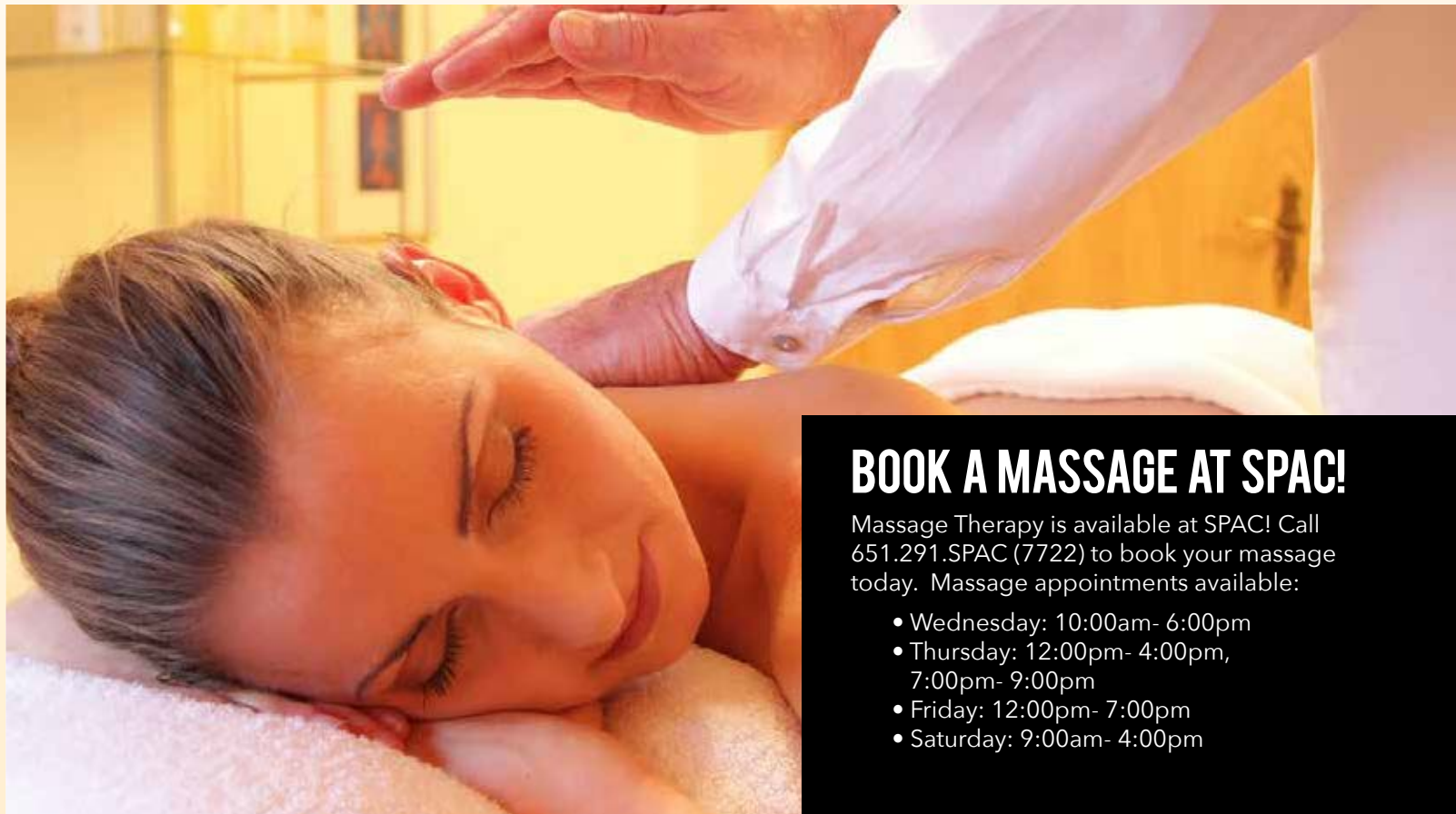
Take steps to cool down and get medical attention immediately if you experience any of these symptoms.



## SPAC ATTACK TOUGH MUDDER TEAM

The SPAC Attack team will be participating in the Tough Mudder again this year, and we'd love for you to join us for this fun and challenging race. Reach out to Kristin at [kmontpetit@theSPAC.com](mailto:kmontpetit@theSPAC.com) for information on how to register, or check out the Weekly Member Update emails for direct links to the Tough Mudder website.

**When:** Saturday, July 16th at 9:00am



## BOOK A MASSAGE AT SPAC!

Massage Therapy is available at SPAC! Call 651.291.SPAC (7722) to book your massage today. Massage appointments available:

- Wednesday: 10:00am- 6:00pm
- Thursday: 12:00pm- 4:00pm, 7:00pm- 9:00pm
- Friday: 12:00pm- 7:00pm
- Saturday: 9:00am- 4:00pm

**Running Room LTD.** invites you to a  
special event for members of  
**Saint Paul Athletic Club**



Come see us Wednesday, July 20,  
the following Running Room locations:

**WOODBURY**

109 - 7455 Currell Blvd  
The Shoppe's of  
Woodbury Village  
Ph: (651) 714-8710

**ST. PAUL**

1068 Grand Avenue  
St. Paul, MN  
Ph: (651) 225-8443

**EAGAN**

Eagan Promenade Shopping Center  
3344 Promenade Ave Ste 102  
Eagan MN  
Ph: (651) 452-0510

We will have staff available to offer gait analyses for proper footwear fittings and our knowledgeable staff will be able to answer all questions on apparel, accessories and electronics.

**SAINT PAUL ATHLETIC CLUB MEMBERS SAVE**  
**25% OFF PURCHASES** **10% OFF ELECTRONICS**

\*Valid only on July 20, 2016. Further restrictions may apply.



# Every Body

## Deserves a Massage Week

July 10-16, 2016



Massage therapists and bodyworkers nationwide are lending their hearts and hands to raise awareness of the benefits of massage, bodywork, and somatic therapies. Join the celebration by supporting this practitioner's special event.

## Save 20%

On one Session  
OR

Buy 3 Massages and get one free\*



Massage Week Availability (7/10-7/15)

**Monday: 10AM-3PM**

**Tuesday: 7AM-3PM**

**Wednesday 7AM-3PM**

**Thursday 1PM-9PM**

**Schedule Today 651-291-7722**

Don't forget to mention massage week Specials!

Questions? Email [DBrown@TheSpac.com](mailto:DBrown@TheSpac.com)

\*20% off one session offer only valid on massages booked and redeemed between July 10<sup>th</sup>-16<sup>th</sup> 2015. Massage packages purchased July 1<sup>st</sup>-16<sup>th</sup> do not expire. **Free\* Massage is 60 min Swedish**. Offers cannot be combined. Greater discount will be honored.



# GROUP FITNESS *Schedule*

JULY 4 – JULY 31, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM Total Body Fitness Georgene (9A)		6:15 AM Cycle Georgene (5C)		6:15 AM Total Body Fitness Georgene (9A)	8:00 AM Cycle Georgene (5C)
11:45 AM Cycle Jason (5C)	11:45 AM Barbell Strength Ex. Linda (9A)	11:45 AM Cycle Linda (5C)	11:00 AM Express Cycle Jason (5C)		8:00 AM Barbell Strength Jason (9A)
NOON Vinyasa Yoga Barie (4A)		NOON Vinyasa Yoga Dana (4A)	11:45 AM Barbell Strength Ex. Jason (9A)	11:45 AM Cycle Terrance (5C)	9:00 AM Vinyasa Yoga (75 min.) Rotation (4A)
12:30 PM Core Conditioning Jason (5B)	12:30 PM Core Conditioning Linda (9A)		12:30 PM Step Jason (9A)		
	5:30 PM Cycle Suzanne (5C)	5:00 PM Step Jason (9A)	5:30 PM Yoga Nidra Jason (4A)	5:30 PM Cycle Cinema Every 2 <sup>nd</sup> Friday Jason (5C)	9:00 AM Vinyasa Yoga (75 min.) Jen (4A)
5:00 PM Step Jason (9A)	5:30 PM Total Barre Jill (9A)	5:30 PM Barbell Strength Jason (9A)	5:30 PM Total Barre Jill (9A)	6:30 PM Candlelight Yoga Every 1 <sup>st</sup> & 3 <sup>rd</sup> Friday Sandra (4A)	10:30 AM Gentle Yoga Jen (4A)
5:30 PM Barbell Strength Jason (9A)	6:00 PM Vinyasa Yoga Cara (4A)	6:30 PM Gentle Yoga Ex. Sandra (4A)	6:00 PM Vinyasa Yoga Kristina (4A)		5:00 PM Warrior Sculpt Stefanie (4A)
6:30 PM Yoga Nidra Jason (9A)					
7:00 PM Vinyasa Yoga Sandra (4A)					

Class Locations: 4<sup>th</sup> Floor: 4A = Yoga Studio | 5<sup>th</sup> Floor: 5A = Reformer Studio A, 5B = Small Group Training Studio, 5C = Cycle Studio

9<sup>th</sup> Floor: 9A Group Fitness Studio, 9B=Meditation

*Schedule subject to change.* St. Paul Athletic Club, 340 Cedar Street, St. Paul, MN 55101 • For more information call: 651-291-7722 or email jrebeck@theSPAC.com



UNIVERSITY CLUB  
SAINT PAUL

# GROUP FITNESS

## Class Schedule

July 4 – July 31 , 2016

**CARDIO KICKBOXING** This high-energy cardio vascular utilizes kickboxing movements to create a total body endurance workout. Combinations of punches and kicks will turn up the intensity!  
*Duration:* 45 Minutes  
*Level:* All Levels

**YOGA 101** For beginners who are interested in learning about yoga, and for anyone who wants to deepen their understanding of the practice.  
*Duration:* 55 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

**CORE CONDITIONING** This 30 minute class will not only give you an excellent abdominal and low back workout, but will also challenge your other major muscle groups as well.  
*Duration:* 30 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 postures to further challenge we move through certain postures to further challenge yogis and increase strength. All levels welcome.  
*Duration:* 55 Minutes  
*Level:* All Levels

### ANNOUNCEMENTS

- July 4th – No Group Fitness Classes at SPAC & UC.

### MORE INFORMATION

- Group fitness classes at the University Club are included free of charge to Executive 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>YOGA 101</b> Dana Bedingfield		
10:00 am	<b>Cardio Kickboxing</b> Jason Rebeck	<b>Core Conditioning</b> Jason Rebeck				
6:00 pm		<b>Vinyasa Yoga</b> Jennifer Palmer				



# July 2016

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					<b>1</b> Member Night Weenie Roast 5pm UC	<b>2</b>
<b>3</b>	<b>4</b> 4 <sup>th</sup> of July	<b>5</b>	<b>6</b>	<b>7</b> Cass Gilbert 5:30pm UC	<b>8</b> Member Night Weenie Roast 5pm UC	<b>9</b>
<b>10</b> Croquet Match 2:30pm Overlook Park	<b>11</b> Croquet 7pm	<b>12</b> Pasta Night 5:30pm-7:30pm UC Game Night 6pm UC Book Club 7pm UC	<b>13</b> Investment Club 5:30pm UC	<b>14</b> Conversational French 6pm UC Wine Club 7pm UC	<b>15</b> Member Night Weenie Roast 5pm UC  The Bazillions 6:30pm poolside	<b>16</b> Tough Mudder Race 9am
<b>17</b>	<b>18</b> Croquet 7pm	<b>19</b> Sharing the Rough Documentary Viewing 5:30pm UC	<b>20</b> Great Books 7pm UC John Adams Society 7:30pm UC	<b>21</b> Conversational Spanish 6pm – 7:30pm UC	<b>22</b> Member Night Weenie Roast 5pm UC Dive-in Movie Dusk poolside	<b>23</b>
<b>24</b> Croquet Match 2:30pm Overlook Park	<b>25</b> Croquet 7pm	<b>26</b> GK Chesterton 7pm UC	<b>27</b>	<b>28</b> Interclub Swim Meet	<b>29</b>	<b>30</b>
<b>31</b>						

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

# August 2016

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> Croquet 7pm	<b>2</b> Book Club 7pm UC	<b>3</b>	<b>4</b> Cass Gilbert 5:30pm UC Camp U Club Summer Banquet 5:30pm SPAC	<b>5</b> Member Night Weenie Roast 5pm UC	<b>6</b>
<b>7</b> Croquet Match 2:30pm Overlook Park	<b>8</b> Croquet 7pm	<b>9</b> Pasta Night 5:30pm-7:30pm UC Game Night 6pm UC	<b>10</b> Investment Club 5:30pm UC	<b>11</b> St. Paul Saints Game 5:00pm CHS Field Conversational French 6pm UC Wine Club 7pm UC	<b>12</b> Member Night Weenie Roast 5pm UC Camp U Club Talent and Art Show 5:30pm UC	<b>13</b>
<b>14</b>	<b>15</b> Stout's Lodge Camping Trip  Croquet 7pm	<b>16</b> Stout's Lodge Camping Trip	<b>17</b> Stout's Lodge Camping Trip  Great Books 7pm UC John Adams Society 7:30pm UC	<b>18</b> Conversational Spanish 6pm – 7:30pm UC	<b>19</b> Member Night Weenie Roast 5pm UC	<b>20</b>
<b>21</b> Croquet Match 2:30pm Overlook Park	<b>22</b> Croquet 7pm	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Member Night Weenie Roast 5pm UC	<b>27</b>
<b>28</b> Croquet Match 2:30pm Overlook Park	<b>29</b> Croquet 7pm	<b>30</b> GK Chesterton 7pm UC	<b>31</b>			

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