



MINNEAPOLIS CLUB

35th Annivarsary Women's Celebration!



Thursday, May 9 - 2013 5:30 p.m. Minneapolis Club Grill

Open to all Club members. Child care available. Complementary hors d'oeuvres. Cash bar.

RSVP reqired. mplsclub.org 612.332.2292

"The Minneapolis Club Grill was a popular and a formidable den of men. They joined together at the 'cheese table' or sat at small tables, hailing each other as the room filled. The room exuded male camaraderie, and I relished the opportunity to join my peers."

-Polly Grose, first elected woman member



A note from the outgoing president



2012-13 President Bruce Engelsma

This year the Club celebrates 35 years of including women as members. This strikes me as an all too recent occurrence and a reminder of how far we have had to come. My mother stayed away from the Club because she didn't appreciate that women were relegated to enter through the back door. But today he Club today is a much more inviting and hopefully inclusive place for all to enjoy.

I've done a lot more exploring myself during this past year and have only begun to appreciate all that we have to offer. Our food experience is first rate and the remodeled grill is a great improvement. Our goal is to be a place that is relevant

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to our membership everyday. We want to provide dining and a meeting facilities that are second to none. An athletic experience that helps members meet their wellness goals. And programs that are interesting and stimulating. It has been an honor to serve as President for the past year. I appreciate all the support and hard work from our Board of Governors and the staff of the Club. I look around the Club and am gratified for opportunity to meet and interact with the people who are making a

real difference in our community. It has been a very enriching and learning experience. We hope the Club continues to adapt and change so it is relevant for generations to come.

Sem WE, de



Monday	4/1/2013	4:30 PM	Bridge Club	Clubs Within the Club
Tuesday	4/2/2013	11:30 AM	Book Club:"The Watchers" by Stephen Alford	Clubs Within the Club
Wednesday	4/3/2013	7:30 AM	Member Roundtables	Clubs Within the Club
Wednesday	4/3/2013	11:30 AM	Member Roundtables	Clubs Within the Club
Wednesday	4/3/2013	4:30 PM	Member Roundtables	Clubs Within the Club
Thursday	4/4/2013	5:00 PM	Club Social	Clubs Within the Club
Thursday	4/4/2013	5:30 PM	Flashdance Dinner/Show	Theatre
Friday	4/5/2013	5:30 PM	Family Night in the Grill	Children and Family
Saturday	4/6/2013	9:00 AM	Children's Swimming Lessons	Children and Family
Monday	4/8/2013	4:30 PM	Bridge Club	Clubs Within the Club
			Club Entrepreneur Luncheon:Three Second	
Thursday	4/11/2013	11:30 AM	Selling David Gee	Clubs Within the Club
Thursday	4/11/2013	12:00 PM	Club Chat: Richard Lett	Premier & Annual
Saturday	4/13/2013	9:00 AM	Children's Swimming Lessons	Children and Family
Monday	4/15/2013		Bridge Club	Clubs Within the Club
Monday	4/15/2013		Tax Day Blues Dinner	Dining & Holiday
Wednesday	4/17/2013		Member Roundtables	Clubs Within the Club
Wednesday	4/17/2013	11:30 AM	Travel Club Luncheon	Clubs Within the Club
Wednesday	4/17/2013	5:00 PM	Young Members Group Committee Meeting	Committee Meetings
Wednesday	4/17/2013		Club Happy Hour	Premier & Annual
Thursday	4/18/2013		Club Chat: Beyond Walls Squash	Premier & Annual
Saturday	4/20/2013		Children's Swimming Lessons	Children and Family
Monday	4/22/2013		Bridge Club	Clubs Within the Club
Tuesday	4/23/2013		Annual Meeting	Dining & Holiday
	, ,, ,		Business Book Breakfast: Seth Godin - The Icarus	
Wednesday	4/24/2013	7:00 AM	Deception	Clubs Within the Club
Wednesday	4/24/2013	11:00 AM	Administrative Assistants Day	Dining & Holiday
Wednesday	4/24/2013	5:00 PM	Brian Stewart Art Open House	Premier & Annual
Friday	4/26/2013	5:30 PM	Mary Poppins Dinner/Show	Theatre
Saturday	4/27/2013	9:00 AM	Children's Swimming Lessons	Children and Family
Monday	4/29/2013		Bridge Club	Clubs Within the Club
Thursday	5/2/2013	11:30 AM	Club Entrepreneur:	Clubs Within the Club
Friday	5/3/2013	5:00 PM	Children's Theatre: Alice in Wonderland	Children and Family
Friday	5/3/2013	5:30 PM	Family Night in the Grill	Children and Family
Saturday	5/4/2013	9:00 AM	Children's Swimming Lessons	Children and Family
Monday	5/6/2013	4:30 PM	Bridge Club	Clubs Within the Club
			Book Club:"The Greater Journey: Americans in	
Tuesday	5/7/2013	11:30 AM	Paris" by David McCullough	Clubs Within the Club
Thursday	5/9/2013	5:30 PM	35th Anniversary Women's Celebration	Premier & Annual
Saturday	5/11/2013		Children's Swimming Lessons	Children and Family
Sunday	5/12/2013		Mother's Day Brunch	Dining & Holiday
Monday	5/13/2013	4:30 PM	Bridge Club	Clubs Within the Club
Wednesday	5/15/2013	11:30 AM	Travel Club Luncheon	Clubs Within the Club
Wednesday	5/15/2013	5:00 PM	Young Members Group Committee Meeting	Committee Meetings
Wednesday	5/15/2013	5:30 PM	Club Happy Hour	Premier & Annual
Saturday	5/18/2013	9:00 AM	Children's Swimming Lessons	Children and Family
Monday	5/20/2013		Bridge Club	Clubs Within the Club
-	·		Business Book Breakfast: Jack Covert and Todd	
Wednesday	5/22/2013	7:00 AM	Sattersten - The 100 Best Books of All Time	Clubs Within the Club
Thursday	5/23/2013		Classic Cocktails	Clubs Within the Club
Thursday	5/30/2013		Club Chat: Phillip Brunelle	Premier & Annual
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Buy one Saturday Grill entree, get one free!



Coupon valid in the Minneapolis Club Grill on Saturday nights only. Expires: 5/31/13



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2013 Club Social

Learn about what has been going on around the Club and see what you've been missing!

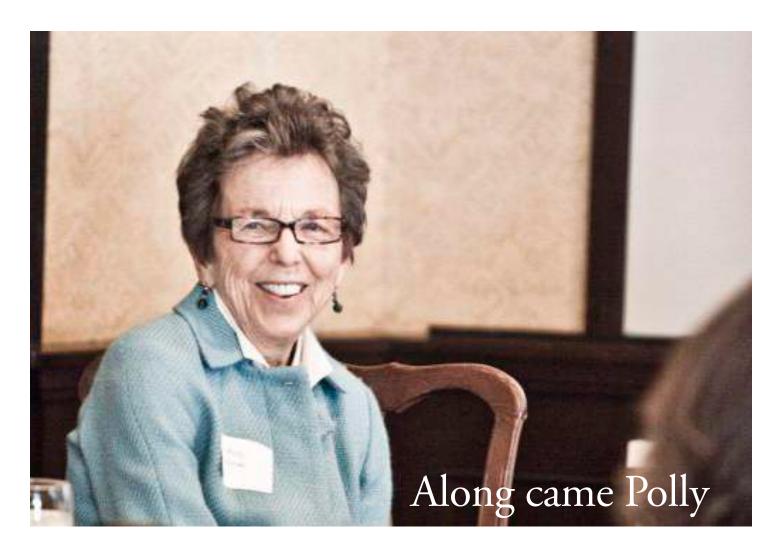


Hosted by our clubs within the Club and Club committees, you'll get first-hand accounts about exciting programming opportunities including golf, fitness, travel, book events, networking, food and drink and much, much MORE!

Thursday, April 4 2013
Happy Hour 5-7 p.m.
You are encouraged to stay for dinner

RSVP: mplsclub.org Concierge: (612) 332-2292 Guests Encouraged. Child Care Available.





In 1977 the Board of Governors of the Minneapolis Club, a prominent downtown men's club, voted to accept women members before a chanve in the tax law forced them to act. The following year the Club elected me its first woman member. I was thrilled to be recognized.

The Minneapolis Club Grill was a popular and a formidable den of men. They joined together at the "cheese table" or sat at small tables, hailing each other as the room filled. The room exuded maile camaraderie, and I relished the opportunity to join my peeres. On a midweek workday in early September 1978, I made my first reservation for me and Rob Ridder. Jerry, the maitre d', placed us in an anteroom I called the Caboose, a tight overflow space opening off the main room, far from the hurly-burly of the Grill. I looked around. I didn't like it one bit. One meal there was enough. If I was going to be a full-fledged member of this club, I would insist on my rightful place. So after that day I asked Jerry to give me a table in the Grill, and he always reserved a prominent table in the middle of the room. "This all righ fo you, Mrs. Brown?" he asked flashing his broad grin. Goodbye Caboose, I said to myself as I ordered a chicken salad and looked skyward at the Glass Ceiling.

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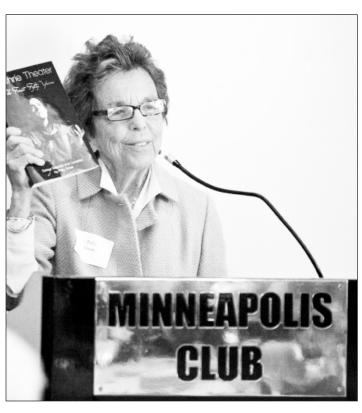
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Now that you've filed, take a load off
Paul Haaland Blues Duo
Grill Bar

PRIME RIB SPECIAL \$10.40

Regular menu also available

RSVP Required - Guests Encouraged



APRIL BOOK CLUB

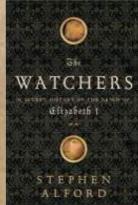
Hosted by Jill Johnson

Tuesday, April 2 11:30 a.m. Lunch

The Watchers: A Secret History of the Reign of Elizabeth I

by Stephen Alford

In a Europe aflame with wars of religion and dynastic conflicts, Elizabeth I came to the throne of a realm encircled by menace. To the great Catholic powers of France and Spain, England was a heretic pariah state, a canker to be cut away for the health of the greater body of Christendom. Elizabeth's government, defending God's true Church of England and its leader, the queen, could stop at nothing to defend itself.



Headed by the brilliant, enigmatic, and widely feared Sir Francis Walsingham, the Elizabethan state deployed every dark art: spies, double agents, cryptography, and torture. Delving deeply into sixteenth-century archives, Stephen Alford offers a groundbreaking, chillingly vivid depiction of Elizabethan espionage, literally recovering it from the shadows. In his company we follow Her Majesty's agents through the streets of London and Rome, and into the dank cells of the Tower. We see the world as they saw it-ever unsure who could be trusted or when the fatal knock on their own door might come.

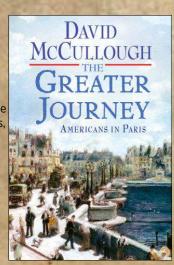
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Tuesday, May 7 11:30 a.m. Lunch

The Greater Journey: Americans in Paris

By David McCullough

As David McCullough writes, "Not all pioneers went west." In *The Greater Journey*, he tells the enthralling, inspiring—and until now, untold—story of the adventurous American artists, writers, doctors, politicians, and others who set off for Paris in the years between 1830 and 1900, hungry to learn and to excel in their work. What they achieved would profoundly alter American history.



RSVP: mplsclub.org 612.332.2292 *Quests Encouraged - Books Available at the Concierge Desk* Note: the author will not be in attendance.

Classic Cocktails Club

Bourbon

Cigar tent with hand rolled cigars.

MEMBER COST: \$25.00++ GUEST COST: \$35.00++

> May 23, 5:30 p.m. RSVP Required



Club Happy Hour Hosted by Young Members Group

April 17 May 15

5:30 p.m. RSVP Suggested mplsclub.org



haministrative Assistant Day

Wednesday April 24

Two seatings 11:00 - 11:30a.m. & 12:45 - 1:00p.m.

RSVP required concierge@mplsclub.org 612-332-2292



2013 Annual Meeting

TUESDAY, APRIL 23

5:30 p.m. Cocktails & Hors d'oeuvres 6:30 p.m. Dinner

COMPLIMENTARY TO ALL RESIDENT MEMBERS

RSVP to Margaret Leto margaretl@mplsclub.org 612-332-2292 ext.308



Club Entrepreneur

Thursday, April 11

David Gee - Three Second Selling

Network and learn about what other local entrepreneurs are doing both professionally and personally.

David Gee is The 3 Second Guy and founder of the 3 Second Selling platform. He is an author, consultant, and speaker, and has been making his 3 seconds count his entire professional life as a TV news reporter at Hubbard Broadcasting, Channel 4 and Fox 9, motorsports PR pro for actor Paul Newman and football greats Terry Bradshaw and Walter Payton, editor of Minnesota Business magazine, corporate PR director and PR agency account manager.

Thursday, May2

Steven Snyder- Leadership and the Art of Struggle: How Great Leaders Grow Through Challenge and Adversity.

Snyder is Managing Director of Snyder Leadership Group, a firm dedicated to cultivating inspired leadership. Snyder is an experienced Executive Coach and Leadership Consultant who draws from his extensive background as an early executive at Microsoft, and later as the CEO of a public company.

Snyder is a requested speaker on topics related to leadership and leadership development, and has spoken in North America, Europe, and Asia to audiences as large as 1500 people. He has been a guest on ABC's Nightline.

Members \$15.

Guests \$25 (plus applicable fees) up to 48 hours prior to the event. \$30 (plus applicable fees) within 48 hours of the event.

> RSVP Required. mplsclub.org 612.332.2292

Need a gift for your college grad?

Legacy memberships are a great way for new (aka unemployed) graduates to network and meet mentors.



Membership Director, Margaret Leto

The Board of Governors encourages Legacy Memberships to promote the development of ties between the Club and the children and grandchildren of members to perpetuate family traditions, along with many connections that can be made. One of the hallmarks of the Minneapolis Club.

Legacy Memberships will enable them to join the Club at a fraction of the entrance fee that is otherwise charged, and enjoy full non-resident or resident membership benefits.

If you are interested in giving a memorable legacy gift to someone in your family, please contact Margaret Leto, Membership Director, margaretl@ mplsclub.org (612) 332-2292 extension 308. She will assist you in cementing your family legacy within the Club for generations to come!

The Club will waive entrance fees for all Legacy members that join now through May 31st.

Mention this Legacy "graduation" program to receive your complimentary entrance fee.

Contact Margaret Leto margaretl@mplsclub.org 612.332.2292





Club Chat:

Beyond Walls Urban Squash-Twin Cities



Rob Hensel, Club member and Chair of Beyond Walls, and Executive Director Katie Siegel will present on the status of their organization. Launched in September 2011, Beyond Walls serves as a critical source of long-term, intensive support for participating children. The key purpose of Beyond Walls is to develop an intensive program that combines squash playing, academic tutoring, and community service, in a manner that successfully transforms the lives of a select group of underserved youth in the Twin Cities.

April 18 - Noon Lunch
Members: 15.95++ Guests: \$25 All Inclusive

RSVP mplsclub.org (612) 332-2292 Guests encouraged



Richard will cross the Atlantic Ocean solo on his boat Velocity Girl in the OSTAR race. May 27, 2013. He will travel from Plymouth, Newport, RI in 21 days. His journey will benefit Pathways to Children, a non-profit that supports schools and orphanages in India and Africa.

www.pathwaystochildren.org

http://www.stew-art.com/pleinair.htm#

Minnesota Artist Monthly

Brian Stewart



20 years ago Brian left a successful career in advertising to become a painter. He's never looked back. The journey has given him a lifetime of experiences, travels and memories, not to mention a few accolades and recognition along the way. He received his early training at The Art Center in Los Angeles and later at Atelier LeSueur in Minneapolis where he learned the classic, academic fundamentals as they were taught in Paris a century ago. He enjoys sharing and passing on these fundamentals through teaching workshops.

Brian's work has been featured in Fine Art Connoisseur, Southwest Art, American Artist and The Artist Magazine among others. He has received many awards for his plein air work including ARC International Salon awards. He has served as juror & lecturer for national plein air shows and judged prestigious on-line art competitions.

He's a signature member of the grand daddy of all the plein air groups: the exclusive Plein Air Painters of America. He's also a member of the California Art Club, Oil Painters of America and the American Society of Marine Artists. A visual raconteur, he's known and collected for his paintings of funk, junk and antiquity. This native Californian, who now makes his home in Minnesota, can be found playing the banjo when not painting.

www. stew-art.com



Open House with the Artist Wed. March 27 5 - 7 p.m. Cash Bar

RSVP mplsclub.org 612-332-2292

Child Care Available

Family Night!



Saturday Swimming Lessons!



Martha Burns' Swimming School will work with your child to develop swimming skills.

Ages 2 and up.

Hour-long sessions at 9, 10, & 11 a.m. Noon - 3 p.m. Family Swim

Register online mplsclub.org or contact the Fitness Center.

The First Friday of Every Month!

Starts at 5:30 p.m. Come Anytime. Bring Friends!

Kids!



MAY 5, 2013

PRESHOW THEMED DINNER
TRANSPORTATION TO THE CHILDREN'S THEATRE
SHOW TICKETS

SPOTS ARE LIMITED: RSVP BY APRIL 11

Dinner in the Grill followed by a performance of War Horse at the Orpheum Theatre.

June 13 & 21 5:30 p.m. **RSVP by May 13** concierge@mplsclub.org 612.332.2292





Katie Heinrichsen, Minneapolis Club Pilates trainer. Photo by Paul Gregersen

Find your core with Pilates. Joseph Pilates invented a method of mindful exercise that uses the core while strengthening the entire body. The benefits of Pilates include increased mobility, strength and spinal alignment. The beauty of Pilates is that it can be formatted to fit anyone of any age and fitness level.

Mobility: Carrying groceries, shoveling snow and checking the rearview mirror all require mobility. Pilates helps increase mobility in all the joints while helping tight muscles lengthen.

Strength: You need strength to get through your day. From lifting a cup of coffee to running a flight of stairs, strength affects everything you do. The more strength you have the more you can do. Strength training has lifelong benefits, it increases bone density and strengthens the muscles surrounding the joints. This strength supports pain free Mobility.

Spinal Alignment: The spine is critical in movement, without the support of the spine you could not sit, stand, or run.

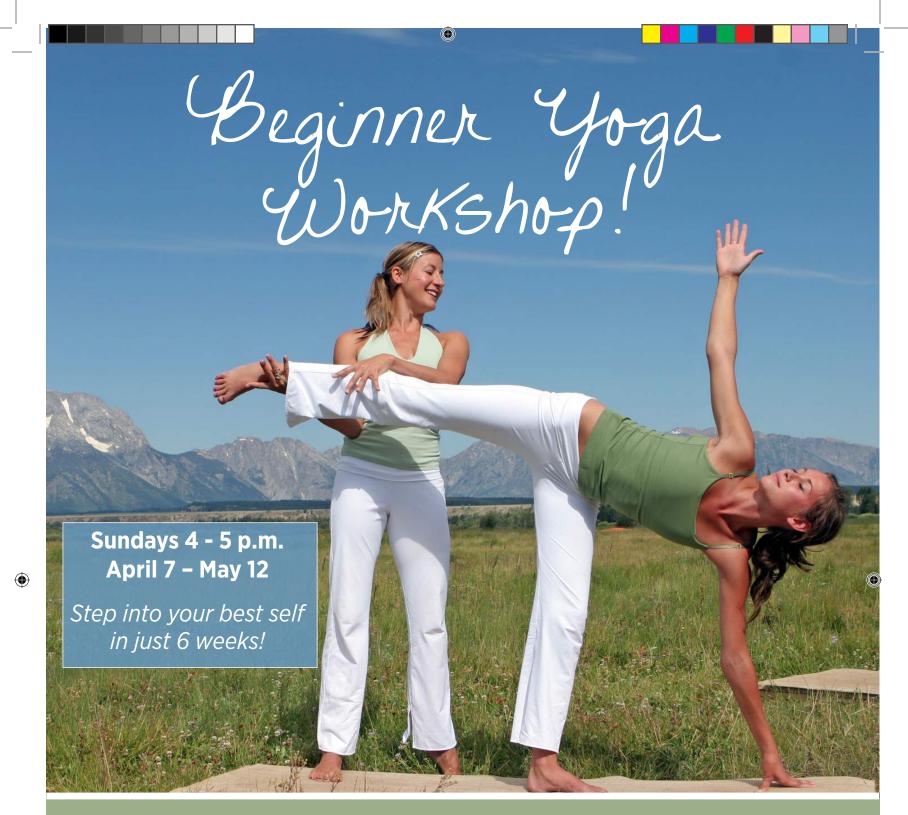
"The results are in. It's been three months since I ventured into the world of Pilates with Katie as an instructor. I've come to appreciate that the sessions are very additive, in the sense that you see progress after a few sessions through measurable improvement in balance and flexibility, which are big goals for improving my golf game.

The other 'strengths' I've picked up are a much better awareness of how to use your core and breath properly through an exercise sequence. This doesn't sound important until you get the hang of it ... it makes the "mind body thing" a lot easier to execute. Pilates takes more concentration to perform than spinning and other cardio activities and I find it a great balance with my other fitness activities."

-Tim Johnson

Pilates works the spine in many different ways and focuses on training the core to help support the spine. It is a great way to prevent or recover from low back pain. Articulation of the gets lost in our busy lives. Taking the time to strengthen and improve the spines alignment can prevent injury.

Pilates is for everyone. If you are looking to increase your mobility, strength and spinal alignment Pilates is for you. Pilates can help you reach your goals, from completing a triathlon to climbing a flight of stairs after a hip replacement. The fitness center is a fun and supportive place to try new things. Join us and get fit!



Have you thought about yoga but felt intimidated to join a class? This 6 week workshop is for you!

Join us for an introduction to yoga and you will be ready to continue on your new journey with any of the weekly yoga classes when the workshop is complete. Open to beginners as well as those who wish to reconnect with the fundamentals of alignment and flow style yoga. Limited to 8 participants, everybody will get a lot of individual attention. You are never too tight, old or weak to begin. Find yourself more focused, grounded, and stronger.

\$125.00 per participant. Contact the Fitness Center to RSVP 612.332-2292



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Weddings, meetings, parties, more... Catering to your every need.



The Minneapolis Club catering team (I to r) Jodie Waeppa and Ashley Waters.

We encourage our members to spread the word on our private event facilities. Jodie and Ashley, our Catering team, are happy to coordinate functions for companies, families, and individuals. Each reception, banquet, party, and meeting is customized to your preferences so that it suits your specific needs, as well as your budget, and will be as unique as you are.

Show off the ambiance of the Club to your friends and family and invite them to host with us, and allow us to show your guests the staff's discerning attention to detail and the welcoming environment not found anywhere else.

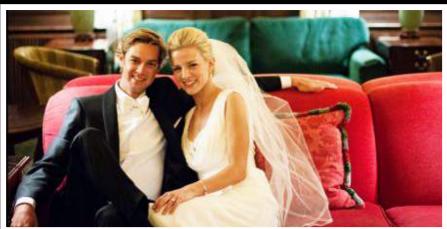
Also, please have your Executive Assistants mark on their calendars the Club's first annual Executive Assistant Appreciation Luncheon taking place on Wednesday April 24th at 11:30am.

Don't forget to like us on Facebook - "Weddings at the Minneapolis Club" and share in the exciting experience of hosting a Wedding at the Club"

your wedding destination







Weddings at The Minneapolis Club offer a five-star blend of fine cuisine, impeccable service, historical space and luxurious downtown lodging.



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After 47 years, Irene Brynestad retires as one of the longest tenured and most influential Club employees in our history

Irene Brynstad said goodbye to the Minneapolis Club this February, as she tearfully accepted a plaque from club General Manager, Frank DiLapo. The plaque represents a warm thank you from the staff and members for Irene's 47 years working at the club. As Irene prepared for her retirement, she reflected on the change she has seen, the traditions that have lasted, and the future she predicts for the Minneapolis Club and its members.

Irene has seen many transformations in the club since the beginning of her time here in 1967. Most noteworthy to Irene have been the advancements in technology. From a Burroughs Posting Machine to Excel Spreadsheets, Irene has not only witnessed, but also adapted to and learned the newest technologies in order to better serve the club membership. She sees computers as changing how members use the Minneapolis Club. Irene believes that many members



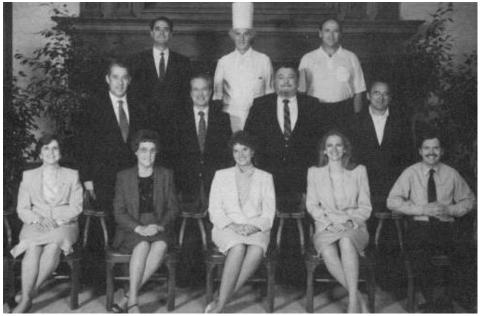
of the club still use the space as a place to network, but more than ever before members see the Minneapolis Club as a home away from home, a place where members know they are going to be treated with the utmost respect, and receive the best service available. It is this tradition of reverence, service, and connection that has remained rooted in tradition.

Irene views women's involvement in the club as a second major change since the late 1960s. Irene believes that the club has embraced women into the membership and that today, "We are not the old boy's club anymore. We are not the place for men to network, we are simply the place to network." When asked what it was like for women to gain membership, Irene recalls a particular case in which a woman requested to be seated in The Grill unaccompanied. It was not an issue, according to Irene, and although The Grill was full at the time, the woman was seated without issue once space was available. Today Irene is glad for the advancements women have made and the way in which the club has welcomed this progress.

Such as the club is important to its members, it is a piece of employee's daily lives. Many employees stay with the Minneapolis club for over a decade, for some it is a family tradition. Although Irene entered the doors of the Minneapolis Athletic Club for her interview, she eventually found her place at the Minneapolis Club, where she has stayed for over four and a half decades. When asked why employees feel such devotion to the club, Irene responded that, throughout her time, employees have acted as a family, being supported by each other. Pride in her work and connection with the staff as well as the members have left Irene with "only good memories," according to her.

Now that Irene is retired she has time to travel, to take time for herself, and to rest. Two weeks after her last day, Irene was asked what she had been doing with her time, she responded excitedly, "I get to sleep in until 8 now." She also mentioned, with a smirk, her pride in cleaning out her home, "I finally had a chance to clean off nearly fifty years





Opposite: Club General Manager Frank DiLapo presents Irene Brynestad with a gift from the Club commemorating her 47 years of service. Top: Irene sheds a tear while recalling some of her favorite Club memories. Above: Irene (bottom left) joins the 1990 management team (file photo).

of dust." Irene's son lives near St Cloud, Minnesota. Her daughter is based in Texas. Irene now has time to visit both of them as well as her grandchild.

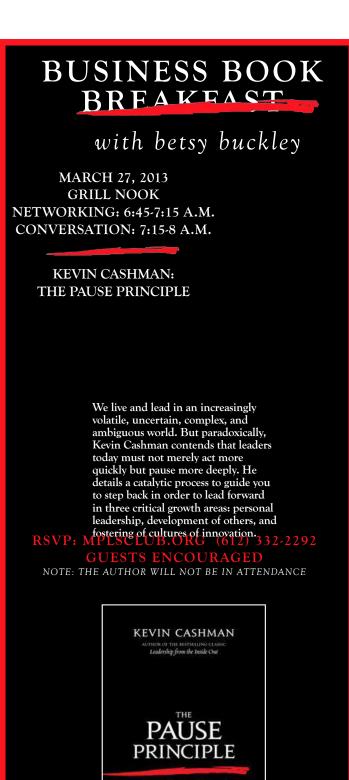
Irene describes the Minneapolis Club simply, "the Minneapolis Club is the premier club in the city. It is a place for networking: this is where the movers and the shakers are." Irene shared her hopes for the future of the club, "I hope that we really get back to talking to each other faceto-face, as opposed to relying on texts and e-mail. There is something to be said for face-to-face contact." She sees the club as playing an important role in maintaining an environment for face-to-face contact, for business as well as social means.

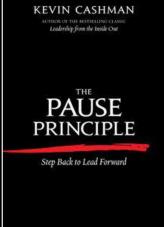
Since December 15, 1967 Irene Brynstad has been a devoted staff member and Jill-of-all-trades at the Minneapolis Club. As the club says goodbye, we thank her for her time, her support, and her experience. The changes she has seen and the traditions she has upheld will remain a part of Minneapolis Club history.

Graduating this spring from the University of Minnesota with a Bachelor's Degree in Communication Studies, Laura Whittet is a Communications and Marketing Intern at the Minneapolis Club. Her professional dream is to work in public relations for a museum... and yes, she's looking for a job.

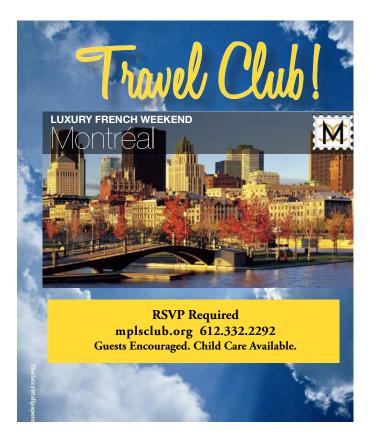














Katy grew up in London, England. She moved to the US after meeting her future American husband on a train from Amsterdam to Berlin.

Katy plays the ukulele and guitar and enjoys performing songs from her first solo release "Before I forget" at places such as The Aster Cafe, Amsterdam Bar, 331 Club and even The Guthrie

Her work history includes TCF Bank, CVS Drugstore and Lakeshore Players Theatre. She is excited to have joined the Minneapolis Club.

Maybe in italics or something we can add that I perform as Katy Vernon? Just a thought. Confusing I know.

Club Chat! Phillip Brunelle

Rob Hensel, Club member and Chair of Beyond Walls, and Executive Director Katie Siegel will present on the status of their organization. Launched in September 2011, Beyond Walls serves as a critical source of long-term, intensive support for participating children. The key purpose of Beyond Walls is to develop an intensive program that combines squash playing, academic tutoring, and community service, in a manner that successfully transforms the lives of a select group of underserved youth in the Twin Cities.

April 18 - Noon Lunch

Members: 15.95++ Guests: \$25 All Inclusive
RSVP mplsclub.org (612) 332-2292 Guests encouraged







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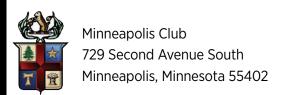
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