

Run Like A Girl - 365 Days a Year!

Author Talk & Book Signing with Mina Samuels

Wednesday, July 17, 5:30 – 7:00 p.m.

In Mina Samuels' latest book, she shares daily wisdom as a spiritual running buddy for women on the run — which is all of us!

We're so pleased to welcome Samuels as she discusses **RUN LIKE A GIRL 365 DAYS A YEAR: A Practical, Personal, Inspirational Guide for Women Athletes** (Skyhorse Press; June 18, 2019.)



The evening begins with a networking reception with light fare and cash bar at 5:30 p.m. followed by a talk at 6:00 p.m. with time for a question and answer period. Books will be available for sale and signing.

Mina Samuels is a writer, playwright, athlete, and performer, and in a previous incarnation, a litigation lawyer and human rights advocate. Her previous works include **Run Like a Girl: How Strong Women Make Happy Lives** (for which she appeared on The Today Show); a novel, **The Queen of Cups**; and **The Think Big Manifesto**, co-authored with Michael Port.

For women who draw even a portion of their strength from being active, **Run Like a Girl 365 Days a Year** serves as a Book of Days. It's practical, inspirational, and personal, with a dash of the existential and neurotic, it's a fresh take on the popular thought-a-day books, geared toward women athletes. Through entries for each day of the year, she explores the questions that confound us: How do we find balance in our lives and what nourishes and empowers our inner strength and resolve?

The event is presented by the University Club of Albany Foundation; Girls on the Run Capital Region; ARE Event Productions, Inc.; real [FIT]life and Fly to Fit Bungee Fitness Studio. The program is free and open to the public but reservations are required and may be made by calling the Club at 518-463-1151; on the Club's website at universityclubalbany.com or email mfahy@universityclubalbany.com.



**Celebrate at the U Club
on Thursday, July 4
5:00 p.m. - 10:00 p.m.**

Light up the night with a special holiday menu, festive cocktails, and of course, fireworks!

Festivities start on the patio and move to the front lawn to watch the skies light up!

PICNIC MENU

Hot Dogs
Hamburgers
Potato Salad
Slaw
Ambrosia
Pulled Pork
Mac and Cheese
Mac Salad
S'mores

Open to members and their guests, \$15 per person (sign for drinks).

RSVPs are required!

Call 518-463-1151 or email mfahy@universityclubalbany.com



Dear Members of the University Club:

As summer finally arrives, attention turns to vacations and other activities that make this region a great place to call home. And historically the pace at our beloved Club slows down.

With that, I'll take this opportunity to pass along a request from our House Committee - an appeal for support. By supporting this now, the work can be done during a traditionally slow time. That benefits members and visitors to our Club.

As University Club members, we all appreciate our beautiful and historic Clubhouse. For many, it's a big reason they joined the Club in the first place. But I suspect that many of us notice a "tired appearance" in parts of our graceful but aging building. Just as with our own homes, there is always a "to-do" list of things that should be done. It is that way too at our away-from-home Clubhouse. A number of our generous members have previously contributed everything from flowers to furniture, painting of rooms to safety railings.

Here's a short list of some items that are on our to-do list, along with prices for completion. So if any of these items speak to you, I invite you to make a tax-deductible sponsorship for them to the University Club Foundation:

- *Outdoor flower window boxes for the 5 front windows facing Washington Avenue / \$40 per window*
- *A new Stars & Stripes flag for our flagpole that faces Washington Avenue / \$60*
- *Interior patching and repainting Living Room and common areas / \$100-\$200*
- *Exterior patching and painting / \$200 +*
- *Dry-cleaning curtains on first floor / tbd*
- *Bedroom refurbishing (repair/repaint wall, new furniture) / \$500*
- *Defibrillator / \$500*
- *Other items not on this list that you still would like to support – email Mimi*

I thank the House Committee for their willingness to be proactive with this list.

I encourage each and every member to visit the Club soon. Our General Manager Mimi has introduced her new and expanded menu, and I'm sure there is something for everyone to like!

Thank you for your continued membership in our Club. Feel free to reach out to me anytime with questions, comments, concerns or suggestions. My cell phone number is 518-441-2758.

With gratitude,

Bob Sheehan
President, University Club of Albany

PS: Special thanks to Ann Pfau and Dave Hochfelder for sharing their green thumbs and beautifying the back patio with new plantings!

Wine Tasting Dinner

Thursday, July 25 ~ 5:30 to 7 p.m.

Enjoy a taste of summery California and Italian wines paired with a fresh family-style meal. \$20 per person. Led by Club Manager Mimi Fahy and Johan Aarnio, owner of Sand Creek Wines and Liquors.

Reservations are required by Tuesday 7/23 and can be made by calling the Club at 518-463-1151.



MORE SPECIAL EVENTS



Picture Perfect Photography—Monday, July 22 with the Arts Center of the Capital Region 5:30 p.m. cash bar and snacks - 6:00 p.m. class

Grab your camera and get some hands-on experience with Harry Wirtz from The Arts Center of the Capital Region.

Start with a drink and a snack to get those creative juices flowing.

Harry will provide an overview of using a DSLR or mirrorless camera, followed by a walk through the historic and architecturally rich neighborhood around the U Club to snap some pictures. Finally, Harry will provide an overview of basic photo editing.

Presented by the Arts Center and the University Club of Albany Foundation, the cost for the class is \$40 and one need not be a member of the Club or the Arts Center to participate.

Seating is limited and reservations are required. RSVP on the Club's website or by calling 518-463-1151.

Photo above by Harry Wirtz Rose Campion Juror's Choice Award, Perrella Gallery, December 2008



SAVE THE DATE for the next Crafty Hour!

Japanese Flower Arranging Monday, August 19 5:30 - 7:00 p.m. - \$40

Bountiful flowers and beautiful trees are among the best parts of summer. Ikebana is a Japanese flower arranging tradition of bringing the natural beauty of the season into our homes.

Learn the basics of the Japanese art of flower arrangement. Create and take home a basic flower arrangement taught by Sogetsu School of Japan.

Happy Birth-tini! Stop by the Club during your birthday week and enjoy a GIANT birthday martini and FREE lunch or dinner!

CLUB VACATION DATES

The Club will be closed from Friday, July 26 through Sunday August 4, reopening on August 5. This annual shut-down gives staff some much-deserved time off. Staff will be checking voice mail and email and covering the desk and phones during the closure. As in years past, you may use the dining facilities in the following area clubs during our closure: Fort Orange; Albany Country Club; Wolfert's Roost; Troy Country Club; Mohawk Golf Club; Schuyler Meadows.

Remember this is a very busy time for country clubs so please call ahead to make a reservation!

APOLLO 11 1969-2019 50TH ANNIVERSARY Sunday Funday 7/21 - 5 p.m. The Club's own Dave Hochfelder will give a talk in celebration of the 50th anniversary of the Moon Landing. Join us for space age snacks and Tang cocktails! The kitchen will be open before and after the talk.

UNIVERSITY CLUB
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2019-2020

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SAVE THE DATES

Got the Sunday Blues?
Stop by the U Club -
we're opening from
3:00 - 7:00 p.m.
for

**SUNDAY
FUNDAY**

Monday, August 19
Crafty Hour - Japanese
Flower Arranging
5:30 reception / 6 p.m. class

Second Thursdays
9/12 - 10/10 - 11/14
"Science in the News"
Dr. Vivek Jain, U Albany
5:30 reception / 6 p.m. talk

Thursday, September 19
"The Midnight Call"
Book Talk & Signing with
author Jode Millman
5:30 reception / 6 p.m. talk

Saturday, October 5
"Score: 20th Anniversary Show"
Carmie Hope

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Lunch / Dinner</i>	2 <i>Lunch / Dinner</i>	3 <i>Lunch / Dinner</i>	4 <i>Independence Day Celebration 5:00 - 10:00 p.m.</i>	5 <i>Lunch</i>	6 <i>Club Closed</i>
7 <i>Sunday Funday 3:00 - 7:00 p.m.</i>	8 <i>Lunch / Dinner</i>	9 <i>Lunch / Dinner</i>	10 <i>Lunch / Dinner</i>	11 <i>Lunch / Dinner</i>	12 <i>Lunch</i>	13 <i>Club Closed</i>
14 <i>Sunday Funday 3:00 - 7:00 p.m.</i>	15 <i>Lunch / Dinner</i>	16 <i>Lunch / Dinner</i>	17 <i>Lunch / Dinner</i>	18 <i>Lunch / Dinner</i>	19 <i>Lunch</i>	20 <i>Club Closed</i>
21 <i>Sunday Funday 3:00 - 7:00 p.m. Moon Talk @ 5:00</i>	22 <i>Lunch / Dinner Crafty Hour 5:30 - 7:30 p.m.</i>	23 <i>Lunch / Dinner</i>	24 <i>Lunch / Dinner</i>	25 <i>Lunch / Dinner Wine Tasting Dinner 5:30 - 7:00 p.m.</i>	26 CLOSED FOR VACATION	27 CLOSED FOR VACATION
28 CLOSED FOR VACATION	29 CLOSED FOR VACATION	30 CLOSED FOR VACATION	31 CLOSED FOR VACATION		<i>Club will re-open on Monday, August 5</i>	

As a reminder, the Grille Room is routinely open Monday-Thursday from 11:30 a.m. to 8:00 p.m. for lunch, dinner, and happy hour. On Fridays the Grille Room is open for lunch from 11:30 a.m. to 2:30 p.m. and for Sunday Funday from 3:00 to 7:00 p.m. The Grille Room may be open at other times for special events. The Clubhouse is open all day Monday through Friday if you want to come by and work, relax, or socialize.