



Founding Member of the
Midwest Sports Ski Council

ULLR SKI, BIKE &
SOCIAL CLUB

September
2009

HAVE YOU VISITED US ON THE WEB LATELY? WWW.ULLR.ORG

FROM THE PRESIDENT

By the time you read this, our What's Cookin' picnics are over for this year. I hope all of you had as great a time as I did. It was great to have so many wonderful friends together.

On Monday July 21st, I was privileged to join the ULLR Foundation at Braemar Golf Course when they presented their donation to disabled golfers (photo on page 6). What an honor to be associated with the ULLRs and their generosity. The gratitude for my health has increased.

The Ski Planning meeting at Bruce Warner's July 18th developed a great schedule of day and weekend hiking, parties, downhill skiing, cross country skiing, snowshoeing, and even dog sledding. Check your Nullr or the web for dates of events, chairs and other information.

49 ULLRs were at Orchestra Hall on July 25th. We had a great social time and witnessed an outstanding young violinist with the orchestra. Thanks to Carol Burgess and Ray Hartmann for chairing this event. *And a special thank you to all our volunteers, chairs, etc., for all that you do. Don't forget – you are appreciated.*

Bike season is moving toward a close and our thoughts are turning to skiing, but I wanted to give you a preview for next summer. In lieu of our Train Bell bike weekend, we are planning a weekday trip to the Good Ol' Days Resort, www.goodolddaysresort.com in Nisswa, on Cullen Lake and the Paul Bunyan Trail. Several ULLRs stayed there this year and were very impressed. The dates reserved are Wednesday and Thursday, June 16th and 17th. Charlotte Navratil and Marty Wilkes will chair the event and will provide more details later.

Erl and I were biking on Minnehaha Parkway a couple of weeks ago and there was absolutely no water in Minnehaha Creek and not a drop at Minnehaha Falls. Keep praying for more rain!

Another thought, please keep in mind we will need volunteers for our next board, so start thinking about how you can serve.

Your Prez, Diane Erlandson



New Guidelines for Submitting Photos and Articles

By Barb Carpenter

The Board has approved new guidelines for submitting photos and articles to the editor and webmaster. A change in the process has become necessary due to the reduced size of the Nullr and the number of people submitting multiple photos (sometimes up to 80 photos!) to the webmaster for posting.

Below is a summary of the guidelines that are posted on the web. All photos and articles must be submitted by the 1st of the month in order to be timely for the next month's Nullr.

Photos

- A limit of 30 photos for large events (e.g., Holiday Ball, Spring Banquet) and up to 10 photos of other events can be submitted to the webmaster.
- The photos must be submitted only by the chair of the trip/event, or the chair's designee (the designated "photographer") if the chair is not email- or digital photo-savvy.
- The photos must be reduced in size to a width of 1500 pixels before submitting to the webmaster. See the ULLR website (Event & Trip Pictures) for detailed instructions.
- The editor will grab photos from the web if there is space in the Nullr. If there is a special photo you would like in the Nullr (space permitting), you may email **one** resized photo to the editor.

(continued on page 2)

2009-2010 Important Contacts

Officers of the Club

President

Diane Erlandson: UllrPrez@ullr.org

Executive VP

Karen Clarke: ExecVP@ullr.org

Ski Programs VP

Bruce Warner: SkiVP@ullr.org

Summer Programs VP

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Laurie Coursolle: MembershipVP@ullr.org

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Dick Wilkes: Treasurer@ullr.org

Secretary

Joyce Crozier: Secretary@ullr.org

Past President/Advisor

Barb Carpenter: PastPrez@ullr.org

Program Coordinators

Alpine

Barb Kolbe: see directory

Nordic

Jim Habeck: Nordic@ullr.org

Ski Racing

Brian Johnson: Racing@ullr.org

Summer Coordinator

Kae Jewell: Summer@ullr.org

Social Coordinator

Nancy Sand: Social@ullr.org

What's Cookin'

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whatscookin@ullr.org

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beverages@ullr.org

Biking

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Singles

Joy Knudson: Singles@ullr.org

Folding Parties

Margie & Manfred Deutsch:
FoldingParty@ullr.org

General Meetings

Karen Clarke: ExecVP@ullr.org

Joan Roe: Foundation@ullr.org

MSC Representatives

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Dolly Eastman: MSCrep@ullr.org

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Nullr Editor

Karen Oakland: nullr@ullr.org

ULLRnet

Fran & Gary DeWell: ULLRnet@ullr.org

Photo and Article Guidelines (continued from page 1)

Articles

- All articles of the trip/event should be sent to the webmaster and the Nullr editor.
- The full article will be posted on the Web – either under the photos or on the Past Events webpages if there are no photos.
- The editor will print a short summary of the article in the Nullr if space permits.

Thank you for your cooperation. If you have any questions or suggestions, please contact me. Barb

Recalling Past Events:

Thank you to the following ULLR's who hosted an event last month. The Club could not function without creative ideas and members willing to carry out those ideas. A short summary of the event highlights, as well as color photos, can be found on the ULLR Ski, Bike and Social Club website: www.ullr.org

Elm Creek Park Ride	July 25	Hal & Gail West
What's Cookin' Picnic	August 5	Karen Holmquist
Lake Minnetonka Boat Cruise	August 10	Sally Chevalier
What's Cookin' Picnic	August 19	Joan Roe
Nullr Folding Party	August 21	Joan Roe
Lanesboro Biking, Golf & Theater Weekend	August 28—30	Joan Roe Sharon Marini



Elm Creek Park Ride

L—R: Gail, Kay, Paula, Berit, Charlotte, Nancy, MaryAnn

ULLR Cancellation Policies and Communication Policies can be reviewed at: www.ULLR.org.

Upcoming ULLR Events (see detailed flyers on the website at www.ullr.org)

Labor Day Weekend Get Away at MN's Beautiful Superior Hiking Trail

When: Sept 4—7, 2009

Hiking: Several trail options with varying lengths & difficulty levels will be offered

Cost: \$166 pp— 2 to a room w/2 beds

Includes: 3 nights lodging at Tofte AmericInn & 3 continental breakfasts,
Friday Night Welcome Wine & Cheese Party, Saturday "Sven & Ole" Pizza Party.

Optional: Sunday Night Dinner at Blue Fin Restaurant

Send \$166 check, made out to ULLR Ski, Bike & Social Club to:

Karen Holmquist, 1024 Ashton Circle, Burnsville, MN 55337

Call (952-431-1903) or email (kholmquist@frontiernet.net) Karen with questions.

ULLR Membership & Cancellation Policies apply

Old Log Theater

When: Saturday, October 17 (arrive by 11:15 am)

Cost: \$33.00

Includes: Matinee performance of "Radio Gals" and lunch

Chair: Sally Chevallier (952-935-7000)

Send check to Sally Chevalier, 4108 Kerry St, Minnetonka, MN 55345

ULLR Membership & Cancellation Policies apply

ULLR Holiday Ball

When: **Friday**, December 4, 2009 Fort Snelling Officers Club

Watch for details online and in the October Nullr

Chairs: Colleen Barden, Vicki Johnson

SKI THE MOUNTAIN TERRAINS OF UTAH!

When: Sun, February 7—Sat, February 13, 2010

Cost: \$1307* – includes lift tickets, Lodging at Embassy Suites in SLC (2/room suite w/galley kitchen), RT air, private coach buses to 2010mtn. resorts, breakfasts, pretrip and welcome parties, cocktail reception each evening, and much more!

Chairs: Barb Carpenter (952-881-6838), Karen Clarke (651-457-4007)

Checks payable to ULLR Club; mail to Karen, 6484 Bonner Ct., Inver Grove Heights, MN 55076

*Price subject to airfare price and does *not* include airline baggage charges.

This trip is **MSC Endorsed** – so sign up early!

Must be an ULLR or other MSC Club Member ULLR Cancellation Policy Applies

SKI MONTANA

Dates: Sun, March 7—Sat, March 13, 2010

Cost: \$1111* per person

Includes: Pre trip party, RT flight MSP—Bozeman, bus transportation Bozeman to Big Sky, 6 nights at Big Stone Condos, Welcome Pizza Party. Ski-In / Ski-Out via Poma Lift to High speed lift; Access to Huntly Lodge Pool & Fitness Center.

Options: Yellowstone Snowmobile outing; Sleigh ride dinner, Dog sled rides, Discounted Lift Tickets.

Chairs: Erl Erlandson (952-941-5184), Sylvia Scott (763-560-9726)

Mail checks, made to ULLR Ski, Bike & Social Club, to Erl at 9721 Dorset Ln, Eden Prairie, MN, 55347

*Cost does *not* include airline baggage charges and is subject to airfare price change.

MSC endorsed; ULLR Membership & Cancellation policies apply

Help Wanted

Who: **MSC needs volunteers to staff booths**

What: Hoigaard's Tent Sale

MN Ski & Snowboard Expo

When: Fri—Sun / Sept 11—13

Fri—Sun / Nov 6—8

Contact: Dolly Eastman at dollyeastman1@juno.com or 612-724-5436

**ULLR Fall/Winter Schedule for 2009-2010
Alpine, Cross Country, Snowshoe and Hiking**

Date	Trip/Event	Chairperson(s)	Phone
Sept 4, 2009	Superior Hiking Trail	Karen Holmquist	952-431-1903
Oct 2, 2009	Arboretum Hike	Jim Habeck	763-559-5593
Oct 24, 2009	MN River Valley Hike	Joyce Butler	952-941-6130
Nov 1, 2009	Pine Tar Party	Jim Habeck	763-559-5593
Nov 6-8, 2009	MSC Expo—Convention Center	Jerry Schuster	952-888-0860
Nov 7, 2009	Fort Snelling Hike	John Egan Carolyn Buswell	612-729-2470
Dec 9, 2009	Wild Mountain	Margo Dinneen Barb Kolbe	952-542-1185 651-638-0936
Dec 11-13, 2009	MSC Winter Carnival	Jerry Schuster	952-888-0860
Dec 19, 2009	CrowHassen XC Ski, SS, Hike	Bill Lyon	612-722-8352
Jan 1, 2010	Afton Alps	Pam Anderson	763-315-3772
Jan 7, 2010	Welch Village	Bruce Warner	763-478-6541
Jan 19, 2010	Mt Kato	Jerry Swanberg	651-633-7178
Jan 23, 2010	Schultz Lake XC, SS, Hike	Vickie Lee	952-432-0304
Jan 28/29, 2010	Spirit Mt, Downhill, XC, SS	Karen Holmquist	952-431-1903
Jan 31, 2010	Carver-Victoria, XC, SS, Hike	Joyce Butler	952-941-6130
Feb 7-13, 2010	Ski Utah	Barb Carpenter Karen Clark	952-881-6838 651-457-4007
Feb 20, 2010	Cleary Lake, XC, SS, Hike	Vickie Lee Judy Burich	952-432-0304 952-440-3188
Feb 26, 2010	MSC Lutsen (proposed, NOT final)	Bob Kershaw (MSC)	
March 7-13, 2010	Ski Big Sky	Sylvia Scott Erl Erlandson	763-560-9726 952-941-5184
March 20, 2010	French Park, XC, SS, Hike	Jim Habeck	763-559-5593
March 21-23, 2010	Dog Sled, Snow Shoe	Jerry Swanberg	651-633-7178

2009 ULLR Biking Schedule

Biking Coordinator: John Stiefel H: 952-470-5411 Cell: 612-743-4565 Email: Biking@ullr.org
Flyers with details of each listed event are available at the What's Cookin' Picnics and/or for changes that may occur, at <http://www.ullr.org>. **Helmets are required for all rides.**

"Thursday Morning" rides run through September
Meet at Lynnhurst Park, 50th St & Minnehaha Pkwy by 9:15 am; *Ride will start promptly at 9:30 am.*

Date	Event	Contact	Phone
SEPTEMBER			
Sept 7 – Mon	Labor Day Ride	Bill Handsaker	952-935-9597
Sept 19 – Sat	Lake Wobegone	Cheryl Ostlund	952-934-1669
Sept 26 - Sat	Red Cedar Trail	Carolyn Buswell & John Egan	612-729-2470
OCTOBER			
Oct 11 - Sun	TBA	Bill Handsaker	952-935-9597

2009—2010 ULLR Combined Social Activities Schedule
 Details for each event can be found on the ULLR website: www.ullr.org
 and on flyers at the General Meetings

Date	Event	Contact	Phone
September 2009			
Sept 4-7 / Fri-Mon	Superior Hiking Trail	Karen Holmquist	952-431-1903
Sept 11 / Fri	Singles Card & / or Game Night	Joy Knudson	952-240-8418
Sept 18 / Fri	Nullr Folding Party	Hochstein's	763-479-6890
Sept 18 / Fri	Singles Dinner & "2 Buck" Movie Night	Joy Knudson	952-240-8418
Sept 22 / Tues	Singles Fine Dining Great Waters Brewing 426 St Peter St , St Paul, MN	Joyce Bolt	952-894-1790
October 2009			
Oct 8 / Thurs	General Meeting/Foundation Bingo	Karen Clarke	651-457-4007
Oct 16 / Fri	Nullr Folding Party	Jon & Betty Gross	763-494-9604
Oct 17 / Sat	Old Log Theatre	Sally Chevalier	952-935-7000
November 2009			
Nov 12 / Thurs	General Meeting	Karen Clarke	651-457-4007
Nov 20 / Fri	Nullr Folding Party	Jim Habeck	763-559-5593
Nov 24 / Tues	Singles Fine Dining Luci Ancora (Italian) 2060 Randolph Ave, St Paul, MN	Joyce Bolt	952-894-1790
December 2009			
December 4 / Fri	Holiday Ball	V Johnson, C Barden	763-425-9513
2010			
Jan 14 / Thurs	General Meeting	Karen Clarke	651-457-4007
Feb 7—13 / Sun—Sat	Ski Utah	Barb Carpenter & Karen Clarke	952-881-6838 651-457-4007
March 11 / Thurs	General Meeting	Karen Clarke	651-457-4007
Mar 7—13 / Sun—Sat	Big Sky & Moonlight Basin Ski Trip	Erl Erlandson & Sylvia Scott	952-941-5184 763-560-9726
April 8 / Thurs	General Meeting	Karen Clarke	651-457-4007

ULLR Singles' Highlights

by Joy Knudson, Singles Coordinator
952-240-8418 or Singles@ullr.org

Dates for Singles events are included above in the Social Calendar.

The activities are open to all ULLR singles. Sometimes get togethers may be organized after the deadline for Nullr publication, or locations may change, so be sure to check www.ullr.org or with Joy.

Card or Game Nights: (email or phone Joy, for host names)

Dinner & "2-Buck" Movie Nights in Hopkins: Meet at restaurant at 5:30 PM for dinner, then attend movie at the Mann Hopkins Cinema Six Theater. (email or phone Joy, for host names)

<p>Singles' <u>"FINE DINING":</u> Email or phone Joyce Bolt with questions and to RSVP for Fine Dining: Joyce Bolt at 952-894-1790 or JBolt10@aol.com</p>

The Foundation Corner

By Joan Roe, Foundation President

As many of you know, July 21, **ULLR made WCCO morning news** covering the Sister Kenny Golf Program for Individuals with Physical Disabilities at Braemar Golf Course in Edina! How gratifying it was for the Foundation and Diane Erlandson to present a check for \$3625 to the Sister Kenny Foundation. \$3625 is half the cost of a Golf Xpress adaptive golf car and Braemar will contribute the other half. The purchase of a second car was made possible because of this collaborative effort since it meets a challenge grant from the US Golf Assn. Thank you ULLRs!! Your contributions made this possible! (see photo on right)

Ed Nightingale was honored as a "Friend of the Foundation" at the Luau in June. Ed has contributed greatly in his positions as President and Presidential Advisor of the Foundation over the past few years. His outstanding leadership has benefited us very much, and we are very grateful for his tireless dedication. This is a special way for us to honor Ed and show our appreciation to him!

The Foundation also gave a camp scholarship to a deserving girl who "is exceptional and has potential farther than she knows" in the Ad Litem program.

Thank you for your support this summer by giving donations for bars and cake at What's Cookin.'

The ULLR Foundation will kick off the first general meeting on October 8 at the KC Hall with its' annual Bingo and Raffle Night.

"Snowbirds" will be able to join us this year!!

Look forward to lots of fun, great raffle items and Bingo prizes. We will be posting a list of raffle items ahead of time as an added enticement for you to participate (not that you need one!) Think about guests you could invite!! Remember to check Ullr.org/Foundation to keep in-formed and updated about activities and donations.

ULLRs give the gifts that keep giving!



Membership Spotlight *

By Laurie Coursolle, Membership VP

*The Membership Spotlight will not appear in the online version of the Nullr for security reasons.

Directory Changes:

Because of personal information security issues, the ULLR Membership Directory changes that appeared in the paper copy of the Nullr have been removed for this online version.

Membership directory changes will be emailed to the Ullr-Info email distribution list once a month. When you receive these directory update emails, please print them and keep them with your paper copy of the directory.

PLEASE WELCOME THESE NEW MEMBERS

Amy Barwick						
Bob Kruell						
Marvin Rohlf						
Joanne Schafer						

Option to Receive Online Nullr

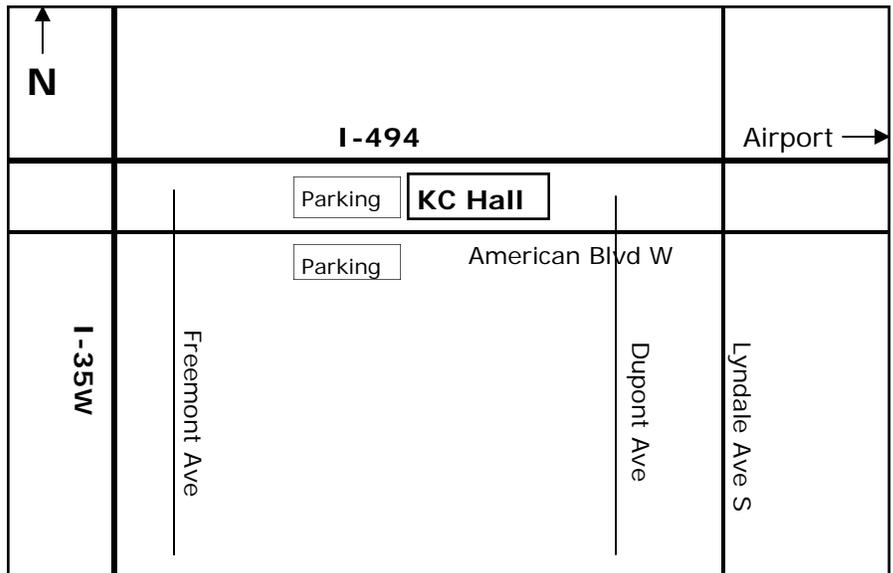
- The Nullr is now available online at: <http://ullr.org/NULLR/NullrOnline.htm>.
- The online version will be available 2-3 weeks *before* the paper copy arrives in the US Mail.
- If you would like to discontinue receiving the paper Nullr in the US Mail, send me an email at: membershipVP@ullr.org. When you choose the paperless Nullr, you help reduce Club expenses.
- Each month you will receive an email letting you know when the next Nullr issue is available online.

**Meet old friends,
Make new friends
at
ULLR General Meetings**

**Marian Knights of Columbus
Hall**
1114 American Boulevard
(old W 79th St), Bloomington, MN
..Note map to Right..

6:30 pm Socializing
7:30 PM General Meeting

Thursdays:
October 8, November 12,
January 14, March 11, April 8



Please park on the west side of the KC Hall or across the street on the south side of American Blvd West.

**2009-2010
ULLR General Meetings**
By Karen Clarke, Executive VP

The 2009-2010 General Meetings begin Thursday, October 8, 2009 at the Marian Knights of Columbus Hall in Bloomington. The special meeting, originally scheduled for Thursday, September 17, 2009, was cancelled since the changes the C4C Committee presented to the club do not require a membership vote. Carol DeVore has volunteered to take care of registration at the general meetings this year. Anyone wishing to sit with her to help is most welcome.

No dinners have been scheduled at the General Meetings this season though we hope to have special drinks available again. The KC Hall serves a wonderful selection of food upstairs—(Thursday is Prime Rib night). **If we phone ahead for reservations, they will arrange special ULLR seating for us.** Please save your dinner receipts for Dick Wilkes, ULLR Treasurer, so he can audit the purchases to defray the rental cost of the meeting room. The meetings begin at 7:30 PM, but please join us by 6:30 PM, downstairs in the meeting room, for socializing with friends.

Our Holiday Ball is set for Friday, December 4, 2009. *Please note in your calendar **Friday**, not Saturday.* Vicki Johnson and Colleen Barden are serving as Chairpersons this year. Thank you ladies for volunteering to host this event. Our

Spring Banquet will be held Saturday, April 24, 2010; details will come later.

Please contact Nancy Sand, our new Social Coordinator, to add new social/cultural events to the Social Activities Schedule. We hope with more unbudgeted, or "Quick Approval," events our club members will come forth with many more exciting social events for winter and spring (see <http://ullr.org/ULLRForms.html>, Executive Board Operating Rules #25, to review the Quick Approval process).

If you have any questions, or suggestions, please contact me.

Karen Clarke, Executive VP



Nancy S & Jan C at Sommerfest

Contact the KC Hall at 952-888-1492 for your dinner reservations.

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