



Founding Member of the
Midwest Sport/Ski Council Inc

ULLR SKI, BIKE &
SOCIAL CLUB

ULLR

April
2010

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

Utah Trip: Great Skiing, Great Fun, Great Food for 38 Great People...



...from ULLR, Ski Hawks and Horizon Ski Clubs.

New friendships were formed as this group skied five different areas near Salt Lake City. They had no long lift lines, great skiing *and the treat of fresh powder snow two of the five days!* The SLC Embassy Suites provided delicious, made to order, breakfasts before our skiers left for the day and a welcoming "Happy Hour" when they returned. Social highlights included dinner atop the Joseph Smith Memorial Building where the 2002 Olympians dined, a roll-back of the roof for star gazing after dinner and the opportunity to sit in on rehearsal of the Mormon Tabernacle Choir. Co-chairs Barb & Karen thank the group for sharing stories and laughs, and especially for creating the camaraderie that leads all to say "It was a great trip".
(read detailed article and see more photos at www.ullr.org)

Still going at 60!!

Celebrate with fellow ULLR's
and Dance to the American Flyer Band
at the

60th Annual Spring Banquet

When: 5:30 PM, Saturday, April 24, 2010

Where: MN Valley Country Club — 6300 Auto club Rd — Bloomington, MN

Cost: \$43.00 per person

Chairs: Dick & Lolly Dahlen

Dinner Choices: Almond crusted walleye
Broiled Chicken Roma

Roasted Pork loin w/mushroom sauce
Vegetarian (if requested in advance)

RSVP, Indicate Dinner Choice and send checks, (payable to ULLR Ski Club), by April 20th, to:

Dick Dahlen, 10267 Lancaster Bay, Woodbury, MN 55129

Questions to Dick or Lolly at: 651-484-1990 or (cell) 651-295-4425, or lollyanddick@comcast.net

ULLR Cancellation Policy Applies

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

Sharon Marini: SummerVP@ullr.org

Membership VP

Laurie Coursolle: MembershipVP@ullr.org

Treasurer

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

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Summer Coordinator

Kae Jewell: Summer@ullr.org

Social Coordinator

Nancy Sand: Social@ullr.org

What's Cookin'

Nancy Harman, Jeff Fischer

WhatsCookin@ullr.org

Beverage Chairs

Gus Bjorklund, Dave Lyons, Erl Erlandson

Beverages@ullr.org

Biking

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Singles

Joy Knudson: Singles@ullr.org

Folding Parties

Margie & Manfred Deutsch:

FoldingParty@ullr.org

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Karen Clarke: ExecVP@ullr.org

ULLR Foundation President

Joan Roe: FoundationPrez@ullr.org

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Bruce Warner: SkiVP@ullr.org

Dolly Eastman: MSCrep@ullr.org

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Karen Oakland: nullr@ullr.org

ULLRnet

Fran & Gary DeWell: ULLRnet@ullr.org

FROM THE PRESIDENT

Adding a General Meeting in February worked out very well — 65 members and one guest attended. Thank you Carol DeVore for being our greeter at the last General Meeting and volunteering to be our Greeting Coordinator. You are appreciated. Carol is looking for greeters for the General Meeting April 8th. The greeters can be a couple, 2 people or 1 person. Their job is to interact and greet people, number the name tags and keep track of new members and guests. This is a great way to meet others and to get to know everyone. Please contact Carol to be a greeter.

Brian Johnson (being the kind person he is) donated a bottle of "ULLR Nordic Libation", peppermint cinnamon schnapps liqueur which was raffled off at the February General Meeting. Margie Deutsch was the lucky winner and the proceeds of **\$157.00** were donated to the ULLR Foundation. Way to go Brian! On the bottle is the following quote:

"He is god of snow; the one called Ullr. Son of Sif, step-son of Thor. He is so fierce a Bowman and ski-runner that none may contend! He is quite beautiful to look upon and has all the characteristics of a warrior. It is wise to invoke the name of Ullr in duels."

Also, at the February meeting, I enjoyed every calorie of the decadent cake brought in and served by Foundation member Sunny Zenk. Thank you!

Thank you to all the volunteers who have stepped up to be hosts at What's Cookin' this coming summer, as we now have hosts for every scheduled picnic (see schedule in this Nullr).

Bruce Warner, our Ski VP noted a great deal for a season pass at Welch Village for next season: *\$99.00 if purchased before March 31st!* ** The purchase will entitle you to a discount on this year's ticket price also. What a deal! Erl and I bought passes and we'll ski more at Welch next year.

Our Spring Banquet on April 24th (note ad on front page) is an opportunity to thank all the volunteers and welcome your new ULLR Board members. Lolly and Dick Dahlen, our hosts, are waiting your calls for reservations.

Don't forget Carol and Ray are hosting Orchestra Hall on March 20th and the dog sledding trip on March 21st, hosted by Jerry Swanberg, sounds like it will be a superb outing.

Val Lyon, former ULLR member and sister of Bill Lyon, passed away last month. We extend our sincere sympathy to Bill and other family members.

Call any of our dedicated volunteers for event reservations and be sure to check our website and Nullr for all the details.

Hope to see you at the General Meeting on April 8th.

Your Prez, Diane Erlandson

**check with Welch Village at <http://www.welchvillage.com/>



Meet old friends,
Make new friends
At ULLR General Meetings

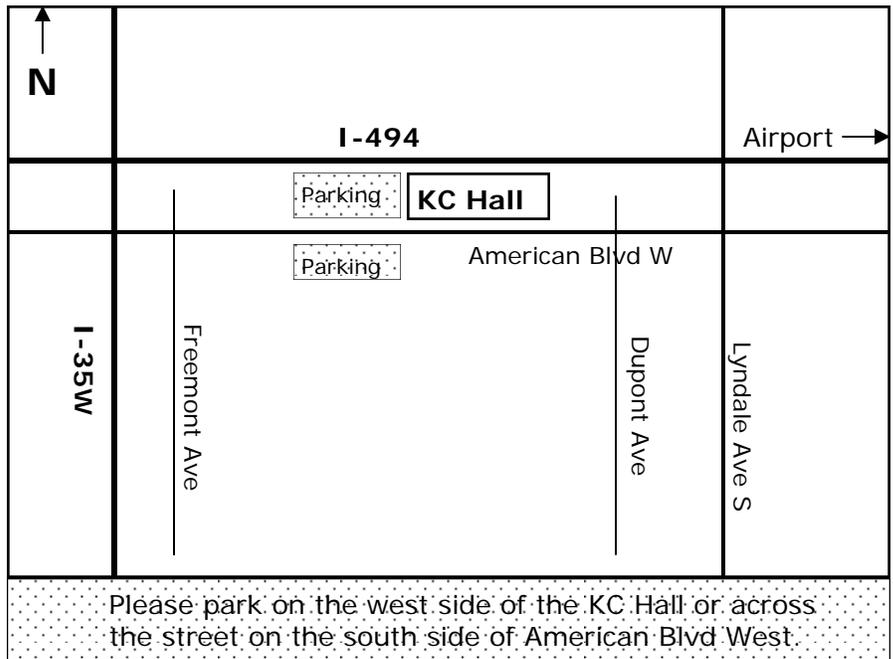
Thursday: April 8

Marian Knights of Columbus Hall

1114 American Boulevard
(old W 79th St), Bloomington, MN

6:30 pm Socializing
7:00 pm Business Meeting
Additional social time after meeting

When dining at the KC Hall before meetings, **please phone 952-888-1492 for reservations.** The KC Hall will arrange special ULLR seating for us. If you have questions regarding general meetings, please contact ULLR Executive VP, Karen Clarke.



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

WHAT'S COOKIN' AT BROOKVIEW PARK

The summer picnic for ULLRs -- A Meet-Greet-Eat Extravaganza

Mark your calendars now!

6:00 pm - 10:00 pm; Food served at 6:30 pm

Schedule: this Nullr, page 6; Map in May Nullr

Cost remains same as last year: \$3 / dinner, \$2 / 2 beverages (\$1/add'l bev), \$1 facility rental fee

The Foundation Corner

By Joan Roe, Foundation President

A special thank you to Brian Johnson who raffled off ULLR Peppermint Schnapps at the February meeting, and to all the ULLRs who contributed a total of \$157 for the Foundation. Wow, what generous spirits!

There will be a **Foundation Raffle** at the April 8 general meeting with many items to choose from, including a four-pack to a Twins game in the new stadium, \$50 gift certificates to Axel's Bonfire, Capitol Grill and Mississippi Belle restaurants, Godiva chocolates and cookies, one hour golf analysis session at Golfsmith, birdfeeder and seed, French cream/cognac liqueur, and others! Take some chances to bring home your choice of items!

Join other ULLRs for the **Courage Center Sports and Recreation Program Fundraiser Breakfast** at 8 AM on Thursday, April 22. Adaptive equipment will be demonstrated, some of which ULLRs donated! Please contact Gus Bjorklund at gusthekier@yahoo.com or 651-698-4636 if you are interested in the breakfast, and to get your 2010 **PGA cards** (see ad on page 4).

Gus "the Golfer" is heading up an **ULLR Fundraiser Golf Tournament** on September 1 at Braemar Golf Course in Edina. This will take the place of the Foundation Dinner this year. Gus is planning lots of fun events! The tournament will be open to ULLRs and non-ULLRs, so plan to golf this beautiful 18-hole course with your friends.

(continued on page 5)

Recalling Past Events:

Thank you to ULLRs 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

Omnifest	Mar 2	Gary Gray
Singles Wine Tasting	Mar 5	George Graham
Singles Cards	Mar 12	Carol Magnuson
Ski Montana	Mar 7—13	Erl Erlandson Sylvia Scott
Bicycle Rides Planning Party	Mar 13	John Steifel Patty Fitzgerald
Nullr Folding Party	Mar 19	Carol Burgess Ray Hartmann
MN Orchestra—Jazz	Mar 20	Carol Burgess Ray Hartmann
Dog Sledding Outing	Mar 21—23	Jerry Swanberg
Singles Fine Dining	Mar 23	Joyce Bolt

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

Science Museum of MN: Discussion of Dead Sea Scrolls Exhibit

Date: Sat / May 1 / 2:00 PM (Dinner afterward at local restaurant)

Where: Nancy Sand's Gramercy Club Party Room - 15001 Burnhaven Dr Burnsville, MN

Cost: \$2.00 (for overhead projector rental — unless someone has one to use?)

Discussion: The Dead Sea Scrolls and the Qumran Community associated with them have provided an incredible window into pre-Christian Jewish religion and culture. See DSS & Qumran pictures, their archeology, geology, dating methods, Hebrew "Aleph-Bet" and even translate a few phrases.

Chairperson: Gary Gray 952-895-8960 or gdgray@q.com

2010 ULLR GOLF CLASSIC

Date: Tuesday, June 15 (first tee-time: 11:30 A.M.)

Where: Applewood Hills Golf Course (just west of Stillwater off Highway 36)

Cost: \$42.00 includes Green Fees, post-game BBQ at the Clubhouse, and Prize Money.

Registration deadline: May 15. Include your golf handicap or an estimate of what you think you might shoot on the par 62 course.

Chairpersons: Gus Bjorklund, 651-698-4636 and Carol Schwebach, 763-551-7915

Send Checks (payable to ULLR CLUB) to Carol at: 5540 Nathan Lane N. #5, Plymouth, MN 55442

ULLR Membership and Cancellation Policies Apply

Bike the Paul Bunyan Trail

from the **Good Ol' Days Family Resort at Nisswa, MN**

Dates: Wed—Fri, June 16 - 18, 2010

Cost: \$151, due at sign up; (\$161 for singles in lodge rooms). **Sign up by March 15**

Includes: Wed eve Welcome Party with drinks & hors d'oeuvres—Thurs night Cookout w/drinks & dinner— Wed & Thurs night lodging, Thurs & Fri Continental Breakfasts

Options: **Bike—Golf— Shop— Socialize—Fish—Swim—Eat—Sit around Fire Pit—Play in Sand** Resort is next to trail, just outside Nisswa; see www.goodolddaysresort.com

Chairs: Marty Wilkes, 763-479-2834 and Charlotte Navratil, 320-327-2396

Mail checks, payable to ULLR Club, to Marty at 3055 Lakeshore Ave, Maple Plain, MN 55359

ULLR Membership and Cancellation Policies apply

Explore Beautiful Nova Scotia, Cape Breton Island, Prince Edward Island, and New Brunswick

Dates: **August 7—16** ten days

Cost: **\$1968** (\$650 due at sign up, \$650 due March 15, \$668 due April 15) **

Includes: All breakfasts—4 dinners—all activities—all hotels—all transportation—all excursions. A professional tour director will accompany the entire tour.

NOTE: **Group limit of 40, but only 16 spaces can be reserved at a time.** The first 16 ULLR members to respond are assured a spot on the trip; more space will then be requested.

Chairs: Karen Holmquist: 952-431-1903 and Barb Kolbe: 651-633-0936

Send checks, payable to ULLR Ski Club, to Karen at 1024 Ashton Cr, Burnsville, MN 55337

**Trip insurance is available for \$99 through Caravan Tours. *It must be paid at signup.*

\$300 non-refundable fee for cancellation 61 days or more prior to tour, 50% of tour price if 60—8 days prior, 100% of tour price if 7 days or less.

Questions: to Karen or Barb, phone as above or: kholmquist@frontiernet.net

ULLR Membership and Cancellation Policies Apply

What: The ULLR Foundation is selling **2010 MN PGA Golf Cards**

Cost: only \$35.00 for: four free rounds of golf (buy one/get one free) at more than 160 participating golf facilities, along with golf cart & driving range specials at most courses. The card also includes discounts at several indoor golf simulator centers and practice facilities. (card available at ULLR General meetings and "What's Cookin").

Contact: Gus Bjorklund: 651-698-4636 or gustheskier@yahoo.com

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

Membership Spotlight*

By Laurie Coursolle, Membership VP

*Members' personal information will not appear in the online version of the Nullr for security reasons.

Directory Changes:

NAME	ADDRESS	CITY	STATE	ZIP	TELEPHONE	EMAIL
Joyce Krake	New Address					
Kae & Ralph Jewell	New Address				New Phone	
Margo Dinneen	New Address				New Phone	
Jon Zoller	New Address				New Phone	
Leonard F. Miller						New Email
Margie & Manfred Deutsch						New Email
Jan Hoffman	New Address				New Phone	
Joy Knudson	New Address					
PLEASE WELCOME THESE NEW MEMBERS						
Barry Detloff						
Demetri Halatsis						
Elizabeth Callahan						

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. The names have been retained to alert you that a change was made.

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.

ULLR Singles' Highlights by Joy Knudson, 952-240-8418 or Singles@ullr.org

Singles Events 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.

April 9 / Fri, 7:00 PM: Card or Game Night: at Bill Handsaker's, 11879 Minnetonka Blvd, Minnetonka, 55305, 952-935-9597. Bring games, a dish to share & your own beverage.

April 20 / Tues: Dinner & "2-Buck" Movie Night in Hopkins: Meet at Big 10 Restaurant at 6:00 PM for dinner, then attend movie at the Mann Hopkins Cinema Six Theater. (first person to arrive please save tables.)

Singles' **"FINE DINING":**

This is the 7th year ULLR Singles will dine at TCO Restaurants and earn dining rewards. When we dine on Tuesday evenings, we receive double points on our TCO Rewards Card. When 150 points are reached, your card will be credited for \$10.00. **We meet at 6:00 pm and order by 6:30 pm.**

May 25 / Tues: St Clair Broiler, 15080 St Clair Ave, St Paul, MN 55105 PH: 651-698-7055

**Please RSVP for Fine Dining to Joyce Bolt
by the Sunday preceding the event.**

Joyce Bolt at 952-894-1790 or JBolt10@aol.com

The Foundation Corner (continued from page 3)

Not a golfer? More details soon. Thank you Gus! Also, mark your calendar for the opportunity to again volunteer at the **Special Olympics Golf Tournament**, Sunday, Aug 22, at Oak Marsh Golf Course.

You give the gifts that keep giving! Thank you for your support.

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E-mail: nullr@ullr.org **Telephone:** 952-949-2262

ULLR 2010 Spring Activities Schedule: Hiking & Biking

Date	Trip/Event	Chairperson(s)	Phone
June 16-17 Wed-Thurs	Bike the Paul Bunyan Trail	Marty Wilkes Charlotte Navratil	763-479-2834 320-327-2396

ULLR 2010 Social & Cultural Events

Details can be found at www.ullr.org & on Flyers at the General Meetings

Date	Event	Contact	Phone
April 8 / Thurs	General Meeting—Foundation Raffle	Karen Clarke	651-457-4007
April 16 / Fri	Nullr Folding Party	Rick & Susan Nesbitt	952-881-6469
April 24 / Sat	Spring Awards Banquet-MN Valley CC	Dick & Lolly Dahlen	651-484-1990
May 1 / Sat	Dead Sea Scrolls Discussion / Dinner	Gary Gray	952-895-8960
May 21 / Fri	Nullr Folding Party	David & Karen Oakland	952-949-2262
May 25 / Tues	Singles Fine Dining	Joyce Bolt	952-894-1790
June 9 / Wed	What's Cookin': German Brats	Deutsch, VandeHei, (B & M) Miller	Margie Deutsch 763-55-5845
June 15 / Tues	ULLR Golf Classic	Gus Bjorklund Carol Schwebeck	651-698-4636 763-551-7915
June 23 / Wed	What's Cookin'	ULLR Singles	Joy Knudson 952-240-8418
July 7 / Wed	What's Cookin': Sausages	Kalish & Haggerty Hartmann & Burgess	Ali Kalish 763-553-1772
July 16 / Fri	Nullr Folding Party	Ken & Sharon Marini	952-893-7408
July 21 / Wed	What's Cookin': Sloppy Joes	West, Roberts, Higgins	Gail West 763-427-6254
July 27 / Tues	Singles Fine Dining	Joyce Bolt	952-894-1790
Aug 4 / Wed	What's Cookin'	Foundation Board	Joan Roe 952-914-9124
Aug 7—16, Sat—Mon	Nova Scotia, Cape Breton Island, Prince Edward Island & New Brunswick	Karen Holmquist Barb Kolbe	952-431-1903 651-633-0936
Aug 18 / Wed	What's Cookin'	Board of Directors	Sharon Marini 952-893-7408
Aug 20 / Fri	Nullr Folding Party	Margie & Manfred Deutsch	763-545-5845



ULLR Race Teams

submitted by Brian Johnson

Our race league is all about enjoying the challenge of racing, and the fellowship of being with other racers. The league has many gifted racers - many with single digit handicaps. But, the really neat part is that we're all friends; individual times and team scoring is for fun. We all work to have the very best individual time we can achieve, and the best team score we can get. But no one is upset about the score after the race; we've done our best, and that's what counts. In many ways it's amateur athletics at it finest. In their last race, the Wednesday Raiders had two gold and five silver medals but finished tenth out of twelve teams. When you ski that well and are tenth it says how gifted the other racers in the venue are. Left to right **ULLR**

Raiders of the Lost Fjord: Bottom Row: Erl Erlandson, Torch Dorn; Standing: Jim Habeck Dell Fystrom, Dan Rymer, Lee Erickson, King Jobson, Mary Ellen Haggerty, Ali Kalish, Brian Johnson, Jen Thorkildson. (see page 7)

Cold Day / Warm Hearts

Submitted by Nancy Keyes
February 10th was a beautiful day with white snowy countryside fields against clear blue skies. Four ULLR Foundation Board members (Jan Staples, Joan Roe, Nancy Keyes, and Jan Cady) headed to Red Wing to meet with ProAct program directors Sarah Kopp and Sally Ogren. Our Mission: to grant monies to ProAct for the purchase of exercise equipment. ProAct, Inc. is an organization with a wide range of client services, dedicated to enhancing employment skills and self-sufficiency capabilities for people with disabilities and other challenges. ProAct is struggling in this economy with dwindling projects brought to them, but the staff is resourceful and switching their focus to still be able to assist the workers so that they feel good about themselves – either at work or at exercise. The generosity of the ULLR Club members in donating to the Foundation makes the worlds of those not so fortunate so much brighter, as evidenced by the smiles on their faces. (my son Chad, pictured, was a little camera shy, but I know he, too, will benefit from our donation). Thank you again — and ProAct thanks you, too. We will be featured in their next newsletter. Copies will be mailed and available to us at that time and we will be sure to post them at our meetings.



Jan S, Sara, Joan R, Nancy K, Jan C
Sally, Chad



Our club's namesake, ULLR, was very much in evidence at the **Cleary Lake Cross Country and Snowshoe Outing** February 20. His name means glorious or dazzling, and those words describe the weather and conditions on Saturday - sunny, 28 degrees, no wind, & great groomed trails. Joe C (a "monster on snowshoes" according to Jerry S) took 5600 steps (3 miles) and broke trail part of the time for seven other snowshoers. Karen H declared the snow was up to her knees when the group went off the path! It was a good workout for everyone. L-R, Our "dazzling" group: Linda H, Jan & Jerry S, Ron F, Jim S, Sally C, Vickie L, Karen H, Mary Ellen G, Joe C, Judy B, and Laurie C. (more photos and detailed article at www.ullr.org)

Read the all details at www.ullr.org of this great ULLR trip to the Superior National Forest. 12 hardy ULLRs



Jim H and Barb K

enjoyed nearly perfect weather for cross country and alpine skiing as well as snow shoeing. Evenings found them playing games, "Team Cooking" gourmet food, enjoying a wildlife show from the windows, and relaxing. Thanks to chairperson Vickie Lee for organizing three days of snowy fun & exercise.



L-R: Judy B, Vicki L, Jan S, Joyce B, Ron F,
Ron M, Jim S



ULLR Racing Teams

(Continued from page 6)

Two-time and currently reigning National Champion, Mary Parcheta skis with the Sunday Foggy Goggles. Also at Nationals last year, Mark Tourkelson won the silver and his wife, Jen, came in 5th. The rest of the team is equally skilled. Last Sunday we earned two Platinum, three Gold, and three Silvers, but placed the same as Wed, tenth out of twelve teams. The Sunday venue is equally as good as the Wednesday.

Foggy Goggles:

Front Row: Shane Hipsag, Patti Hipsag, Dan Dahring, Sara Ronholm
Standing: Scott Shields, Mark Thorkildson, Jen Thorkildson, Mary Parcheta, Tom Chapin. Missing is our injured racer Lyle Johnson.

ULLR Ski, Bike & Social Club
 PO Box 201409
 Bloomington, MN 55420-1409



FOLD LINE ↓

<p>Future Folding Parties:</p> <ul style="list-style-type: none"> • May 21: David & Karen Oakland • July 16: Sharon & Ken Marini • Aug 20: Marge & Manfred Deutsch • Sept 17: David Lyons 	<p>Folding Parties are fun to host and attend and are a great way for new members to get acquainted. Parties begin at 6:30 PM. A main dish is provided. Please bring a snack, salad or dessert to share and a \$1.00 donation for beverages. <i>If you are interested in hosting a Folding Party, please call the Folding Party Chairs: Margie or Manfred Deutsch at 763-545-5845. (An allowance is provided to help defray costs.)</i></p>	
<p style="text-align: center;">The next Folding Party is April 16 hosted by Rick & Susan Nesbitt</p> <p style="text-align: center;">12810 Falcon Dr Apple Valley, MN 952-881-6469</p> <p><u>Directions:</u></p> <ul style="list-style-type: none"> • I-494 or I-35E to Cedar Ave (MN 77) • South on MN 77 to County Rd 38 • East on County Rd 38 1-1/2 miles to MN Zoo entrance (follow signs to zoo) • Turn Left in to zoo; • Then take an immediate right on to Falcon Dr 	<p>Cedar Ave / MN 77</p>	<p>MPLS</p> <p style="text-align: right;">St Paul</p> <p style="text-align: center;">I-494</p> <p style="text-align: center;">I-35 E</p> <p style="text-align: center;">Cnty Rd 38</p> <p style="text-align: center;">MN ZOO</p> <p style="text-align: center;">Falcon Dr X</p>