



Founding Member of the
Minnesota Sports/Ski Council

ULLR SKI, BIKE & SOCIAL CLUB

May
2012

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

SPIRIT MOUNTAIN & LUTSEN ADVENTURES

By Nancy Sand

The last ULLR multi-day ski trip of the season was March 1-2 to Spirit Mountain. Four ULLRs made the trip: Pat Nelson, Nancy Sand, Bruce Warner, and Jim Habeck. Following reports of more than a foot of new snow around Duluth, there was much anticipation for great snow at Spirit Mountain. Alas, the high winds blew most of the snow off the runs. Thus the conditions were okay but not great.

We arrived at Spirit Mountain late morning, so we bought the four-hour senior lift tickets at \$22.00. We then determined to get the cost down to no more than \$1.00 per run, with the stipulation that we would not break for lunch until the cost per run was around \$3.00. So, math majors, how many runs did we ski before we broke for lunch? After seven runs, Pat declared we were close enough to the \$3.00 mark. And, did we get the cost down to \$1.00 or less per run? We think so, but we lost count of our runs after about 17. We did, however, all exceed the four hour limit on our lift tickets. We simply skied too fast for the lift ticket police to catch us!

As many ULLRs know, Black Bear Casino has a huge all-you-can-eat seafood buffet on Thursday nights. Pat indulged with crab legs. Nancy sampled alligator. We finished our dinner and still had room for desserts! Then it was time to visit the Casino. Jim tried hard to win at a poker machine with Bruce and Pat cheering for him, but Nancy was the big winner getting 6,954 cents at a penny machine – enough to buy a couple rounds of drinks with a little left over to take home.

Although the original plan was to ski two days at Spirit Mountain, these four decided to get up early and drive further north on the second day to ski at Lutsen. Here we



Left: Jim hoping for a royal flush.



Right: We should have had a GPS!

were delighted to find a couple of inches of fresh snow that made wonderful skiing conditions. The tops of the mountains were enshrouded with clouds. When we skied out from underneath them, it was like someone had raised a curtain. We did not have any sunshine, but the scenes were like Ansel Adams photos—beautiful!

Bruce was our main trail guide at Spirit Mountain and Lutsen. He did a pretty good job choosing the trails—except for one run at Lutsen where we found ourselves skiing through blades of grass with an occasional big rock to dodge. At both places, we had fun skiing over the jumps and around the rails in terrain parks. Nancy claimed to be doing super fast 360s off the tops of the big jumps, but no one saw this, and there are no photos to substantiate the claim!

Although the original thought was to submit a story that said only “What happened in Lutsen stays in Lutsen,” we hope you enjoyed reading about our adventures because the four of us agreed ULLR needs to plan a future trip to include both Spirit Mountain and Lutsen!

62ND ANNUAL SPRING BANQUET

A Festival Featuring the Foremost Feisty Founders of Fun and Fellowship

Saturday, April 28, 2012

6300 Auto Club Road, Bloomington

Social Hour 5:30pm, Dinner 6:30pm, Program 7:30pm

Dancing 8:00pm to the music of the “American Flyer Band”

Cost: \$40 Guests are welcome

Banquet Chairs: Diane Erlandson, Karin Cole, Karin Schullian, and Karen Gray

RSVP BY APRIL 23 to

Diane Erlandson, 8200 W. 33rd St., #302, St. Louis Park, MN 55426, 952-941-5184. Send Checks payable to “ULLR Club” (including meal choice). **ULLR Cancellation Policies Apply.**

CHOOSE ONE OF THE FOLLOWING:

Ginger Chicken, Steak Bourguignon, Southwest Salmon or Almond-Crusted Walleye

All of the above are served with MVCC house salad, rolls and dessert

2012 Important Contacts

Officers of the Club

President

John Vogt: UllrPrez@ullr.org

Executive VP

Karen Gray: ExecVP@ullr.org

Ski Programs VP

Nancy Sand: SkiVP@ullr.org

Summer Programs VP

Sharon Marini: SummerVP@ullr.org

Membership VP

Patty Fitzgerald: MembershipVP@ullr.org

Treasurer

Jim Maiser: Treasurer@ullr.org

Secretary

Carol Bush: Secretary@ullr.org

Past President/Advisor

Bruce Warner: PastPrez@ullr.org

Program Coordinators

Alpine

Barb Kolbe: See directory

Nordic

Pam Anderson: Nordic@ullr.org

Ski Racing

Brian Johnson: Racing@ullr.org

Summer Coordinator

Pat Nelson: Summer@ullr.org

Social Coordinator

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

John Stiefel: Biking@ullr.org

Singles

Margie Seklund: Singles@ullr.org

Folding Parties

Margie & Manfred Deutsch:

FoldingParty@ullr.org

General Meetings

Karen Gray: ExecVP@ullr.org

MSC Representatives

Nancy Sand: SkiVP@ullr.org

Dolly Eastman: MSCrep@ullr.org

Communication

ULLR Webmaster

(JJ) Joe Coursolle: Webster@ullr.org

Nullr Editor

Margie Deutsch: Nullr@ullr.org

ULLRnet

Fran & Gary DeWell: Ullrnet@ullr.org

Nullr design & printing by Cornerstone Copy Center

LETTER FROM THE PRESIDENT

By John Vogt



This is my last letter as ULLR President as the new board members are moving into the 2012-13 ULLR year with vigor. However, not to worry, since I will still be seen from time to time in the role of Past President Advisor. I would like to thank the entire ULLR community for their enthusiastic support and participation during this past year.

Specifically, I would like to thank the previous board members who volunteered for a second term. Their commitment to the club in time and effort was the major reason for another successful year. Thanks to Bruce Warner who as Past President Advisor demonstrated his desire to see the club prosper and gave me guidance, to Nancy Sand's two terms as Ski VP and our new President who demonstrates that special leadership talent and dedication, and to Sharon Marini for two years of great "What's Cookin'" along with all of our other summer activities. Thanks to Karen Gray who as a two-timer Executive VP worked behind the scenes and in front of the mike facilitating social planning and activities, and to Patty Fitzgerald, another two year volunteer who expertly maintained the membership rolls in the hunt for new skiers, bikers and hikers. Thanks to Carol Bush, our ULLR Secretary this year who re-enlisted as our new Membership VP and to Jim Maiser who continues as Treasurer. This past year the club also benefited from the work of Margie Deutsch who serves as our Nullr editor and Folding Party co-coordinator. Thanks to Margie.

Now, for the rest of the story.....

MEMBERSHIP SPOTLIGHT – MAY 2012

By Patty Fitzgerald

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

PLEASE WELCOME THIS NEW MEMBER:

Dick Carlson

Address, phone, email

Visit our website at
www.ullr.org
for updated details

Last Minute News A new Hike opportunity for April

Date: Saturday, April 21
meet at 10:45am

Location: Meet at the Rapids Lake Visitor Center in the Minnesota Valley National Wildlife Refuge, 15865 Carver Highlands Drive, Carver, MN [for directions see: www.fws.gov/midwest/MinnesotaValley/visitor_center_rapids_lake.html]

Option: Lunch in the quaint, historic city of Carver

Contact: Sally Chevalier
Phone: 952-935-7000

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

ULLR Webmaster: JJ (Joe) Coursolle
PO Box 201409, Bloomington, MN 55420
Email: webster@ullr.org
Phone: 612-750-0927

Nullr Editor: Margie Deutsch
8940 Northwood Pkwy, New Hope, MN 55427
Email: nullr@ullr.org
Phone: 763-545-5845

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

ULLR Singles' Events are open to all single ULLRs. You can call coordinator Margie Seklund at 952-808-8141 or email Singles@ullr.org for additions or changes. If you would like to host a card/game night at your home or have an idea of what we can do for an outing or activity, please contact Margie Seklund. Hosts for card/game night are still needed for October 12, November 9 and December 14. We have a good time at our events.

SINGLES CARD/GAME NIGHT

Date: Friday, May 11 at 7:00pm
Host: Karen Holmquist
Location: 1024 Ashton Circle
Burnsville, MN 55337
RSVP: Call Karen at 952-431-1903. Bring an appetizer, beverage, and any games you'd like to play.

DINNER & "CHEAP" MOVIE NIGHT

Date: Tuesday, May 15 at 6:00pm
Host: Sherrie Mitchell
Location: Big 10 Restaurant and Bar
1106 Main Street, Hopkins 55343
www.big10restaurant.com
Movie after at the
Mann Hopkins Cinema Six Theater
RSVP: Call Sherrie at 952-942-8898 for more info

ONLY 4 PLACES LEFT (FOR THE HEARTLAND TRAIL TRIP)!

Dates: July 16-19, 2012 – Monday-Thursday
Location: Riverside Point Resort Motel with access to both the Heartland and the Paul Bunyan Trail.
Cost: \$115 – due at sign up
Includes: Monday thru Wednesday house-keeping cabin lodging and social hours with beverages and appetizers each evening.

Make check payable to ULLR Club & send to trip leaders

Contacts: Cheryl & Woody Rogers
9600 Credit River Blvd. Prior Lake, MN 55372

ULLR cancellation policy applies.

ACCEPTING NAMES FOR A WAITING LIST FOR THE PAUL BUNYAN TRAIL TRIP

Dates: June 6-8, 2012 – Wednesday-Friday
Cost: \$137 – due at sign-up
Location: Good Ol' Days Family Resort, Nisswa MN
Includes: Lodging, continental breakfasts and Thursday dinner entrée
Contacts: Mary Ellen Gabel – 612-789-7832
Sharon Marini – 952-893-7408

Checks payable to ULLR Club can be mailed to Sharon if space becomes available.

ULLR cancellation policy applies. Helmets are required for all ULLR biking activities.

SINGLES' FINE DINING

Date: Tuesday, May 22, 2012 at 6:00pm
Location: Kip's Irish Pub
9970 Wayzata Blvd.
St. Louis Park 55426
www.kipspub.com
(The restaurant is attached to the Marriott Hotel)
RSVP: Please RSVP to Ellise Lamb by May 20 at 952-442-9332 or ellise.lamb@mchsi.com

Visit our website at
www.ullr.org
for updated details

Last Minute Reminder

MOTHER'S DAY EVENT – "My Fair Lady"

Date: Sunday, May 13, 2012, 2:00 pm
Location: Bloomington Civic Theater
1800 W. Old Shakopee Road
Bloomington, MN 55431
www.Bloomingtoncivictheatre.org
Details: Lerner and Loewe's adaptation of George Bernard Shaw's 'Pygmalion' brings beauty, style and grace to the stage and offers a pleasing vision for the eye.
Tickets: \$25 Mail check made out to Karen Gray, 13216 Pine Ridge Rd., Burnsville, MN 55337
DEADLINE IS MAY 1, 2012
If we get 20 or more, there will be a \$3.00 refund
Contact: Karen Gray at 952-895-8960 or e-mail at kmgray@q.com
Optional Dinner Following (TBD)
ULLR Cancellation Policies Apply

RECALLING PAST EVENTS

Thank you to the ULLRs who organized and/ or hosted an event last month. Their efforts help to keep this Club strong and vibrant. What event would YOU like to host? Contact a chairperson with your ideas. See the ULLR website for more on these events.

April 3
"Pirates" at the Science Museum
Nancy Sand

April 11
Old Log Theatre
Sally Chevalier

April 12
ULLR General Meeting
Karen Gray

April 13
Singles' Card/ Game Night
Pam Anderson

April 17
3rd Tuesday Bridge
Sunny Zenk

April 17
Dinner & Movie Night
Sherrie Mitchell

April 20
Folding Party
Patty Fitzgerald & John Stiefel

April 21
Rapids Lake Hike
Sally Chevalier

April 24
Singles' lunch at Granite City
Ellise Lamb

April 28
Spring Awards Banquet
Diane Erlandson, Karen Gray, Karin Cole & Karin Schullian

BAKER PARK by Jim Habeck

On Saturday March 10, nine ULLRs braved the elements and went to Baker Park for our snow shoe, cross country event. The temperature was in the 60's and all the trails where closed. So we went down to the parking lot by Lake Independence. We then walked the roads and the camp ground loop. The snow was melting fast and there were big puddles, but we walked thru them anyway. Afterward we went to eat at Axel's in Loretto. We all agreed the food was great.



*Half of the fun of the hike is pigging out afterwards!
Barb, Patty, Carol, Nancy, Dave, Jim, John*

PURGATORY PARK by Sally Chevalier

We had a grand time on the Purgatory Park Hike on March 24. There was no sun, rain, mosquitoes or wood ticks! Afterwards, our lunch at the Gold Nugget was outstanding.



Sally, Carol, Joyce, Barb, Sharon, Dale, Carol, Ken, Patty & John



Woodlake Park Hike: Pat, Bruce, Carol, Joyce & Bill

ULLR FOUNDATION CORNER

by Bill Kansas, President

While on the recent ULLR Western Ski Trip, a number of folks asked Gus Bjorklund to chair another Golf Tourney. It seems that they had had so much fun that they wanted to do it again. The setting was beautiful, the food in the Banquet Room was excellent; all the elements of the event made for a really good time. So, announcing the...

2012 ULLR FOUNDATION FUNDRAISER GOLF TOURNAMENT & DINNER

Date: Tuesday, July 31

Location: River Oak Golf Club (Cottage Grove on Hwy. 61)

Golfer Cost: \$85 This includes green fees, use of driving range, golf cart, dinner, tax, tip, prize money and entertainment.

Non-Golfer Cost: \$30 This includes socializing at 5:30 pm and dinner at 6:30 pm

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

Checks: Payable to ULLR Foundation – to Joe Schwebel, 15 Orme Lane, St. Paul, MN 55116

ULLR FOUNDATION HAS THE 2012 GOLF CARDS AVAILABLE FOR PURCHASE.

Cost: \$35 gets you 4 free rounds of golf (buy one, get one free) at more than 175 participating golf courses located in Minnesota & western Wisconsin. Your purchase helps our Foundation to continue providing adaptive equipment for active individuals having a disability.

Contact: Gus Bjorklund – 651-698-4636 or gustheskier@yahoo.com to purchase or buy at the first What's Cookin'.

ULLR Social and Cultural Calendar – Summer 2012

April 28 – Saturday

Spring Awards Banquet & Dance
Contacts: Karen Gray &
Diane Erlandson
Phones: 952-895-8960 (K)
952-941-5184 (D)

May 11 – Friday

Singles' Card and Game Night
Contact: Karen Holmquist
Phone: 952-431-1903

May 13 – Sunday

Bloomington Theatre-My Fair Lady
Contact: Karen Gray
Phone: 952-895-8960

May 15 – Tuesday

3rd Tuesday Bridge
Contact: Gwen Kline
Phone: 952-906-2931

May 15 – Tuesday

Dinner & Cheap Movie Night
Contact: Sherrie Mitchell
Phone: 952-942-8898

May 18 – Friday

Folding Party
Contact: Jan Butler
Phone: 952-544-8163

May 19 – Saturday

Nicollet Island Exposed
Contact: Gary Gray
Phone: 952-895-8960

May 20 – Sunday

Tour Nicollet Island
Contact: Gary Gray
Phone: 952-895-8960

May 22 – Tuesday

Singles "Fine Dining" at Kip's Irish Pub
Contact: Ellise Lamb
Phone: 952-442-9332

June 6-8 – Wednesday-Friday

Bike the Paul Bunyan Trail
Contacts: Sharon Marini &
Mary Ellen Gabel
Phones: 952-893-7408 (S)
612-789-7832 (M)

June 8 – Friday

Singles' Card and Game Night
Contact: Jim Maiser
Phone: 952-687-1423

June 12 – Tuesday

Singles' Lunch on the Patio at
Sunsets on Wayzata Bay
Contact: Ellise Lamb
Phone: 952-442-9332

June 13 – Wednesday

Golf at Hollydale
Contact: Jim Habeck
Phone: 763-559-5593

June 13 – Wednesday

What's Cookin'
Contact: Sharon Marini
Phone: 952-893-7408

June 19 – Tuesday

3rd Tuesday Bridge
Contact: Carol Burgess
Phone: 763-404-1010

June 19 – Tuesday

Dinner & Cheap Movie Night
Contact: Sherrie Mitchell
Phone: 952-942-8898

June 27 – Wednesday

Golf at Hollydale
Contact: Jim Habeck
Phone: 763-559-5593

June 27 – Wednesday

What's Cookin' – *The Singles Pot-luck*
Contact: Margie Seklund
Phone: 952-808-8141

July 10 – Tuesday

Singles' Lunch on the Patio
at Redstone Grill
Contact: Ellise Lamb
Phone: 952-442-9332

July 11 – Wednesday

Golf at Hollydale
Contact: Jim Habeck
Phone: 763-559-5593

July 11 – Wednesday

What's Cookin' –
Swedish Meatball Dinner
Contact: Margie Deutsch
Phone: 763-545-5845

July 13 – Friday

Singles' Card and Game Night
Contact: Ellise Lamb
Phone: 952-442-9332

July 16-19 – Monday-Thursday

Bike the Heartland Trail
Contacts: Cheryl &
Woody Rogers
Phone: 952-469-1647

July 17 – Tuesday

Dinner & Cheap Movie Night
Contact: Sherrie Mitchell
Phone: 952-942-8898

July 24 – Tuesday

Singles' Fine Dining at Woody's Grill
Contact: Ellise Lamb
Phone: 952-442-9332

July 25 – Wednesday

Golf at Hollydale
Contact: Jim Habeck
Phone: 763-559-5593

July 25 – Wednesday

What's Cookin'
Contacts: Hal & Gail West
Phone: 763-427-6254

August 8 – Wednesday

Golf at Hollydale
Contact: Jim Habeck
Phone: 763-559-5593

August 8 – Wednesday

What's Cookin' – Foundation
Contact: Bill Kansas
Phone: 651-227-0286

August 10 – Friday

Saint Paul Saints Game
Contact: Gary Gray
Phone: 952-895-8960

Tag Along Bike Ride to Nicollet Island

Date: Sunday, May 20
Meet at 12:30pm • Ride at 12:45pm

Location: Wabun Picnic Area at
Minnehaha Park, 4655 46th St. S.,
Minneapolis

Details: We will bike 20 miles RT
and join Gary Gray's Nicollet Island
Tour. Afterwards we will eat at the
Wild Roast Cafe, 65 Main Street
SE, then return to Wabun Park.

Contact: Karen Clarke
Phone: 651-457-4007

2012 Biking Schedule *(Helmets are required on all ULLR bike rides)*

Bicycling Program Coordinator:

John Stiefel (H) 952-470-5411 (C) 612-743-4565

Please check the Ullr website at www.ullr.org for flyers to obtain details for each listed event

THURSDAY MORNING RIDES will begin May 10th, weather permitting and run thru September 20th. Most rides meet at Lynnhurst Park on 50th Street West and Minnehaha Parkway at 9:15 – rides start at 9:30 am. *(Check website for alternate starting locations.)* These are led by Susan Casey and John Stiefel.

MAY

Date: May 6 – Sunday
Event: Hopkins to City Lakes
Contacts: John Stiefel & Patty Fitzgerald
Phone: 952-470-5411

Date: May 10 – Thursday
Event: First Thursday A.M. Ride
Contacts: Susan Casey & John Stiefel
Phone: 952-835-1651 (S)

Date: May 20 – Sunday
Event: Tag Along Ride
Contact: Karen Clarke
Phone: 651-457-4007

Date: May 27 – Sunday
Event: Mendota to State Capital
Contacts: Karen Holmquist & Linda Heintz
Phone: 952-431-1903 (K)

Date: May 30 – Wednesday
Event: Dakota Trail Casual Ride
Contact: Mary Ellen Goriesky
Phone: 952-942-0178

JUNE

Date: June 2 – Saturday
Event: Watertown to Mayer
Contact: Sally Chevalier
Phone: 952-935-7000

Date: June 6-8 – Wed-Friday
Event: Bike the Paul Bunyan Trail
Contacts: Mary Ellen Gabel & Sharon Marini
Phone: 612-789-7832 (M)

Date: June 16 – Saturday
Event: Fridley Frolic
Contacts: Ken & Janet Farber
Phone: 763-574-1947

Date: June 23 – Saturday

Event: Douglas Trail
Contacts: Joan Roe & Charlie Brown
Phone: 952-914-9124

Date: June 26 – Tuesday

Event: Hastings Ride
Contact: Joella Wilson
Phone: 651-436-2324

JULY

Date: July 16-19 – Mon-Thurs

Event: Heartland Trail, Park Rapids
Contacts: Cheryl & Woody Rogers
Phone: 952-469-1647

Date: July 22 – Sunday

Event: Baker Park
Contacts: Marty & Dick Wilkes
Phone: 763-479-2834

Date: July 29 – Sunday

Event: Cannon Valley Trail
Contacts: Sharon & Ken Marini
Phone: 952-893-7408

AUGUST

Date: August 1 – Wednesday

Event: Cannon Falls to Welch Casual Ride
Contact: Mary Ellen Goriesky
Phone: 952-942-0178

Date: August 5 – Sunday

Event: Chocolate Lovers Ride
Contacts: Karen Holmquist & Sherrie Mitchell
Phone: 952-431-1903 (K)

Date: August 12 – Sunday

Event: Maple Grove Ride
Contacts: Hal & Gail West
Phone: 763-427-6254

Date: August 15 – Wednesday

Event: Dakota Trail Casual Ride
Contact: Mary Ellen Goriesky
Phone: 952-942-0178

SEPTEMBER

Date: September 16 – Sunday

Event: Gateway Trail
Contacts: Joan Roe & Charlie Brown
Phone: 952-914-9124

Date: September 20 – Thurs.

Event: Last Thursday A.M. ride
Contacts: Susan Casey & John Stiefel
Phone: 952-835-1651 (S)

Date: September 23-25
Sunday – Tuesday

Event: Lanesboro Bike & Golf
Contacts: John Stiefel & Patty Fitzgerald
Phone: 952-470-5411

LET THE BIKING BEGIN!

Date: May 6 – Sunday
Meet at 10:00am
Ride at 10:30am.
(Rain date is Saturday, May 12.)

Details: Meet at the Hopkins Depot Coffee House, 9451 Excelsior Blvd., just east of Hwy. 169. We will ride on the north Cedar Lake Trail, around Lake of the Isles, and then back to Hopkins *[an easy 12 mile ride]*. *(John may lead an alternate longer, faster ride if wanted.)*

Cost: Bring money for lunch in downtown Hopkins at the Big 10 Restaurant, on 11th and Main Street after the ride.

Contacts: Patty Fitzgerald & John Stiefel

Phone: 952-470-5411 (h) or 612-743-4565 (c)

Helmets are required.

NICOLLET ISLAND EXPOSED!

- Date:** Discussion on Saturday, May 19, 2:00pm
Location: Gramercy Club party room
15001 Burnhaven Drive, Burnsville, MN
Cost: Free. By request only, a CD for \$1.00.
A donation for coffee.
Option: Dinner afterwards at a local restaurant
RSVP: By May 16 – there is limited seating
Contact: Gary Gray – 952-895-8960 – gdgray@q.com

If there is enough interest we will tour the island on Sunday, May 20 at 2:00 pm and eat afterwards at the Aster Café.



In 1877, each unit of the Grove Street Flats sold for \$5,000!

LANESBORO FALL BIKE & GOLF 2012

- Date:** September 23-25th Sunday & Monday nights
Cost: \$117.00 payable on sign up. Space available for 28 people. *(Single supplement for one to a room – \$93)*
Includes: Two nights lodging at Green Gables Inn in Lanesboro (2 to a room), Sunday & Monday Social Hour with Appetizers, wine and water, Monday morning breakfast – coffee, juice, ham, eggs, fruit and muffins
Contacts: Patty Fitzgerald – 952-470-5411(h) or 612-743-4565(c); patfitzjohns@msn.com
Mary Vande Hei – 952-975-3974
mevandi@aol.com

Send checks made out to “ULLR Club” to Mary Vande Hei
16756 Candlewood Pkwy, Eden Prairie, MN 55347

SIGN UP DEADLINE: JUNE 30, 2012

ULLR Cancellation Policy Applies.



HOSTS NEEDED FOR WHAT'S COOKIN'

By Sharon Marini

Picnic time for ULLRs will soon be here. Sharon Marini is still looking for hosts for the first picnic on June 13 and for August 22. For the September 12th picnic, if you are turning 70 anytime this year, you are asked to be a part of the hosting team for that evening's meal. Call Sharon now at 952-893-7408.

GO GOLFING BEFORE EVERY WHAT'S COOKIN'

- Where:** Hollydale Golf Course
4710 Holly Lane, Plymouth
Cost: \$20 for senior walkers
Time: 12:30pm – no reservations needed.
Groups will be formed when you arrive.
Contact: Jim Habeck – 763-559-5593

BIKE HELMETS

By Margie Deutsch

Did you know that wearing a helmet can reduce the risk of head injury to bicyclists by as much as 85 percent? Each year in the United States, about 800 bicyclists are killed and another 500,000 end up in hospital emergency rooms. Protect yourself!

Purchase a new helmet if yours is cracked, broken, been in a crash or is too old. Helmets should have the CPSC (Consumer Product Safety Committee) sticker inside the helmet. When the chin strap is buckled, a helmet should have a snug, comfortable fit. You should not be able to move the helmet from side to side or up and down. The helmet should sit level on the head (not tilted back) and rest low on the forehead. The bottom edge of the helmet should be one to two finger widths above the eyebrow. The straps of the helmet should be even and form a “Y” that comes together at the bottom of the earlobe. The buckled chin straps should leave only enough room to allow one finger to be inserted between the buckle and the chin. Use the extra pads included with your helmet for an even, snug fit.



Taken from information on the website http://my.clevelandclinic.org/healthy_living/Safety/hic_Bicycle_Helmet_Safety.aspx

Visit our website at
www.ullr.org
for updated details

ULLR Ski, Bike & Social Club

PO Box 201409

Bloomington, MN 55420-1409

Place
Stamp
Here

Address Label

Visit our website at
www.ullr.org for meeting,
event and trip news,
photos and recipes.

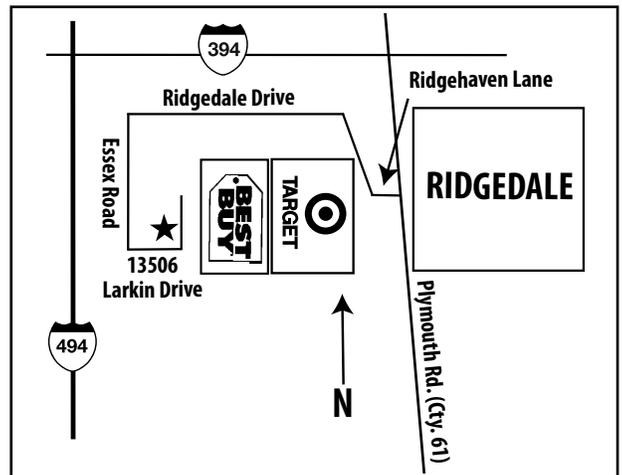
FOLD LINE ↓

<p>Future Folding Parties:</p> <ul style="list-style-type: none"> • July 20: Margo Dinneen & Jon Zoller • August 17: Karen & David Oakland • September 21: Mary Jane & Galen Hochstein • October 19: Joan Roe 	<p>Folding Parties are fun to host and attend and are a great way for members to get acquainted. Parties begin at 6:30pm. 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.</i> (An allowance is provided to help defray costs.)</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**The next Folding Party is
Friday, May 18, 2012
hosted by Jan Butler**
13506 Larkin Drive, Minnetonka, MN 55305
*Please RSVP to: Jan at 952-544-8163
(so she can plan food)*

Directions:

From I-394 (just east of I-494)
exit south onto Plymouth Road (exit 1B)
Take the 1st right onto Ridgehaven Lane.
Turn left onto Ridgedale Drive.
Drive .4 mi. to Essex Road.
Turn left [south] on Essex Road
drive .4 miles to Larkin Drive (the 3rd street).
Turn left (east) and drive .2 miles. 13506 Larkin Drive is on the left.



For updated details visit our website
www.ullr.org