



Founding Member of the  
Minnesota Sports/Ski Council

# ULLR SKI, BIKE & SOCIAL CLUB

June/July  
2012

HAVE YOU VISITED US ON THE WEB LATELY? [WWW.ULLR.ORG](http://WWW.ULLR.ORG)

## ULLRS HAVE FUN AT THE SCIENCE MUSEUM

by Nancy Sand

Seventeen ULLRs showed up on time to enjoy a day arranged by Nancy Sand at the Science Museum of Minnesota. Do ULLRs like to eat? You betcha! Because we were there on a Senior Tuesday, our day at the Museum began with coffee and giant pastry treats. Yum!

Then we leaned back in the plush seats of the Omnitheatre to see the film "Under the Sea." The cinematography was beautiful with colorful and fascinating creatures, coral, and plants.

I repeat the question – "Do ULLRs like to eat?" Oh yes, because after the film, it was lunch time. Some ULLRs had lunch and some explored exhibits in the Museum galleries. At 1:00 p.m.



*"Shall we invite him to join ULLR?"*

we gathered at the entrance to the Pirates Exhibit and found another ULLR, Jerry Swanberg, who joined us. The exhibit was entertaining and educational. We learned that no one really walked a gang plank. If the crew of a captured cargo or slave ship said their captain was nice, the pirates allowed the captain to live. If the crew said their captain was mean, the pirates .... In an attempt to end piracy, if you were a captured pirate near the Bahamas in 1718, their governor, Woodes Rogers (any relation to our Woody?), offered amnesty to anyone who agreed to swear off piracy. If you failed to honor that promise, you were to be hanged!

I repeat the question again – "Do ULLRs like to eat?" Of course! Many of us ended our Museum day in the sunshine with beverages and appetizers on the outdoor patio of the Eagle Street Grille.



*"What do dinosaurs eat? ULLRs!"*

## 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 5:30pm and dinner at 6:30pm

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

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

### Deadline for reservations is July 20.

The foundation asks ULLR members to consider donating items for golf prizes and for the raffle. Call Carol Schwebach and tell her what wonderful item or service you have to offer. *[A weekend at your cabin; a ride to the airport; dinner for four at your home, theatre tickets; etc.]*

## 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 email at [gustheskier@yahoo.com](mailto:gustheskier@yahoo.com) to purchase or buy at the first What's Cookin.'

For updated details visit our website  
[www.ullr.org](http://www.ullr.org)

## 2012 Important Contacts

### Officers of the Club

#### **President**

Nancy Sand: UllrPrez@ullr.org

#### **Executive VP**

Karen Clarke: ExecVP@ullr.org

#### **Ski Programs VP**

Karen Holmquist: SkiVP@ullr.org

#### **Summer Programs VP**

Mary Ellen Goriesky: SummerVP@ullr.org

#### **Membership VP**

Carol Bush: MembershipVP@ullr.org

#### **Treasurer**

Jim Maiser: Treasurer@ullr.org

#### **Secretary**

Marcia Switenki: Secretary@ullr.org

#### **Past President/Advisor**

John Vogt: PastPrez@ullr.org

### Program Coordinators

#### **Alpine**

Barb Kolbe: See directory

#### **Nordic**

Pam Anderson: Nordic@ullr.org

#### **Ski Racing**

Brian Johnson: Racing@ullr.org

#### **What's Cookin' Cashier**

Pat Nelson: Summer@ullr.org

#### **Social Coordinator**

(Position Open) Social@ullr.org

#### **What's Cookin' Supply Chair**

Karen & David Oakland:

WhatsCookin@ullr.org

#### **What's Cookin' Beverage Chairs**

Gus Bjorklund, Dave Lyons, George Halder

Beverages@ullr.org

#### **Biking**

John Stiefel: Biking@ullr.org

#### **Singles**

Margie Seklund: Singles@ullr.org

#### **Folding Parties**

Patty Fitzgerald & John Stiefel:

FoldingParty@ullr.org

#### **General Meetings**

Karen Clarke: ExecVP@ullr.org

#### **MSC Representatives**

Karen Holmquist: 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

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## LETTER FROM THE PRESIDENT

By Nancy Sand



This summer it will be four years since I joined the ULLR Ski, Bike and Social Club. I was looking for a ski club and found much more. I have learned the Club has been in existence for more than sixty years and had more than one thousand members in years past. I have met many wonderful people who delight in sharing stories of earlier ULLR events and activities. I marvel at all the friendships

formed over the years.

Now that I am your president, I am maintaining a master calendar of scheduled events. It is not unusual for members to choose from 15-20 events per month. That is amazing! This Club is indeed a ski, bike and social club. We could also expand the name of our Club to include golf, bridge, hiking, movies, dining, theatre, picnics, lectures, etc. We come to general meetings throughout the year. We have a philanthropic foundation. We are fortunate to have so many members who are willing to coordinate and host all these events.

So, all of that is what the Club regularly does today for its current members. But, what about the future? There are fond memories of those thousand-member years; however, our current membership has gradually decreased to less than three hundred. Are we satisfied to allow that decline to continue? If not, then how do we reverse that trend?

Your new Board of Directors needs to know what you think. What should the Club look like in five years or ten years? How do we get there?

I will be asking the Board of Directors to begin planning for the future. While the Board will have major responsibility for this, helping determine the future of the Club is really every member's responsibility. Will you sit back and watch, or will you participate in the process? When asked, I hope you will help!

*Nancy*

### *Last Breaking News*

Just announced, the **ULLR of the Year Award** was given to Patty Fitzgerald. Congratulations!

The two western ski trips for 2013 have been chosen:

**Sun Valley – Feb. 2-9, 2013 & Utah – Feb. 23-Mar. 1, 2013**

*(More information on these announcements in future issues.)*

For updated details visit our website

# **www.ullr.org**

**ULLR Cancellation and Communication Policies can be reviewed at [www.ullr.org](http://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](http://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](mailto: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 is still needed for December 14.** We have a good time at our events.

**What's Cookin' at Brookview Park in Golden Valley will be hosted by the ULLR singles on Wednesday, June 27. Call Margie if you want to help out.**

### SINGLES CARD/GAME NIGHTS

This summer we can go boating first or come later for the games. Bring an appetizer, beverage, and any games you'd like to play.

**Date:** Friday, June 8 – 4:30pm

**Host:** Jim Maiser

**Location:** 40 East Lake Street, Waconia, MN 55387

**RSVP:** Call Jim at 952-687-1423

**Date:** Friday, July 13 – 4:30pm

**Host:** Ellise Lamb

**Location:** 73 Lakeview Terrace Blvd.  
Waconia, MN 55387

**RSVP:** Call Ellise at 952-442-9332

**Date:** Friday, August 3 – 4:30pm

**Host:** Jim Habeck

**Location:** 12030 54th Ave N., Plymouth, MN 55442

**RSVP:** Call Jim at 763-559-5593

### DINNER & "CHEAP" MOVIE NIGHTS

**Dates:** Tuesdays, June 19, July 17 and August 21; order by 6:00pm

**Host:** Sherrie Mitchell

**Location:** Big 10 Restaurant and Bar  
1106 Main Street, Hopkins, MN 55343  
[www.big10restaurant.com](http://www.big10restaurant.com)  
Movie after at the Mann Hopkins Cinema  
Six Theater

**RSVP:** Call Sherrie at 952-942-8898 for more info

Visit our website at  
**[www.ullr.org](http://www.ullr.org)**  
for updated details

### SINGLES' LUNCHES ON THE PATIO

**RSVP:** Ellise Lamb at least 2 days before event at 952-442-9332 or [ellise.lamb@mchsi.com](mailto:ellise.lamb@mchsi.com)

**Date:** Tuesday, June 12, 2012 *(order by 11:30am)*

**Location:** Sunsets on Wayzata Bay  
700 East Lake Street, Wayzata, MN 55391  
[www.sunsetsrestaurant.com](http://www.sunsetsrestaurant.com)

**Date:** Tuesday, July 10, 2012 *(order by 11:30am)*

**Location:** Redstone Grill  
8000 Eden Prairie Road  
Eden Prairie, MN 55344  
[www.redstonegrill.com](http://www.redstonegrill.com)

**Date:** Tuesday, August 7, 2012 *(order by 11:30am)*

**Location:** Bayside Grill  
687 Excelsior Blvd., Excelsior, MN 55331  
[www.bayviewevent.com/bayside\\_grille](http://www.bayviewevent.com/bayside_grille)

### SINGLES' FINE DINING

**Date:** Tuesday, July 24, 2012 *(order by 6:00pm)*

**Location:** Woody's Grill  
220 Carlson Pkwy., Plymouth, MN 55447  
[www.woodysgrille.com](http://www.woodysgrille.com)

**RSVP:** Ellise Lamb by July 22 at 952-442-9332 or [ellise.lamb@mchsi.com](mailto:ellise.lamb@mchsi.com)

### ACCEPTING NAMES FOR WAITING LISTS FOR THE 3 SUMMER BIKING TRIPS

**Paul Bunyon Trail – June 6-8, 2012**

*Contact:* Sharon Marini – 952-893-7408

**Heartland Trail – July 16-19, 2012**

*Contact:* Cheryl Rogers – 952-469-1647

**Lanesboro Bike and Golf – Sept. 23-25, 2012**

*Contact:* Mary Vande Hei – 952-975-3974

*See the ULLR website for details on these trips.*

## 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.

### May 6 – Sunday

Hopkins to City Lakes Ride  
John Stiefel & Patty Fitzgerald

### May 10 – Thursday

Thursday A.M. Ride  
Susan Casey & John Stiefel

### May 11 – Friday

Singles' Card & Game Night  
Karen Holmquist

### May 13 – Sunday

Bloomington Theatre  
"My Fair Lady"  
Karen Gray

### May 15 – Tuesday

3rd Tuesday Bridge  
Gwen Kline

### May 15 – Tuesday

Dinner & Cheap Movie Night  
Sherrie Mitchell

### May 17– Thursday

Thursday A.M. Ride  
Susan Casey

### May 18 – Friday

Folding Party  
Jan Butler

### May 19 – Saturday

Nicollet Island Exposed  
Gary Gray

### May 20 – Sunday

Tour Nicollet Island  
Gary Gray

### May 20 – Sunday

Tag-along Bike Ride  
Karen Clarke

### May 22 – Tuesday

Singles "Fine Dining"  
at Kip's Irish Pub  
Ellise Lamb

### May 24 – Thursday

Thursday A.M. Ride  
John Stiefel

### May 27– Sunday

Mendota to State  
Capital Ride  
Karen Holmquist &  
Linda Heintz

### May 30 – Wednesday

Dakota Trail Casual Ride  
Mary Ellen Goriesky

### May 31– Thursday

Thursday A.M. Ride  
Susan Casey

## HIKING AT REBECCA STATE PARK RESERVE

by Pam Anderson

On Saturday, April 14, 11 ULLRs hiked in Rebecca State Park Reserve in Rockford. We took a couple of different paths in sunny, beautiful weather. We stood up on a lookout and could see a lake where the geese could make their home year round. The park is part of the Three Rivers Park District Trumpeter Swan restoration program. After a couple of hours of hiking we enjoyed conversation and a meal at Axel's in Loretto.



Back: Bruce, Jerry, Dave, Jim, Patty, John,  
Front: Barb, Elise, Pam, Sally, Carol



On a sunny April 10th, twelve ULLRs enjoyed lunch at Maynards in Excelsior, and then went to see the play, "Fox on the Freeway" at the Old Log Theatre. This hilarious play had us laughing until our sides ached. Thanks to trip leader, Sally Chevalier.

## HIKING AT RAPIDS LAKE

O.K., so it was a little wet! Six hardy ULLRs enjoyed their hike at Rapids Lake. This interesting area and new visitor center made the trip worthwhile. Equally enjoyable was the stop afterwards in Carver. We lunched at Harvey's and were lucky to find eight shops, which open for only one day a month, were open. Brigadoon!



John S., Patty F., Carol B., Kathy P., Barb K.,  
and leader Sally C.

## ST. PAUL SAINTS GAME VS. AMARILLO SOX & GABE'S SPORT BAR



- Date:** Friday, August 10, 2012 – 5:00pm  
**Location:** Meet at Gabe's Sport Bar, 991 Lexington Pkwy., St. Paul (corner of Lexington and Energy Park Drive), then take the free bus to the game.  
**Cost:** \$13 for the game ticket and whatever you eat or drink.  
**Includes:** Watch nuns give back rubs, giant Sumo Matches, the train horn blasting in center field, the pig chase, FIREWORKS, and who knows what else!  
**Contact:** Gary Gray, 952-895-8960; gdgray@q.com  
**Check:** Payable to Gary Gray, 13216 Pine Ridge Road, Burnsville, MN 55337  
**Deadline is July 10, 2012.**

# ULLR Social and Cultural Calendar – Summer 2012

## 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 & 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’ – *Pizza & Salad*  
Contact: Mary & Tom Vande Hei  
Phone: 952-975-3974

## June 19 – Tuesday

3rd Tuesday Bridge – Noon  
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’ – *All ULLRs Potluck*  
Servers: The Singles  
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 & Game Night  
Contact: Ellise Lamb  
Phone: 952-442-9332

## July 14 – Saturday

Sommerfest Concert  
Contacts: Carol Burgess  
& Ray Hartmann  
Phone: 763-404-1010

## 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 20 – Friday

Folding Party  
Contacts: Jon Zoller &  
Margo Dinneen  
Phone: 952-542-1185

## 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

## July 31 – Tuesday

Golf Tournament & Dinner  
Contact: Gus Bjorklund  
Phone: 651-698-4636

## August 3 – Friday

Singles’ Card & Game Night  
Contact: Jim Habeck  
Phone: 763-559-5593

## August 7 – Tuesday

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

## 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

## August 17 – Friday

Folding Party  
Contacts: Karen & David  
Oakland  
Phone: 952-949-2262 (K)

## August 21 – Tuesday

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

## August 22 – Wednesday

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

## August 22 – Wednesday

What’s Cookin’ – *Board*  
Contact: Mary Ellen Goriesky  
Phone: 952-942-0178

# 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](http://www.ullr.org) for flyers to obtain details for each listed event

**THURSDAY MORNING RIDES** will 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. Individual Thursday morning rides are not listed below. *(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  
**Phone:** 952-470-5411

**Date:** May 10 – Thursday  
**Event:** First Thursday A.M. Ride  
**Contacts:** John Stiefel  
**Phone:** 952-470-5411

**Date:** May 20 – Sunday  
**Event:** Tag Along Ride to Nicollet Island  
**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 Winsted  
**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 (J)

**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 (J)

### A DISTINGUISHED ULLR ALUMNUS [EDWARD PAULS, INVENTOR OF THE NORDIC TRACK]

*Bill Handsaker shared a very interesting e-mail and story, both written by Terri Pauls, about her father Ed Pauls. Terri gave her permission to share this. From her e-mail:*

“My parents, Edward Pauls and Florence Melhuse, might have joined ULLRs in about 1955... Vern Pickering was a close friend of theirs at the time, also Milan and Joanne Sebek, Chuck Wenz, Lloyd and Joanie Schmidt, Dale and Char Strand... Ed and Flo married in 1959 and then spent a year in Europe. They continued with ULLRs when they returned, and their best lifetime friends have been ULLRs. There were many represented at Dad's celebration of life. Fortunately, Dad was still mostly cognizant at the 50th wedding anniversary party that my brother and I threw for them in June of 2009, at Marge Arndt's house (she and her late husband Raleigh were also ULLRs). They were far closer to their ULLR brethren than they were to the North Stars.”

*The story of how the Nordic Track came to be invented and its rise to fame may be found on the ULLR web site, <http://ullr.org/temp/EdPaulsNordicTrack.pdf>*

## WHAT'S COOKIN' AT BROOKVIEW PARK

We have four picnics in June and July. Meet 6-9:00pm.  
Food served at 6:30pm.

**Date:** Wednesday, June 13 –  
**Pizza**

**Host:** Mary Vande Hei

**Phone:** 952-975-3974

**Date:** Wednesday, June 27 – All  
**ULLR Potluck**

**Hosts:** ULLR Singles (Margie  
Seklund)

**Phone:** 952-808-8141

**Date:** Wednesday, July 11 –  
**Swedish Meatballs**

**Hosts:** Manfred & Margie Deutsch

**Phone:** 763-545-5845

**Date:** Wednesday, July 25 –  
**Famous Sloppy Joes**

**Hosts:** Wests, Roberts & Higgins

**Phone:** Gail West – 763-427-6254

**Cost:** \$5.00 for meal & 2 beverages  
\$3.00 for 2 beverages  
(no meal)  
\$1.00 attendance only (for  
shelter rental or for each  
beverage over 2)

**Menu:** Anyone who would like a  
meatless meal needs to notify the  
hosts at least one week prior to the  
event so that arrangements can be  
made.

**Details:** The Brookview shelter means  
we can meet even if the weather is  
inclement. Come to hear the latest  
news about ULLR activities.

**Directions:** From Hwy 55/Olson  
Memorial Hwy (either east or west).  
Turn south on Winnetka Ave. After  
one block, turn right (west) on  
Brookview Pkwy. Follow Brookview  
to the second or third parking areas  
and second shelter. ULLR signs will  
be posted.

## WHAT'S COOKIN' GOLF

**Date:** Wednesday before each  
What's Cookin' Picnic

**Time:** 12:30pm

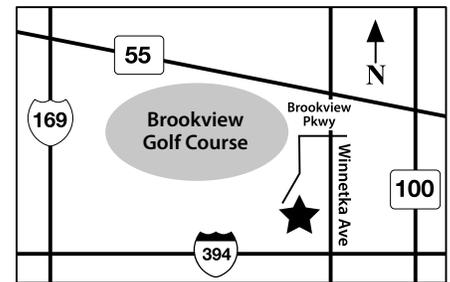
**Location:** Meet at Hollydale Golf  
Course, 4710 Holly Lane North,  
Plymouth, MN. Groups will form as

ULLRs arrive. After golfing, drive to  
the **What's Cookin' Picnic** only 10  
minutes east on Hwy 55.

**Contact:** James Habeck

**Phone:** 763-559-5593

**Cost:** \$20 for Senior walkers



## SOMMERFEST WITH THE MINNESOTA ORCHESTRA "SUMMER IN VIENNA"

**Date:** Saturday, July 14, 2012  
Gather at 6:00pm, concert at 8:00pm

**Location:** Ted Mann Concert Hall  
2128 4th Street South, Minneapolis 55455  
[www.1.umn.edu/twincities/maps/MannConc/](http://www.1.umn.edu/twincities/maps/MannConc/)

**Tickets:** \$31 (**We only have 26 reserved seats.**)  
Mail check made out to Carol Burgess  
16705 12th Avenue N., Plymouth, MN 55447

### DEADLINE IS June 1, 2012

**Hosts:** Carol Burgess at 763-404-1010 &  
Ray Hartmann at 612-644-1150

**ULLR Cancellation Policies Apply** (You may find a  
substitute for your ticket, but you must let the hosts know.)

**Details:** Join ULLR friends as we gather once again to  
enjoy an evening at Sommerfest. Orchestra Hall is being  
renovated beginning  
in June. Therefore, this  
year the Sommerfest  
concerts will be in the  
Ted Mann Concert Hall  
on the University of  
Minnesota West Bank  
campus. We will gather  
at 6 pm on the Ted Mann  
terrace for music, food  
and beverages. See the  
website for convenient  
parking information.



## KEEPING THE "LUCK" IN "POTLUCK"

by Karen Gray



So many of our ULLR events  
are 'food centered,' and my  
concern, as a Home Economist,  
is always food safety. It's no  
'picnic' to get food poisoning.  
Please observe the following  
food safety practices:

- Wash hands for 20 seconds with soap and water before touching food. *[A commercial hand sanitizer isn't the same as soap and water.]* After handling raw meat or petting the dog, wash again.
- Wash fresh produce, even melons, before cutting, and keep them cool.
- Do not reuse meat marinade or the utensils and containers used *[until washed]*.
- Coolers should be transported in air conditioned cars, not hot car trunks.
- Foods that spoil become dangerous if they spend more than two hours at 40°F-140°F or *one hour or less at above 90°F.*
- Avoid cross contamination with raw meats to fruits and vegetables on cutting boards, colanders and other surfaces.
- Defrost food in the refrigerator, microwave, or cold water, not on the kitchen counter. Do *not* refreeze thawed food.

**Let's keep healthy!**

**ULLR Ski, Bike & Social Club**

PO Box 201409

Bloomington, MN 55420-1409

Place  
Stamp  
Here

Address Label

Visit our website at  
[www.ullr.org](http://www.ullr.org) for meeting,  
event and trip news,  
photos and recipes.

FOLD LINE ↓

<p><b>Future Folding Parties:</b></p> <ul style="list-style-type: none"> <li>• August 17: Karen &amp; David Oakland</li> <li>• September 21: Mary Jane &amp; Galen Hochstein</li> <li>• October 19: Joan Roe</li> <li>• November 16: Jan &amp; Jerry Swanberg</li> </ul>	<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: Patty Fitzgerald &amp; John Stiefel 952-470-5411.</i> (An allowance is provided to help defray costs.)</p>
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**The next Folding Party is**

**Friday, July 20, 2012**

**hosted by Margo Dinneen & Jon Zoller**

14401 Enclave Court NW, Prior Lake, MN 55372

*Please RSVP to: Margo at 952-542-1185 (so she can plan food)*

**DIRECTIONS:**

**From the North and East:**

Drive south on I-35E or I-35W  
Turn right/west onto CR 42 and drive about 8 miles. Turn left onto CR 21/ Eagle Creek Avenue for one block.

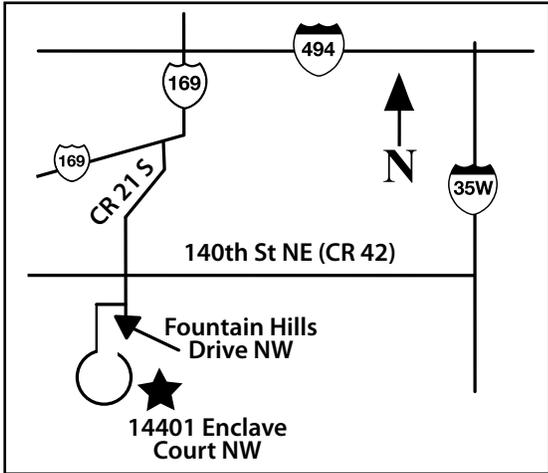
**From the North and West:**

Drive south on US 169 (towards Mankato, 5.4 miles from I-494). Take the right hand exit onto CR 21 (towards Prior Lake). Drive about 4 miles (through the CR

16 light) to CR 42/140th St. NE (Watch the speed limits!) Cross the intersection for one block.

**For Both:**

Turn right onto Fountain Hills Dr. NW (Immediately BEFORE the fire station on the right). Take an immediate left (within 200 ft.) onto Enclave Court NW cul-de-sac. 14401 is the 5th house on the left.



For updated details visit our website  
**[www.ullr.org](http://www.ullr.org)**