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December 2014 — January 2015

## Car Show and Salad Social - By Sharon Marini

Thirty-three ULLRs attended the first ULLR Social which replaces the folding parties. Thanks to all who showed their cars. To name a few: Patty & John's 1995 Jaguar XJS and 1976 Pontiac Gran Prix, Sharon and Ken's 1956 Jaguar Drop Head Coupe and 1994 Mustang convertible, Margo and Jon's 2013 Corvette, John Egan's Miata and Carol and Ray's C-Max Hybrid. Ray was dressed as the chauffer catering to socialite Carol B. Margie and Manfred were the stars with their Toyota Rav4 which they decorated as a Viking complete with long braids. Margie dressed as Helga, the Nordic Queen. "If your car isn't special, decorate it." The salads were varied and delicious. Thanks to all who came with your wonderful salads and to Charlotte and Alan for the tasty birthday cake.



*Look guys, it's a motor! Jon Z, Manfred D, John S, Ken M, and Bruce W check it out.*



*The cars were sparkling clean, ready for their close inspection. Remember when you could open a hood and see ground underneath?*



**The sublime:**  
*Arriving at the soiree were Chauffer Ray catering to socialite Carol. He even carried her package!*

**The Ridiculous:**  
*Twin Vikings, the RAV4 and Margie*



**Reserve now! Deadline is November 30.**

## ULLR Holiday Ball

**Friday, December 5, 2014**

**Where:** Fort Snelling Officers Club,  
Hwy. 5 at Post Road, St. Paul 55111

Guests are welcome.

Social begins at 5:00 pm  
Dinner at 6:00 pm  
Dancing 7:30 pm

Music by the Changing Times Band

**Cost:** \$44.00 per person payable to  
ULLR Ski, Bike and Social Club

Send check (with meal choice) to Diane Erlandson  
8200 West 33rd St., #302  
St. Louis Park, MN, 55426  
952-941-5184

### Dinner Choices:

Broiled Walleye with White Wine Sauce served with Rice Pilaf and vegetables, salad, dessert.

**Or** Rosemary Roasted Pork Loin, Garlic Mashed Potatoes and vegetables, salad, dessert.

(Vegetarian or Special Diet Dinner upon request.)

CASH BAR.

*ULLR Cancellation Policy Applies.*

**Please bring a new, unwrapped gift for "Toys for Tots."**



## Reminder— come to The Pine-Tar Party

**Date:** Sunday, November 9;  
4:30—7:30 PM

**Host:** Mary Ellen Gabel  
3213 Skycroft Dr. NE  
Minneapolis 55418

**RSVP:** 612-789-7832

Please bring \$1 and an appetizer, salad or dessert.

**2014 IMPORTANT CONTACTS**  
**OFFICERS OF THE CLUB**

**President**

Karen Gray: UllrPrez@ullr.org

**Executive VP**

Mary Ellen Gabel: ExecVP@ullr.org

**Ski Program VP**

Sharon Marini: SkiVP@ullr.org

**Summer Programs VP**

Patty Fitzgerald: SummerVP@ullr.org

**Membership VP**

Carol DeVore: MembershipVP@ullr.org

**Treasurer**

Carol Bush: Treasurer@ullr.org

**Secretary**

Judy Burich: Secretary@ullr.org

**Past President/Advisor**

Cheryl Rogers: PastPrez@ullr.org

**PROGRAM COORDINATORS**

**Alpine**

Barb Kolbe: See directory

**Nordic**

James Habeck: Nordic@ullr.org

**Ski Racing**

Brian Johnson: Racing@ullr.org

**What's Cookin' Cashiers**

Sherrri Mitchell & Pat Nelson:

Wccashier@ullr.org

**What's Cookin' Supply Chairs**

Jan & Jerry Swanberg:

WhatsCookin@ullr.org

**What's Cookin' Beverage Chairs**

Manfred Deutsch, Dale Evans, &

Bill Handsaker

Beverages@ullr.org

**Biking**

John Stiefel: Biking@ullr.org

**Singles**

Margie Seklund: Singles@ullr.org

**Folding Parties**

Nancy Sand: FoldingParty@ullr.org

**General Meetings**

Mary Ellen Gabel: ExecVP@ullr.org

**MSC Representatives**

Sharon Marini: SkiVP@ullr.org

Dolly Eastman MSCrep@ullr.org

**ULLR Foundation President**

Jerry Weiskopf: See Directory

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**LETTER FROM THE PRESIDENT**

- By Karen Gray

Last month I set the record for creating the longest president's letter ever, so this month I'll try to curb my enthusiasm. It's just that I love to sing the praises of ULLRs. Most ULLRs have gone to the top of the mountain and back, and still have an abundance of energy left over. We witness the many hours dedicated by ULLRs as they lead and participate in club events. Beyond that, I interviewed some ULLRs on how volunteerism helps them feel proud about their contributions to society and adds to their quality of life.



Have you ever seen Kay Sommer's calendar? She has at least two activities scheduled every day. Don't tell anyone, but, she's an octogenarian. One of her choirs performs 70 times per year at nursing homes, etc. She cashiers at the Hennepin Methodist Church Thrift Store, is active on the Peace and Justice Committee and works for her State Representative, to name just a few of her activities.

Vicki Johnson delivers Meals on Wheels, serves meals for Loaves and Fishes, tutors at her local school, works on a task force for Cherish All Children (preventing sex trafficking) and she visits a shut-in monthly.

Carol Burgess supports activities and works on fund raising for The Boys and Girls Club of St. Paul and Minneapolis.

You'll see Joan Kruse and Nancy Harman ushering and then enjoying the performances at numerous theaters around town. Joan also works for The Special Olympics. Nancy volunteers at STEP and Feed My Starving Children.

Barb Carpenter and Nancy Devitt are principal care givers for their aging parents. Barb also contributes time to Sharing and Caring Hands.

Mary Holisak works for Neighborhood House and Loaves and Fishes.

I have two favorite volunteer jobs. VEAP is such an efficient food shelf, and we just started a new program preparing repurposed foods for sampling and teaching nutrition. I also love being a reading helper for precious 1<sup>st</sup> graders at a school near our home.

In addition to the many hours she invests in providing ULLRs with a delicious German picnic dinner every summer, Margie Deutsch volunteers for more organizations than I have space to name. The Genealogical Society, genealogy at the Minneapolis Central Library, their church fellowship team, Dinner at Your Door, and tours at the Germanic American Institute are just a few.

To be sure, you will not find ULLRs resting on their laurels. It seems we are a valuable part of a volunteerism revolution.

<b>ULLR Webmaster:</b> JJ [Joe] Coursolle PO Box 201409, Bloomington 55420 Phone: 612-750-0927;	<b>Nullr Editor:</b> Margie Deutsch 8940 Northwood Pkwy., New Hope 55427 Phone: 763-545-5845;
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## PINE POINT HIKE

On a blustery cool October day, four ULLRs (Linda H, Ken and Sharon M, and Nancy S) hiked the trails and horse paths at Pine Point Regional Park near Stillwater.

The wind was brisk, but the tall trees provided protection on the trails. We started the hike with jackets and shed them midway through the hike when the sun warmed us.

Pine Point is a popular place for horseback riders. We were delighted to meet a gentleman on the trail who was walking his horse and dog. He was kind to allow us to admire and pet the horse and even offered to take a photo. We also met other riders. We enjoyed the beautiful fall colors in the area.

Linda H,  
Sharon M and  
Nancy S were  
happy to  
meet this  
beautiful  
horse on the  
nature trail  
October 14.



## DECEMBER MEMBERSHIP SPOTLIGHT

- By Carol DeVore,

*[This information does not appear in the Online Nullr for security reasons.]*

### DIRECTORY CHANGES:

**Tom Roberts:** New Email Address

Please Welcome these new members:

**Mary Rosati**  
**David Simpson**

(You will find this information in an e-mail sent to you by the webmaster, Joe Coursolle.)

## Granite Peak in Wausau, Wisconsin.

ULLRs can ski, XC, or snowshoe

**Dates:** February 3 – 5, Tuesday -Thursday

**Details:** Two nights lodging, Tuesday evening pizza party, 2 breakfasts

**Cost:** \$112.00 per person for a king room,  
\$135.00 per person for a double queen room

**Sign-up deadline: December 20, 2014**

**Mail to:** Diane Erlandson, 8200 W. 33rd Street, #302  
St. Louis Park, MN 55426

**Trip Chairs:** Nancy Sand, 952-435-5225,  
Diane Erlandson, 952-941-5184



## ULLR TOYS FOR TOTS EVENTS

Once again, ULLR members will brighten the holidays for children by participating in the Marine "Toys for Tots" program. All ULLRs attending the December 5 Holiday Ball are asked to bring a new unwrapped toy or cash donation to the Ball.

ULLR members not attending the Holiday Ball may bring toys or cash donations to our November 13 ULLR General Meeting. If you will not be attending the Holiday Ball or the November General Meeting, you may send your donation by December 13 to:

Nancy Sand, 15001 Burnhaven Dr. #108,  
Burnsville, MN 55306.

**Make checks to:** Toys for Tots Foundation.

### Help at the Toys for Tots Warehouse

**DATE:** Monday, December 15, from 1:00 to 4:30 PM

**WHERE:** 985 Aldrin Drive, Eagan. (Arrive by 12:45 PM.)

**OPTIONAL:** Meet for dinner afterwards at Houlihan's, 1294 Promenade Place, Eagan.

**RSVP** warehouse/dinner event by Dec 13 to Nancy Sand (H) 952-435-5225 or (C) 763-280-2600 or nsand878@gmail.com.

## There are still openings for the The MSC Winter Carnival is at Giants Ridge December 12-14, 2014

**The trip price includes:** 2 nights lodging in 1-2 bedroom condos with fully furnished kitchens; Round trip coach bus from Minneapolis; 2-day downhill ski lift ticket with Friday Lift Ticket at \$15 additional.

**Have fun at the:** Dance Friday night; Saturday night shuttle to Biwabik; Saturday wine and cheese party on the hill; Two-course dinner banquet Saturday night; Indoor heated pool, large hot tub, exercise room.

The price will vary depending on condo size and number of persons in the condo, the range being \$220-285 per person.

**Sign-up:** at the November ULLR General meeting. **The deadline is December 1.**

From Nov 21 to December 4th, \$50 is non-refundable Per Person; after December 5, \$100 is non-refundable PP.

**Contact:** Jerry Schuster, 952-888-0860—jeschus@usjet.net  
rmation or to sign-up.

## ULLR WINE TASTING PARTY - Thursday, January 15, 2015 at 5:30 PM

**WHERE:** Nancy Sand's home at the Gramercy Club  
15001 Burnhaven Dr., Burnsville 55306

**RSVP:** by January 10 to Nancy Sand at 952-435-5225  
or nsand878@gmail.com

Each ULLR will bring:

- 1) a favorite bottle of moderately-priced wine with a card that describes the wine and includes recommendations for food pairing
- 2) a favorite wine glass and
- 3) an appetizer, salad, or dessert for sharing.

ULLRs will introduce their wines. They may tell about the winery, aromas, variation of the wine, etc. Then the bottles will be available for tastings along with enjoyment of all the good foods ULLRs are known to bring to events.

Nancy will communicate with participants prior to the

event with more detailed suggestions of what to include in the wine descriptions. This will help ULLRs be discerning tasters. You do not have to be a wine expert to participate in this

event. Many winery websites have detailed information about their wines. There should also be some interesting stories about how each ULLR found his/her favorite wine and what makes the wine glass so special.

You don't have to be a wine drinker to attend. ULLRs are welcome to bring a different beverage and come to socialize with friends.

Of course, we want ULLRs to drive home safely. Water and coffee will be in abundant supply!



*ProAct's Program Director, Sally Ogren, receives a check from Nancy K*

### ULLR FOUNDATION IN THE SPOTLIGHT

By Nancy Keyes

I recently was a guest at the ProAct Annual Banquet at Treasure Island in Red Wing. The ULLR Foundation has donated to ProAct in the past and the Foundation recently honored a request in the amount of \$400 for a new recumbent bike and repairs for our original one. I was surprised when I was asked to speak to the guests about not only the purpose for this check, but also about the past history of our donations. Of course I was elated to mention the Foundation and also the Ski Club and how the Ski for Light name came about - in their very neighborhood - at Welch Village. With 500 in attendance, this was a great opportunity to showcase what we all do.

### ULLR RECIPES

Did you know there are recipes at ullr.org? Hundreds of folks do. How about trying this one by Tom & Mary Vande Hei for your next Vikings game.

#### Viking Turkey Burgers

- 1 # ground turkey
- 1 1/2 Tbsp. horseradish
- 1 1/2 tsp. Dijon mustard
- 1 1/2 tsp. Paprika
- 1.4 tsp. pepper
- 1/8 tsp. salt

Combine ingredients. Divide into 4 patties, each 1/2 inch thick. Grill 5-6 minutes per side till 165° and no longer pink inside. Place on a bun. Enjoy!



### ULLR Bridge - By Eileen Ronning

Our "jet setter", Kay S., barely returning from Ireland, managed to host 3 tables of bridge on Tuesday, complete with a lovely table filled with fall goodies, to give us the energy for a fun filled afternoon of bridge! Karen G. arrived with a platter of special cupcakes to acknowledge Kay's birthday, so we were able to celebrate that as well. Thank you, Kay, for hosting! The winners: 1st, Vicki J.; 2nd, Barb C.; 3rd Eileen R. May a SLAM be in your future! Please call Eileen Ronning, 763-416-4585, if you can host on December 17th.



# Social & Cultural Calendar 2014 - 2015

More details and event flyers at [www.ullr.org](http://www.ullr.org)

**November 9, Sunday** - 4:30 PM  
Winter Kickoff Pine Tar Party  
Host: Mary Ellen Gabel  
**RSVP:** 612-789-7832

**November 13, Thursday**  
General Meeting  
(6 PM-socialize; 7 PM meeting)  
General Meeting at KC Hall & speaker from Hoigaards about newest products for snowshoeing and cross country skiing .  
Contact: Mary Ellen Gabel  
Phone: 612-789-7832

**November 14, Friday** - 7:00 PM  
Singles' Card & Game Night  
Host: Larry Johnson  
**RSVP:** 952-447-5833

**November 18, Tuesday** [noon]  
ULLR Bridge  
Host: Carol Burgess  
**RSVP:** 763-404-1010

**November 18, Tuesday** - 5:45 PM  
Singles' Dinner &/or Beverage & Movie Night  
Contact: Sherrie Mitchell  
Phone: 952-942-8898

**November 19, Wednesday** - 11:00AM  
Swedish Institute Tour  
[Optional: lunch afterwards]  
**RSVP:** Vicki Johnson  
Phone: 763-205-9757

**November 22, Saturday** - 2:00 PM  
The U.S./Dakota War of 1862  
**RSVP** to: Gary Gray  
Phone: 952-895-8960 or [gdgray@q.com](mailto:gdgray@q.com) (See article on page 8)

**December 5, Friday** - 5:00 PM  
Holiday Ball  
Fort Snelling Officers Club  
St. Paul 55111  
Contacts: Sharon Marini, Mary Ellen Gabel and Diane Erlandson  
**RSVP** by Nov. 30: 952-941-5184[D]

**December 12, Friday** - 6:00 PM  
Singles' Holiday Pot-luck Supper  
Host: Sally Chevalier  
**RSVP:** 952-935-7000

**December 15, Monday** - 12:45 PM  
Help: Toys for Tots Warehouse  
Optional: Supper at Houlihan's  
**RSVP** by Dec. 13: Nancy Sand  
Phone: 952-435-5225; (C) 763-280-2600; [nsand878@gmail.com](mailto:nsand878@gmail.com)

**December 16, Tuesday** - 5:45 PM  
Singles' Dinner &/or Beverage & Movie Night  
Contact: Sherrie Mitchell  
Phone: 952-942-8898

**January 9, Friday** - 7:00 PM  
Singles' Card & Game Night  
Host: Mary Ellen Gabel  
**RSVP:** 612-789-7832

**January 15, Thursday** - 5:30 PM  
ULLR Wine Tasting Party  
**RSVP** by Jan. 10 to: Nancy Sand  
Phone: 952-435-5225; (C) 763-280-2600 or [nsand878@gmail.com](mailto:nsand878@gmail.com)  
(see article on page 4)

**January 27, Tuesday** - 11:15 AM  
Singles Fine Dining at Pittsburgh Blue Steakhouse [in the Galleria]  
3220 70th St. West, Edina  
**RSVP** by Jan. 25 to Ellise Lamb  
Phone: 952-442-9332

**January 29, Thursday**  
All-ULLR Happy Hour  
See ULLR web page for details.  
Call: Joy Knudson 952-240-8418 & Pam Anderson 763-315-3772

**ULLR Cancellation and Communication Policies**  
can be reviewed at [www.ullr.org](http://www.ullr.org)

## Recalling Past Events

A sincere thanks to these ULLRs who organized and/or led an event in November. VOLUNTEER! Call a program coordinator with your idea.

- 1 – Fort Snelling Hike  
Carolyn Buswell & John Egan
- 7 – Robert Robinson Concert  
Eileen Ronning
- 8 – Lebanon Hills Park Hike  
Nancy Sand
- 9 – Pine Tar Party  
Mary Ellen Gabel

13 – General Meeting  
Mary Ellen Gabel

14 – Singles Card & Game Night  
Larry Johnson

18 – ULLR Bridge  
Carol Burgess

18 – Singles Dinner/Movie Night  
Sherrie Mitchell

19 – Swedish Institute tour  
Vicki Johnson

22 - Discussion U.S./Dakota War  
Gary Gray



## IT IS TIME TO RENEW YOUR MEMBERSHIP!

By Carol DeVore

Memberships expire November 30th. To pay dues and receive your 2015 membership card, come to the next General Meeting; complete/sign an Application/Waiver form, and give it to the Membership VP with your dues (\$25).

Or, on the ULLR homepage, go to "Membership Information" and download the Application/Waiver Form. Print, complete and sign the form and mail it with \$25 per person dues payment to ULLR Ski, Bike & Social Club, PO Box 201409, Bloomington, MN 55420.

# Activity Calendar 2014 - 2015

## HIKING-CROSS COUNTRY- SNOWSHOE

### November 8 - Saturday - 10:15

Lebanon Hills Park Hike  
Contact: Nancy Sand  
Phone: 952-435-5225

### December 6 - Wednesday

French Park XC/SS/Hike  
Contact: Jim Habeck  
Phone: 763-559-5593

### January 18 - Sunday - 10:45

Highland Lake Park XC/SS/Hike  
Contact: Karen Holmquist  
Phone: 952-431-1903

### February 2 - Monday

Woodlake Moonlight Hike  
Contact: Bill Lyon  
Phone: 612-722-8352

### February 14 - Saturday

Lebanon Hills XC/SS/Hike/Sled/Skate  
Contact: Nancy Sand  
Phone: 952-435-5225

## SKIING

### December 12 - 14 Fri. - Sun.

MSC Trip to Giant's Ridge

### January 1, 2015 - Thursday-

**Afton Alps** [Meet in Highland Lodge]

6600 Peller Ave. S., Hastings

Contact: Pam Anderson

Phone: 763-315-3772

### January 8 - Thursday - 9:30 AM

**Welch Village** [Meet in Main Lodge]  
26685 Cty.Rd. 7 Blvd., Welch 55089

### January 14 - Wednesday - 9:30 AM

**Afton Alps** [Meet in Highland Lodge]

### January 22 - Thursday - 9:30 AM

**Welch Village** [Meet in Main Lodge]

### January 27 - Tuesday - Mount Kato

20461 MN-66, Mankato MN 56001

**Contacts:** John Stiefel & Patty Fitzgerald

### January 29 - Thursday - 9:30 AM

**Welch Village** [Meet in Main Lodge]

### February 3-5, 2015

Ski Granite Peak, Wausau, Wis.

Call: Diane Erlandson 952-941-5184

### February 11 - Wednesday - 9:30 AM

**Afton Alps** [Meet in Highland Lodge]

### February 22-28, 2015

#### Ski Beaver Creek/Vail

Find out more about this trip at [www.ullr.org](http://www.ullr.org) The trip is full – but if you are interested, put your name on a waiting list. Call trip chairs, Pat Nelson, 952-893-1045 or Bruce Warner, 763-229-3377.

YOU WILL FIND DETAILS FOR THESE EVENTS AT [www.ullr.org](http://www.ullr.org)

## Lake Maria Hike - By Nancy Sand

On a beautiful October 25th, Saturday morning, seven ULLRs hiked in Lake Maria State Park. Bruce W's phone app told us we hiked 4.8 miles.

Nancy S had originally planned a four mile hike, but the weather was so nice, everyone agreed to extend the hike on an additional trail so we could actually see Lake Maria. While there, Patty's eagle eyes noticed what appeared to be an eagle nest across the lake. Nancy's camera had a 20x zoom, so she snapped the photo. When viewing the image on Nancy's little camera, six of us believed there was an eagle in the nest. Bruce thought what we were seeing was the top of a branch. Well, Bruce, the photo really does show an eagle. Notice the white head!

While on the trails, we felt like little kids trampling and kicking all the crunchy leaves. With all that noise, we were certain we were scaring away any possible deer in the area. Lake Maria State Park has many smaller ponds. We were delighted to see some snowy white swans on a couple of them.

After the hike, we drove back to Albertville and had lunch at Space Aliens. Except for Nancy, this was a new restaurant for everyone. It is a fun place for families, and the servings are huge. The restaurant is filled with space alien toys, figurines, posters, and decorated ceilings. There is also a big arcade. Hike

host Nancy shared that she used to take her grandsons to a Space Aliens restaurant in Bismarck, and she thought ULLRs might enjoy the atmosphere and food. She was right!

All in all, it was a great day to be on a hike with ULLR friends.

*We saw swans swimming on this pond.*



John S, Patty F, Bruce W, Bill L, Nancy S, & Pat N



[Nancy's 20x lens did prove it was an eagle sitting on a nest. But when the picture was magnified for the Nullr, it was a blur. So, not to disappoint anyone, here is an eagle photo. Margie]

## UPCOMING SINGLES EVENTS

[see detailed flyers on the website [www.ullr.org](http://www.ullr.org)]

ULLR Singles' Events are open to all single ULLRs. Please tell me if you have any suggestions for other activities. Thank you. Margie Seklund – 952-808-8141.

## DINNER &/OR BEVERAGE & MOVIE NIGHTS

**Dates:** Tuesdays: November 18, December 16, & January 20

Order dinner by 6:00 PM or come for a beverage.

**Contact:** Sherrie Mitchell

**Location:** Big 10 Restaurant and Bar  
1106 Main Street, Hopkins, MN 55343

[www.big10restaurant.com](http://www.big10restaurant.com)

**Movie after dinner:** at the close-by  
Mann Hopkins Cinema Six Theater.

For a listing of movies call 952-931-7992 or  
go to [www.manntheatresmn.com/locations](http://www.manntheatresmn.com/locations)

**RSVP:** Call Sherrie at 952-942-8898

## RE-ENTRY HALFWAY HOUSE VISIT POSTPONED

Margie Seklund announced that the Singles' visit to the Re-Entry House has been postponed to the Springtime. You can continue to collect gifts for the residents there. Items you may donate are mens and womens toiletries, books (new or used), games, DVDs, and candy. These may be used as prizes for BINGO games.

## AMERICAN SWEDISH INSTITUTE TOUR

Start your holidays with a guided tour of Turnblad Mansion which is beautifully decorated for a Swedish family Christmas. Optional lunch will follow tour.

**DATE:** Wednesday, November 19

**TIME:** 11:00 AM in the lobby

2600 Park Avenue, Minneapolis, MN

**COST:** \$11, payable JUST before the tour.

**RSVP:** VICKI JOHNSON,

[vickiken1@comcast.net](mailto:vickiken1@comcast.net) or 763-205- 9757



## To all our ULLR Members:

If you celebrate Hanukkah, also known as the Festival of Lights, which begins at sunset Tuesday, December 16, 2014 and ends at nightfall Wednesday, December 24, OR Christmas, which begins at nightfall, December 24, through the 25th, you are wished a joyful and blessed time with family and friends. Happy Holidays!

## SINGLES CARD/GAME NIGHTS

**Bring a dish to share, beverage, and any games that you would like to play.**

**Date:** Friday, November 14, 2014 – 7:00 PM

**Host:** Larry Johnson

**Location:** 13244 Virginia Terrace  
Savage, MN 55378

**RSVP:** Call Larry at 952-447-5833

**Date:** Friday,  
December 12 - 6:00 PM

**A Holiday Pot-luck  
Supper**

**Host:** Sally Chevalier

**Location:** 4108 Kerry  
Ct., Minnetonka 55345

**RSVP:** Call Sally at 952-935-7000



**Date:** Friday, January 9, 2015 – 7:00 PM

**Host:** Mary Ellen Gabel

**Location:** 3213 Skycroft Dr. NE, Minneapolis 55418

**RSVP:** Call Mary Ellen at 612-789-7832

## BIKE THE PAUL BUNYAN TRAIL

Or Golf, Shop, Fish or Swim

**Dates:** Wednesday - Friday, June 3-5, 2015

**Stay at:** Good Ol' Days Family Resort on Cullen Lake

**Cost:** \$147—due at sign-up. This trip fills quickly. Sign-up by March 1, 2015.

**Includes:** 2 nights lodging in condos or Lodge rooms, 2 breakfasts, drinks at the Welcome Party, and the entree for the Thursday dinner. More details at [ullr.org](http://ullr.org) and in the next Nullr.

**Co-chairs:** Carol Thelen (320-333-6642) [carolte@me.com](mailto:carolte@me.com)

Joan Roe (952-914-9124) [roejohan@gmail.com](mailto:roejohan@gmail.com)



## The Little War On The Prairie That No One Knows About: The U.S. Dakota War of 1862

By Gary Gray

This “little war” had a profound effect on both Whites and Indians. That tragic story of hate and racism still reverberates today. Come to hear a discussion on the causes, the massacres, the battles, and the aftermath.

Who Won This Little War? No One Won. So why would you want to learn about this terrible Minnesotan holocaust? Because we will end with an inspirational discussion of incredibly heroic Indian and white children, women and men. By the numbers:

### White People Killed:

The estimate is 500-800; 100 were children under the age of ten.

Comparing the population at that time with today, the estimate would be more than 15,000 people killed today. The number killed totaled the same as Minnesotans killed in the Civil War. The number killed on the first days of the War was more than Custer lost at Little Big Horn. Probably about 2,000 whites were seriously wounded.

### “Mosts” In This Indian War:

- Most white people killed in any U.S. - Indian War;
- Most Indians attacking a fort (800 at Fort Ridgely);
- Most Indians attacking a city (650 at New Ulm);
- Most people fleeing their homes (est. 20,000 fled);
- Most victims lying in unmarked and unknown graves;
- Most victims were unarmed children, women and men.



*“The Siege of New Ulm” by Henry August Schwabe*

### Indian Casualties:

During the War, probably less than 100;

After the war and subsequent executions, internment, expulsion, relocations to uninhabitable reservations, and the punitive expeditions finally culminating in the Wounded Knee massacre in 1890, many hundreds of Indians died.

**Discussion Date: Saturday, Nov. 22, 2014, from 2-4 p.m.**

**Where:** Diane Erlandson’s Party Room in Aquila Commons, 8200 West 33rd Street, St. Louis Park, 55426.

**RSVP:** Gary Gray at 952-895-8960 or [gdgray@q.com](mailto:gdgray@q.com). Karen will find a good near-by restaurant for supper. Parking spaces are at a minimum so please car pool to avoid parking across the street.

## Coincidence or... By Margie Deutsch

At the ULLR October General Meeting we heard Larry Johnson, a board member from Majestic Hills Ranch, tell us the history of the ranch and about the programs it provides. The ULLR foundation has given several gifts to the ranch. Mr. Johnson’s stories about the healing power of horse-back riding were a powerful witness to this program. His current role at the ranch, besides fund-raising, is with the “Heroes on Horseback” program where the ranch provides free therapeutic riding sessions to injured military personnel. A brochure explains that this program helps “with a variety of physical, emotional, and mental disabilities. The gentle and rhythmic motion of the horse’s gait increases the riders muscle strength while improving coordination, balance and flexibility. The special bond or relationship formed with a horse can lead to increased self-confidence, enhanced self esteem, improved decision

making skills, personal insight, a strong sense of achievement, ... and social skills that include increased patience.”

Wow! All that from riding a horse? I have only been on a horse once and was terrified, so I found all this a little hard to understand. I came home from the meeting and sat down for a time to relax. I opened my October issue of Guideposts magazine. The story was titled, “Taking the Lead.” It was the story of a Navy veteran whose life had totally fallen apart after leaving the structure and discipline of his 20-year naval career. The veterans’ center recommended he try equine therapy. With great reluctance he clumsily mounted a horse. After only one session he began to feel like he could start to control his life again. After sixteen weeks, he did. Today he volunteers at the stable and he tells new veterans that the horse will “teach you to take care of yourself.” *Thanks ULLR Foundation members and ULLR donors for helping this worthwhile program.*