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September 2015

Music, Music, Music

ULLRs have enjoyed many types of music this summer– including these:

Sommerfest at Orchestra Hall

by Margie Deutsch

Ah– Gemütlichkeit! That is a German word with many definitions: comfortableness, friendliness, informality, pleasantness. They all describe the Friday evening, July 24,



when ULLRs went to Orchestra Hall for *Sommerfest*. Sitting outside on the newly redone gathering area, some enjoyed a bratwurst from Kramarczuk's Sausage Company. A musical combo entertained us. For some, this was the first time they saw the newly redesigned lobby space— quite

impressive! Inside the hall we had good first floor seats— also new, wider and with more leg-room. Andrew Litton conducted a wonderful concert. "Strauss: The Waltz King" celebrated all three Strauss composers. Music included waltzes and polkas and even a concerto for tuba and orchestra. This is what Star reviewer, Michael Anthony, said, in part, about principal tuba Steven Campbell's show-stopping performance.



"Campbell's tone is big and fat but is capable of great delicacy. Doing a kind of sonic pirouette in the slow movement, Campbell's playing brought to mind an animated cartoon — a graceful female hippopotamus in ballet slippers and tutu, dancing with immaculate precision the role of one of the swans in *Swan Lake* and afterward taking a most regal bow and saying to the audience, 'You didn't think I could do it, did you?'"



Thanks to Carol Burgess for organizing this event.

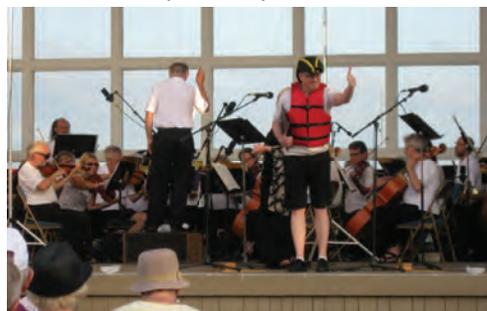
Pictured above: good sport Sharon P. (with brat) and Colleen B.

Minneapolis Pops Orchestra Concert

by Margie Deutsch

On July 11, a warm but comfortable evening, 17 ULLRs gathered at Lake Harriet for a potluck picnic. Afterwards they were

treated to a performance of "H.M.S. Pinafore." Even the noise of the passing planes didn't take away from the



pleasure of hearing this old, tried and true, operetta. Thanks to Jan Butler and Kay Sterling for organizing and bringing all the picnic supplies.

Editor's note: See Page 3 for the third musical event "Carousel." I could not make the photo fit.

Prior Lake Bike Ride by Cheryl Rogers

Bikers started at the Cleary Lake Regional Park, but stopped at Edelweiss Bakery in downtown Prior Lake for some sweet treats. These were enjoyed down at Watzl's

Point Beach in Lakefront Park. July 12th was a very warm day, but we managed to find shade and fleeting



breezes. We shortened our normal 20 mile ride (due to the heat) to just under 14 miles. Afterwards, ULLRs enjoyed lunch at TJ Hooligan's.

2015 IMPORTANT CONTACTS

OFFICERS OF THE CLUB

President

Patty Fitzgerald: UllrPrez@ullr.org

Executive VP

Mary Jane Hochstein: ExecVP@ullr.org

Winter Program VP

Sharon Marini: WinterVP@ullr.org

Summer Programs VP

Jim Habeck: SummerVP@ullr.org

Membership VP

Jan Butler: MembershipVP@ullr.org

Treasurer

Barb Sedges: Treasurer@ullr.org

Secretary

Sandra Shearer: Secretary@ullr.org

Past President/Advisor

Karen Gray: PastPrez@ullr.org

PROGRAM COORDINATORS

Alpine-Nordic

Barb Kolbe: See directory

Ski Racing

Brian Johnson: Racing@ullr.org

What's Cookin' Cashiers

Barb Sedges & Colleen Barden:

WCcashier@ullr.org

What's Cookin' Supply Chairs

Nancy Harman & Jeff Fischer:

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 Jane Hochstein: ExecVP@ullr.org

MSC Representatives

Sharon Marini: WinterVP@ullr.org

Dolly Eastman: MSCrep@ullr.org

ULLR Foundation President

Jerry Weiskopf: See Directory

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ULLR Webmaster

JJ [Joe] Coursolle: Webster@ullr.org

Nullr Editor & Designer

Margie Deutsch: Nullr@ullr.org

ULLRnet

Fran & Gary DeWell, Joan Roe

Ullrnet@ullr.org

LETTER FROM THE PRESIDENT

by Patty Fitzgerald

Hi fellow ULLRs,

Your new board has been busy. We discovered that the bylaws needed to be amended because the outgoing board wisely changed the name of the Ski VP to Winter Programs VP. This change makes sense because in addition to skiing in the winter, we also snowshoe and hike. We also talked about our ULLR directory at our first two meetings and decided to change the months that it is printed to May and November. Our thinking is that the new board takes over in May and if you receive a new directory in May it will list the most current board members and coordinators on the front. You will get a 2nd directory six months later, in November. In order to have most of our members listed in the November directory, we decided to move the due date for paying membership dues from November 30th to October 31st. Our Membership VP will be at many of the picnics taking renewals so that all you snow birds can take care of your renewal long before you are off to warmer climates. However, changing the due date for our membership dues also calls for an amendment of the bylaws. By the time you read this, we will have taken a vote to amend the bylaws at the August 5th picnic and hopefully the change will be approved.

I just spent a week showing two relatives from Buffalo, NY, all that the Twin Cities have to offer. They are in their early 20's and have not done much traveling. John and I acted as tour guides for the week and showed them the lakes, the rivers, the Minneapolis farmer's market, the Stone Arch bridge, the view from the top of the Foshay tower, the skyways, the Arboretum, Minnehaha Falls, the Science Museum, and many of our wonderful small restaurants. What I kept hearing from them is how much we have to offer and that they would not be able to find that in Buffalo. They have very few biking/walking trails in Buffalo and they are in undesirable areas. It made me realize that I take our lakes and rivers and beautiful trails for granted since I am so used to seeing them everywhere I go. How truly lucky we are to live in such a beautiful area that is dedicated to outdoor life.



MEMBERSHIP SPOTLIGHT by Jan Butler, Membership VP

[Information does not appear in the Online Nullr. It will come to you in an e-mail sent by the webmaster, Joe Coursolle.]

Directory Changes: Carol Devore, Bob Higgins, Lorna Higgins, Michael (to Mike) Selon

Directory Additions: Mike Bakula

New Members: Kate Casserly, Patty Cunniff, Mick Ganley, Sharon Tornes

ULLR Webmaster: JJ [Joe] Coursolle

PO Box 201409, Bloomington 55420

Phone: 612-750-0927;

webster@ullr.org

Nullr Editor: Margie Deutsch

8940 Northwood Pkwy., New Hope 55427

Phone: 763-545-5845;

nullr@ullr.org

Carousel

by event planner, Karen Gray

Carousel at Bloomington Civic Theatre on May 2, 2015, did not disappoint. Nineteen ULLRs enjoyed the beautiful music, powerful production, and romance of this Tony Award-winning show. Bloomington knows how to please an audience at a price we are willing to pay for a

beautifully professional performance and convenience.

The Saturday matinee was an addition to their schedule which we hope will be repeated. Afterwards, Ciao Bella's restaurant was most accommodating for our large group on a busy prom night. We had great food and excellent service once again.

It was just the start of May, but these theatre goers were soon singing "June is Bustin' Out All Over" - a favorite song from *Carousel*.



Save the date for the Holiday Ball

Saturday, November 21, 2015

New place: American Legion Hall in Savage

The food and music will be wonderful.

Mary Jane Hochstein & Sharon Marini

In Loving Memory Kathleen "Kay" Sommers

Oct. 24, 1930—July 6, 2015

Many ULLR members attended her Celebration of Life. Kay was remembered for her love for life, friends, family and helping others. She was an active volunteer, singing in two choirs, volunteering in the thrift shop called *Steeple People*, working for peace and justice issues, and she even worked for a friend in the Snake House at the State Fair! She played golf with ULLRs and attended many ULLR events over the years. Our condolences go to her extended family and friends.



ULLR [Cancellation](#) and [Communication](#) Policies can be reviewed at ullr.org

A Walk down the ULLR Memory Lane as reported in the September 2003 Nullr

by Margie Deutsch

Karen Clarke and Karen Hemmingson led a Sparta-Elroy Trail Biking/Camping Weekend with "showers & bathroom very close to the campsite."



Charlotte Navratil & Demaris Frank offered a 4-day March "Florida Get-away" with many options at a "Decide if you want to do this Party." Pres. **Gary Gray** encouraged planning some social events "just for singles." He also said the club was considering changing the name, "Ullr Ski Club," and asked for suggestions. **Sally Chevalier** was "Out of Order." [Oops!] Sally planned a trip to the Old Log Theatre to see the play, "Out of Order." **Brian Johnson** announced the addition of Wild Mountain for the ski racing teams. Also new would be numbered bibs so "they could fake everyone out that they were pro racers." **David Lyons** was pictured skiing the slalom course. Foundation president, **Don Sommers**, said the "Big, Fat Greek Dinner" was a success earning about \$1,500. **Jan Murphy** offered 6 holes of "Night-lite golf" using special balls. Course hazards and holes were lighted by special sticks. **Ken & Vicky Johnson** said a lottery drawing was held to select the 40 lucky ULLRs to attend the Progressive Dinner. Four ski trips were advertised going to Winter Park, Aspen, Big Mountain and Deer Valley, all costing between \$527-\$780. On the "Back Page," Nullr editor, **Wendy Jorgenson-Kooda**, printed a photo of her baby daughter born in May. [Don't worry, the current Nullr editor will never have that happen.]



WHAT'S COOKIN' PICNICS

Come rain or shine to these fun, summer ULLR picnic gatherings.

What's Cookin' Picnics are August 5, 19, and Sept. 2 at Brookview Park on Hwy. 55 in Golden Valley. See map in the ULLR directory.

Time: Meet 5:00 PM. Food served at 6:00 PM.

Costs: \$8.00 for meal, dessert & 2 beverages

Potlucks: \$5.00 if you bring food, \$8 if you don't.

\$3.00 for 2 beverages [no meal]

\$2.00 for desserts only

\$1.00 attendance only **or** for each beverage over 2

[All of these costs include shelter rental of \$1.]

Happy Hour

Last year in May there was a new event for ULLRs to enjoy, Happy Hour. For each last Thursday of the month, Joy Knudson and Pam Anderson have found a different locale where ULLR members and their friends can meet for appetizers and a beverage. These places are listed in the Social calendar. Thanks for this relaxing, fun event Pam and Joy.

WHAT'S COOKIN' GOLF—11:30 AM

Date: Wednesday before each What's Cookin' Picnic

Location: Meet at Hollydale Golf Course, 4710 Holly Lane N., Plymouth, MN. Groups will form as ULLRs arrive.

Contact: James Habeck, 763-559-5593,

Cost: \$21 for 18 holes for Senior walkers.



ULLR Ski, Bike and Social Club BALANCE SHEET As of April 30, 2015

The Audit for the year ended April 30, 2015 was completed by Joe Schwebel. He found the financial records to be accurate, complete, and in good order.

Assets

Current Assets

Checking, Wells Fargo	14,499.72
Savings, Wells Fargo	607.55
Prepaid Brookview Rental	1,150.00
Prepaid Nisswa expense,	2,600.00

TOTAL ASSETS \$ **18,857.27**

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Liabilities & Equity

Liabilities

Deferred Nisswa Revenue	8,085.00
Total Current Liabilities	\$8,085.00

Equity

Retained Earnings	8,975.86
Net Income	1,796.41
Total Equity	\$ 10,772.27

TOTAL LIABILITIES & EQUITY \$ **18,857.27**

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SUMMARY OF INCOME AND (EXPENSE)

Events

Lanesboro	171.15
Nisswa	612.54
What's Cookin'	(75.18)
Holiday Ball	127.01
Granite Peak	137.46
Beaver Creek	1,130.81
Ski Racing	(70.00)
Spring Banquet	186.97

Administrative

Membership Income	5,101.00
Membership Expense	(305.37)
Nullr & Directory	(3,461.35)
Awards	(323.07)
Bank Charges	(43.00)
Events & Meeting	(425.88)
Insurance	(250.00)
Dues	(348.00)
Website	(167.40)
Office Supplies	(202.13)
Interest income	0.85

Total Income / (Loss) \$ **1,796.41**

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[Editor's note: Congratulations to everyone who worked to change the total income from a loss of \$3,640.57 in 2014 to this year's income of \$1,796.41. That gain was despite have \$550 less in membership income. Invite a friend to join, and you can help to restore the lost income from those 22 missing members. By having the Nullr editor also doing the layout and having the Nullr only on-line, the club saved \$4,198.90 for this audit year. Thanks to JJ Coursolle for doing the web work. And thank you, Joe Schwebel, for again doing this financial audit.]

Biking and Hiking Calendar – 2015

Bicycling Program Coordinator: John Stiefel [H] 952-470-5411 [C] 612-743-4565 Please check the ULLR website at ullr.org for flyers to obtain details for each listed event. **Helmets are required on all ULLR bike rides.**
All times listed are A.M.

THURSDAY MORNING RIDES will run through October 1. Most rides meet at Lynnhurst Park on 50th Street W. and Minnehaha Pkwy. at 9:15 AM and start at 9:30 AM. Check ullr.org for alternative locations and times. In case of uncertain weather, call the trip leader to see if the ride (or hike) is cancelled.

BIKING

AUGUST

August 15, Saturday - 9:15

Chaska River Bottom
 Contact: Cheryl Rogers
 Phone: 952-469-1647

Aug. 22, Saturday - 12:45

Biking before Beach Party (see flier)
 Contact: John Stiefel
 Phone: 952-470-5411

Aug. 26-28, Wednesday-Friday

Lanesboro Bike & Golf
 Contacts: Mary Vande Hei &
 Cathy Hartle 320-761-0140 (C.H.)

SEPTEMBER

September 3, Thursday - 9:15

Chocolate Lovers Ride [see p. 8]
 Contact: Karen Holmquist
 Phone: 952-431-1903

September 10, Thursday - 9:15

Thursday morning Ride
Ride leader needed

Contact: John Stiefel, 952-470-5411

September 12, Saturday - 8:30 or 9:30

Elm Creek to Coon Rapids Dam
 Contact: Bill Brechtel (see flier)
 Phone: 952-474-5295

September 17, Thursday - 9:15

Meet: Wabun Picnic Area, Minnehaha Park. See ullr.org for details

September 20, Sunday - 9:00

Sakatah Singing Hills Ride
 Contacts: John Stiefel & Patty Fitzgerald; 952-470-5411

October 1, Thursday - 9:15

Last Thursday morning Ride

HIKING

September 27, Sunday – 11:00

Afton State Park Hike
 Contact: Joella Wilson
 Phone: 651-436-2324

September 30, Wednesday - 10:00

Coon Rapids Dam Hike
 Contact: Carol Bush
 Phone: 952-922-8035

October 3, Saturday – 10:15

Richard T. Anderson Conservation Area Hike
 Contacts: Patty Fitzgerald & John Stiefel - 952-470-5411

October 7, Wednesday

Arboretum Hike
 Contact: Jim Habeck
 Phone: 763-559-5593

See the event fliers for more information at ullr.org



The Fall Social calendar is quite empty. What fun activity will YOU plan for your ULLR friends? Contact [Jim Habeck](mailto:Jim.Habeck@ullr.org) with your idea.

RECALLING PAST EVENTS

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

July

2, 9, 16, 23, 30 – Thursday Rides
 John Stiefel

8, 22 – Golf before picnic
 Jim Habeck

8 – What's Cookin'
 Vicki Johnson & Eileen Ronning

10 – Singles Boating & Pot-luck
 Jim Maiser

12 – Prior Lake Ride
 Cheryl Rogers

15 – Winter Planning Party
 Sharon & Ken Marini

18 – Extreme Race Day at Canterbury
 Bill Handsaker & Kay Sterling

18 – Lake Harriet Pot-luck Picnic and concert
 Jan Butler & Kay Sterling

19 – Cannon Valley Trail Ride
 Sharon & Ken Marini

21 – ULLR Bridge
 Mary Holisak

22 – What's Cookin'
 Gail & Hal West & helpers

24 – Sommerfest
 Carol Burgess

25 – Gateway to Stillwater Ride
 Joan Roe & Charlie Brown

28 – Singles Patio Lunch at *Maynards*
 Ellise Lamb

29 – Wabun Park to Lake Como Ride
 Karen Clarke

30 – Last Thursday Happy Hour at *Psycho Susi's Motor Lounge*
 Joy Knudson & Pam Anderson



SOCIAL & CULTURAL CALENDAR – FALL 2015

More details and event flyers are at ullr.org

August 14, Friday - 4:30 PM

Singles: Boating, Pot-luck supper, cards & games [see p. 7]

Host: Jim Habeck

RSVP: 763-559-5593

August 16, Sunday - 3:45 PM

Minnehaha Steamboat Cruise

Contact: Sally Chevalier [see p.9]

RSVP: 952-935-7000

August 17, Monday - 9:30 AM

(Rescheduled from June 22)

Kayaking Essentials at French Regional Park (see web page)

Contact: Bill Brechtel

RSVP: 952-474-5295

August 18, Tuesday - [noon]

ULLR Bridge

Host: Carol Burgess

RSVP: 763-404-1010

August 18, Tuesday - 6:00 PM

Singles' Dinner &/or Beverage & Movie Night [see p.7]

Contact: Bill Handsacker

RSVP: 952-594-9061

August 19, Wednesday - 11:30 AM

Golf at Hollydale

RSVP: Jim Habeck 763-559-5593

August 19, Wednesday - 5:00 PM

What's Cookin' Picnic

Bratwurst Dinner

Hosts: Margie & Manfred Deutsch

763-545-5845

August 22, Saturday -

12:45 PM if biking;

3:00 PM if coming for Beach Party, Pot-luck & Social [see p.9]

Ride: John Stiefel 952-470-5411

Host: Jim Maiser

RSVP: 952-687-1423

August 23, Sunday - 10:45 AM

Gangster Tour [see p. 8]

RSVP: by **August 5** to Kay Sterling

Phone: 651-634-3600

August 25, Tuesday - 11:15 AM

Singles Lunch on the Patio at *Pinstripes*, 3849 Gallagher Dr., Edina

RSVP: by August 23 to Ellise Lamb

Phone: 952-442-9332

August 26-28 Wednesday-Friday

Lanesboro Bike & Golf [see p. 8]

Cathy Hartle 320-761-0140,

Mary Vande Hei 952-975-3974

August 27, Thursday - 4-6 PM

All-ULLR "Last Thursday Happy Hour"

at *Dangerfield's*, 1583 1st Av. E.,

Shakopee, 55379

RSVP: Joy Knudson 952-240-8418

August 29, Saturday - 6:00 PM

Tractor & Garden Pot-luck Social

Hosts: Shelly & Ron Larson

RSVP: 952-469-1824 [see p. 8]

September 2, Wed. - 11:30 AM

Golf at Hollydale

RSVP: Jim Habeck 763-559-5593

September 2, Wed - 5:00 PM

What's Cookin' Picnic

Hosts: Singles Turning 70

Mary Vande Hei 952-975-3974

September 11, Friday - 7:00 PM

Singles' Card /Game Night

Host: Jean Metz

RSVP: 541-390-2825;

martincjean@gmail.com

September 13, Sunday - 2:00 PM

"Hairspray" at the Artistry in the Bloomington Centre [see web flier]

Contact: Karen Gray

RSVP: 952-895-8960

September 15, Tuesday - 6:00 PM

Singles' Dinner &/or Beverage & Movie Night [see p. 7]

Contact: Bill Handsacker

RSVP: 952-594-9061

September 22, Tuesday - 5:15 PM

Singles Fine Dining, at *Timberlodge Steakhouse*, 7989 Southtown Center, Bloomington, 55431

RSVP: by Sept. 20 to Ellise Lamb

Phone: 952-442-9332

September 23, Wednesday - 11:45

Mayo Clinic Sports Medicine Tour

Contact: Mary Jane Hochstein

RSVP: 763-479-6890 [see p. 8]

September 24, Thursday - 3-6 PM

All-ULLR "Last Thursday Happy Hour" at *Maynards*, 685 Excelsior Blvd., Excelsior, 55331

RSVP: Joy Knudson 952-240-8418

September 25, Friday

Big Stone Mini Golf

Contact: Sally Chevalier

RSVP: 952-935-7000

October 8, Thursday [see page 9]

(6 PM-socialize; 7 PM meeting)

General Meeting at KC Hall & a guest speaker Kris Struyk. She is the Program Director for St. Therese Rehab.

Contact: Mary Jane Hochstein

Phone: 763-479-6890

October 9, Friday - 7:00 PM

Singles' Card /Game Night

Host: Sandra Shearer

RSVP: 651-747-7862

October 16, Friday

ULLR Social: "Kinky Boots"

Hosts: Sharon & Ken Marini

RSVP: 952-893-7408

Renew or Become a member

The membership due date has been changed to **October 31**. Renew at a What's Cookin' Picnic, the October General Meeting, or send your check payable to ULLR (\$25 per person) and a SIGNED WAIVER. Use the form in this *Nullr* or it can be [downloaded](#) from the website. A mailed *Nullr* is \$15 a year extra. Please include this amount in the same check with your membership. **MAIL TO:** ULLR, PO Box 201409, Bloomington, MN 55420.

UPCOMING SINGLES EVENTS

[See detailed flyers on the website 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, Aug. 18, Sept. 15, & Oct. 20

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

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

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 manntheatres.com/theatre/?tid=86

RSVP: to Bill Handsacker, 952-594-9061

ULLR SKI RACING TEAMS

by Brian Johnson

Seems hard to believe but we have been racing in the ski challenge race league for over 20 years. Over those 20 years we've learned a lot about how to race a giant slalom course, and the league has grown in course management and presentation.

When we started there were no clinics to help us develop our skills. Now we have excellent clinics. Buck Hill has done a tremendous job of providing an excellent facility for developing racing programs. Olympic racers, Lindsey Vonn, Kristi Koznick, Cindy McDonald, and others going back to the 1950s, all got their start at Buck Hill. In the last few years Wild Mountain has followed Buck Hill's lead and has an excellent race program with many racers competing at both venues.

Injuries, age, and skiers spending winter in Southern states have depleted our ranks. In the beginning we actually had four teams racing on Monday night at Highland. Now we have two teams, one at Buck Hill Wednesday afternoon and one at Wild Mountain Sunday afternoon. Some club members, who have never tried racing, have mentioned to me they would like to try it. We would be very happy to make you welcome on our Sunday or Wednesday teams. Or, if you just want to try it, there is a beginner's league Sunday evening at Wild. I would be happy to arrange a spot for you in that league and to arrange all the information and training you would need to have a fun time racing. For more information or to join a team, call me, Brian, (763-494-4622) or e-mail at lostswede@comcast.net Team members have a lot of fun.

SINGLES CARD/GAME NIGHTS

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

Date: Friday, August 14, 2015 – 4:30 PM (for boating, pot-luck supper & games)

Host: Jim Habeck **RSVP:** 763-559-5593

Location: 12030 54th Av. N., Plymouth 55442

Date: Friday, September 11, 2015 – 7:00 PM

Host: Jean Metz **RSVP:** 541-390-2825

Location: 1034 Anthony Way, Victoria 55386

Date: Friday, October 9, 2015 – 7:00 PM

Host: Sandra Shearer **RSVP:** 651-747-7862

Location: 5225 Grandview Square, #319, Edina 55436

Hosts are needed for the November 13 & December 11 Card/Game Nights. Call Margie Seklund to volunteer for these evenings or for an evening in 2016.

SINGLES FINE DINING

Please RSVP to Ellise Lamb, 952-442-9332 or ellise.lamb@mchsi.com by the Sunday before the event.

Date: Tuesday, August 25, 11:15 AM Lunch on the Patio

Location: Pinstripes, 3849 Gallagher Dr., Edina, 55435

pinstripes.com

Date: Tuesday, September 22 – 5:30 PM

[Or at 5:00 PM for Happy Hour.]

Location: Timber Lodge Steak House,
7989 Southtown Center, Bloomington,
55431; timberlodgesteakhouse.com

Date: Tuesday, October 27, 5:30 PM

[Or at 5:00 PM for Happy Hour.]

Location: McCormick & Schmick's,
3203 Galleria, Edina 55435 at the Westin Galleria Hotel

www.mccormickandschmicks.com



Ski team member, Lee Erickson, crossing the finish line on the slalom course. Ski racing is for the young and the young at heart!

ULLR Social Party
Tractor and Garden Day
Saturday, August 29, 2015, 3:00 PM

Ron and Shelly Larson

22251 Pillsbury Ave, Lakeville

Ron has a collection of antique tractors dating back to the 1930's he has restored and uses to



pull floats in local parades. We also have a huge garden, and we will give away the veggies if you are willing to pick them yourselves. Bring a container.



Provided: Water, lemonade, and coffee.

Bring: a dish to share, your own beverage, \$1, and a lawn chair

RSVP: to Shelly, 952-469-1824

Email: RonShellyLarson@aol.com

In case of bad weather, call to ask if cancelled.

Directions: Please see the flier on the web for complete driving directions.

Lanesboro Bike & Golf 2015

This trip filled quickly. The motel has space for 28 guests. However, there are many other accommodations in the area, so you can join the fun! Tell Cathy where you will stay. If off-site, there is a small Social-Hour food charge.

Dates: August 26-28th, Wednesday and Thursday nights

Cost: \$120.00/person (2/room), payable on signup

This Includes: Two nights lodging at the Green Gables Inn in Lanesboro; Wednesday & Thursday Social Hours and Thursday & Friday breakfast.

Partial List of Options (at your expense):

*Wednesday: Group dinner at The Branding Iron

*Thursday 7:30 pm: Commonwealth Theatre: "Charley's Aunt" (\$30 if 20 or more prepay.)

Contacts: Cathy Hartle, 320-761-0140 cell; cathy-hartle46@gmail.com or

Mary Vande Hei, 952-975-3974; mevandi@aol.com

Send checks: made out to "ULLR Club" to Cathy Hartle 17705A Gayle Drive, Little Falls, MN 56345

Call if you want to be on a wait list. You can also send a \$30 check, payable to "Cathy Hartle" for the play.

Tour the Mayo Clinic Sports Medicine Center

You learned that as soon as possible after an injury, such as a knee or ankle sprain, you can relieve pain and swelling and promote healing and flexibility with RICE—Rest, Ice, Compression, and Elevation.

Come and see what pro athletes do after they have been injured. The Mayo Clinic Sports Medicine Center is a state-of-the-art facility. It opened October 2014 in the Mayo Clinic Square across from the Target Center in Minneapolis. The Clinic offers comprehensive world-class sports medicine care utilizing the latest diagnostic technology, treatment and performance training equipment. Mayo Clinic is a recognized leader in sports medicine and partners with the Twins, Timberwolves, and the Lynx.

Date: Wednesday, September 23, 11:45 AM

This 30 minute tour is limited to 25 people.

Optional Lunch to follow—TBD

RSVP: Mary Jane Hochstein [H] 763-479-6890;

[c] 612-669-6285; maryjaneh@frontier.com

See flier at ullr.org for more details.

There are many photos from past activities, recipes, and helpful information on the ULLR website, ullr.org

HISTORIC ST. PAUL "GANGSTER TOUR"

Sunday, August 23 – 10:45 AM

Walking tour of Wabasha

"Mushroom Cave" + an entertaining 2-hour narrated motor coach tour of "St. Paul's famous Gangster Sites" with many stories and some very interesting history. Included is a light lunch after the tour.

RSVP: by August 5. Call Kay at

651-634-3600 for more information. Reservations are limited.

Make your \$35.00 check payable to Kay Sterling.

Include your phone #. **Mail to:** Kay Sterling,

271 Palomino Drive, Apple Valley, MN 55124

ULLR Cancellation Policies Apply.



**22nd Annual
Chocolate Lover's Ride**

Date: Thursday, September 3

Meet: at 9:15 for breakfast "sweets"

Ride at 10:00 AM for 25 miles or 11:00 AM for 12 miles

Bring foil to make your helmet a "Hershey's Kiss"

Optional: Lunch following ride TBD

Contact: Karen Holmquist; 952-431-1903



SKI SUMMIT COUNTY [Breckenridge—Keystone—Arapahoe Basin—Copper Mountain]

with the ULLR SKI CLUB FEB. 28—MAR. 5, 2016

Trip includes: Roundtrip air to Denver; bus between Denver & Breckenridge; 6 nights at the Double Tree Hilton; Pre-trip and Welcome Parties; private bus, once each to Copper and Keystone; Group Dinner at the Quandary Grille

Many options including: discounted lift tickets and up to five days of skiing **Cost:** \$1,143 - Land only \$843 (cost subject to surcharges) —\$400 at signup; \$400 due Sep. 1; \$343 due Dec. 1 (final payment subject to change) **Make checks to:** ULLR Ski Club;

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

Trip Chairs: Nancy Sand (h) 952-435-5225; (c) 763-280-2600; nsand878@gmail.com
Karen Holmquist: (h) 952-431-1903; (c) 952-270-4739; kholmquist@frontiernet.net

ULLR Cancellation Policy applies.



Minnehaha Steamboat Cruise

Sunday, August 16

Enjoy a 1-1/4-hour cruise past Victorian Gems and cottage treasures on Lake Minnetonka.

Meet: 3:45 PM at the Excelsior City Dock.

Cost: \$16.00; **Make checks to:** Sally Chevalier

Mail to: 4108 Kerry Ct., Minnetonka MN 55345
(H) 952-935-7000; (C) 952-484-6146 (just that day)

Optional dinner will follow. Place to be decided. *ULLR Cancellation Policy applies.*



BEACH PARTY POT LUCK AND SOCIAL — Saturday, August 22; 3:00 PM to ?? Pot Luck at 5:00 PM

Host: Jim Maiser **Where:** 40 E Lake Street, Waconia, 55387 **RSVP:** 952-687-1423

Provided: Brats, Hot Dogs, Kraut and Lemonade. **Bring:** Dish to share, your beverage and lawn chair.

This is a beach party. Plan a day on the lake. We will have two pontoons, runabout, tubing, water skiing, kayaking, swimming, etc. Bring a swim suit and towel. You may get wet.

Waconia is located 15 miles west of Chanhassen on MN Hwy 5. At the first stop light in Waconia take a right, this is Main Street or County Road 59. Proceed on Main St. to Pine St.; (just past the city park), take a right, go one block to Lake Street and my home. Come to the back of the house. **RSVP:** jimmaiser@gmail.com

[See p. 5 and the flier at ullr.org for information about a bike ride before the party.]

General Meetings and all

by Mary Jane Hochstein, Executive VP

We are getting ready for a busy, active and informative fall and winter schedule. Although some of the General Meetings and events still have to be finalized, here are a few **highlights** you can look forward to. Our first General Meeting will be on **Oct 8th** with guest speaker Kris Struyk who is the Program Director for St. Therese Rehab. She will tell us about their Balance Program and give us valuable tips on preventing falls, a serious senior issue. Then, get ready for "Kinky Boots," the **Oct 16th** Social Party hosted by Ken and Sharon Marini. Our Holiday Ball will be held, a little earlier than usual this year, on Sat., **Nov 21st**, at the American Legion in Savage. Unfortunately the Fort

Snelling Officers' Club permanently closed and that caused a change in venue and date. However, the *Changing Times Band* will be playing for our dancing enjoyment. Mark **Dec. 4th** on your calendar for the Directory Folding Party at Mary Ellen Gabel's home. Our first General Meeting of 2016 will be on **Jan 21st**, featuring Cathy Schutt, CTRS, the Director of Therapeutic Programs and Volunteers at Walker Methodist Health Center. Cathy oversees the Music and Memory Program which enables residents with dementia to enjoy the healing power of personalized music. Find out how this can change their world. We will close out our last General Meeting for the year on **April 14th** with the ULLR Foundation Bingo Event, followed by the Spring Banquet a little later in April.



Membership Form

Check # _____ Amt _____ Cash \$ _____

Please Print Clearly

(If this is a renewal indicate any changes since your last renewal;
Otherwise, just write "same" below your printed name and sign the waiver).

Name: _____ Phone: _____

Primary Address: _____

City: _____ State: _____ Zip: _____

Alternate Address: _____

City: _____ State: _____ Zip: _____

Alternate Months: _____ Alternate Phone: _____

Email: _____

*The Nullr newsletter is available online
at <http://ullr.org/NullrOnline.html>*

ULLR SKI, BIKE & SOCIAL CLUB WAIVER

In consideration of the right to participate in officially sponsored and sanctioned activities, I hereby release any and all sponsoring organizations, including but not limited to, the ULLR Ski, Bike & Social Club (the "Club"), all affiliated clubs and any person officially or unofficially connected with sanctioned racing competition, the hearing-impaired ski program, any Club trip or any sponsored activity whatsoever, from all liability whatsoever, whether the liability arises from bodily injury or death to myself or others, or damage to property owned by myself or others, arising from my participation in or presence at these activities.

I expressly agree that this release is intended to be as broad and inclusive as is permitted by the law of the state in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

I have read, understood, and voluntarily sign this release and waive all liability, and further agree that no oral representations or inducements apart from the foregoing written agreement have been made.

MEMBERSHIP FEES

Make check payable to:
ULLR Ski, Bike & Social Club

(please mark category)

- \$25.00 New Member
- \$25.00 Renewal

I'D LIKE TO PARTICIPATE IN:

(please check areas of interest)

- | | |
|--|--|
| <input type="checkbox"/> Downhill Ski Trips | <input type="checkbox"/> Hiking |
| <input type="checkbox"/> Cross-Country Ski Trips | <input type="checkbox"/> Snow Shoeing |
| <input type="checkbox"/> Ski Racing | <input type="checkbox"/> Summer Picnics |
| <input type="checkbox"/> Bike Outings | <input type="checkbox"/> Singles Events/Cultural |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Social Events |

I'D LIKE TO HELP WITH:

(please check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Downhill Ski Trips | <input type="checkbox"/> Summer Picnics |
| <input type="checkbox"/> Cross Country Ski Trips | <input type="checkbox"/> Cultural/Social Events |
| <input type="checkbox"/> Ski Racing | <input type="checkbox"/> Singles Events |
| <input type="checkbox"/> Bike Outings | <input type="checkbox"/> General Meetings |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Hospitality |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Public Relations |
| <input type="checkbox"/> Snow Shoeing | <input type="checkbox"/> Folding Parties |

Signature _____

Date: _____

If you are a new member, how did you find out about ULLR?

Internet MSC Friend/Member (name) _____

**Mail this form and your check to:
Membership, ULLR Ski, Bike & Social Club, PO Box 201409, Bloomington, MN 55420**