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March 2017

ULLRS ENJOY WAUSAU TRIP by Nancy Sand

On Monday, January 30, central Wisconsin was blanketed with several inches of fresh snow. The next day sixteen Ullrs drove to Wausau to play in that new snow, and play they did!

On Tuesday, Jerry S. and Eldon K. chose to downhill ski. The others enjoyed the trails at Nine Mile Forest. That evening all met for a welcome pizza party. Then some finished the evening with a rousing game of Farkle.

Wednesday morning six went back to Nine Mile for more cross-country and snowshoe adventures. Ten downhill skied on groomed trails at Granite Peak. This was the first Wausau trip for Nancy and Craig N. who got a personal mountain tour from Trip Chair Nancy S. and John V. Later that evening, we met for a group photo and went to the Great Dane restaurant. While waiting for our dinners and beverages, ULLRs shared their history of winter activities. We learned we have enjoyed winter outdoor activities in five countries and in eighteen states. Bruce W. had this kind of fun at 58

different places. Our collective ULLR membership totaled 303 years. Nancy N. was our youngest member, and John V. met the age to ski free at Granite Peak.

Thursday morning the wind chill temperature was about -18°. Ken and Sharon M. decided to ski anyway. The rest visited the Leigh Yawkey Woodson Art Museum viewing Wyeth and Audubon bird art and a special Tiffany Glass exhibit. Wausau 2017 was another great trip with Ullrs!



The 67th Annual ULLR Awards Banquet and Dance *“From the end, spring **New Beginnings**”* - Pliney, the elder

Saturday, April 29, 2017

At the Chanhassen American Legion
 290 Lake Drive East, Chanhassen 55317

5:00 pm Social (Cash bar)

6:00 pm Dinner Buffet: Salad, pork roast, grilled chicken breast, mashed potatoes with gravy, Chef’s selection of seasonal vegetables, dinner rolls, cake and coffee. (A vegetarian dinner is by request.)

6:45 pm Awards Program

8:00 pm Dancing to *American Flyer Band*

Cost: \$40 for ULLR members and guests

Chairs: Mary Jane Hochstein and Sharon Marini
 Sign-up at the March 9 or April 13th meeting.
 Make checks payable to ULLR Club and send to:
 Diane Erlandson, 8200 West 33rd Street #302,
 St. Louis Park, MN 55426
 952-941-5184

Reservations due by Saturday, April 22.

ULLR Cancellation Policy Applies.



2017 IMPORTANT CONTACTS
OFFICERS OF THE CLUB

President

Jim Habeck: ULLRPrez@ULLR.org

Executive VP

Mary Jane Hochstein: ExecVP@ULLR.org

Winter Program VP

Karen Holmquist: WinterVP@ULLR.org

Summer Programs VP

Mary Ellen Goriesky: 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

Patty Fitzgerald: 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

Bruce Warner-beer, Ray Wilkinson-wine,
& Dale Evans-water, pop

Beverages@ULLR.org

Biking

John Stiefel: Biking@ULLR.org

Singles

Jan Butler: Singles@ULLR.org

Folding Parties

Nancy Sand: FoldingParty@ULLR.org

General Meetings

Mary Jane Hochstein: ExecVP@ULLR.org

MSC Representatives

Karen Holmquist: WinterVP@ULLR.org

Dolly Eastman: MSCrep@ULLR.org

MSC www.midwestfun.org

ULLR Foundation President

Jerry Weiskopf: See Directory

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ULLRnet

Fran DeWell & Joan Roe

ULLRnet@ULLR.org

LETTER FROM THE PRESIDENT by Jim Habeck

Greetings Ullrs!

It is another up and down winter for weather. Cold one week, then warm weather the next week and rain. It is not great for cross country or snowshoe, but OK for winter hikes. Downhill skiing is not much better. The rain and melting, then refreezing, makes the runs icy. This week, the Ski Challenge Race had the worst runs I have seen for this race. There was soft snow on top and hard ice underneath. There were a lot of missed gates and crashes. Many racers made just one run.

Our ULLR Ski trip to Park City is less than a month away. There is a lot of snow out west this year. We don't have to worry about bare spots on the runs. We are taking 40 skiers. Nobody has cancelled out yet. That is good because, up to now, there are no skiers on the waiting list.

Here are items discussed at the last Board meeting.

1. Our ULLR nominating committee has had success in finding candidates for all of the positions. This is good as some years we have struggled to find candidates.
2. The price for the Summer Picnics. I hate to say it, but the price must go up. It will cost \$160.00 to rent the shelter each night. Last year the average attendance was in the 70's. Now it will cost over \$2.00 for rent for each person. We still need dinner hosts for the September 6 picnic. Volunteer!
3. The cost for the Holiday Ball. We had only 57 Ullrs attending. We lost a little money on the event. We probably cannot afford both a band and dinner anymore. Maybe next year there will just be a buffet or a catered dinner some place.
4. The cost for entertainment at our meetings. Almost always there is a fee. If you have any ideas about any issue, please talk to a Board member.



March 31st is the deadline to submit a plan for a trip or event.

**WESTERN SKI TRIP OR WARM WEATHER GETAWAY
PROPOSAL GUIDELINES FOR 2017-2018**

The ULLR Club has great trips for members who love to ski or have a spring, summer or fall adventure trip. Each April our members present trip proposals for the following year. If you have had experience running an ULLR club event and have an idea for a trip, please prepare a proposal for presentation to the Board. It is fun to do, and you will have lots of help along the way to make your event a success. Guidelines on how to prepare a trip proposal can be seen and/or downloaded at: <http://ullr.org/UllrForms.html>

The ULLRNET

The ULLRnet was created as a way to receive messages of a personal nature about current and past members. The ULLRnet has a voluntary sign-up. If a

member or former member has not signed up, and would like to, please send an email message to ULLRnet@ullr.org Also, inform us of email address changes.

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

Look at all the fun events coming up.

Join or rejoin the club. Membership is now only \$20

There is a reason the ULLR Club is in its 67th year. Members want to do fun activities with like-minded folks. Print a membership form by logging onto ullr.org and click on Membership Information, or forms will be available at the meeting on February 9 at the Knights of Columbus Hall. Be sure to sign the waiver. If a couple is using one form, both sign the waiver. Remember to **indicate your interests and willingness to volunteer**. Include a check with the correct membership fee amount and send to the address printed near the bottom of the membership form.
Jan Butler, Membership VP

ULLR General Meetings—2017

Dates: February 9, March 9 & April 13

6:00 PM Socialize — 7:00 PM General Meeting

Feb. 9 Program: Wonder Weavers- Tina & Colleen

Professional storytellers. In sharing our stories bridges are built and communities are formed. See <http://wonderweavers.com>

Mar. 9 Program: “Preventing Medicare Fraud and Avoiding Scams.” The Guest Speaker is from the Metropolitan Area Agency on Aging. Come to hear ways to prevent YOU from being a target.

April 13 Program: Bingo.

Proceeds go to the ULLR Foundation.



Bloomington Events Center (Knights of Columbus Hall,) 1114 American Blvd. W., Bloomington.

Consider having your dinner at the Hall. The dining room opens at 5:00 PM. Call Kim at 952-888-1492 to reserve a spot. The cost of meals and drinks is credited to the Club and helps to defray the rental cost of the meeting room.

On p. 1: Back: Karen H, Mary Ellen G, John V, Sharon M, Jerry S, Barb K, Eldon K, Joella W, Craig N - Front: Sally C, Judy B, Ken M, Trip Chair Nancy S, Nancy N

Right: The Nancys glow while downhill skiing at Granite Peak near Wausau, Wisconsin. Craig & Nancy N, John V, and trip leader Nancy S

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

by Margie Deutsch



2001 President **Joyce Krake** thanked: Joan Roe and Karen Clarke for planning the New Year's 4-day trip to Giant's Ridge; **Gloria Dombrock** for her Backjack trip; and **Pat Nelson** for a Welsh Village day event.

ULLR had two western ski trips planned. **Jerry Swanberg** was co-chair for the March trip to Whistler, Canada. **Lorri Christianson** was co-chair for an April trip to Vail, Colorado.

12 new members were welcomed the previous month.

2002 The Welsh Village day event saw returning skiers **Alan Moore** and **Charlotte Navratil**. They both had had recent knee surgery and this was their first time back skiing.

Fran DeWell was thanked for her years as editor of the Nullr "Back Page." **Nancy Keyes** volunteered and became the new editor.

The very popular Progressive Dinner in May was advertised with new rules for sign-up. Reservations would be accepted at the March General Meeting. If a member couldn't attend that, he was told to have a friend register him as the event would be full by evening's end. Hosts in Eden Prairie would be **Karen & David Oakland** (*now living in Plymouth*), and **Gwen Kline & Tom Larkin**. In Bloomington hosts would be **Berit & Tom Roberts** and **Barb Carpenter & Joe Fischenich**.

In the past 21 issues, I have mentioned the names of 124 people, 8 of whom are now deceased. These living 116 people are still ULLR members today. That is real staying power for any club!



UPCOMING SINGLES EVENTS

ULLR Singles' Events are open to all single Ullrs. Contact Jan Butler about ULLR Singles' activities or to volunteer to plan and/or host an event: 952-544-8163, Singles@ullr.org or jscmunch@comcast.net

SINGLES CARD/GAME NIGHTS

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

Date: Friday, February 10 - 7:00 PM
Host: Carol Bush - **RSVP:** 952-922-8035
5691 Hyland Courts Drive, Bloomington 55437

Date: Friday, March 10 - 7:00 PM
Host: Mary Ellen Gabel - **RSVP:** 612-789-7832
3213 Skycroft Drive NE, Minneapolis 55418

Date: Friday, April 14 - 7:00 PM

Host: Pam Anderson -
RSVP: 763-315-3772
6217 Creekview Lane N.,
Brooklyn Park 55443

Hosts are needed for the September, October and November Card/Game Nights. Call Jan to volunteer.



2017 SINGLES' FINE DINING

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

February 28 - Fine Dining - 5:30 PM or come earlier for Happy Hour at the *5120 Restaurant* (in the Country Inn Suites,) 5120 American Blvd., Bloomington 55437; 5120mn.com

March 28 - Fine Dining - 5:30 PM or come earlier for Happy Hour at the *Wildfire*, 3020 Eden Prairie Center, Eden Prairie, 55344-6055 (Hwy 212 & Prairie Center Drive); wildfirerestaurant.com

April 25 - Fine Dining - 5:30 PM or come earlier for Happy Hour at *Lou Nanne's Restaurant*, 7651 France Av., Edina 55435; lounannes.com



Nisswa Bike and Golf trip, June 12 - 15, 2017

Cost: \$160 (There is just room for 3 more!)

The Carols again invite you to Nisswa.

The trip INCLUDES:

3 nights lodging (Mon.-Wed.)

3 continental breakfasts

Monday Eve: Welcome Party Drinks

Wednesday night: Cookout dinner

(Assigned attendees will bring appetizers & side dishes.)



Nancy Harman is organizing a golfing program for those interested in golfing rather than biking. If interested in being put on her list, email her at

fischerking@usfamily.net

Make check payable to ULLR Club. **Send to:** Carol Bush, 5691 Hyland Courts Drive, Bloomington, MN 55437. Include emergency contact and roommate preference with your check.

Co-Chairs: Carol Thelen, 320-333-6642, carolte@me.com

Carol Bush, 952-922-8035, carolsbush@aol.com



Joella W, Sharon M, Mary Ellen G, and hiding Sally C are getting warm on their snowshoe trek on the Wausau Trip.

SNOWSHOE / HIKE at the MINNESOTA RIVER VALLEY NATIONAL WILDLIFE REFUGE

When: Monday, February 20, 2017

Meet: at 10:30 in the parking lot at the Old Cedar Avenue Bridge in

Bloomington. Snowshoe or hike at 10:45 in the Bass Ponds area.

Lunch after at TGI Fridays, 2201 Killebrew Dr, Bloomington.

RSVP: to John Vogt, 952-829-7056 jvgt11@gmail.com

In case of bad weather, call John.



2017 Social Calendar *See ullr.org for flyers*

February 9, Thursday (see p. 3)
ULLR General Meeting at K.C. Hall,
5 PM Optional Dinner; 6 PM Socialize
7:00 Meeting; Program: Wonder
Weavers

Contact: Mary Jane Hochstein
763-479-6890

February 10, Friday - 7:00 PM
Singles' Cards & Games Night
Host: Carol Bush; RSVP: 952-922-8035

February 11, Saturday - 11:30 AM
February Social & Potluck (see p.6)
Diane Erlandson; RSVP: 952-941-5184

February 12, Sunday - 1:30 PM
"Little Shop of Horrors" (see p.6)
Karen Gray; RSVP: 952-895-8960

February 26-March 4 (see p. 5)
Park City Ski Trip

February 28, Tuesday - 5:30 PM
Singles' Fine Dining at *5120 Restaurant*
(in Country Inn Suites)
RSVP: Ellise Lamb, 952-442-9332

March 9, Thursday (see p. 3)
ULLR General Meeting at K.C. Hall
5 PM Optional Dinner; 6 PM Socialize
7:00 Meeting; Speaker: Preventing
Medicare Fraud & Avoiding Scams
Contact: Mary Jane Hochstein
763-479-6890

March 10, Friday - 7:00 PM
Singles' Cards & Games Night
Mary Ellen Gabel; RSVP: 612-789-7832

March 12, Sunday - 4:00 PM
Bike Season Planning Party (see p.6)
John Stiefel & Patty Fitzgerald
RSVP: 952-470-5411

March 18, Saturday - 4:00 PM (p.6)
St. Patty's Day Party & Potluck
Patty Fitzgerald & John Stiefel
RSVP: 952-470-5411

March 28, Tuesday - 5:30 PM
Singles' Fine Dining at *Wildfire*
RSVP: Ellise Lamb, 952-442-9332

April 13, Thursday (see p. 3)
ULLR General Meeting at K.C. Hall,
5 PM Optional Dinner; 6 PM Socialize
7:00 Meeting; Foundation BINGO
Contact: Mary Jane Hochstein
763-479-6890

April 14, Friday - 7:00 PM
Singles' Cards & Games Night
Pam Anderson; RSVP: 763-315-3772

April 25, Tuesday - 11:00 AM (see p. 6)
April Social & Potluck
Margo Dinneen & Jon Zoller
RSVP: 952-542-1185

April 29, Saturday - 5:00 PM (see p. 1)
Spring Awards Dinner & Dance
Sharon Marini & Mary Jane Hochstein
RSVP: Diane Erlandson, 952-941-5184

See photos from past events
at [http://www.ullr.org/
EventPics.html](http://www.ullr.org/EventPics.html)

Hiking Calendar 2017

February 10, Friday - 10:45
Como Park Hike or SS
Mary Ellen Gabel, 612-789-7832

February 13, Monday - 10:45
Hyland Park SS or XO
Sharon Marini, 952-893-7408

February 17, Friday - 11:00
Whitetail Woods Hike or SS
Nancy Sand, 952-435-5225

February 20, Monday - 10:30
Minnesota River Valley National
Refuge Hike or SS
John Vogt, 952-829-7056

April 10, Monday - 10:15
Schulze Lake Hike
Nancy & Craig Navis, 651-456-9107

April 22, Saturday
Lake of the Isles Hike
Carol Bush, 952-922-8035

Recalling January

A sincere thanks to these ULLRs who organized/ led an event.

1, Afton Alps – cancelled. Too icy
Brian Johnson

3, Afton Alps—cancelled. Too cold
Barb Kolbe

13, Singles Cards/Games
Char Strand

19, General Meeting
Mary Jane Hochstein & speaker,
Rachell Wobschall

24, Snowshoe Around a Lake
Sally Chevalier

**29, Elm Creek Park
Hike, SS, XO**
James Habeck



31-Feb. 2, Granite Peak Trip
Nancy Sand

ULLR Outdoor Summary

Feb. 10, Como Park SS/Hike, 10:45
Feb. 13, Hyland Hills SS/XO, 10:45
Feb. 15, Afton Alps, 9:30
Feb. 17, Whitetail Woods SS/Hike,
11:00
Feb. 20, Minnesota River Valley SS/
Hike, 10:45
Feb. 22, Ski Welch, 9:30
Feb. 26-Mar. 4, Park City Utah
Mar. 8, Ski Welch, 9:30
See flyers at ullr.org for details.

SKI TRIP TO PARK CITY, UTAH Feb. 26 – Mar. 4, 2017

[The trip with 40 folks is full!](#)
[There is a wait list.](#)

Cost: \$978; Land Only: \$616 (Costs
subject to surcharges.)

Questions, call: Jim Habeck, 763-559-
5593, james.habeck@q.com or
John Vogt 952-829-7056,
jvt11@gmail.com

ULLR Membership and Cancellation
Policies Apply. See the flyer at
ullr.org for more details.

IT MAY BE WINTER, BUT LET'S PARTY!

Saturday February 11, 2017 - 11:30am

Where: Diane Erlandson's Party Room
8200 West 33rd St.

St. Louis Park, MN 55426

RSVP: Diane at 952-941-5184 or
diane.erlandson1976@gmail.com

Bring a dish to share for pot luck, \$1 donation
Coffee and water provided
Bring games and/or cards
Not mandatory, but if you want to win some money, bring quarters as we will play a few games of



BINGO

Let's socialize and have some fun!!

BIKING PLANNING PARTY

Please come and bring your ideas for bike rides for the upcoming biking season.

Sunday, March 12th,
at 4 pm.

Main dish & beverages will be provided. Please bring a side dish and \$1. The party will be at the home of John Stiefel, 19595 Near Mountain Blvd., Shorewood, MN. **RSVP:** to 952-470-5411 or patfitzjohns@msn.com by March 8th



Welcome Spring with a Social Party

Tuesday, April 25, 2017 at 11:00 am

Hosts: Margo Dinneen & Jon Zoller

Bring a dish to share, your own beverage, and a \$1 donation. Coffee and water are provided.

After lunch, socialize or stroll around Jeffers Pond (approx 2 miles). See nature in bloom, weather permitting. (Please park 4 cars in our driveway, and none in front of mailboxes.)

RSVP: 952-542-1185



Sunday, February 12, 2017, 2:00 show time

Artistry at the Bloomington Center for the Arts 1800 Old West Shakopee Road, Bloomington

Call Karen Gray to see if she has any tickets left. If so, send a check for \$36 to her at, 13216 Pine Ridge Rd, Burnsville, MN 55337. As I am editing, there appear to be a few tickets left if you go on-line to artistrymn.org

Optional restaurant dinner following the performance, TBD.

ULLR Cancellation Policy Applies.

<http://ullr.org/Flyers/2017/170212-LittleShopOfHorrors.pdf>

<https://artistrymn.org/theater/littleshop>

**LITTLE SHOP
of
HORRORS**

Come to a St. Patty's Day Party

SATURDAY, MARCH 18 4 PM TO ??

Wear your **GREEN**, bring a dish to share, your beverages for the evening and a \$1 donation.

If you have a favorite game, bring that along too. We will socialize, share a meal and have some

IRISH FUN

RSVP: John Stiefel and Patty Fitzgerald, 952-470-5411 patfitzjohns@msn.com
(If bad weather, call to see if cancelled.)

19595 Near Mountain Blvd., Shorewood From 494 and 62, go west approx. 4 miles, follow Hwy 101 South, turn right on Townline Rd, it becomes Vine Hill Rd. after 1 block. Take Vine Hill Rd. to Near Mountain Blvd, left to house.



MEMBER SPOTLIGHT

[The new information does not appear in the Online Nullr. You will find this information in an e-mail sent to you by the webmaster, Joe Coursolle]

For January

DIRECTORY CHANGE
Jim & Eileen Ronning

DIRECTORY ADDITIONS

PLEASE WELCOME THIS NEW MEMBER

Mary Richgels

Remember to keep your address, phone number(s) and email address current with the Club Membership VP. You don't want to miss knowing about ULLR activities.

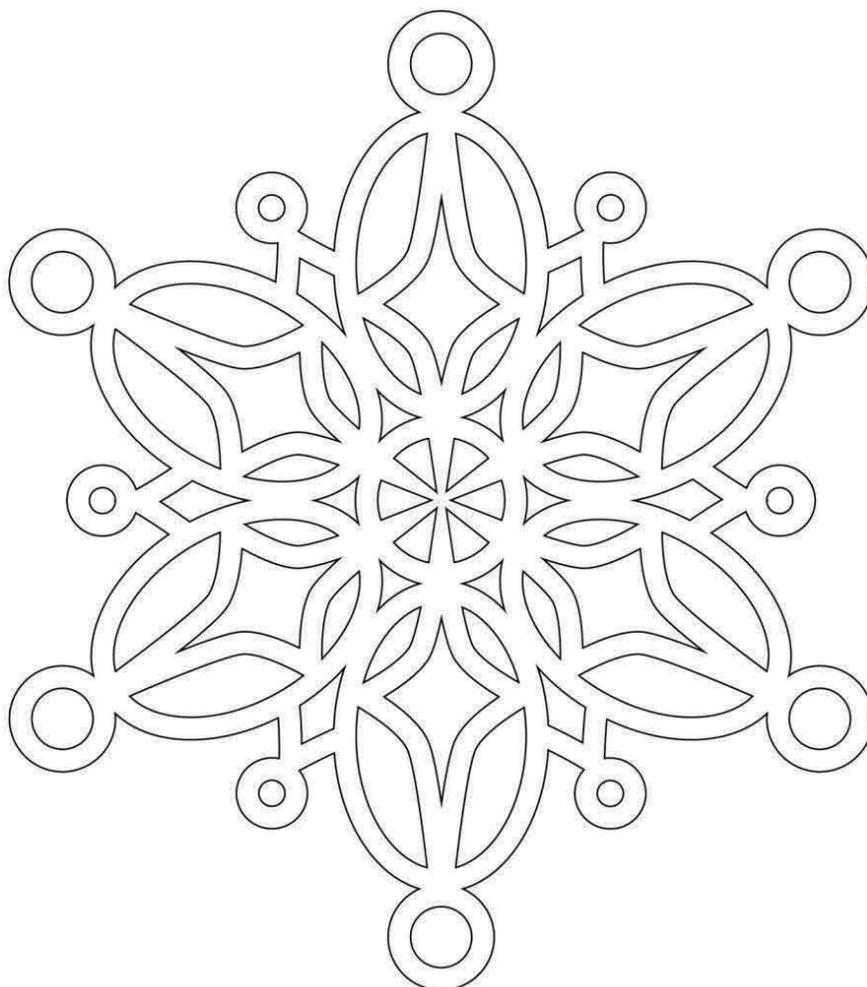
As editor, when there is no more news to tell, or information to share, I can reduce the number of pages for the Nullr. It is February 1, and I am looking out my window and seeing more green grass than snow. So, for you folks who are missing snow this winter, I am giving you a snowflake to color. You might say you have no crayons, colored pencils, or markers.

That's O.K. Just make some patterns on the flake with a pencil. Why have I included this page? Read what a Reader's Digest web page said about the 8 scientific reasons one should color. <http://www.rd.com/health/wellness/adult-coloring-book-benefits/>

Have fun! Margie

WHY COLOR

1. Coloring calms down the busiest of minds. Thanks to its basic, repetitive motions, coloring engages parts of the cerebral cortex while relaxing the amygdala, the brain's fear center.
2. Coloring can get rid of the dark circles under your eyes. By swapping your cell phone, tablet, or laptop for a coloring book before bed, you'll avoid exposing yourself to the sleep-sabotaging blue light emitted by electronic devices. Researchers found that people who used these devices at night had greater difficulty falling asleep and got less REM sleep (necessary for rest and for memory consolidation) than those who didn't.
3. Coloring lets you nurture your inner artist. It allows you to add your creative side to an existing picture.
4. Grown-ups have relatively few opportunities for open-ended, unstructured play. But it's precisely those moments when our minds are engaged, yet free to roam, that unexpected associations and ideas pop up, unleashing inner creative genius. Coloring can also provide a way to experiment without worrying about failure or consequences.
5. According to a study from San Francisco State University, workers who regularly engaged in a creative hobby outside of their jobs were rated by their colleagues as more innovative, helpful, and team-spirited than workers without a creative pursuit.
6. Coloring provides sweet relief to a brain taxed by too many choices. Your only choice to make is what color to use.



7. Color can add meaning to life, generosity to strangers, and increase tolerance of outsiders. It can promote optimism and inspiration for the future, and can even make cold rooms warmer. It does all this by invoking nostalgia.
8. Coloring can help you age gracefully. It helps you maintain your manual dexterity. So, COLOR!

(This page contains abridged information and copied sentences from the website article written by Darly Chen.)