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March 2018

ULLR FOUNDATION by Jan Cady

January was a very productive month for the ULLR Foundation. With your generous contributions, on January 10 we were able to present Hammer Residences with a check for \$790 toward the purchase of floor hockey equipment.

On the 16th we met with the founders of Twin Cities Adaptive Cycles at Farmstead Cycles and presented them with a check for \$5,790 for the purchase of two Green-speed Recumbent Trikes. These trikes allow people with limited balance or medical/physical problems to get out and ride. If needed, one trike can be tethered to a second trike so even a blind person can feel the joy of riding. One of the trikes will be in honor of Charlie Brown. We are really excited about our partnership with TCAC and hope to have them speak at one of our meetings.

The Foundation is looking for new members. There is not a lot of work to do, and the benefits are great. Talk with a Foundation member. Their names are listed on page 1 of the directory.

We are getting everything ready for the Bingo games and Raffle at the General Meeting on April 12 and hope many will be present. You can also invite your non-ULLR friends, neighbors and relatives. Some of the items in the Raffle are as follows:

2 Piece Carving Set \$70; Limited Edition Plate by Terry Redlin, "Winter Windbreak" \$75; Hanging Stained Glass Heart with Votive Candle and a \$50 Gift Certificate from Shelly's Boutique = \$80; 4 Premiere Movie Passes to Show-place Theatres (West End) \$50; Spa Basket & Spring Decorative Hanging Flag \$100. We will also have many \$25 gift certificates to various stores and restaurants as Bingo prizes.

On December 28th we lost Lorri Christenson, a long time Foundation member, past President and ULLR of the Year. She devoted a lot of her life to the ULLR Ski Club and will be missed by many.

Members of the Twin Cities Adaptive Cycles, Farmstead Cycles employees, and ULLR Foundation members gathered for the check presentation.

The one-year old Twin Cities Adaptive Cycling Program is a 501(c) (3) non-profit working to increase participation and access to cycling among individuals with disabilities. At TCAC, riders are able to drop-in to this program location on the Greenway at anytime during open hours. New riders will be evaluated one-on-one by the knowledgeable staff to determine which style of cycle will be most appropriate. See the [Facebook page](#) at "Twin Cities Adaptive Cycling Program."



2018 IMPORTANT CONTACTS
OFFICERS OF THE CLUB

President

Mary Jane Hochstein:
ULLRPrez@ULLR.org

Executive VP

Joan Roe: ExecVP@ULLR.org

Winter Programs VP

Karen Holmquist: WinterVP@ULLR.org

Summer Programs VP

Mary Ellen Goriesky: SummerVP@ULLR.org

Membership VP

Jan Butler: MembershipVP@ULLR.org

Treasurer

Bill Brechtel: Treasurer@ULLR.org

Secretary

Nancy Navis: Secretary@ULLR.org

Past President/Advisor

James Habeck: PastPrez@ULLR.org

PROGRAM COORDINATORS

Alpine-Nordic

Barb Kolbe: See directory

Ski Racing

Brian Johnson: Racing@ULLR.org

What's Cookin' Cashiers

Carole Nelson & Sharon Pappas:
WCcashier@ULLR.org

What's Cookin' Supply Chairs

Nancy Kastner

WhatsCookin@ULLR.org

What's Cookin' Beverage Chairs

Bruce Warner-beer, Ken Ernst-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

Joan Roe: ExecVP@ULLR.org

MSC Representatives

Karen Holmquist: WinterVP@ULLR.org
Dolly Eastman: MSCrep@ULLR.org

MSC www.midwestfun.org

ULLR Foundation President

Jan Cady: FoundationPrez@ULLR.org

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Margie Deutsch: NULLR@ULLR.org

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Fran DeWell & Joan Roe
ULLRnet@ULLR.org

LETTER FROM THE PRESIDENT

By Mary Jane Hochstein



Is it Spring yet? Not quite! The sun is shining, the sky is blue and cloudless, a herd of squirrels are devouring every seed on or off the bird feeder in our backyard, minimal wind and it's barely 10° above zero. Actually, it's still January and we are just days away from the highlight of the football season, Super Bowl LII. A whole lot of craziness going on! Did you participate in any of the football-centric events on Nicollet Mall? Zip-line across the Mississippi? Did you root for the winning team? Ahhh, such hopes for a Viking win. We do have the Minneapolis Miracle though. Now hopes and dreams are put in next year's basket.

Hopefully you were able to get out and about to some of the planned ULLR winter events. I admit, it's been tricky. It seems like we've been on a weather roller coaster of frigid air, warm-ups, and snow. Throw in the aggressive flu season and colds and what do you get? Tamiflu and cancellations with the hope of rescheduling some events. At some point, thanks to SAD [Seasonal Affective Disorder], I thought hibernation was a viable and desirable option. But kudos and thanks to everyone who chaired or hosted an event during our winter season and those who braved the elements.

Looking forward this month, we wrap up skiing with Winter Park and our thoughts will be turning to spring with the Bike Planning Party. Opportunities abound for hiking and biking, social and cultural events. Get ready, get involved. Bring on Spring!!

(I found this on-line. I think Manfred would understand this well. -Margie)
"When you're a mountain person, you understand the brilliance and beauty of contradiction. The way land can be your greatest teacher. How something can be both grounding yet elevating, intoxicating yet soothing, wild yet serene, intensely primal yet patient, and cycling yet predictable within the shift, and rhythms. Mountains keep us on edge yet wrap us in the sensation of safety all at once. I don't know anything sweeter, or more magic inducing than that."
-Victoria Erickson

BIKE PLANNING PARTY - Sunday, March 18th, at 4 pm.
There still is plenty of skiing ahead, but ULLRs like to have plans for all of the seasons. Please come to the bike planning party and bring your ideas for bike rides for the upcoming biking season. Main dish & beverages will be provided. Please bring a side dish & \$1. The party will be at the home of John Stiefel, 19595 Near Mountain Blvd., Shorewood, 55331
RSVP to 952-470-5411 or patfitzjohns@msn.com by March 11th.

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
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A Walk down the ULLR Memory Lane as reported in the 2000 Nullrs.

by Margie Deutsch



In 2000 there were several problems for this club of over 500 members. The March Nullr was a bare-bones 4-pager as **Alan Moore** was retiring as editor after having the job for 2 years and no one had come forward to volunteer. [Finally in April, **Joyce Crozier** accepted the task!]

The second problem was there was no western ski trip to offer as no one had proposed a trip. Leisure Time Tours proposed an April trip to Copper Mountain which was accepted by the Board. **Bobby Ciesinski** offered to lead a group of just 23 Ullrs as the trip was being combined with the local Renegades Ski Club.

[The moral of these stories is that nothing happens in the Club without a volunteer to do the planning and leading. Many Ullrs have been members for years and many have "been there, done that." But, volunteering needs to be done by all members, new to the club or a veteran.]

In February, Past-President **Lorri Christenson** wrote, "Hot damn, it's February, and all the Y2K turnover jazz is finished and the ski season is in full force. I can hardly wait to head out for the sunny ski slopes of Italy and the hot spots of the French Rivera." *[Now that was some ski trip!]*

The 1999 Thanksgiving trip to Vail-Beaver Creek started poorly with 2 bad falls with injuries. The glum mood quickly lifted with the "great news that **Galen Hochstein** had dropped to his knee and popped the big question to **Mary Jane Lorfeld**, who said 'Yes'."

In April, **Don Sommers** gave an engagement ring to **Kay Stedman**.

In the June-July issue, President **Joyce Ingalls** wrote: "On a personal note – last year's President (**Jerry Swanberg**) married the Secretary (**Jan Pfarr**) while in office. By the time you read this Nullr, this year's President –me– will have married the Treasurer, **Wally Krake**. This is a coincidence, not a requirement for service on the Board!" *[So who needed Match.com if you belonged to ULLR?]*

Attend ULLR General Meetings

Members and guests are invited to ULLR Meetings. They are held at the Bloomington Event Center (BEC), the new name for the Knights of Columbus Hall, 1114 American Blvd W, Bloomington, MN 55420.

Make a reservation in the dining room, which opens at 5 PM, by calling 952-888-1492. The costs of our dinners and drinks are credited to the club to offset rental costs. Come downstairs for socializing after dinner.

The meetings start at 7 PM.

The Thursday, February 8th speaker was Rasa Troup, a Beijing 2008 Olympian. (The 2018 Winter Olympics Opening Ceremony was the following day.) Ms. Troup is a Board Certified Specialist in Sports Dietetics. She is a nutritionist for the MN Vikings. She answered in easy-to-understand terms many of the member's questions.

Put these Meeting dates on your 2018 calendar:

Thursday, March 15: The speaker will again be **Dr. Marilyn Barnard**, a retired Mayo Clinic Gerontologist, with Part 2 from the October meeting with a discussion and questions on aging.

The Thursday, April 12: meeting will feature the ULLR Foundation Bingo games and Raffle. Bring your friends! See the Foundation article on page 1 for many of the nice raffle items. Contributions are still being accepted. Call Joan Roe, 952-914-9124.



Show a newsletter to a friend to let them know about our active club. Invite them to an event or meeting.

Directory Updates— see your e-mail for complete information. It does not appear here for security reasons. Remember to print and file these updates in your membership directory.

Changes for:

Address: Dick Johnson

Additions for:

Vicki Smith

Welcome new member: Donna Salmi



The Trip still has some spaces. Sign up NOW.

Nisswa Bike and Golf Trip, June 11 - 14, 2018

3 Nights lodging: Monday-Wednesday, 3 breakfasts

Wednesday night Mexican Fiesta Dinner

Cost: \$160 (Due at sign-up)

Make check payable to ULLR Club.

Send to: Carol Bush, 5691 Hyland Courts Drive, Bloomington, MN 55437. Include emergency contact with your check.

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

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

ULLR Cancellation Policy applies. See the flyer at ullr.org

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.
Please RSVP the host!

Date: Friday, February 9 - 7:00 PM
Host: Carol Bush - 952-922-8035
5691 Hyland Courts Dr., Bloomington 55437

Date: Friday, March 9 - 7:00 PM
Host: Pam Anderson - 763-315-3772
6217 Creekview Lane N., Brooklyn Park 55443

Date: Friday, April 13 - 7:00 PM
Host: Sandra Shearer - 952-236-7194
5225 Grandview Square, #319, Edina 55436

Hosts are needed for 2018 on: 9/14, and 11/9.
Call Jan Butler now to volunteer.



2018 SINGLES' FINE DINING

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

February 27 - Lunch - 11:15 AM at *Wildfire*,
3020 Eden Prairie Center, Eden Prairie 55344

March 27 - Lunch - 11:15 AM at *McCoy's Public House*,
3801 Grand Way, St. Louis Park 55416;
mccoysmn.com

April 24 - Lunch - 11:30 AM at *Arezzo Ristorante*,
5057 France Avenue South, Minneapolis, MN 55410
<http://arezzoristorante.com> [The restaurant opens at 11:30.]



April 1 is the deadline to submit your plan

WESTERN SKI TRIP OR WARM WEATHER GETAWAY PROPOSAL GUIDELINES FOR 2018-2019

ULLR Ski, Bike and Social Club has great trips for members who love to ski in the mountains 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. Brief guidelines on how to prepare a trip proposal are viewable or download-able at:

<http://ullr.org/UllrForms.html>

E-mail your proposal to WinterVP@ullr.org

A beautiful Souvenir Plaque

Last year, a kind ULLR donated a beautiful wooden Canterbury race plaque to the ULLR Foundation as a raffle prize. The plaque remembered an evening at the track which Ullrs attended. I won the plaque, along with a nicely framed US Postal collection of five "SKIING" stamps and their history. The stamps hang on my office wall because I've always been a stamp collector and you know how much I love skiing! I passed the plaque along to the Scott County Historical

Society who graciously accepted it for display in their collection. That summer evening on June 29, 2007, was really fun for all of us. Now Ullrs will be famous in the SCHS Museum forever! Thanks! Margo Dinneen

RU FEELING ELECTRIC 2DAY?

Do you know how electricity is generated by making electrons move?

We have toy generators to help you move them and what's an electron anyway?

Which would you rather use to generate your electricity: Alternative Energy; Clean Energy; Green Energy; Nuclear Energy; Renewable Energy and/or Sustainable Energy? What is the difference?

And are any of them really "better" than fossil fuels (coal, oil or gas)?

Of the eight most popular methods used to generate

electricity, what do seven of the eight have in common (coal, oil, gas, geothermal power, hydropower, nuclear power, solar power and wind power)? Take a guess.

Do you know which items in your house require the most electricity and how to read your utility bills? And what the heck is a kWh anyway?

To hear the answers and more, bring your utility bills to the discussion.

When: Saturday, Feb. 10, 2018, 2:00 PM

Where: Nancy Sand's Gramercy Club Party Room.
15001 Burnhaven Drive, Burnsville 55306

Contact: Gary Gray at ggray@q.com or 952-895-8960 for more information.



NOTICE OF ELECTION

Election of officers for the ULLR Ski, Bike and Social Club will take place during the Annual Meeting which will be held Thursday, April 12, 2018, at the Bloomington Event Center (KC Hall.) Officers to be elected are President, Executive Vice President, Secretary, Treasurer, Winter Programs Vice President, Summer Programs Vice President, and Membership Vice President. (The current President automatically assumes the position of Past President and becomes a Lifetime Honorary Member of the Club.)

Candidates for offices will be presented by the Nominating Committee at the ULLR General Meeting on March 15, 2018. At that time, any additional nominations must be made from the floor. Any member nominated at the meeting must be present and must have given the Secretary a written consent to such nomination. Write-in nominees are not allowed.

Each member shall have one vote upon each question before the meeting. Only members present at the meeting shall be entitled to vote, except that a Member may vote upon the election of officers by an absentee ballot, the form of which shall be prescribed by the board, and received by the person designated by the Board on or before the date of the Annual Meeting. The vote on Officers of the Club, Honorary Members, and all other issues that require a vote shall be by acclamation, unless otherwise determined by the Board.

Directions for Requesting an Absentee Ballot Any member wishing to vote absentee may request an absentee ballot from the ULLR President no earlier than March 17 and no later than March 30. Call Mary Jane Hochstein at 763-479-6890 or mail a request to ULLR Ski, Bike and Social Club, PO Box 201409, Bloomington, MN 55420. Completed absentee ballots must be received by the President no later than April 6 at that same address.

The Candidates

The Nominating Committee, Patty Fitzgerald, John Vogt, and Barb Kolbe, thank these candidates for their willingness to serve on the ULLR board for 2018-19. Our club is successful because of people like these members who are willing to help. The new board takes over on May 1, 2018 and their term ends on April 30, 2019.

Candidate statements will be in the April Nullr. Here is a list of the candidates:

President: Joan Roe
Executive VP: Janice Swanberg
Winter VP: Linda Heintz
Summer VP: Mary Vande Hei
Treasurer: Carol Bush
Membership VP: Pat Nelson
Secretary: Nancy Navis

The Past President, Mary Jane Hochstein, becomes an advisor.

Pictured are a staff member, Jan C, Sally C, Carol B, Pam A, staff, and Nancy K. The Foundation members gave a \$790 check to the Hammer Residence program



toward the purchase of floor hockey equipment. Hammer's mission statement is: *"Helping people with developmental disabilities live life to its fullest."* There are over 40 staffed Hammer homes and apartment programs, serving over 200 adults and children throughout the western suburbs of the Twin Cities. The residences are adapted to meet the range of age and abilities.

See more event photos at ullr.org

2018 Social Calendar

See ullr.org for flyers

February 9, Friday - 7:00 PM

Singles' Cards & Games Night
Host: Carol Bush, 952-922-8035

February 10, Saturday - 2:00 PM

"R U Feeling Electric 2Day"
Speaker: Gary Gray (see p.4)

February 13, Tuesday - noon

Valentine's Social Party [see p. 6]
Hosts: Galen & Mary Jane Hochstein
RSVP: 763-479-6890

February 27, Tuesday - 11:15 AM

Singles' Lunch at *Wildfire*
RSVP: Ellise Lamb, 952-442-9332

March 9, Friday - 7:00 PM

Singles' Cards & Games Night
Host: Pam Anderson - 763-315-3772

March 15, Thursday - ULLR Meeting

6:00 Socialize; 7:00 Meeting & speaker
Dr. Marilyn Barnard: "More Questions
About Health"
Contact: Joan Roe, 952-914-9124

March 18, Sunday - 4:00 PM

Bike Season Planning Party
Hosts: Patty Fitzgerald & John Stiefel
RSVP: 952-470-5411

March 27, Tuesday - 11:15 AM

Singles' Lunch at *McCoy's Public House*
RSVP: Ellise Lamb, 952-442-9332

April 11, Wednesday - 1:15 PM

Old Log Theatre (Reserve by March 14)
Optional: 11:30 AM Lunch at Maynards
Sally Chevalier 952-935-7000

April 12, Thursday - ULLR Meeting

6:00 PM Socialize; 7:00 Meeting & Bingo
& Foundation Raffle
Contact: Joan Roe, 952-914-9124

April 13, Friday - 7:00 PM

Singles' Cards & Games Night
Host: Sandra Shearer - 952-236-7194

April 23, Tuesday - 11:15 AM

Singles' Lunch at *Arezzo Ristorante*,
RSVP: Ellise Lamb, 952-442-9332

Valentine Day Social Party

(Celebrated a day earlier)

Tuesday, February 13, 2018 - 12:00 noon
Bring a dish to share, your beverage and \$1
(coffee and water provided)

RSVP to: Galen and Mary Jane Hochstein
3140 Birch Ave., Maple Plain, MN 55359
763-479-6890; maryjaneh@frontier.com

SPRING FORWARD!

The 68th Annual ULLR Awards Banquet and Dance

Friday, May 18, 2018

Chanhassen American Legion

290 Lake Drive East, Chanhassen, MN 55317

5 PM - Social Hour (Cash Bar)

6 PM - Buffet Dinner (Vegetarian meal available upon request)

6:45 PM - Awards Presentation

8 PM - Dancing to "The American Flyer Band"

Co-chairs: Joan Roe and Nancy Keyes

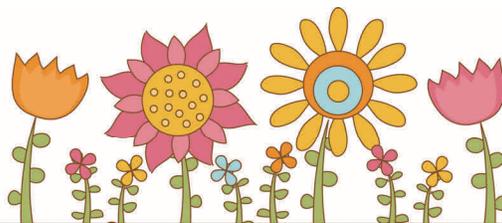
Cost: \$40; Make check payable to: ULLR Club

Send to: Diane Erlandson 8200 West 33rd Street #302

St Louis Park, MN 55426 952-941-5184

Reservations due by Friday May 11th.

ULLR cancellation policy applies



Ullrs like to have fun!

How about you planning an event or party? Maybe a St. Patty's Party, or *your idea* for a party. Or, what about an evening at a comedy club, a casino dinner & program, a Sunday afternoon concert or a college game? Tell your plan to V.P. Joan Roe.

Recalling January

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

5, MSC Winter Carnival
Jerry Schuster

12, Singles' Cards & Games Night
Char Strand

18, General Meeting
Joan Roe and speaker Jan Travis

16, Gale Woods Snowshoe - **cancelled**

Bill Brechtel

28, Fine Dining at *Ike's Food & Cocktails Restaurant*
Ellise Lamb

31, Hyland Hills Snowshoe - **cancelled**
Sharon Marini



Snowshoe Schedule

February

12, Monday - 11:00 AM (or hike)
Whitetail Woods Regional Park
Contact: Nancy Sand, 952-435-5225

17, Saturday - 1:00 PM
Elm Creek Regional Park (or XC, hike)
Contact: Jim Habeck, 763-559-5593

Lutsen

Feb. 25-27

Bruce Warner invites you to join him skiing at Minnesota's only true mountain skiing area. Unlike some of Colorado's mountains this year,



Lutsen has a good base due to the new snow cannons. Call Lutsen directly to make your reservation: 218-663-7241, leader # 249353. Let Bruce know you are joining him. 763-229-3377 or bruce.warner@comcast.net

Ski Schedule 2017-18

Feb. 15, Thursday, 9:30, Welch
Feb. 22, Thursday, 9:30, Welch
Feb. 25-27, Lutsen
Feb. 28, Wednesday, 9:30, Afton Alps
Mar. 4-10, Winter Park

Hikes

April 15, Sunday
Minnehaha Falls
Karen Holmquist - 952-431-1903

April 21, Saturday - 10:15 AM
Lake of the Isles
Carol Bush - 952-922-8035

April 27, Friday
Kaposi Park
Sharon Tornes - 920-540-0298

May 9, Wednesday
Como Park
Barb Kolbe - 651-633-0936
Kyle McClintick

May 16, Wednesday -10:30 AM
Battle Creek
Nancy Sand - 952-435-5225

Winter Park Snow

The area has gotten snow daily for the last week, so the mountain now has a base of 55"-63." Except for the expert 7 runs, all of the other 146 runs are open. With reports of good skiing on powder snow, it should be a fun trip!



ULLRS at WINTER PARK

March 4-10, 2018

Due to a cancellation, **we have an opening for a single female** on our ULLR March 4-10 Winter Park ski trip.

If you or someone you know might be interested, contact trip chairs Sharon Marini (952-893-7408) or Nancy Sand (952-435-5225) ASAP for more information.

Go to the ULLR website for more information about the trip.

**GUYS
AND
DOLLS**



Wednesday, April 11 - 1:30 PM

Old Log Theater, 5185 Meadville St.,
Excelsior, MN

Meet for lunch at *Maynards* - 11:30 AM
(Optional and on your own)

Set in mythical New York City, *Guys and Dolls* is considered the perfect romantic

musical comedy. It won a bevy of awards, including Tony Awards. The story tells how gambler, Nathan Detroit needs cash to set up the biggest craps game in town while

the authorities breathe down his neck. Nathan turns to fellow gambler, Sky Masterson, for the dough. Sky, then, to settle Nathan's bet, begins to chase straight-laced missionary, Sarah Brown, proprietor of the Save-a-Soul Mission. Favorite tunes include: "Luck Be a Lady", "Sit Down, You're Rockin' the Boat", and "A Bushel and a Peck."

RSVP to Sally Chevalier by March 14, 952-935-7000. Send a check for \$28 payable to Sally to: Sally Chevalier 4108 Kerry Court, Minnetonka, MN 55345

ULLR cancellation policy applies