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NULLR

Visit our website for up-to-date information – ULLR.org

October 2018

2018 FUN BIKING WITH ULLR FRIENDS

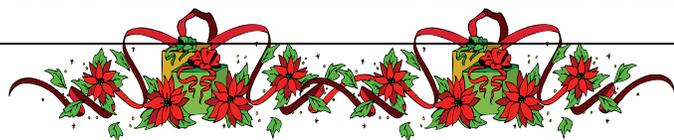
by Patty Fitzgerald

We have had a very successful biking season this year. Our kickoff ride on May 6th was well attended and many of the riders showed off our new bike jerseys. Our Thursday rides have continued to be popular and having 2 groups of riders has been working well. 14 members offered to lead a

special ride of their choosing, 3 couples hosted a bike ride/potluck lunch event, plus we had 2 overnight events that are always popular, one to Nisswa and one to Lanesboro. Thank you to all of the volunteers. Without you we would not be able to offer such a diverse choice of trails to ride. We have a few rides planned into October so please join us if you can.



The Charlie Brown 1st Memorial Ride included Charlie's sons Andy and Matt.



ULLR HOLIDAY PARTY

Saturday, December 1, 2018

Gramercy Club, 15001 Burnhaven Drive, Burnsville

5:00 p.m. Social with Appetizers

6:30 p.m. Dinner

Cost: \$25 (The event is subsidized by the ULLR Board.)

DINNER:

Stuffed Chicken, Long Grain Rice, Glazed Carrots, Spinach Salad, Dinner Rolls, Dessert

(Contact event Chairs for possible dietary options)

Note – Beverages are included in the cost:

(wine, beer, sodas, coffee, water)

AFTER DINNER ENTERTAINMENT:

The Singing Hearts with ULLR Roger Wangen. This three-person group will perform holiday heart-friendly songs to a toe tapping beat.

BRING:

* Games to play after dinner entertainment

* A new unwrapped toy for *Toys for Tots*

Chairs: Karen Holmquist and Nancy Sand

Signup for members & guests begins at the

October 4th ULLR General Meeting

Make checks payable to "ULLR Ski Club" and send to:

Diane Erlandson - 8200 West 33rd Street, #302

St Louis Park, MN 55426

Reservations due by Saturday, November 10

ULLR Cancellation Policy Applies

2018 IMPORTANT CONTACTS
OFFICERS OF THE CLUB

President

Joan Roe: ULLRPrez@ULLR.org

Executive VP

Janice Swanberg: ExecVP@ULLR.org

Winter Programs VP

Linda Heintz: WinterVP@ULLR.org

Summer Programs VP

Mary Vande Hei: SummerVP@ULLR.org

Membership VP

Pat Nelson: MembershipVP@ULLR.org

Treasurer

Carol Bush: Treasurer@ULLR.org

Secretary

Nancy Navis: Secretary@ULLR.org

Past President/Advisor

Mary Jane Hochstein: 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

Janice Swanberg: ExecVP@ULLR.org

MSC Representatives

Linda Heintz: WinterVP@ULLR.org

Dolly Eastman: MSCrep@ULLR.org

MSC www.midwestfun.org

ULLR Foundation President

Jan Cady: See Directory

COMMUNICATION

ULLR Webmaster

JJ [Joe] Coursolle: Webster@ULLR.org

NULLR Editor & Designer

Margie Deutsch: NULLR@ULLR.org

ULLRnet

Fran DeWell & Mary Jane Hochstein

ULLRnet@ULLR.org

LETTER FROM THE PRESIDENT

By Joan Roe



Our August 8th picnic turned out to provide more excitement than we would like. Paramedics were called after a member fell and hit her head. In this case, the outcome was good, gratefully. This brings up an issue I want to talk more about. If you are unable to speak for yourself, what would you want others to know about you, on your behalf? Do you always have your driver's license with you, even if not driving, but taking a walk or biking? This is essential for getting you expedient care if you would need it!

Do you have basic medical emergency information in your pocket or purse? It is very important to always carry the following basic information: name, birth date, address, emergency contact information (family, friend, doctor), medical insurance (name is sufficient, not number), medical conditions (diabetes? cardiac problems?), current medication list (blood thinners? insulin?), and allergies (drug and food). Many people have programmed their mobile phone with this information. Having at least this information tucked in your wallet could make all the difference!

At home when an emergency occurs, paramedics are trained to look on your refrigerator door for posted information. There are many forms, such as "Life File Form," which can be obtained at a fire station, police department or medical facility. Edina has good information about the new *Life File* at <https://edinamn.gov/726/Life-File> You can download the form and complete it. Post a copy on your refrigerator door and keep a second copy in your car's glove compartment.

As with all the ways you take care of yourself, if you don't do it, who will? Take responsibility for yourself and keep emergency information and your medical directive together, where it is available if and when needed. Make plans to address these issues now, if you haven't already. And above all, discuss your wishes with your loved ones.

We often hear Ullrs say "We are an extended family." Planning ahead is one way to care for one another.

[See an article about a POLST on page 7. -Margie]

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 Please notify ullrnet@ullr.org of e-mail changes. If "undeliverable," you are dropped from the list. Mary Jane Hochstein and Fran DeWell are the Ullrs who post information about ULLR members. All notices must be sent only to ullrnet@ullr.org. Notices must have the permission of the person for whom it is written.

ULLR Webmaster: JJ [Joe] Coursolle

See directory for address

Phone: 612-750-0927;

Webster@ullr.org

NULLR Editor: Margie Deutsch

8940 Northwood Pkwy., New Hope 55427

Phone: 763-545-5845;

Nullr@ullr.org

A Walk down the ULLR Memory Lane as reported in the October 1997 Nullr.

by Margie Deutsch



President Skip Skinner began his letter with "Busted." At the August "Beer and Brats" at Lake Calhoun, three Park Rangers came and pointed out that the park permit said, "No kegs." Of course the keg was sitting there in plain sight. The club got a "black mark" on its permit record, the second for the summer! (The first was for trash not removed.) At that time, alcoholic drinks were not allowed in the parks, so after that "beverages" were served in cans!

Jan Cady co-hosted an Oktoberfest Dance at the KC Hall featuring the German band, the Windings. Lessons were provided first so all could learn the old-time waltzes, schottisches, and polkas.

The club members planned ski trips: 3 western, 4 week-end, and 5 one-day outings. **Joyce Ingalls (Krake)** led a trip

by bus to Welch Village with an overnight stay at the Treasure Island Hotel. **Mike Moss** took 88 Ullrs on a week-end trip to Giant's Ridge. **Joan Roe** led a group to Buck Hill followed by a Super Bowl Party and game viewing.

Lorna Berglund (Higgins) planned a Buck-A-Roo Bonanza complete with a hayride, cowboy games, Bar-B-Q supper, and bonfire sing-along.

The November General Meeting included a turkey dinner. **Sunny Zenk** presented the ski racing program. **Jim Ronning** spoke about ski instruction.

On "The Back Page," George Halder told about his mountain-top experience of climbing to the 19,340 foot Uhuru Peak on Mount Kilimanjaro.

Barb Carpenter and **Joe Fischenich** planned a 5-day trip in March to Whitefish, Montana for \$518. (In 2019 the 6-day ski trip to Whitefish is \$1050.)

A New Year's Eve Casino Night with dinner was planned.

Plan to attend the 2018-2019 ULLR General Meetings.

October 4, 2018
November 8, 2018
January 17, 2019
February 21, 2019
March 14, 2019
April 11, 2019

Our guest speaker at the **October 4th General Meeting** will be Roger Kemp, an independent broker that specializes in Medicare planning and represents many insurance plans. Roger is an ULLR member and participates with our biking group. He has taped a radio program about the "Medicare Access and CHIP re-authorization Act of 2015 MACRA section 209" which becomes effective 01/01/2019. (*Did you receive a letter from your insurance provider about this?*) This program will be aired on AM radio as follows:

Saturday, September 15th 11:00 AM on #1440 AM-- the business station and

Sunday, September 16th 3:00 PM on # 1570 AM-- the wellness channel.

Roger will provide handouts. He asks that you bring a pen for taking notes.

Meetings are held at the Bloomington Event Center (BEC), 1114 American Blvd W, Bloomington, MN 55420. Make a reservation for 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.



Thanks to all the Ullrs who helped with the picnics this summer. You are all appreciated!

Put on Your 2019 Calendar

Nisswa: June 10-13

Only \$168, due at sign-up

Co-hosts: Gail West, 763-360-7445

Charlotte Navratil, 612-581-2890

Maryann Schwebel, 651-690-3547

See flyer at ullr.org

[One-half of the total payment to the resort must be made by Nov. 1, so even though it is early, send in your reservation and check this fall.]

ULLR Membership for 2019

Reminder: **November 30, 2018 is the deadline for your membership renewal if you want to be listed in the December 2018 ULLR Directory.** Members must submit a signed paper copy of the "Membership Form" and \$25.00. Print a membership form by logging onto www.ullr.org and click on '[Membership Information.](#)'

Paper copies will also be available at all ULLR meetings. Couples using the same form must both sign at the bottom of the waiver section. If all of your information is the same as last year, indicate that with 'same' in body of the form. The mailing address is found at the bottom of the membership form. Questions, please contact Pat Nelson, panelson66@msn.com or 952-893-1045.

Downhill Skiing 2018-19	January 15, Tuesday - Afton Alps	Feb. 24-Mar. 2, ULLR Whitefish Trip
December 12, Wednesday - Afton Alps	January 24, Thursday - Welch	Mar. 5, Tuesday - Welch
December 20, Thursday - Welch	January 30, Wednesday - Afton Alps	Mar. 13, Wednesday - Afton Alps
January 4-6, Friday-Sunday	Feb. 7, 14, Thursday - Welch	<i>There is no contact for local skiing.</i>
MSC Winter Carnival at Indianhead & Blackjack	Feb. 20, Wednesday - Afton Alps	<i>Meet in the area lodge at 9:30 AM.</i>

This ULLR SKI TRIP is full. Contact Wayne to be put onto a "wait list."

WHITEFISH, MONTANA
February 24 – March 2, 2019

Cost: \$1,050 Land Only: \$510
(Air Fare subject to surcharges)

Trip cost includes:

- 6 nights lodging – Grouse Mountain Lodge 2 per room, and breakfast)
- Roundtrip airfare to Whitefish, MT • Free Shuttle bus to/from airport.

PAYMENT SCHEDULE
\$400 due at signup \$400 due 9/1/18 \$250 due 12/1/18
Make checks payable to: "ULLR Ski, Bike and Social Club" and mail to: Wayne Jastremski
300 7th Street NW, St Paul MN 55112

TRIP CHAIRS
Jim Habeck (h) 763-559-5593, james.habeck@q.com
Wayne Jastremski (h) 651-398-6659, wjastremski@live.com
ULLR Membership and Cancellation Policies Apply

MSC Winter Carnival January 5th-7th, 2018
Big Snow Resort at Indianhead!

- * Ski-in/Ski-out Trailside Condos many with Jacuzzi's, kitchenettes, TV and Wi-Fi
- * Round trip motor coach from Minneapolis or Rochester
- * Skiing available Friday, Saturday and Sunday at both Indianhead and Blackjack Ski Areas
- * 2-day downhill ski lift ticket
- * X/C and Snowshoeing available on 69 km of groomed trails at ABR Park with free shuttle to and from Indianhead
- * Lodging from 2 people (in the Complex) or up to 8 in a condo!
- * Two entre' plated dinner banquet Saturday night
- * 2 Drink tickets for tap beer, wine, or soda

- * Wine & Cheese Party, Turtle Races, Poker Run and Human Slalom
- * Live entertainment in the Saloon bar.

Start recruiting your roommates and sign up right away. The more in your room, the less your expense.

Contact: Jerry Schuster, 952-888-0860;
jeschus@usjet.net
or at an ULLR meetings
Complete information on flyer at ullr.org



Persons per room	1 BR Lodge	1 BR complex	1 BR Condo	2 BR condo
1	425**	n/a	n/a	n/a
2	295	295	365	395
3	275	275	345	375
4	255	255	325	365
5		245*		355
6		235*		345
7				335
8				315
3rd floor	only			
2	275			

Recalling August

A sincere thanks to these ULLRs who organized and/or led an event. The club is alive because of their creative events and being willing to lead them.

<p>2, 9, 30, Thursday Bike Rides John Stiefel</p> <p>4, Elm Creek Ride & Potluck Gail & Hal West</p> <p>8, What's Cookin' Picnic Patty Fitzgerald & the Folks turning 70 or 80</p>	<p>10, Paleontology Discussion Gary Gray</p> <p>10, Singles' Cards & Games Night Christine Austin-Roehler</p> <p>16, Charlie Brown Memorial Ride on the Brown's Creek Trail Joan Roe</p> <p>18, Woodbury Ride - Sharon Tornes</p> <p>21, Nine Mile Creek Ride Pat Nelson</p>	<p>22, What's Cookin' Picnic ULLR Foundation</p> <p>23, Lakes of Eden Prairie Ride Mary & Tom VandeHei</p> <p>26-28, Lanesboro Bike & Golf Nancy Navis & Dale Bonham</p> <p>28, Singles Lunch at <i>Ciao Bella</i> Ellise Lamb</p>
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ROGERS & HAMMERSTEIN: BROADWAY MASTERS

Minnesota Masonic HERITAGE CENTER

11411 Masonic Home Dr., Bloomington, MN 55437

Wednesday, September 19, 2018 - 1:00 p.m.

\$27.00 per person (\$5.00 discount over regular price!)

This new production pays tribute to one of the most successful duos in Broadway musical history. The show will include history about these Broadway Masters as well as songs from some of their most well-loved musicals. A six-piece orchestra will set the mood.

Call 623-680-1605 or email fdewell39@gmail.com to make your reservation. **Deadline: September 14**

Send a check to: Fran De Well, 5607 Green Circle Dr. #304, Minnetonka MN 55343.

ULLR Cancellation policies apply

Disney & Cameron Mackintosh's

MARY POPPINS

Sunday, October 21, 2:00 PM

Bloomington Center for the Arts

Schneider Theater

1800 W. Old Shakopee Rd

Meet for lunch at 12:00 PM

(optional; tell Janice if dining by Oct.19)

At: Applebee's, 9601 Lyndale Av. So., Bloomington

Ticket Price - \$35; **Send check by September 28,**

payable to: Janice Swanberg

2241 Erin Ct., New Brighton, MN 55112

ULLR Cancellation Policies Apply



The old displays are back, better than ever!

Bell Museum Tour Monday, October 8

Tour the NEW Bell Museum.

The 70-minute tour will include the upstairs galleries where the historic dioramas

are on exhibit. Plus, we will also see a 1-hour planetarium show. There will be time after the tour and show to visit the main floor galleries, gift shop, etc.

12:00 PM (Optional) Meet for lunch at D'Amico & Sons, 1490 County B Road West, Roseville (your cost)

1:15 Meet at the Bell Museum, 2088 Larpenteur Av. W. (Park in the Museum parking lot—fee \$4)

1:30 Museum tour

2:45 Planetarium show

Cost: \$18 for Museum tour and Planetarium

Send checks by **Sept. 10** payable to: Nancy Sand

Mail to: 15001 Burnhaven Drive, #108, Burnsville 55306

On memo line, write "yes optional lunch" or "no lunch"



2019 Racing Teams -Brian Johnson

It seems like just yesterday that we were at our ULLR Spring Banquet celebrating the end of the 2018 ski season. Now we're already making plans for next year. This will be my 16th year as coordinator of our race teams. Being able to represent our ski club at Buck Hill on Wednesday, and at Wild Mountain on Sunday, is an honor I deeply treasure.

At this point it looks like our Wednesday team is full, but we're short one racer for the Sunday team. It would be wonderful if there would be an ULLR wanting to join our team. We have a tradition of never asking anyone how well they can ski. If you want to join our team, you are welcome.

The rest of the team will help you get orientated. If you desire, there is a large resource of ski clinics you can take advantage of which are designed to work with beginners to learn how to race. Our goal is to follow the motto of the National Coach's Alliance: "Competition for the joy of it, and the fellowship of being on a team."

If you would like to join our Sunday team just give me a call, and I will bring you up to date on everything and complete the registration for you. I can be reached at: Home 764-494-4622, Cell 763-370-4962, Cabin 218-682-3030, or on my e-mail at

Lostswede@comcast.net



JACK-O-LANTERN SPECTACULAR

At the Minnesota Zoo

Sunday, October 28, 2018 -New Date

Meet at 7:30 pm by the Bison statue at the South Entrance to the Zoo. Enjoy activities on the Central Plaza where snacks and beverages will be available. Walk the Jack-O-Lantern Spectacular trail on a moonlit evening and see 5,000 LED-lighted carved pumpkins displayed with musical vignettes and fog. (Get some ideas for your carved pumpkin.) Boo!

Cost: \$ 11.00 **Send checks by October 17**

payable to: Nancy Sand. **Mail to:** 15001 Burnhaven Drive #108, Burnsville, MN 55306

Hyland Hills Hike - Thursday, October 11

Meet: 9:45 Hike: 10:00

The trail is made of wood chips, grass and dirt with some rocks mixed in. It is not all flat. Recommended are hiking boots, poles, water and a hat. It is a 2-plus mile hike up to the ski jump that is visible from I-494, not a hard hike. You may have a chance to see wild turkeys, geese and maybe a deer. Meet at Richardson Nature Center, 8738 East Bush Lake Road, Bloomington

Lunch TBD

RSVP by October 9, 2018 to Sharon Marini,
(H) 952-893-7408, (C) 612-408-7707

Lebanon Hills Hike - Wednesday, October 17

Meet: 11:00 Hike: 11:15

This hike is challenging and hilly .

Meet in the parking lot. (Take Cedar Ave East to Cliff. Go past 35E. Turn right on Johnny Cake. Go .5 miles to parking lot on right side.)

Lunch at *Doolittle's*, 2140 Cliff Road, Eagan

RSVP to: Linda Heintz: 651-454-6152 (h) or 612-916-2526 (c)

Schulze Lake at Lebanon Hike Wednesday, October 31

Meet: 10:15, Hike: 10:30

Meet at the Lebanon Hills Visitor Center: 860 Cliff Road, Eagan.

Directions: I-494 to I-35E south to Cliff Road, head east to 860 Cliff Road, Eagan. Entrance is marked.

Lunch at *New Bohemia* in the Eagan Town Center

RSVP or for more information contact: Nancy Navis @ 651-456-9107 (h) or 651-329-4836 (c) or craignavis@gmail.com.

In case of bad weather or to verify an event is not cancelled, call the chair.

Hike U of M Arboretum

Monday, October 22

Time: 10:00 - Meet in the Oswald Visitors Center.

Lunch after the hike in the Arboretum cafeteria.

Admission Cost: \$15. Check your Happenings Book for coupons.

The Arboretum is located on highway 5 in Chaska.

Questions? Call Jim Habeck, 763-559-5593

2018 Autumn Morning Hikes



LONG LAKE REGIONAL PARK HIKE

Wednesday, November 7

Meet at the Swanberg house at 10:00
2241 Erin Ct., New Brighton 55112

Directions: 694 to Silver Lake Rd, then North for 1½ miles to Erin Ct. – a right turn (one block past Mississippi St. & Rice Creek bridge). We will hike from our house to Long Lake Regional Park and on various trails within the park - then back to our house for a Potluck lunch. We will have the beverages.

RSVP: Jerry and Jan Swanberg,
651-633-7178

HIKE CARVER PARK RESERVE - SUNDAY, NOVEMBER 11

Meet at 9:45, Hike at 10:00 Hike the rolling hills with us.

Meet at Lowry Nature Center, Victoria Dr, Victoria

(From Bloomington: I-494 West to Hwy 5 West, drive 13 miles, turn north or right on Co Rd 11/Victoria Drive (at the Dairy Queen), follow Co Rd 11 north 1.5 miles to Nature Center Drive, turn right and follow to the Lowry Nature Center parking area. Bathrooms are available in the Nature Center.)

We plan to hike around Crosby Lake, approximately 4 miles on trails of dirt and woodchips. We may see the Trumpeter swans or the osprey in the park if they haven't gone south yet.

Lunch after the hike at: *School of the Wise*, 1750 Tower Blvd, Victoria

RSVP: Patty Fitzgerald, John Stiefel, 612-743-4565, or patfitzjohns@msn.com

Nine Mile Creek Hike - Wednesday, November 14

Meet: 11:00 - Hike: 11:15

Meet at Moir Park in Bloomington at 11:00. (Turn onto Sheridan off of Old Shakopee Road. First turn to the left is 105th. Follow signs to the park. Use the first parking lot.) We'll hike to the river and back.

Lunch at *Willie McCoy's*, 10700 France Av., Bloomington

RSVP: Linda Heintz: 651-454-6152 (h) or 612-916-2526 (c)

Flyers at ullr.org may have more details.

Almost every Thursday there are scheduled bike rides. Detailed here are other rides which are extra opportunities to ride in areas, often times beyond

the local Twin City areas. Helmets are required on all ULLR rides. CALL THE RIDE LEADER TO BE SURE RIDE IS NOT CANCELLED.

SOUTH BLOOMINGTON OVERLOOK RIDE

Saturday, September 22, 2018

Meet at 10:00 am in the strip mall parking lot by Jerry's Foods, 9625 Anderson Lakes Parkway, Eden Prairie (West side of Highway 169 and Anderson Lakes Parkway.) The ride is about 23 miles.

Some hills are up.
Some hills are down.

Lunch after the ride at *Bruegger's Bagels*,

9641 Anderson Lakes Parkway, Eden Prairie (In same strip mall where we parked.)

RSVP to John Vogt, (c) 952-829-7056
jvgt11@gmail.com



Western Dakota Rail Regional Trail Ride

Saturday, October 6, 2018

Meet at 9:00 am at the Mound Transit Center, 5515 Shoreline Drive in Mound. We bike at 9:30 am.

Bike for up to 2-1/2 hours through scenic farm land and lakes in Western Hennepin and Carver Counties. Ride as far as you like, then return to Mound for a noontime lunch and conversation with fellow riders. Choose your distance. The trail will be swept to insure all riders return for lunch. Pick your ride. Round trip to St. Boni is 12 miles, to Mayer is 28 miles and 36 miles to New Germany.

Lunch after the ride at *Dakota Junction Restaurant* next to the trail in Mound. It features locally sourced organic meats and produce. See the menu on its Facebook page. It is at 2281 Commerce Blvd., Mound, MN 55364

RSVP to: Bill Brechtel 952-474-5295 (cell) or
WJB5295@Hotmail.com

HIKE MISSISSIPPI RIVER AND MILWAUKEE AVENUE HISTORIC DISTRICT

MONDAY, NOVEMBER 19, 2018 Meet at 10:15 am and begin hike at 10:30 am. We will walk up the west side of the Mississippi on both paved and dirt trails, and then over to the interesting Milwaukee Avenue Historic District, a 2 block long area of houses on the National Register of Historic Places. Total distance will be about 4 miles.

Lunch after the hike at *Longfellow Grill*, 2990 West River Parkway. RSVP to John Stiefel and Patty Fitzgerald cell: 612-743-4565, or patfitzjohns@msn.com

July 23, 2018
To the Board of Directors, ULLR Ski, Bike, and Social Club:
I have reviewed the financial records of the Ski, Bike, and Social Club for the fiscal year May 1, 2017 - April 30, 2018 (FY18).

I find them to be accurate, complete and in good order. In particular, I examined and verified the entries in the balance sheet. I took a sample of events and activities on the Profit and (Loss) statement and looked at them in detail.

A glance at the Profit and Loss, i.e. Income or Expense, report shows the events with well balanced income and

expense with losses due to rather fixed administrative expenses.

(signed) Joseph P. Schwebel

ULLR Ski, Bike & Social Club
Balance Sheet April 30, 2018

ASSETS	
Checking Wells Fargo	\$ 13,344
Prepaid Expenses	<u>9,140</u>
TOTAL ASSETS	\$ 22,484
LIABILITIES & EQUITY	
Liabilities	\$ 12,596
Equity	<u>9,888</u>
TOTAL LIABILITIES & EQUITY	\$ 22,484

2018 Social Calendar *See ullr.org for flyers*

September 14, Friday - 7:00 PM

Singles' Cards & Games Night
Host: Jim Maiser

September 19, Wednesday - 1:00 PM

ROGERS & HAMMERSTEIN (see p.5)

Ticket must be purchased by Sep. 14

Contact: Fran De Well
fdewell39@gmail.com

September 25, Tuesday - 11:15 AM

Singles' Lunch at *Tavern 23*

RSVP: Ellise Lamb, 952-442-9332

October 8, Monday - 12:00 PM for an
Optional lunch; **1:15 PM** - Museum
The new Bell Museum (see p. 5)

Ticket must be purchased by Sep. 10

RSVP: Nancy Sand; 952-435-5225
nsand878@gmail.com

October 12, Friday - 7:00 PM

Singles' Cards & Games Night

Host: Jean Metz - 541-390-2825

October 21, Sunday - Optional lunch
12:00 AM, Musical: 2:00 PM (see p. 5)

Mary Poppins [**Ticket Deadline Sep. 28**]

Contact: Jan Swanberg; 651-633-7178

October 23, Tuesday - 11:15 AM

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

October 28, Sunday - 7:30 PM

Jack-O-Lantern Spectacular at the
Minnesota Zoo (see p. 5) (**New Date**)

Contact: Nancy Sand;
nsand878@gmail.com

Send your check by Oct. 17 to Nancy

December 1, Saturday - 5:00 PM

Holiday Party (See p. 1)

Contacts: Karen Holmquist & Nancy
Sand

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, September 14 - 7:00 PM

Host: Jim Maiser - 952-687-1423

40 E. Lake St., Waconia

Date: Friday, October 12 - 7:00 PM

Host: Jean Metz - 541-390-2825
1034 Anthony Way, Victoria 55386

Date: Friday, November 9 - 7:00 PM

Host: Jim Habeck - 763-559-5593
12030 54th Av. N., Plymouth 55442

Contact Jan and sign-up for 2019 game nights.



2018 SINGLES' FINE DINING

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

September 25 - Lunch - 11:15 AM at *Tavern 23*,

7651 France Av. South, Edina 55435

www.tavern23mn.com

October 23 - Lunch - 11:15 AM at *The Hilltop*,

5101 Arcadia Avenue, Edina 55436; 952-925-5628

www.hilltopedina.com

November 27 - Lunch - 11:15 AM at *Redrossa Italian Grille*,

(at Best Western, south of MOA), 1901 Killebrew Drive,
Bloomington 55425;

952-814-2710; www.redrossa.com



(Do Not Resuscitate Order). After you have carefully
thought about the issues in the form, it is filled out with
your doctor based on your end-of-life care decisions.
Once signed, doctors, emergency medical professionals,
and other health care professionals must honor the
instructions on your POLST form, no matter where you
are (at a hospital, care facility, your own home, etc.). In
an emergency situation, any procedures that are legally
required of emergency personnel will be overridden by
your personal decisions indicated on your POLST.

Information about this Minnesota form may be
downloaded at <https://www.mnmed.org>—then click on
“Advocacy” and “POLST”

POLST

Editor's note: An MPR story told why folks should have a
POLST. The POLST form is one part of advance care plan-
ning and **does not** replace a health care directive. The *Vial
of Life* form or a *Life form* that Joan Roe mentions in her
letter lists personal information, emergency contacts,
medical conditions, medications and insurance.

A POLST is basically a more detailed and specific DNR

Biking Calendar – 2018

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

THURSDAY MORNING RIDES run through Oct. 4. 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 is cancelled.](#)

Biking

SEPTEMBER

September 13, Thursday - 9:15

Thursday Ride

Contact: Bill Brechtel

Phone: 952-474-5295

September 20, Thursday - 9:15

Thursday Ride, start from Wabun

Contact: John Stiefel

Phone: 952-470-5411

September 22, Saturday - 10:00

South Bloomington Overlook Drive

Contact: John Vogt

Phone: 952-829-7056

September 27, Thursday - 9:15

Thursday Ride

Contact: John Stiefel

Phone: 952-470-5411

OCTOBER

October 4, Thursday - 9:15

Last Thursday Ride

Contact: John Stiefel

Phone: 952-470-5411

October 6, Saturday - 9:00

Dakota Rail Trail Ride

Contact: Bill Brechtel: 952-474-5295

Morning Hikes

October 1, Monday - 10:15

St. Croix Bluffs Regional Park Hike

Contact: Nancy Sand, 952-435-5225

October 7, Sunday - 11:00

16th Annual Fort Snelling Hike

Contact: Carolyn Buswell & John Egan

763-717-8084

October 11, Thursday - 10:45

Hyland Hills Richardson Center Hike

Contact: Sharon Marini, 952-893-7408

October 17, Wednesday - 11:00

Lebanon Hills Regional Park Hike

Contact: Linda Heintz, 612-916-2526

October 22, Monday - 11:00

Arboretum Hike

Contact: Jim Habeck, 763-559-5593

October 26, Friday

Full Moon Hike [in the evening!]

Contact: Sharon Tornes, 929-540-0298

October 31, Wednesday - 10:15

Schulze Lake Hike

Contacts: Nancy & Craig Navis,

651-456-9107

November 7, Wednesday - 10:00

Long Lake Regional Park Hike

Contacts: Jan & Jerry Swanberg,

651-633-7178

November 11, Sunday - 9:45

Carver Park Reserve Hike

Full Moon Hike

Contacts: Patty Fitzgerald & John

Stiefel, 952-470-5411

November 14, Wednesday - 11:00

Nine Mile Creek Hike

Contact: Linda Heintz, 612-916-2526

November 19, Monday - 9:45

Mississippi River & Milwaukee Ave.

Historic District Hike

Contacts: Patty Fitzgerald & John

Stiefel, 952-470-5411

November 28, Wednesday - 11:00

Terrace Oaks Park Hike

Contact: Linda Heintz, 612-916-2526



See flyers at ullr.org for details.

Remember to clean and lubricate those bikes before storing them for winter!



Optional Outdoor Fun

December 15, Saturday - 1:30 PM

French Park: Hike/SS/XO

Contact: Jim Habeck, 763-559-5593

January 26, Saturday - 1:00 PM

Elm Creek: SS/XO/ Hike?

Contact: Jim Habeck, 763-559-5593

February 4, Saturday - 10:30 AM

Minnesota River Valley National

Wildlife Refuge: Snowshoe, Hike

Contact: John Vogt, 952-829-7056

March 8, Friday - 11:00 AM

Whitetail Woods : SS/XO/ Hike?

Contact: Nancy Sand, (h) 952-435-5225, (c) 763-280-2600



Thanks John and Patty for your

leadership again this year.

“In the Spirit of the Trails Act—Act Now.” This was the message Tony Brown gave in the August 10th *Star* newspaper. On the 50th anniversary of the Trails Act, property rights opposition groups are opposing new trails. Ask Minnesota candidates what they will do to claim the 228 miles of abandoned rail rights-of-way that could be used for recreational use. (Bikers like them!)