

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

November 2018

ULLRS TOUR NEW BELL MUSEUM - Nancy Sand

Excited as we were to see the new Bell Museum Monday afternoon, October 8, Ullrs were equally excited to first join together for lunch at *D-Amico's and Sons* in Roseville. The group laughed to see one very long group of tables set up for us and soon got in line to make their meal choices. Then it was on to the new Bell. We were divided into two groups, and our tour guides were excellent showing us the new galleries and educating us about the exhibits. The new Bell features high-tech exhibits, the famous wildlife dioramas, outdoor learning experiences and more, plus a new state-of-the-art planetarium.

The permanent galleries examine life in the universe, the tree of life, the web of life, and ask us to imagine the future. Of course, Ullrs were delighted to see the beautifully restored dioramas, some of which were originally created in the 1940s, and to learn how artists created a new, very large, woolly mammoth. A special treat was viewing a Jim Brandenburg film. Jim is a world famous nature photographer from Ely, Minnesota.

After visiting the galleries, we settled into reclining seats in the new planetarium. There hasn't been a planetarium in the Twin Cities since 2002, so we were anxious to lean back, view the night skies, look deep into space, and identify constellations.

Some Ullrs stayed at the Bell Museum longer to walk through *Our Global Kitchen: Food, Nature, Culture*, a special exhibit on loan from the American Museum of Natural History. This exhibit illuminates the complex and intricate food system that brings what we eat from farm to fork. In the *Touch & See Lab* Ullrs got hands-on access to natural history specimens as well as an opportunity to touch a live snake!



Patty F and Nancy N stand in awe before this life-like diorama.



ULLR HOLIDAY PARTY

Saturday, December 1

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:

Pork Loin with Alcohol-Free Bourbon Style Sauce,
Roasted Baby Red Potatoes,
Glazed Carrots and Pea Pods,
Spring Mix 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

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



Fall is here, summer is behind us, and Ullrs look forward to a very full schedule of hikes, social and cultural events, and general meetings with interesting speakers. Picnics were well attended and as always, it was a lot of fun visiting with dear friends. Thanks so much to all those who planned, served, and provided the picnics and supplies. Great "team effort!"

There's a lot of hiking, X-C skiing, and downhill skiing planned, starting in October. Be sure to check the schedule and mark your calendars. The first downhill ski trip will be to Afton Alps and the first X-C to French Park. Ullrs have a lot of opportunity to enjoy fall and winter outdoors.

Are you aware that ULLR is one of thirteen clubs belonging to MSC – Minnesota Sport/Ski Council? The "MSC Midwest Sportster" used to be mailed to every member, but now members have to access MSC and the "Sportster" online by going to ullr.org, then to the Homepage. Scroll down to "More Links" or click on Midwest Sport/Ski Council on the top right side. You can also go to the MSC website, which is www.midwestfun.org. All kinds of information is available, including ski and bike shop discounts, ski conditions and weather reports, besides events, trips, etc. Lots going on!

Our webmaster, JJ [Joe] Coursolle, is a valuable, indispensable asset for our club! JJ has willingly donated his expertise for 16 years! He averages over 20 hours a week for the benefit of the club. JJ gives an annual report of website activity, which is very interesting. In 2017, there were 763,394 ULLR website hits! Googling "Twin Cities ski clubs," ULLR is the 9th hit. When you see JJ, let him know you appreciate the excellent communication he provides through weekly announcements and maintaining our website, ullr.org. We can't thank you enough, JJ!

The Member Spotlight this month only has one entry: the renewal membership for Rick Nesbitt. If you have any membership information changes, be sure to notify Pat Nelson before the upcoming December printing of the directory.

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 November 1998 Nullr.

by Margie Deutsch



A Skinny Skis and Slots weekend was advertised. It included lodging and slots at the Grand Casino in Mille Lacs and XC skiing in Kathio State Park. Options included ice fishing and a Ground-hog hunt.

John Rooney advertised a Sunday outing at Afton Alps. Along with skiing and a noon lunch, prizes were to be given for the best poker hands.

Skiers might have had trouble deciding which western ski trip to take. Offered in 1998-99 were Vail, Winter Park (led by **Charlotte Navratil**), Tulluride/Purgatory and Steamboat (led by **Barb Carpenter**.)

On the Nullr "Backpage," congratulations were given to

Vicki Nelson and **Ken Johnson** on their recent wedding. They met on the 1995 New Year's ULLR ski trip to Giant's Ridge.

On that same page, **Colleen Barden** and **Kathy Potter** told of their stay in a hotel in Zermott, Switzerland. They could see people skiing on the Matterhorn. Some of these skiers had used a bicycle as their transportation to the slopes. [Now that is the spirit that lives on in our ULLR Ski, Bike, and Social Club.]

Paula Meserve shared this information. You know when you are from Minnesota when:

You thought "Grumpy Old Men" was a documentary.

You know the 4 seasons: Almost winter, Winter, Still winter, and Road construction.

You own 3 spices: salt, pepper, and catsup.

You know what "uff da" means, and you might even have said it.

You know Ole and Lena personally.

You feel warm and toasty when the sun is shining and it is 12° outside.

You spend 15 minutes getting ready to go outside and then realize you have to pee.

[For many years, the Nullr had a "Backpage" where a few pieces of interesting news was shared about ULLR members. Is this something you would like to see in current issues? If so, I would need members to share some of these interesting tidbits. Tell me your opinion on this. Thanks. -Margie D.]

ULLR General Meetings

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. There is time for socializing after dinner. The meetings start at 7 PM.

The November 8th General meeting speaker will be Bill Brandt, Training Coordinator for Allina Health EMS. He will talk about the concerns and ideas Joan Roe wrote about in her October "Letter from the President." He will also tell ULLrs how to be prepared when an emergency health or injury situation arises. Mr. Brandt will also cover injury prevention tips for active seniors.

Upcoming 2019 ULLR meeting programs:

January 17, 2019 - Dr. Marilyn Adlin-Barnard "The Mind Body Connection"

February 21, 2019 - Twin Cities Adaptive Cycling Program

Share this newsletter with friends. Invite them to join ULLrs!

Put on Your 2019 Calendar

Niswaga: 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.** Members must submit a signed paper copy of the "Membership Form" and \$25.00 to be included in the 2019 Membership Directory. 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. If you wish to have a copy of the NULLR newsletter sent thru the mail, the extra charge is \$15.00 which will increase your check amount to \$40.00. 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, Thursdays - 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@g.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	1 BR	1 BR	1 BR	2 BR
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 September
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.

5, What's Cookin' Picnic
Vicki Johnson & Eileen Ronning

6, Dakota Trail Ride
Dan Regan

13, Thursday Bike Ride
Bill Brechtel



14, Singles' Cards & Games Night
Jim Maiser

19, Rodgers & Hammerstein Music
Fran De Well

20, 27, Thursday Bike Rides
John Stiefel

22, South Bloomington Overlook Ride
John Vogt

25, Singles Lunch at Tavern 23
Ellise Lamb

This issue is coming later than usual as I was in Germany. (Thank goodness for travel insurance.) I want to remind everyone that the next issue is a combined December-January newsletter. Now is the time to plan social outings and events for those months. Contact ULLR VP Jan Swanberg with your plans. Museum? Theater? Winter Carnival? Super Bowl party? As Dolly E. said, "The club's success is because of 'U' in ULLR." Margie D.

Hyland Hills Hike - Linda Heintz

It was a crisp day, with a temperature of 37° on Thursday, October 11, as 7 ULLrs hiked into the woods at Richardson Nature Center. The Center is located within Hyland Lake Park Reserve. After hiking in the woods, we were in the open and the cold, 18 mph, wind blew on us for a short time. Then we went back into the woods, and up to the 70 meter ski jump for a view of the city. No one was willing to try the ski jump. We easily clocked over 10,000 steps on this hike. We finished the morning with lunch at *Red Robin* restaurant.

Karen H., Marcia S, Linda H, Carol B, and Barb K climbed Mount Gilboa to the ski jump. This is a hill many folks use for training purposes.



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 noon.

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

At: Applebee's, 9601 Lyndale Av. So., Bloomington
Theater ticket Price - \$35; **Send check by September 28**
payable to: Janice Swanberg
2241 Erin Ct., New Brighton, MN 55112
ULLR Cancellation Policies Apply



Hyland Hills Alpine Skiing

Maybe some ULLrs might want to check out the ski hill at Hyland Hills. On sale until Nov. 1st, a senior (62+) unlimited ski pass, valid until 3/31/2019, is only \$149. Yes, the hill is only 180 vertical feet, but some runs are even blue or black. Here is your chance for a quick morning ski that is close to home.

2019 Racing Teams -Brian Johnson

Two ULLR sponsored racing teams will again compete this year at Buck Hill on Wednesday and at Wild Mountain on Sunday.

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 oriented. 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 Burn-
haven Drive #108, Burnsville, MN 55306

Hike Along the Mississippi River and in the 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

Hike U of M Arboretum Monday, October 22

Time: 10:00 AM - 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.

RSVP: Karen Holmquist H: 952-431-1903; C: 952-270-4739

2018 Autumn Morning Hikes



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.

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.

2018 Social Calendar [See ullr.org](http://ullr.org) for flyers

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

November 8, Thursday - 5:00 PM for
an optional dinner; **7:00 PM** - General
Meeting; 7:30 PM - Program (see p. 3)

November 9, Friday - 7:00 PM
Singles' Cards & Games Night
Host: **Jim Habeck** - 763-559-5593

November 27, Tuesday - 11:15 AM
Singles' Lunch at *Redrossa Italian Grill*
RSVP: Ellise Lamb, 952-442-9332

December 1, Saturday - 5:00 PM
Holiday Party (See p. 1)
Contacts: Karen Holmquist & Nancy
Sand

December 10, Monday - 12:00 PM
Directory Folding Party
Hosts: Mary Jane & Galen Hochstein

December 11, Tuesday - 12:00 PM
Whitefish Ski Trip Pre-trip Party
Host: Jim Habeck 763-559-5593

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, November 9 - 7:00 PM
Host: Jim Habeck - 763-559-5593
12030 54th Av. N., Plymouth 55442



Contact Jan to 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

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



16th Annual Fort Snelling Hike - Carolyn Buswell

On Sunday, October 7, eighteen ULLRs hiked the trail at Fort Snelling on a 52° cloudy threatening day with John Eagan and Carolyn Buswell leading the pack. Thankfully, the rain held off until the hike was over. Besides viewing the beautifully changing leaves, and enjoying conversation with fellow hikers, several species of wildlife were spotted; four turkeys, many chickadees and nuthatches, as well as a deer. Lunch at the 5-8 Club ended a great afternoon!

Fall - Winter Calendar 2018-2019

Morning Hikes

October 17, Wednesday - 11:00

Lebanon Hills Regional Park Hike
Contact: Linda Heintz, 612-916-2526

October 22, Monday - 11:00

Arboretum Hike
Contact: Karen Holmquist 952-431-1903 C: 952-270-4739

October 26, Friday - 6:30 PM

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
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.

Optional Outdoor Fun

December 15, Saturday - 1:30 PM

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

January 26, Saturday - 1:00 PM

Elm Creek: SS/XC/ 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/XC/ Hike?
Contact: Nancy Sand, (h) 952-435-5225, (c) 763-280-2600

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



ULLR friends, and remember all of the blessings you have received. -Margie D.

ULLR MEMBERSHIP DIRECTORY

FOLDING PARTY

Monday, December 10, 2018

Lunch at noon followed by Directory folding

Hosts: Mary Jane and Galen Hochstein

3140 Birch Avenue,
Medina

763-479-6890 or maryjaneh@frontier.com



All members are welcome! A main dish and beverages are provided. Members should bring an appetizer, salad, or dessert to share and contribute \$1.00 per person to help with costs.

Members should RSVP their attendance to the hosts. For more information, contact Nancy Sand,

Folding Party Coordinator, 952-435-5225 or

nsand878@gmail.com

FULL MOON HIKE WITH SHARON

OCTOBER 26, 2018 FRIDAY NIGHT 6:30 pm

Meet at Tamarack Tap Room –
8418 Tamarack Village, Woodbury, MN at
6:30 PM for some pub grub.



From there we will carpool out to the Lake Elmo Park Reserve, 1515 Keats Avenue North, Lake Elmo (\$5 park fee) and hike their cool, lighted ski trails and soak up the full moon. This October full moon is called the Hunter moon.

[To the Native Americans full moons were a way to keep track of the seasons and make appropriate preparations for survival. Besides, with falling leaves and the fattening of wild game, also preparing for winter, who could argue that this month's moon signaled a good time to go hunting.]

This is a great event if weather isn't too uncooperative.

Hope to see you there.

RSVP: Sharon Tornes H: 920-540-0298