

ULLRS USHER IN THE HOLIDAY SEASON

By Nancy Sand

Neither rain, nor sleet, nor snow, nor ice will deter Ullrs from partying! In this case, it was snow and ice – and lots of it! Driving through heavy wet snow and ice, grasping the steering wheel with white knuckled hands, straining to see through undulating wipers valiantly trying to clear snow and ice off the windshield, forty-five Ullrs and three musicians braved the metro area’s first major snow storm of the season to come to the annual ULLR Holiday Party on Saturday, December 1, at Gramercy Club in Burnsville. Due to the weather, travel time was long – as much as two hours for Alan M. and Charlotte N. A few Ullrs decided the risk was too great to travel, and stayed safe at home.

Early arrivers helped party hosts Karen H. and Nancy S. set up the GC party room. Craig N. volunteered to shovel snow away from the entryway to the building plus part of the sidewalk. When he came back into the building, he commented he liked the shovel. (Maybe Santa will deliver a new shovel to Craig!) As the rest of the partiers arrived,

coats and boots were shed, and driving stories were shared while enjoying beverages and appetizers.

ULLR President Joan R. welcomed us. Announcements were made. Then it was time to get in line to fill our plates with a delicious pork dinner followed by an assortment of dessert bars. All food leftovers were donated to a shelter.

Following dinner, we were entertained by the *Singing Hearts*, a three-person group led by former ULLR Roger Wangen. (Nancy S. gave him a friendly reminder that it was time for him to renew his membership– and he did!) The song list included opportunities for us to sing along to some fun and sentimental Christmas tunes.

Ten Ullrs were recruited to help with *Rudolph the Red Nosed Reindeer* by wearing reindeer antlers and holding up reindeer name signs as the song was sung. Ken M. was Rudolph with a red nose. Most of our ULLR reindeers held up their signs on the right beat of the music, but a few needed some reminders from the others as the song was sung. It was lots of fun with abundant laughter.



Was this type-casting? Nancy H (Olive) known for her entertaining; Alan M (Dasher) always dashing to finish one more volunteer task; Bill K (Dancer) of course, Mr. Twinkle-Toes; Barb K (Prancer) always enthusiastic on every hike; and Jan C (Vixen) really? Mother Superior? Who knew? Well, it definitely couldn't be her Lena self.

Branches of mistletoe were passed around. Roger W. sang in Norwegian and also sang a ski song he had written. We learned there were many places to Christmas shop when we heard *I've been Everywhere Man* re-written to *I've Shopped Everywhere*. The entertainment closed with *Happy Trails to You* – a fitting end to a lovely evening with ULLR friends in a building beautifully decorated for the season.

Read the end of the story and see photos on P. 6.

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

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ULLRnet@ULLR.org

LETTER FROM THE PRESIDENT

By Joan Roe



A new year, a new beginning, an opportunity to appreciate the gifts in our lives and be grateful! I heard a suggestion for New Year's resolutions to make them more successful. Reframe your mind to avoid letdown by setting a positive goal like, "I will do what it takes to enjoy better health" rather than "I will lose twenty pounds."

Ullrs with their attitude of keeping active have the right idea! It's a good year for downhill skiers hitting the slopes at Welch and Afton, and to look forward to Whitefish February 24-March 2. There's a lot of snowshoeing/hiking events to check out on the calendar.

Margie Deutsch is again sharing her interest in genealogy to help us find our roots, with talks on January 27 and February 10. Sally Chevalier is offering Ullrs the Old Log's performance of "Lend Me a Tenor" on February 6. Gary Gray is giving an interesting and informative talk on "WWII Women Code Breakers" on February 12. Thanks to these members who add so much to our club. It's not too late to plan a Valentine's Party! Think about it! Remember when we had holiday celebrations at each other's homes? How about an Easter gathering at your home or party room?

Hope to see you at the General Meetings. A special thank you to member Dr. Marilyn Barnard for her talk "The Mind Body Connection" on January 17. Learn more on February 21 about Twin Cities Adaptive Cycling, which you have supported through the Foundation.

The ULLRNET

The ULLRnet was created as a way to receive messages of a personal nature about current and past members. If you wish to receive or post information, please send an email message to ullrnet@ullr.org. Notices must have the permission of the person for whom it is written.

Will you serve on the ULLR Board?

The club needs a volunteer who will serve on the ULLR board for the upcoming year. Will **YOU** step up and volunteer? We have 1 opening: Membership VP. Most of the work is done on a computer. Board meetings are usually held on the day of an ULLR meeting. The previous board member has a book that she will go over with you and explain each step along the way. There are plenty of people that will help you during the year. It is important that each of us gives back to our vibrant club. **Please say that you will volunteer.** The position runs from May 1st thru the following April 30th. Contact any of the current board members for more information. **THANK YOU!**

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 February 2004 & 2005 Nullrs.

by Margie Deutsch



2004: *With “tongue in cheek”, President **Gary Gray** explained the “voltage process”

followed to implement the new club name change, the addition of “Bike and Social” to the club’s name.

***Janet Farber** invited folks to attend *Triple Espresso* at the Music Box Theatre in downtown Minneapolis.

***Jerry & Jan Swanberg** hosted a smoked salmon and pork roast buffet at their home. After the meal the guests boarded a bus to attend a big band event, *Slide Hampton’s World of Trombones*.

*George Halder invited *Out of the Rut* Ullrs to a “feast of luscious hot dogs, dainty sauerkraut, and delicate potato salad.” This meal would be enjoyed in the cafeteria on a Sunday with the *Fabulous (ULLR) Buck Hill Ski Team*.

***Charlotte Navratil** and **Damaris Frank** invited ULLR

Florida snowbirds or wintertime travellers to meet them in March in Venice, Florida, for 4 days of fun hosted by ULLR South. Events planned were a bike tour of Venice; a tour of the John Ringling Museum; an air boat ride, and a day in Fort Myers with **Hal & Gail West** and **Tom & Berit Roberts**.

*The ULLR Singles program celebrated its first year.

2005: ***Cheryl Ostlund** (Rogers) offered a unique workshop for Ullrs, “Cooking without the Shopping, Chopping or Mopping.” The attendees could choose 8 different menus to assemble and bring home.

*Pres. Dave Schave wrote about his deer hunting trip. His feeling of success in shooting 2 deer was tempered when he came to realize how much work was needed before he would get his packages of meat. It was possible because his 3 hunting friends helped. Dave applied this lesson in a message to Ullrs. When many members help the club, it thrives. So, in some way, big or small, volunteer!

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

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.

January 17, 2019

Our guest speaker at the General Meeting will be retired Mayo Clinic internist & gerontologist, Dr. Marilyn Adlin-Barnard. Marilyn is an ULLR member and presented a talk last year about “Staying Healthy and Aging Well.” Her topic tonight will be: “The Mind Body Connection.”

Don’t miss out, sign-up now!

Nisswa: June 10-13, Monday - Thursday

Bike the Paul Bunyan Trail or

Golf, shop, fish, swim, kayak, just relax!

Only \$168, due at sign-up, no later than Feb. 15, 2019.

Includes:

3 nights Lodging; Continental breakfasts; Welcome party Monday eve – drinks provided, appetizers by assignment; Dinner Wed. eve – drinks, main dish and dessert provided, appetizers and sides by assignment.

Make check payable to ULLR Club and send to: Maryann Schwebel, 15 Orme Lane, St. Paul, MN 55116. Include emergency contact, roommate & lodging preferences with your check. Lodging assignments are first come/first served on receipt of check.

Remaining 2019 ULLR General Meeting dates are:

February 21, 2019 - Twin Cities Adaptive Cycling Program (TCACP)

March 14, 2019 - Jerry Swanberg– Metro Big Band Jazz

April 11, 2019 - ULLR Foundation Bingo-Silent Auction

ULLR Membership for 2019

Welcome! You may 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 renewing and all of your information is the same as last year, write ‘same’ on the form. The mailing address is found at the bottom of the membership form. If you wish to have a copy of the ULLR 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, Membership VP panelson66@msn.com or 952-893-1045.

Good Ol’ Days Resort is next to trail, just north of Nisswa. Stay in 2 or 3 bedroom condos or Lodge rooms. For more information, see website: www.goodolddaysresort.com

Chairs: Charlotte Navratil, 612-581-2890,

charna1017@embarqmail.com

Gail West, 763-360-7445, hal.gail.west@prodigy.net

Maryann Schwebel, 651-690-3547,

jpschwbel@stthomas.edu

ULLR Cancellation Policy applies. Helmets are required.

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.
- Pre-trip Party and • Welcome Party

PAYMENT

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

Recalling November

A sincere thanks to these ULLRs who organized and/or led an event. They plan creative events and lead them.

7, Long Lake Regional Park Hike

Jan & Jerry Swanberg

8, ULLR General Meeting

Jan Swanberg

9, Singles' Cards & Games Night

Jim Habeck

11, Carver Park Reserve Hike

Patty Fitzgerald & John Stiefel

14, Nine Mile Creek Hike

Linda Heintz

19, Mississippi & Milwaukee Hike

Patty Fitzgerald & John Stiefel

28, Terrace Oaks Park Hike

Linda Heintz

ULLR Membership by Margie Deutsch

Add a new member to your new orange ULLR directory: **Roger Wangen**. Last year, 238 members were listed in the directory. I compared this year's directory to last year's. 4 members had died. 42 past members had not renewed by Dec. 1st. 9 new members from last year also did not renew. 17 members are new this year. There are 199 members listed for 2019. Since publication, 2 folks have renewed: Jon Clauson and Al Pearson. Samuel Cave has a new address. See your e-mail for more info. [Invite someone to ULLR.](#)

Carver Park by Patty Fitzgerald

On Sunday November 11th, 12 ULLRs met at Carver Park Reserve in Victoria for a 3+ mile walk in the woods. We hiked several loops, mostly in the woods, but also past a few lakes and ponds. We saw many birds, but we were too noisy to see any larger critters. We checked out the cages by the nature center that housed different birds that had been in car accidents so they are unable to be in the wild. We also checked out the nature center which has many displays of animals.

Two weeks before this hike, Patty was in the park and saw 5 trumpeter swans, but they had all flown south on the day the group was in the park. After our hike we had a good lunch and fun conversation at *The School of the Wise* restaurant in Victoria.

Hardy hikers at Carver Park were (L-R): Bill B, John S, Linda H, Mike B, Barb K, Craig N, Nancy N, John V, Marcia S, Karen C, Karen H



There is still plenty of time for **YOU** to plan a winter event. JJ will get it advertised on our web site, ullr.org
Call Jan Swanberg with your idea or e-mail her at ExecVP@ULLR.org



Lend me a Tenor

Experience the golden age of Hollywood, set in 1934, in this Tony Award winning comedy. "Lend me a Tenor" provides an escape to laugh out loud with mistaken identities, one-liners, and films of Charlie Chaplin, Harold Lloyd, and the Marx Brothers.

Wednesday, February 6, 2019

1:30 PM matinee

Old Log Theater

5185 Meadville St., Excelsior, MN

RSVP and send check of \$28

payable to Sally Chevalier by January 9, 2019

5222 Spring Circle, Excelsior, MN 55331

Following the play, Sally will have Dessert and coffee at her home. Directions will be given out at the theater.

ULLR Cancellation Policies Apply

Option: Lunch at Maynard's at 11:30 a.m. RSVP to Sally.

ULLR cancellation Policy applies.

There is still time for YOU to plan a Valentine's Party, or a Card & Board Games Party or ?????? Tell Jan Swanberg your idea, ExecVP@ullr.org or 651-633-7178.

WWII Women Code Breakers

Only recently have the contributions of women in breaking the Nazi and Japanese codes in WWII been documented and appreciated. The British women in Bletchley Park were the first, followed by women in the U.S. The absence of women from the historical record is partly due to the long duration of secrecy about code breaking and partly because after the war, most went back to their "customary female roles" when the men came back home. In two parts, come hear about the critical function that women fulfilled in winning the war for both countries.

Part 2--American Women at Arlington Hall

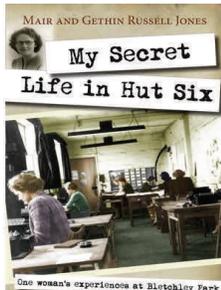
Tue Feb 12, 2019, 10:00 AM

Apple Valley Senior Center, 14601 Hayes Rd.,

Apple Valley, MN 55124

For more info, contact Gary Gray, gdgray@q.com,

952-895-8960



One woman's experience at Bletchley Park

GENEALOGY 102

Who are people who do genealogy? Are you someone who is interested in your family history, social studies, economics, geography, history, maps, medicine or religion? You will find that doing your family tree will touch onto all of those subjects as you learn:

WHO are my ancestors?

WHAT were their reasons for coming?

WHEN did they come to America?

WHERE did they come from?

Where did they settle?

HOW did they get here?



Sunday, January 27, 2019, 2:00 - 4:00 PM

Valley Community Presbyterian Church

3100 Lilac Drive North, Golden Valley, 55422

It will be best if you bring your laptop computer or internet enabled device so you can begin your tree.

Sunday, February 10, 2019, 2:00-4:00 PM

Minnesota Genealogy Center

1385 Mendota Heights Road, Suite 100

Mendota Heights MN 55120-1367

(Just off Hwy 494 & Pilot Knob Road)

You can start researching your family tree with resources found in the library.

Cost: \$15 for facilities usage.

Class limited to 12 people. Sign-up by Jan. 22.

Presented by Margie Deutsch

RSVP: 763-545-5845; mandmdeutsch@aol.com

(On event Sundays, cell: 763-498-9366)

Biking Schedule Planning Party

Sunday, March 10 - 4:00 PM

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

A main dish & beverages will be provided.

Please bring a side dish & \$1.

Where: 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 7th.**

Directions: From 494 and Crosstown CR 62, head West on CR 62, appx 4 mi to a stop light, which is the end of 62 & beginning of Hwy. 101. Go straight at that intersection and you will be on Hwy. 101 South. Take the 1st right onto Townline Rd. After a block, the road curves sharp right and becomes Vine Hill Rd. Near Mtn. Blvd is the 2nd left turn. The house is appx. 1 ½ blocks down, on the left side.



Holiday Party - cont. from P. 1

Of course, such an event does not happen without much planning. Once again Diane E. received all the event checks and prepared the name tags and table reservation tents. Patty F. served as the official photographer. Hosts Karen H. and Nancy S. appreciated those who came early to help set up, greet people as they came into the building, bag nearly 50 toys for Toys for Tots, and help clean up the room at the end of the evening.

When ULLRs left to drive home, they happily discovered the snow had let up, and the snowy scene outside was beautiful, including all the cars that looked like big white marshmallows!



Happy party-goers: Pres. Joan R, Webmaster JJ & Laurie C



Tasty appetizers were enjoyed by Pat N, Bruce W, Maryann & Joe S

Nancy S. filled up her sleigh with 50 toys and checks donated at the party and brought them to the distribution center. In 2017 Twin Cities Toys for Tots, 238,141 donated toys were given to 183,751 children.



LANESBORO BIKE & GOLF 2019

August 25-27 (Sunday and Monday nights)

Cost: \$123.00/person (2/room), payable on signup. Single supplement for 1 to a room \$100.

Space available for 28 people.

Includes: Two nights lodging at Green Gables Inn, Lanesboro, 2 to a room;

Sunday and Monday social hour with appetizers, wine, beer and water (bring your own pop). Please bring an appetizer to share for social hour.

Monday and Tuesday breakfast – coffee, tea, continental breakfast (juices, yogurt, fruit & muffins).

Dinner is on your own on Sunday and Monday nights.

Options: • Bike the Root River Trail – 10, 20, 30 or 40 miles round trip;

- Golf at Lanesboro Golf Club in Lanesboro (507-467-3742); Preston Golf & Country Club in Preston (507-765-4485) Make your own reservations;
- Scenic Valley Winery in Lanesboro; Historic Forestville (State Park/Mystery Caves) Niagara Caves in Preston; Amish Tours;
- Commonwealth Theatre: Sunday matinee 1:30 pm, “Peter and the Starcatcher” and Monday at 7:30 pm, “Boeing Boeing”. Call the Commonwealth Theatre at 800-657-7025 if you want a reservation. Cost \$35.00.

Contact: Carol Thelen, 320-333-6642, carolte@me.com or Marilyn Barnard, 651-402-0301, barnard3952@gmail.com

Send checks made out to “ULLR Club” to: Carol Thelen 7517 Shadyview Lane North, Maple Grove, MN 55311

Signup deadline: June 1, 2019

Helmets required; ULLR Cancellation policy applies

2019 Social Calendar *See ullr.org for flyers*

January 11, Friday - 7:00 PM

Singles Cards/Game Night
Host: Char Strand 952-884-5859

January 17, Thursday - 5:00 PM for an optional dinner; **7:00 PM** - General Meeting; **7:30 PM** - Program (see p. 3)

January 27, Sunday - 2:00 PM

Genealogy 102 - Part 1 (see p. 5)
RSVP: Margie Deutsch, 763-545-5845

February 6, Wednesday - 1:30 PM

"Lend Me a Tenor" at the Old Log
RSVP: Sally Chevalier (pay by Jan. 9)
952-935-7000 (see p. 5)

February 8, Friday - 7:00 PM

Singles Cards/Game Night
Host: Carol Bush 952-922-8035

February 10, Sunday - 2:00 PM

Genealogy 102 - Part 2 (see p. 5)
RSVP: Margie Deutsch, 763-545-5845

February 12, Tuesday - 10:00 AM

Code Breakers - Part 2 (see p. 5)
Contact: Gary Gray; 952-895-8960

February 21, Thursday - 5:00 PM for an optional dinner; **7:00 PM** - General Meeting; **7:30 PM** - Program (see p. 3)

March 8, Friday - 7:00 PM

Singles Cards/Game Night
Host: Carol Bush 952-922-8035

March 10, Sunday - 4:00 PM

Biking Planning Party (see p. 5)
Hosts: John Stiefel & Patty Fitzgerald

March 14, Thursday - 5:00 PM for an optional dinner; **7:00 PM** - General Meeting; **7:30 PM** - Program (see p. 3)

Brian Johnson is asking if anyone (member or not) will fill a spot on the Sunday racing team. Call him at 763-494-4622 or 763-370-6519 cell.

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 8 - 7:00 PM

Host: Carol Bush - CarolSBush@aol.com - 952-922-8035
5691 Hyland Courts Dr., Bloomington 55437

Date: Friday, March 8 - 7:00 PM

Host: Char Strand 952-884-5859
10725 James Road, Bloomington 55431
cmstrand@earthlink.net

Date: Friday, April 12 - 7:00 PM

Host: Sandra Shearer - 952-236-7194
5225 Grandview Sq., #319, Edina 55436
sandrashearer@comcast.net



John V, Jan S, Barb K, and Sally C have fun playing in the park's playground.

Long Lake Hike by Jan Swanberg

On Wednesday, November 7, we woke up to snow and ice on our streets and driveway so thought we might need to cancel the ULLR hike from our house to Long Lake Regional Park. Thankfully, we just delayed the hike by 30 minutes and 10 Ullrs ended up with a nice, partly sunny and brisk (some wind) 3.2 mile hike around the park. We observed

some improvements being done by Ramsey County to the park this past year.

We then returned to our house where Craig & Nancy N. joined us for a pot luck lunch and fun conversation.



Hikers are: Jerry S, John S, Karen C, Mike B, Barb K, Sally C, John V, Marcia S, Patty F, and photographer Jan S.

Winter Calendar - 2019

Optional Outdoor Fun

January 26, Saturday - 1:00 PM

Elm Creek: SS/XC/ Hike?

Contact: Jim Habeck, 763-559-5593

February 4, Monday - 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

March 19, Tuesday - 10:00 AM

Gale Woods Farm: Hike/SS/

Contact: Bill Brechtel, 952-474-5295

See flyers at ullr.org for details. In case of bad weather, call the trip leader to verify the event has not been canceled.

Downhill Skiing 2019

January 15, Tuesday - Afton Alps

January 24, Thursday - Welch

January 30, Wednesday - Afton Alps

Feb. 7, 14, Thursdays - Welch

Feb. 20, Wednesday - Afton Alps

Feb. 24-Mar. 2, ULLR Whitefish Trip

Mar. 5, Tuesday - Welch

Mar. 13, Wednesday - Afton Alps

There is no contact for local skiing. Meet in the area lodge at 9:30 AM.

We Hiked Along the Mississippi River and in the Milwaukee Avenue Historic District

By Patty Fitzgerald

On November 19th, 9 Ullrs met near Lake Street and West River Parkway. The day was brisk but we were determined to begin our 5 mile hike. We started our hike on a wooded trail along the Mississippi River. We found a beautiful sand beach which is most certainly a party beach during the summer. We walked about 2 miles through the woods, both close to the river and high above it.

We then started down Minneapolis city streets heading towards Milwaukee Avenue and its historic district of homes. This is a 2-block area of 19th century homes constructed between 1884 and 1890 for railroad workers and other working class families. The houses resemble row houses and are cookie cutter with brick veneer and fancy gingerbread trim. This area was listed on the National Register of Historic Places in 1974 and then rehabilitated. We walked through the historic area and then returned to our starting point. Along the way we stopped in a park area, and we met several Montessori school students who thought our hiking sticks were pretty funny and also that we were out walking in the cold! We then headed to *Longfellow's Grill* for a delicious lunch.

Linda H, Karen C, Mike B, Nancy N, Craig N, Nancy S, Marcia S, John S and photographer Patty F took this hike.



Nine Mile Creek Hike

By Linda Heintz

For this hike, we had beautiful weather. Still a little chilly in the morning, but with bright sunshine which always makes a difference.

Hiking were 12 Ullrs: Karen C, Mike B, Sharon M, Pat N, Bruce W, Nancy S, Nancy & Craig N, Barb K, John S, Jan S, and myself, Linda Heintz.

After the hike, 6 of us enjoyed a delightful lunch at *Willy McCoy's*.

photos at www.ullr.org/EventPics

In 2018, Ullrs had the opportunity to go hiking 5 times in the spring and 13 times in the fall. The photos show that many of the hikes were enjoyed by the same people.

I propose that in 2019 we also have several 2-mile or so "walks" where folks like me (not so athletic) can walk and chat with friends. [Margie]

Terrace Oaks Hike

By Linda Heintz

It was another successful 3.5 mile hike into the woods, up and down the hills. Wednesday, November 28, was a chilly day but nice for the hike. We had thirteen people join us and most went to lunch at *Lucky 13* at the Burnsville Mall. Hikers were Nancy S, Barb K, Bruce W, Marcia S, Craig and Nancy N, Pat N, Patty F, John S, Jan S, Jim H and myself, Linda Heintz. This was a lovely end to a good year of hiking. See you all next spring.

ULLRS LABEL, FOLD, TAPE, AND STAMP - by Nancy Sand
 Yes, it was time again for ULLRs to gather for a Membership Directory Folding Party. On December 10, twenty Ullrs came to the Hochstein home which was beautifully decorated for the holidays. We began with a chili lunch accompanied by many appetizers, salads, and desserts. With our bodies being fully nourished, we were ready for our Membership Directory folding jobs.

But prior to getting started on our jobs, we paused to consider the holiday time of year as Ray H. read a poem he wrote as a Christmas greeting from Ray and Carol. It is a beautiful and meaningful message. Thanks Ray and Carol! Then Folding Party Coordinator Nancy S. said it was time



one lingered, sharing holiday plans and simply enjoying conversations with good friends. Some went downstairs to play with Galen's (some state fair winning) marble creations. Thanks to Mary Jane and Galen for sharing their home with us.



to get to work. With many hands, it didn't take long to finish, but every-

←
 Left: Alan M, Jan C, and Joan R put stamps on the directory.



Jeff F, Patty F, and John S tape shut the directories

The Joy of Christmas

By Ray Hartmann - December 2018

Christmas is for Children – there is Santa Claus and toys
 Santa grants their wishes – for little girls and boys
 Exciting Christmas decorations – treats, festivities and plays
 Loving all the joys of Christmas – throughout the holidays
 Christmas is for adults – it is the spirit of the season
 Joyous gatherings and gifting – Jesus' birth is the reason
 Family, Friends, Community – all share the celebration
 It is practiced far and wide – a two thousand year tradition
 Christmas is for the world – for peace in every land
 A time to reflect and pray – our hopes and dreams expand
 For a full and fruitful life – for all with a grand passion
 For all who keep the faith – that's the Christmas mission



"Ramon" reads his Christmas poem to Ullrs. Listening here is Jan C.

See more photos at ullr.org/EventPics.html/

March 31st is the deadline to submit a your plan.
WESTERN SKI TRIP OR WARM WEATHER GETAWAY
PROPOSAL GUIDELINES FOR 2019-2020

The old adage goes: "If you fail to plan, you plan to fail." Now is the time to make plans! The 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 combined current and next year's Boards. 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 downloadable at: <http://ullr.org/UllrForms.html> Scan down to "Propose a trip." E-mail your proposal to WinterVP@ullr.org

