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March 2019

Travel Information—Be in the Know Before You Go by Margie Deutsch

What do I put on the front page when there have been no stories or photos submitted from ULLR events in the past 2 months? (The only events since Dec. 10th were 2 ULLR meetings, a hike, and the MSC Winter Carnival.) I keep some articles in a folder – “just in case.” This information might be interesting to ULLR members as they are travelers. I know it began an interesting conversation at my dinner table before the January ULLR meeting.



Did you know that most countries require that your passport be valid for at least six months after the end of your trip and that it have two or more blank pages? This is according to the U.S. Dept. of State-Bureau of Consular Affairs. An airline can deny you to fly abroad if you don't have 6 months remaining on it. If your passport expires while you are abroad, you are there illegally.

Passport validity requirements vary so much between countries that the State Department has created a page <https://travel.state.gov/content/passports/en/country.html>

I have travelled to Europe 14 times (5 times alone) and on 2 overseas tours to China and 5 countries in the Soviet Union. I never thought about being prepared for a problem, except for carrying a paper copy of my passport,

a list of my medications, and a paper with the information about who I was visiting and my family at home. My last trip in October changed that when I had a 4-day hospital stay in Germany for a minor problem and I was alone. What if it had been a major problem of some kind?

Some State Department recommendations:

Keep the contact details for the nearest U.S. embassy or consulate. They are always available for emergencies.

If you take medication, make sure to have at least five days' worth at any given time – if you can, take enough for two weeks beyond your scheduled trip and have a copy of your prescriptions handy. Also, make sure you have health insurance whenever you are traveling abroad.

Phone lines are usually affected during a crisis. Send messages as regularly as possible to let friends and family know how you are doing.

You can enroll in STEP, The Smart Traveler Enrollment Program. STEP is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate. You can receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans. Also, it can help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency. And it can help family and friends get in touch with you in an emergency.

Ullrs are looking forward to:



Outdoor activities (not shoveling) and the ski trip (room for 3 more)



Curl up with a good book.



Spring Dinner & Dance May 18 in Chanhassen



Bike planning party Mar.10



What's Cookin' picnics need hosts for Sept. 4!

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



As I'm writing this at the end of January, Ullrs are looking forward to skiing at Whitefish while enjoying local skiing at Welch and Afton, and others are hiking and snowshoeing. The first half of January saw record breaking warm temperatures with people lamenting the lack of snow. The second half clobbered us with Polar vortex lows and snow! That's Minnesota!

Because of our talented members, Ullrs are learning from Gary Gray about women decoders during WWII. Margie Deutsch is sharing her knowledge and enthusiasm by presenting Genealogy 102. Sally Chevalier and others enjoyed "Lend Me a Tenor" at the Old Log Theater.

Member Dr. Marilyn Barnard gave an interesting talk about the "Mind-Body Connection" at the January Meeting. Marilyn stressed that aging and frailty don't belong together! Frailty can be prevented! She shared some optimal aging tips with us. To stay physically and mentally active, lift weights, do balance exercises, do puzzles, etc. We should fill our plates half full of veggies! Gut health is being discovered to be really important. Look into taking probiotics, eating yogurt with live cultures and drinking kombucha tea. Enjoy healthy relationships! Most important is maintaining a positive attitude!! The Mind-Body Connection!! Your thoughts are your choice! Marilyn had several suggestions: on the computer go to TM.org for Transcendental Meditation and everydayhealth.com for healthy eating. Join classes for relaxation and exercise to live your best self. Marilyn said, "Ullrs are an amazing example of aging well!"

The Board once again discussed our meeting time and location. There are many logistical problems with making a change, which makes any change difficult at this point. The BEC values having ULLR there and has not charged us rent in quite a while. The restaurant has improved, and Ullrs are enjoying dinner before meetings. This means we are getting there earlier in a little less traffic. There's remodeling going on that is making the building more inviting. It is our hope that those who have problems driving at night consider carpooling.

Please send your feedback on the questionnaire about the Holiday Party to Jan Swanberg, Exec VP, at gswanbe@aol.com. (A copy is on page 8.)

The bike planning meeting is March 10 at Patty and John's. Spring is coming!

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.

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 March 1998 & 2009 Nullrs.

by Margie Deutsch



1998 *A trip to Blackjack in Michigan had some “unusual” happenings. Bus riders almost ran out of liquid refreshments enroute but were able to resupply in Duluth! The bus got stuck at Blackjack and all 35,000 lbs. of it was pushed out by strong Ullrs. That evening the bus driver got lost and folks were taken to the wrong restaurant. But the evening ended happily.

2009 * ULLR sponsored a Meet N’ Ski at Welch chaired by **Jerry Schuster**. It was -2° at noontime but 24 Ullrs were warmed at an outside fire as they ate a grilled hot dog lunch thanks to griller **Ray Hartmann**.

* President **Barb Carpenter** accepted the MSC racing trophy. It was given to honor the Ullr skiers. They won the most downhill metals at the Indianhead Winter Carnival.

* 23 Ullrs left 6 skiers on the very cold, windy slopes at

Spirit Mt. and instead went to Banning State Park. Many folks “stayed warm following **John Egan** up and down, in and out, and around and around snowshoeing down to the river and back.” **Judy Burich, Jim Habeck, Cheryl Ostlund (Rogers) and Jerry Schuster** chose to glide through the park on their cross country skis.

* **Joe [JJ] Coursolle** was to be awarded an honorary lifetime membership for his past 8 years being the excellent club webmaster. Until then, only past presidents and one Nullr editor had received this honor.

* The ULLR Foundation made front-page news in the Red Wing *Eagle* newspaper because of the adaptive items give to Proact. These included a Wii system, a special exercise bike, and a trampoline. The paper said the gifts came from a “Norwegian” ski club. Foundation president, **Joan Roe**, was pleased that the club’s charitable work was becoming known to others.

* **Sally Chevalier** led a tour to the Summit Brewery. Prost!

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.

Remaining 2019 ULLR General Meeting dates are:

February 21, 2019 - Our guest speaker for this General Meeting will be Caito Bowles-Roth who is involved with the Twin Cities Adaptive Cycling Program (TCACP). In attendance with her will be another member plus one or two volunteers of that organization. They will bring several adaptive bikes with them to demonstrate how they help handicapped individuals ride the bikes. Our ULLR

Foundation members have already visited with and donated funds to this organization. I hope you can attend the Feb 21 meeting and give them our support. In addition, there is remodeling of the Bloomington Event Center (where we meet) currently taking place that should be completed by Feb. 21. It should be interesting to see the new changes.

Remaining 2018-2019 ULLR General Meeting dates are:

March 14, 2019 – Jerry Swanberg will talk about and play some cuts of Big Band Jazz in the Twin Cities. Also the 2019-2020 Board nominees will be introduced.

April 11, 2019 - Election of 2019-2020 Board and ULLR Foundation Bingo games and Silent Auction/Raffle

Bring your friends to any or all meetings.
They may want to join ULLR!

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.

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,

jpschwebel@stthomas.edu

ULLR Cancellation Policy applies.



There are now openings for 1 man and 2 others. Contact Wayne or Jim NOW

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.
- 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@q.com
Wayne Jastremski (h) 651-398-6659, wjastremski@live.com

ULLR Membership and Cancellation Policies Apply

Recalling December & January

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

12/1, Holiday Party

Karen Holmquist, Nancy Sand, Diane Erlandson

12/4, Code Breakers Program, Part 1

Gary Gray

12/10 Folding Party

Mary Jane & Galen Hochstein

12/15, French Park Hike

Jim Habeck

1/4-6, MSC Winter Carnival

Linda Jerry Schuster

1/17, ULLR General Meeting

Jan Swanberg



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.

Hike the Lake of the Isles

Thursday, April 18 - Meet at 10:15

Meet at 28th Street - East of Lake of Isles and West of Hennepin Avenue, Minneapolis, MN Round trip 3+ miles (more or less) on paved trails around the most scenic lake and neighborhood in the Chain of Lakes.

Lunch afterwards at Famous Dave’s In Calhoun Square

RSVP to Carol Bush (H) 952-922-8035, (C) 952-240-7880

In case of bad weather check with chair to see if event is still scheduled.



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/or Monday at 7:30 pm, “Boeing Boeing”. Call the Commonwealth Theatre at 800-657-7025 if you want a reservation. Cost \$35.00 per play.

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

ULLR cancellation policy applies.



Whitetail Woods

Regional Park

Friday, March 8, 11:00 am

Snow shoe or hike about 4 miles through this new Dakota County park.

Complete driving directions on the flyer at ullr.org
Lunch after hike at Vivo Kitchen, 15435 Founders Lane, Apple Valley. **RSVP:** Nancy Sand (H) 952-435-5225

In case of bad weather or to verify that an event has not been cancelled call the event chair person.

Gale Woods Farm Tuesday, March 19, 10:00 AM

Snowshoe or hike approximately 3 miles (or less) through scenic wooded trails overlooking Whaletail Lake. Snowshoes are available for rental. Walking sticks or ski poles are recommended. Farm animals may be seen. You can also visit the Farm Store for a variety of meat and poultry products raised right on the Farm.

The Farm is located in western Hennepin County, 7210 County Road 110, Minnetrista.

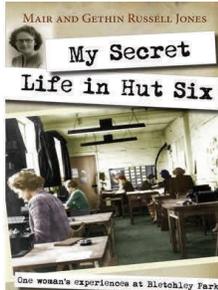
Lunch at Dakota Junction 2281 Commerce Blvd., Mound.

RSVP to Bill Brechtel 952-474-5295 (cell)

There is still time for YOU to plan an event or party. 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 Bletchely 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

GENEALOGY 102



What do you find in a genealogy library? The Library Resource Center (LRC) in the Minnesota Genealogy Center library has over 30,000 books, historical and genealogical periodicals, many microfilms from area Roman Catholic churches, older Minnesota city directories, maps, and other items. The on-line catalog of the LRC collection will help you see if a resource is in the library. The collection, all donated, represents many nationalities and countries. The computers have many helpful links to sites that will help you with your research, including the library edition of Ancestry. The LRC is an affiliate branch for the LDS (Mormon) Library holdings. See the MGS web site at mngs.org.

First the below zero temperatures, then the snow, has caused yet another date change.

Thursday, February 21, 2019, 3:00-5:00 PM

Minnesota Genealogy Center

1385 Mendota Heights Road, Suite 100

Mendota Heights MN 55120-136

(Just off Hwy 494 & Pilot Knob Road

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

Cost: \$10 for facility usage.

Still room for 3 more people. Sign-up by Feb. 18.

Presented by Margie Deutsch

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

(On event day, 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.

Meet the Proposed candidates for the ULLR Board 2019-2120



President: Sharon Marini

Having joined Ullrs in 2004, I have never been busier! There are so many activities to participate in and lead that keep us young in body and spirit.

I have previously served on the Board as Secretary, Summer VP, Winter VP, co-chaired bike trips to

Nisswa and Lanesboro and co-chaired Holiday Parties, the Spring Banquet, and a western ski trip. Ken and I have hosted folding parties and socials like the Kinky Boots social, a salad supper and a car show. As your president, I will do my best and with the help and support of the Board and ULLR members, we will have another successful year. Thank you for your trust in me.



Vice-President: Jan Swanberg—

Returning

I have been a member of the ULLR Ski Club nearly 32 years. Looking back on those years I am reminded of how blessed and lucky I've been to be involved with such a great group of members and friends that have organized the many ski and bike trips that I

participated in – all very fun times (except when I broke an ankle jumping off a bike). In reviewing past Nullr's, I was also reminded of and grateful for many other social and group events that I've enjoyed as well.

I have served on three ULLR Boards, and now the current one. I am willing to continue for a second year as Executive VP, because, as to date I think I still need to develop my confidence and skills in this position. With your help and support, I look forward to serving again on the Board.



Treasurer: Carol Bush -

Returning

I have been a member of Ullrs since the early 1980's. During that time, I have participated in a variety of club activities and enjoyed them. I was on the ULLR Foundation board for several years in the late 1990's and

early 2000's and I am back on the Foundation Board as I have more time since retirement. In the past, I have served the club on the Board as Secretary, Membership VP, and Treasurer. I hope to be elected, returning as Treasurer.



Secretary: Judy Burich

Being secretary for our ULLR Club in 2014-2015 was a fun, rewarding experience for me, so when I was asked to run again for the same position, I happily agreed. Since becoming a member in 1996 I have participated in a variety of activities including skiing, hiking, biking, and attending cultural events. I love to travel. In Ullrs I met

Karen Holmquist, a trip leader extraordinaire. I was fortunate to be able to travel in a group with her on a fabulous trip to Australia and New Zealand in 2014.

I continue to be grateful for the many wonderful, adventurous, and interesting people I have met and the friendships I've made in our ULLR Club. It would be a privilege to be on the ULLR Board again.



Winter Programs

VP: Linda Heintz -

Returning

I've been a member of Ullrs since the summer of 1979. This will be my third time on the

board. I'm an ULLR of the Year winner and have several Oles. I've been retired for six years. These days I spend my time at the "Y", walking and hiking with friends and traveling.



**Membership:
Nancy Sand**



**Summer Programs
VP: Returning
Mary VandeHei**

**She automatically becomes
Past
President/
Advisor:
Joan
Roe**



**Bios for
the 2
others in the April Nullr.**

2019 Social Calendar *See ullr.org for flyers*

February 12, Tuesday - 10:00 AM

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

February 13, Wednesday - 1:30 PM

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

February 21, Thursday - 3:00 PM

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

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: Roz Rockman, 612-201-8552

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)

March 26, Tuesday - 11:30 AM

Singles Lunch at Hazelwood Food & Drink
RSVP: Ellise Lamb, 952-442-9332

April 11, Thursday - 5:00 PM for an optional dinner; **7:00 PM** - General Meeting; **7:30 PM** - Program (see p. 3)

April 12, Friday - 7:00 PM

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

April 23, Tuesday - 11:30 AM

Singles Lunch at Margaritaville Restaurant - Mall of America
RSVP: Ellise Lamb, 952-442-9332

May 18, Friday - 5:00 PM

ULLR Awards Banquet & Dance
Contact: Jan Swanberg, 651-633-7178

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, March 8 - 7:00 PM

Host: Roz Rockman, 612-201-8552
4350 Brookside Ct., #307, Edina 55436
roz3141@gmail.com

Date: Friday, April 12 - 7:00 PM

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

Date: Friday, May 10 - 7:00 PM

Host: Jan Butler - jscmunch@comcast.net -
13506 Larkin Dr., Minnetonka 55305 - 952-544-8162

2018 SINGLES' FINE DINING

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

March 26 - Lunch - 11:15 AM at Hazelwood Food and Drink, 8150 26th Ave South, Bloomington
hazelwoodfoodanddrink.com

April 23 - Lunch - 11:15 AM at Margaritaville Restaurant Mall of America; 344 East Broadway, Bloomington
margaritavillemallofamerica.com

May 28 - Lunch - 11:15 AM at Crave American Kitchen & Sushi Bar 3520 West 70th Street, Edina; craveamerica.com

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

Hikes

April 12, Friday - 10:45 AM

Minnehaha Falls Hike
RSVP: Karen Holmquist, (h) 952-431-1903, (c) 952-270-4739

April 18, Thursday - 10:15 AM

Lake of the Isles Hike
RSVP: Carol Bush (H) 952-922-8035, (C) 952-240-7880

May 1, Wednesday - 10:15 AM

Bunker Hills Regional Park Hike
RSVP: Nancy Sand, (h) 952-435-5225, (c) 763-280-2600

May 6, Monday - 10:00 AM

Como Park Hike
RSVP: Barb Kolbe, 651-633-0936
Or Kyle McClintick, 651-644-5919

Optional Outdoor Fun

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

Downhill Skiing 2019

Feb. 14, Thursday - Welch

Feb. 20, Wednesday - Afton Alps

Feb. 24-Mar. 2, ULLR Whitefish Trip

Mar. 5, Tuesday - Welch

Mar. 13, Wednesday - Afton Alps

Meet in the area lodge at 9:30 AM. There is no ULLR contact person.

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 11, 2019, 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 14, 2019. 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 16 and no later than March 29. Call Joan Roe at 952-914-9124 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 5 at that same address. **See the Proposed candidates on P. 6 of this Nullr.**

HELP! In order to best serve our members, the board needs your feedback on the Holiday Party, please!

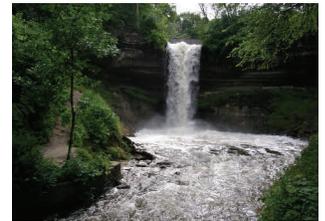
1. I attended the Holiday Party. Yes or No
If I attended, would I most likely attend the same venue next year? Yes or No
Why? _____
4. If I did not attend, please indicate the reasons below. Mark in order of importance (1, most important: 5, least important)
____ Too Expensive
____ Gone for the winter
____ Too far from home
____ Venue not festive and/or formal enough
____ Miss the band
Other _____

Please reply to Jan Swanberg gswanbe@aol.com. We appreciate and want your input! Thank you for responding!

Minnehaha Falls Hike

Friday, April 12, 2019

4801 South Minnehaha Park Dr
Meet by the Falls at 10:45 AM
(easy hike along the creek to the Mississippi River)



Lunch after Hike at: Howe Daily Kitchen & Bar
3675 Minnehaha Ave S

RSVP by April 11 to: Karen Holmquist
H: 952-431-1903 C: 952-270-4739

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

There is still time for **YOU** to plan a winter event.
Call Linda Heintz with your idea or e-mail her at WinterVP@ULLR.org

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 download-able at: <http://ullr.org/UllrForms.html> Scan down to "Propose a trip." E-mail your proposal to WinterVP@ullr.org

