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September 2019

### Silver Lake Ride and Pot luck Picnic - July 27, 2019



On a lovely end of July day, 20 Ullr cyclists explored the scenic farmlands on rolling roads or the Luce Line of McLeod County. Round trip routes were 19 & 38 miles on the roads and 16+ miles to Hutchinson on the Luce line.

In the afternoon the riders were joined with 30 more Ullrs for a pot luck picnic at the home of Charlotte N and Alan M.

*Right: Mary V, Sharon M, Sally C, Charlotte N, Tom V  
Below: Gail W and Jan S relax.*



Everyone enjoyed the lovely summer day with sunshine, light breezes off Swan Lake, and lots of great picnic food. There is nothing Ullrs enjoy more than eating and visiting with friends. Our thanks to Ray (the poet) for the ode honoring the three shared birthdays. Charlotte and Alan thank you all for sharing a wonder-filled day at their home.

## 2019 IMPORTANT CONTACTS

### OFFICERS OF THE CLUB

#### President

Sharon Marini: [ULLRPrez@ULLR.org](mailto:ULLRPrez@ULLR.org)

#### Executive VP

Janice Swanberg: [ExecVP@ULLR.org](mailto:ExecVP@ULLR.org)

#### Winter Programs VP

Linda Heintz: [WinterVP@ULLR.org](mailto:WinterVP@ULLR.org)

#### Summer Programs VP

Mary VandeHei: [SummerVP@ULLR.org](mailto:SummerVP@ULLR.org)

#### Membership VP

Nancy Sand: [MembershipVP@ULLR.org](mailto:MembershipVP@ULLR.org)

#### Treasurer

Carol Bush: [Treasurer@ULLR.org](mailto:Treasurer@ULLR.org)

#### Secretary

Judy Burich: [Secretary@ULLR.org](mailto:Secretary@ULLR.org)

#### Past President/Advisor

Joan Roe: [PastPrez@ULLR.org](mailto:PastPrez@ULLR.org)

### PROGRAM COORDINATORS

#### Alpine-Nordic

Barb Kolbe: See directory

#### Ski Racing

Brian Johnson: [Racing@ULLR.org](mailto:Racing@ULLR.org)

#### What's Cookin' Cashiers

Carole Nelson & Sharon Pappas:

[WCcashier@ULLR.org](mailto:WCcashier@ULLR.org)

#### What's Cookin' Supply Chairs

Nancy Kastner: [WhatsCookin@ULLR.org](mailto:WhatsCookin@ULLR.org)

#### What's Cookin' Beverage Chairs

Craig & Nancy Navis: [Beverages@ULLR.org](mailto:Beverages@ULLR.org)

#### Biking

John Stiefel: [Biking@ULLR.org](mailto:Biking@ULLR.org)

#### Singles

Jan Butler: [Singles@ULLR.org](mailto:Singles@ULLR.org)

#### Directory Folding Parties

Nancy Sand: [FoldingParty@ULLR.org](mailto:FoldingParty@ULLR.org)

#### General Meetings

Janice Swanberg: [ExecVP@ULLR.org](mailto:ExecVP@ULLR.org)

#### MSC Representatives

Linda Heintz: [WinterVP@ULLR.org](mailto:WinterVP@ULLR.org)

Dolly Eastman: [MSCrep@ULLR.org](mailto:MSCrep@ULLR.org)

MSC: [www.midwestfun.org](http://www.midwestfun.org)

#### ULLR Foundation President

Jan Cady: [FoundationPrez@ULLR.org](mailto:FoundationPrez@ULLR.org)

### COMMUNICATION

#### ULLR Webmaster

JJ [Joe] Coursolle: [Webster@ULLR.org](mailto:Webster@ULLR.org)

#### NULLR Editor & Designer

Margie Deutsch: [NULLR@ULLR.org](mailto:NULLR@ULLR.org)

#### ULLRnet

Fran DeWell & Mary Jane Hochstein

[ULLRnet@ULLR.org](mailto:ULLRnet@ULLR.org)

## LETTER FROM THE PRESIDENT

by Sharon Marini



Greetings Ullrs. Have you noticed how quickly the days are getting shorter? I don't look forward to more darkness. That means summer is coming to an end. The spider webs that we are seeing are a sure sign that fall is approaching.

The fall season is beautiful here in Minnesota. There are many hikes and ski opportunities planned. We would like to see more Ullrs step up and lead some hikes, snowshoe, and cross country events. Watch for the schedules in the Nullr and the weekly e-mail, "ULLR Events The Week Of..." There are also some nice social events being scheduled.

I would like to take this opportunity to thank Charlotte and Alan on behalf of all of the Ullrs who biked and socialized and ate some fantastic food at their home. It was a gorgeous day with a light breeze in a beautiful setting. Thanks you so much for being such gracious hosts.

Little known facts about singles:

National singles week is September 15-21, 2019

Single women get better sleep.

Single women keep closer friendships.

Single men like gadgets with lots of shiny black buttons; it makes them feel important.

Most men say they prefer a female in black on a first date while they least prefer green, but in Texas men think that red is the best color.

*(National Singles Day, September 21, 2019, recognizes 44.9% of U.S. adults (over 110 million people!) who are single, unmarried, divorced or widowed according to U.S. Census Bureau statistics released each year in conjunction with National Singles Week.- Margie)*

Come to the last two ULLR picnics. Bring along a friend. Let them see and hear what a nice group this ULLR club is.

Reminder: Pay your dues now at the summer picnics at the low price of \$25 per person. A membership form needs to be signed by each person who is renewing. This is convenient and it saves a stamp!

### **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](mailto: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](mailto:Webster@ullr.org)

**NULLR Editor:** Margie Deutsch

8940 Northwood Pkwy., New Hope 55427

Phone: 763-545-5845;

[Nullr@ullr.org](mailto:Nullr@ullr.org)



### What's Cookin' Picnics!

What's Cookin' Picnics are held in Brookview Park on Highway 55 and Winnetka Avenue in Golden Valley.

(See the map in the directory.)

**Picnics start at 5 PM with food served at 6 PM.**

Invite your friends. Come and join the fun. The meal ends with delicious desserts made and/or served by the ULLR Foundation.

**Cost: \$8.00 (meal, dessert, and 2 beverages)**

**Non-meal prices are:**

\$3.00 for 2 beverages, no meal (includes shelter rental)

\$1.00 for each beverage over 2

\$ .75 for extra dessert (to the Foundation)

\$2.00 attendance only (for the shelter rental)

**August 21** German supper Margie Deutsch & Friends

**September 4** TBD 70's & 80's Birthdays

### Membership Spotlight

**Address change: Jim Maiser**

**E-mail change: Judy Burich, Mary Jastremski, Alice Ressler, Janice Swanberg**

**Phone change: Bill Kansas**

[Members receive complete information via e-mail.]

### Plan to attend the 2019-2020 ULLR General Meetings.

October 3, 2018

November 14, 2018

January 16, 2019

February 13, 2019

March 12, 2019

April 23, 2019

Our speaker at the **October 3rd General Meeting** will be a member of the *Shock-waves Adaptive Ski Squad*. This is an ULLR Foundation supported program.



The November 14

meeting will have a speaker from *Gentle Transitions*.

**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.

**Invite a friend to come!**

### Save the Date - May 16, 2020

#### ULLR 70<sup>th</sup> Anniversary Dinner and Awards Night

A small 70<sup>th</sup> committee has begun to work on this festive event. (There is ALWAYS room for other volunteers!) Dolly Eastman has been at work assembling a list of names of

deceased past ULLR members. She sent me a copy. I was shocked to see in the eight years that I have been the Nullr editor, 24 of the members listed in the 2011 directory have died. Three other past members also are gone. These two "black boxes" were not published earlier. -Margie

#### *In loving memory*

**Charles "Charlie" Talcott Brown, M.D.**

**Jan. 31 1932 - Nov. 24 2017**

Charlie was an ULLR member for many years. He enjoyed ULLR events, especially bike rides. Joan Roe was his long-time special friend. One of his volunteer efforts was leading a canoe trip with Joan on the St. Croix River. Charlie graduated from the University of Minnesota Medical School, then completed his residency work at the Mayo Clinic. He was a doctor specializing in Obstetrics/Gynecology in St. Paul for over 40 years. Charlie has been remembered these past two years with a memorial bike ride.



#### *In loving memory*

**Lorraine 'Lorri' Donna Christenson**

**Dec. 4, 1942 - Dec. 28, 2017**

Lorri was an active ULLR member for many years. She co-chaired ski trips and a trip to Cancun. Her last club work was serving on the ULLR Foundation Board. Often she would volunteer at charity events with other Board members. Lorri was on the ULLR Board several times. Lorri had many friends, including special friend Jerry Weiskopf. Lorri is survived by son Erik, grandson Cole, and her brother, Harlow Pearson.



## Recalling July

*A sincere thanks to these Ullrs who planned, organized / led an event.*

### 4, Mendota to Capitol Ride

Nancy & Craig Navis

### 10, What's Cookin' Picnic

Jan Butler & the Singles

### 11,18,25, City Bike Rides

John Stiefel & Patty Fitzgerald

### 12, Singles Card/Games

Jim Habeck

### 13, Elm Creek Ride - Dale Bonham

### 16, Bruce Vento Ride - Nan Fergen

### 19, Sommerfest at Orchestra Hall

Carol Burgess & Ray Hartmann

### 21, Winter Sports Planning Party

Barb Kolbe, Linda Heintz, Nancy Sand

### 22, Cannon Valley Ride

Sharon & Ken Marini

### 23, Singles' Lunch at Cov - Ellise Lamb

### 24, What's Cookin' Picnic

Jan Cady & the Foundation

### 26, Science Museum & Movie

Nancy Sand & Gary Gray

### 27, Silver Lake Ride and Potluck Picnic

Charlotte Navratil & Alan Moore

### 28, History Theatre

"Glensheen"

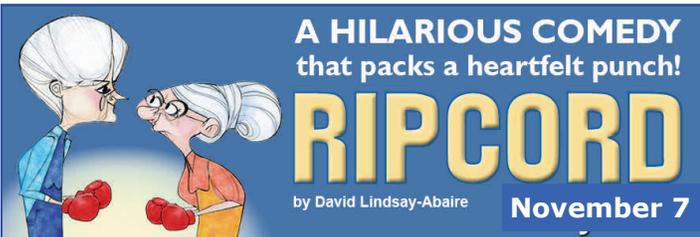
Joan Roe

### 29, Nine Mile Creek Ride

Joan Roe

### 30, Vikings at the Swedish Institute

Nancy Sand



Thursday, November 7, 1:00 PM

This funny play is best described as *Golden Girls* meets *The Odd Couple*.

IVES Auditorium, 11411 Masonic Homes Drive, Bloomington 55437

Optional: Meet for lunch at Willy McCoy's - 11:15 AM 10700 France Av So., Bloomington

**RSVP:** about lunch to Kathy when mailing check

Ticket Price - \$27.

Send check by November 1 payable to: Kathy Potter 11077 Oregon Curve, Bloomington, MN 55438

ULLR Cancellation Policies Apply

## JACK-O-LANTERN SPECTACULAR

At the Minnesota Zoo

Sunday, October 27, 2019

The ULLR night at JOLS has a 7:00 pm entry time.

This year ULLR members must purchase their own tickets in advance online. Please see the flyer for more information on how to do this.

The JOLS trail features over 5,000 illuminated pumpkins of all different sizes, shapes and faces creatively carved and displayed from ground to tree-top. A variety of musical vignettes and fog make the perfect back drop for a special night. Over 20,000 pumpkins will be carved during this 33 day exhibit so those displayed will look fresh and good.

**Tickets cost** \$18 for adults (\$16 if over age 65.)

Ullrs should arrive early to the Zoo. There is no extra charge for parking for the JOLS event. Meet Nancy Sand by the Bison statue

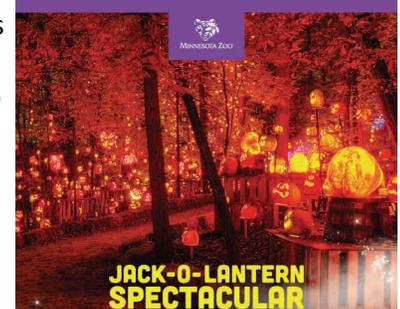
no later than 5:45 pm.

(The line starts forming

about 45 minutes before entry. Wear good walking shoes.

The walk time in the exhibit is about 50 minutes.)

**NOTIFY NANCY SAND as soon as you have purchased your ticket: 952-435-5225 or [nsand878@gmail.com](mailto:nsand878@gmail.com)**



## (Full) LANESBORO BIKE &/or GOLF 2019

**There are many nearby places to stay. Make your own reservation, then share the fun with the Ullrs staying at Green Gables Inn. Bring an appetizer for social hour.**

**August 25-27** (Sunday and Monday nights)

Sunday and Monday social hour with appetizers, wine, beer and water (bring your own pop). (Or if you are staying somewhere else nearby, you may pay \$10 for treats.)

Dinner is on your own on Sunday and Monday nights.

**Options:** Bike the Root River Trail; Golf at Lanesboro Golf Club or Preston Golf & Country Club. Make your own reservations.

Scenic Valley Winery in Lanesboro; Historic Forestville (State Park/Mystery Caves); Niagara Caves in Preston; Amish Tours.

Commonweal Theatre: Sunday matinee 1:30 pm, "Peter and the Starcatcher" and/or Monday at 7:30 pm, "Boeing Boeing." Call the [Commonweal Theatre](http://Commonweal Theatre) at 800-657-7025 if you want a reservation. **Cost:** \$35.00 per play.

**Contacts: Get on a "Wait-list." Call** Carol Thelen, 320-333-6642, [carolte@me.com](mailto:carolte@me.com) or Marilyn Barnard, 651-402-0301, [mbarnard3952@gmail.com](mailto:mbarnard3952@gmail.com) **(Or tell them if you will be staying nearby.)**

ULLR cancellation policy applies.

## ULLRS EXPERIENCE DA VINCI INVENTIONS

By Nancy Sand

Twenty-one Ullrs experienced the world of Leonardo da Vinci at the Science Museum of Minnesota (SMM) on July 26. ULLR Gary Gray is a volunteer at the SMM and provided vouchers for fifteen Ullrs to visit the SMM and Omni Theatre at no cost. THANK YOU, GARY!

Gary and Karen guided our group through the Museum, up and down the musical stairs, took some of us on elevators to avoid the stairs, and recommended one of the Museum restaurants for lunch.

The da Vinci exhibit included recreations of da Vinci's drawings and examples of machines he designed for flight, hydraulics, and more. Multimedia touch screens and augmented reality experiences revealed the parallels between da Vinci's work and modern technology and engineering. The major inventions were off limits for touching, but we were allowed to play with a few others. It was fun to see and make the mechanics work. An Inventors' Den interactive activity area provided exciting and stimulating activities for younger visitors and for us older Ullr visitors, too.

In another part of the exhibit, Ullrs were captivated by an immense visual display with digital surround sound. The entire exhibit showcased 101 of the greatest inventions of all time.

The "Apollo 11: First Steps" Omni Theatre film brought back memories for us. We all remembered hearing President Kennedy declare the United States would travel to and set foot on the moon. It seemed impossible, but we did it! This was one of the events in our lives we will remember forever.

Event leader Nancy S was surprised to see a new adventure when she arrived at the Museum. There was an opportunity to go deep-sea diving with dolphins and sharks via Virtual Reality. Nancy and several Ullrs bought tickets for the short 6-minute show. Mary J took some photos and filmed the group. It was fun to see our heads moving up and down and our chairs turning around while we were trying to see all around ourselves on our deep-sea adventure. By the way, no one got sea sick!

Thanks again to Gary and Karen for helping us experience these exhibits and the Science Museum.



Joan R tries out one of da Vinci's practical work inventions while Sandra S looks at his playful idea, a mobile 5-in-1 drum. See more photos at [ullr.org](http://ullr.org)



### Looking ahead to 2019-2020

Do you have an idea for a speaker or program? Contact Exec VP Jan Swanberg.

**ULLR will celebrate its 70th anniversary on May 16, 2020**

at the Minnesota Valley Country Club. Contact all former members you know. Invite them to celebrate our 70 years of memories!

### DOUGLAS TRAIL RIDE - by Judy Burich

Nine energetic Ullrs biked the Douglas State Trail on Saturday, August 3. The Trail occupies the abandoned Chicago Great Western Railway corridor between Pine Island and Rochester. It passes through "a scenic mix of forest, rolling fields, and pastures." Four of the nine Ullrs biked the full 25-mile roundtrip, with five going a slightly shorter distance. The Trail is named for Harrison Douglass, (sic) the original owner of the town site of Douglas, who settled there in 1855 as the first blacksmith in the county. Lunch was later enjoyed at the *Let's Go Tacos* restaurant in downtown Pine Island.



Front: Patty F, Mary V, Marilyn B, Sally C, Judy B  
Back: John S, Tom V, Jerry B, Jim S

## ULLRS MEET THE VIKINGS AT ASI

By Nancy Sand

"Vikings Meet the Vikings" is how event host Nancy Sand advertised our ULLR visit to the American Swedish Institute (ASI) on July 30. Twelve Ullrs came to see and learn about Viking boat grave history and see artifacts from boat graves. Yes, years ago people were buried with objects and animals in full-size boats under earthen mounds. Viking helmets, swords, weapons, as well as jewelry, glass vessels, bowls and other objects told stories both about the society and the people buried with them. Many of the objects were around 1400 years old. Ullrs learned how early Viking society was organized, the role of women and the development of maritime innovations that enabled the Vikings to reach faraway lands in the East and West. We marveled at how the boat grave artifacts were exhibited. Our own ULLR, Wayne Jastremski, helps do that work at ASI!

Following our boat grave exhibit tour, we saw items from our own Minnesota Vikings football team. Did you know the first NFL game played in continental Europe was a

Vikings-Bears game in 1988? (Maybe someone will plan a visit to the Vikings Museum at their new facility in Eagan.) On the upper floor of the main ASI building, Ullrs were intrigued by several suspended kinetic sculptures by Danny Saathoff. The exhibition is inspired by the shores of Lake Superior and the ways in which the lake is showing us how it is affected by climate change. The subtle movements of Saathoff's suspended sculptures tell of the shifts underneath and the possibilities of finding solutions ahead.

As you know, Ullrs rarely go anywhere without meeting for lunch or dinner. Most of our group ordered a smaller lunch at *The French Meadow Bakery and Café* in anticipation of Swedish treats at the ASI after our tours. The ASI treats were indeed delicious! Karen H and Ginny W agree.



Ahoy! Rub-a-dub-dub. Six Ullrs in a tub!

### At the Chanhassen Dinner Theater

On **Wednesday, August 28**

16 Ullrs will have lunch at 11 AM, and see the musical **Mamma Mia** at 1 PM

Note: There are no tickets left.

ULLR Cancellation Policies Apply

### ULLR MEMBERSHIP RENEWAL ALERT

Your ULLR Membership expires October 31, 2019. Membership renewal forms are available on our ULLR website. Go to the "Membership" page. They are available now at the What's Cookin' picnics. Save a stamp! Bring your checkbook, complete your membership form, and give the form and your check to Membership VP Nancy Sand.

Look at your contact information in our current ULLR Membership Directory. If that information is correct, just write your name at the top of the form and then write "Same." Sign and date the form at the bottom. If you are a couple, you can complete one form, but both must sign and date the form at the bottom.

ULLR membership costs \$25.00 per member. Think about what you get for this: friendships, year-round outdoor activities, friendships, lunches and dinners, friendships, summer picnics, friendships, museums, friendships, theatre and concerts, friendships, helping others through the ULLR Foundation, etc. Did I mention friendships? Friendships are really what makes our ULLR Club so special, and those friendships enrich our lives.

Talk to other friends about our ULLR Club. Give them a Membership Form and invite them to join us!

Questions? Contact Membership VP Nancy Sand at 952-435-5225 or [nsand878@gmail.com](mailto:nsand878@gmail.com)

Look for new event flyers at [ullr.org](http://ullr.org)

## 2019 Social Calendar [See ullr.org](http://ullr.org) for flyers

### August 18, Sunday - 12:15 PM

Potluck after the Elm Creek Ride  
Contacts: Hal & Gail West,  
763-427-6254

### August 21, Wednesday - 5:00 PM

What's Cookin' Picnic "German meal"  
Hosted by Margie Deutsch & friends  
Contact: Margie Deutsch, 763-545-  
5845, cell: 763-498-9366

### August 25-27, Sunday-Tuesday

Lanesboro Bike, Golf, Explore (see p.4)  
Contact: Carol Thelen, 320-333-6642,  
or Marilyn Barnard, 651-402-0301

### August 27, Tuesday -

Singles Lunch **Cancelled**

### August 28, Wednesday – full

Chanhassen Dinner Theatre for  
"Mama Mia" (see p. 6)  
Contact: Jan Swanberg, 651-633-7178

### September 4, Wednesday - 5:00 PM

Last What's Cookin' Picnic hosted by  
the 70 & 80 Birthday folks  
Contacts: Karen Holmquist and  
Mary Jane Hochstein - 763-479-6890

### September 13, Friday - 7:00 PM

Singles Pot Luck/Game Night  
Host: Christine Austin-Roehler,  
952-442-4751

### September 24, Tuesday - 11:15 AM

Singles Lunch at *Timberlodge  
Steakhouse*  
RSVP: Ellise Lamb, 952-442-9332

### October 3, Thursday - 5:00 PM - meal

**7:00 PM** - General Meeting  
Contact: Janice Swanberg, 651-633-  
7178

### October 11, Friday - 6:00 PM

Singles Pot luck/Game Night  
RSVP: Jean Metz, 541-390-2825

### October 22, Tuesday - 11:15 AM

Singles Lunch at Good Earth  
RSVP: Ellise Lamb,  
[ellise.lamb@mchsi.com](mailto:ellise.lamb@mchsi.com)

### October 27, Sunday - NLT 5:45 PM

Jack-O-Lantern Spectacular at the  
Minnesota Zoo (see p. 4)  
RSVP: Nancy Sand, 952-435-5225

### November 7, Thursday - 1:00 PM

*Ripcord* - at the Ives Auditorium in the  
Masonic Center (see p.4)  
RSVP: NLT Nov. 1 to Kathy Potter, 952-  
941-2003

### November 8, Friday - Singles Cards

**Host needed**

### November 14, Thursday - 5:00 PM -

meal; **7:00 PM** - General Meeting  
Contact: Janice Swanberg, 651-633-  
7178



The last 2 issues have been too full for "A walk Down Memory Lane" article. But I experienced a walk when I looked at the ULLR recipe page. Past and current members contributed a recipe. In the Appetizers & Dips section I saw the names of Nancy Sand, Betty Gross, JJ Coursolle, Shelly Larson, Judy Cooke, Charlotte Navratil, Judy Bergan, and Judith Simon. Three of those folks are

no longer members, but their contribution keeps them as part of our ULLR "family." Do you have a recipe for a dish which Ullrs have raved about and asked you to share that recipe? It is not too late to share it now. Send it in usual recipe format to [Nullr@ullr.org](mailto:Nullr@ullr.org)

Have you looked at the [ULLR Recipes page](#)? Doesn't the easy recipe for a Viking Turkey Burger sound good for your next grilling? Thanks Tom and Mary VandeHei.

Contact Jan Butler about Singles' activities or to volunteer to plan and/or host an event: 952-544-8163, [Singles@ULLR.org](mailto:Singles@ULLR.org) or [jscmunch@comcast.net](mailto:jscmunch@comcast.net)

### SINGLES CARD/GAME NIGHTS

Bring a dish to share, beverage, and any games you would like to play. **Please RSVP to the host!**

#### Friday, September 13 - 6:00 PM - cards/games

**Host:** Christine Austin-Roehler - 952-442-4751  
1334 Beachcomber Blvd., Waconia 55387

#### Friday, October 11 - 6:00 PM cards/games

**Host:** Jean Metz - [martincjean@gmail.com](mailto:martincjean@gmail.com)  
1034 Anthony Way, Victoria 55389 - 541-390-2825

#### Friday, November 8 - 6:00 PM Potluck/games

**Host: HOST IS NEEDED. CALL JAN**

### SINGLES' FINE DINING on TUESDAYS

Please RSVP to Ellise Lamb by the Sunday before the event. [ellise.lamb@mchsi.com](mailto:ellise.lamb@mchsi.com) or 952-442-9332

#### August 27 - Lunch - cancelled

**September 24 - Lunch** - 11:15 AM at *Timberlodge Steak House*, 7989 Southtown Drive, Bloomington 55431  
[timberlodgesteakhouse.com](http://timberlodgesteakhouse.com)

**October 22 - Lunch** - 11:15 AM at *Good Earth*, (In the Galleria), 3460W. 70th St., Bloomington 55435 [goodearthmn.com](http://goodearthmn.com)

**November 26 - Lunch** - 11:15 AM at *Bloomington Chop House*, 3900 American Blvd., Bloomington 55437  
[bloomingtonchophouse.com](http://bloomingtonchophouse.com)



## ULLR Bike Jerseys

Attention all ULLR bikers. Are you interested in buying a biking jersey with our club logo on it? Many of the club bikers already have them, but a few of the newer members have expressed an interest in buying



one. Available styles are sleeveless, short sleeve, long sleeve and even wind jackets. They range in price from about \$50 to \$70, depending upon what you would like to order. There is a shipping fee, so to make the purchase of the jerseys cost effective; we should have a minimum of 10 orders. Please

let Patty Fitzgerald know your choice just as soon as possible so she can keep a list of those who would like to order. The final price will be determined as soon as there is a final count of items. Contact Patty at [patfitzjohns@msn.com](mailto:patfitzjohns@msn.com)



These bikers proudly wear their ULLR garb.

Back: Craig N, Mike B, Marcia S, Sharon M, Karen C  
Front: Nancy N, Ken M, Patty F, Tom V

## HIKE SCHAAR'S BLUFF TRAIL AT SPRING LAKE PARK NEAR HASTINGS WEDNESDAY, OCTOBER 9, 2019

Meet at 10:30 a.m. at 8395 127th Street East, Hastings

### Directions from Highway 52

Drive east on MN 55. Turn left onto County Road 42.  
Turn left on Idell Avenue. Turn left on 127<sup>th</sup> Avenue.  
Turn right at Park Entrance.  
Drive to parking lot at end of road (left at the fork).

Lunch after hike at Bierstube,  
109 11<sup>th</sup> St West, Hastings



**RSVP to Nancy Sand:** (h) 952-435-5225,  
(c) 763-280-2600, [nsand878@gmail.com](mailto:nsand878@gmail.com)

## 17th Annual Fort Snelling Hike Sunday, October 6

Meet at 11:00 am, Leave at 11:15 am  
At the [Ft. Snelling History Museum](#) Parking Lot  
[200 Tower Avenue](#), St Paul  
(follow the brown signs on Hwys 5 & 55)

We will be starting the cross country/snowshoe season by taking a brisk walk around Fort Snelling State Park. We start by hiking down the steps to the Interpretative Center. Afterwards Lunch TBD  
RSVP: 763-717-8084 John Egan & Carolyn Buswell  
On Sunday, in case of bad weather, call to verify if event is canceled (c) 612-272-1932

## BIG SKY - Montana Ski Trip 2020

Our ULLR March 15-21, 2020, trip to Big Sky is filled, but we were able to secure one additional room. This is a double queen room. We also have airline tickets available for two more people. **This is a last chance for someone to decide to join us.**

Ullrs, if you know someone who might be interested in joining us, tell them about our trip. Tell them to call a friend to be a roommate. Tell them our flier and signup sheets are on the ULLR website. We need to receive completed signup sheets and checks now.

Questions? Contact trip chairs Sharon Marini or Nancy Sand (contact information is at bottom of the trip flier).

### Payment schedule:

\$500 due at signup,  
**\$500 due 9/1/19,**  
\$556\*\* due 12/1/19  
(\* - Final payment subject to change)

**Make checks payable to**  
"ULLR Ski Club" and

**Mail to:** Sharon Marini, 8201 York Avenue South,  
Bloomington, MN 55431

**Trip chairs:** Nancy Sand, (h) 952-435-5225 or (c) 763-280-2600, [nsand878@gmail.com](mailto:nsand878@gmail.com)  
Sharon Marini, (h) 952-893-7408 or (c) 612-408-7707,  
[slmarini@comcast.net](mailto:slmarini@comcast.net)



# Biking Calendar – 2019

**Bicycling Program Coordinator:** John Stiefel, [H] 952-470-5411, [C] 612-743-4565. Please check the ULLR website at [ullr.org](http://ullr.org) for flyers with details for each listed event.

**Helmets are required on all ULLR rides. All times are A.M.**  
In case of uncertain weather, call the trip leader

**THURSDAY MORNING RIDES** will run through Oct. 10. 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](http://ullr.org) for alternative locations and times.  
to see if the ride is cancelled.

## AUGUST

### August 13, Tuesday - 9:00

Pine Bend to Hastings (see p.10)  
 Contacts: Karen Clarke & Mike Bakula  
 651-328-0600 (KC)

### August 15, 29 - Thursdays - 9:15

Thursday City Ride  
 Contact: John Stiefel, 952-470-5411

### August 18, Sunday - 9:00

Elm Creek Ride/Potluck (see p.10)  
 Contacts: Hal & Gail West  
 763-427-6254

### August 22, Thursday - 9:15

City ride starts in Wabun Park

### Aug. 25-27, Sunday-Tuesday (see p. 4)

Lanesboro Bike & Golf  
 Contacts: Carol Thelen, 320-333-6642  
 & Marilyn Barnard, 651-402-0301

## SEPTEMBER

### September 2, Monday - 10:00 (see p.10)

South Bloomington Overlook Drive  
 Contact: John Vogt, 952-829-7056

### September 5, 12, 19, 26, Thursdays - 9:15

Thursday City Ride  
 Contact: John Stiefel, 952-470-5411

### September 6, Friday - 9:15

Lakes of Eden Prairie Ride (see p.10)

Contacts: Tom VandeHei, 612-730-3145  
 Marcia Switenki, 952-941-6882

### September 19, Thursday - 9:00

Chocolate Lover's Ride (see p.10)  
 Contact: Karen Holmquist, 952-431-1903

## OCTOBER

### October 3, Thursday - 9:15

Thursday City Ride  
 Contact: John Stiefel, 952-470-5411

### October 10, Thursday - 9:15

Last Thursday City Ride  
 Contact: John Stiefel, 952-470-5411

See <https://www.liv-cycling.com/us/campaigns/how-to-wash-a-bike/21097>

## Morning Hikes

More information at [ullr.org/events](http://ullr.org/events)

Call the trip leader if weather might be a problem.

### September

**30, Monday, Long Lake Regional Park, 10:00**  
 RSVP: Jan Swanberg, 651-633-7178 (p. 10)

### October

**6, Sunday, Fort Snelling, 11:00 (see p. 8)**  
 RSVP: Carolyn Buswell & John Egan  
 763-717-8084

**9, Wednesday, Spring Lake Park, 10:30**  
 RSVP: Nancy Sand, 952-435-5225 (see p.8)

**13, Sunday, Moonlight, 6:30 PM (see p.10)**  
 RSVP: Karen Holmquist, 952-270-4739

**16, Wednesday, Lebanon Hills**  
 RSVP: Linda Heintz, 612-916-2526

**21, Monday, Arboretum, 10:00**  
 RSVP: Karen Holmquist, 952-270-4739

**26, Saturday, Carver Park**

RSVP: Patty Fitzgerald & John Stiefel  
 952-470-5411

**29, Tuesday, Highland Richardson**

RSVP: Sharon Marini, 952-893-7408

### November

**1, Friday, Schulze Lake**

RSVP: Nancy & Craig Navis, 651-456-9107

**6, Wednesday, Rum River**

RSVP: Nancy Sand, 952-435-5225

**12, Tuesday, 9 Mile Creek**

RSVP: Linda Heintz, 612-916-2526

**19, Tuesday, Hidden Falls**

RSVP: Patty Fitzgerald & John Stiefel  
 RSVP: 952-470-5411

### Attention Bikers and Cross Country Skiers:

A note about the Cannon Valley Trail. The entire trail is in good to excellent shape now with no flooded areas. Miles 3-8 (just past Cannon Falls to just before Welch) will be closed October 1, 2019-May 2020 for bridge repair. The remaining trail from Welch to Red Wing will be open.

## ULLR Foundation

Thank you ULLR Foundation members! What's Cookin' Picnic attendees have enjoyed your yummy treats this summer—and from past summers. Ullrs also admire your ability to obtain wonderful gifts for the picnic and Bingo

raffles. When we look at the [ULLR Foundation Memorial Gifts](http://ullr.org) page on ullr.org, we are again reminded of the many past members who wanted to help continue the work the Foundation has done these past 46 years to help disabled people be physically active. Your work is appreciated!

## Ride to Hastings

**Tuesday, August 13th**

Meet at Lower Spring Lake Park Reserve  
Trailhead (Archery Range)

Meet at 9:00 am, Bike at 9:30

Directions: From 494, take Highway 52 South towards Rochester. Take Hwy 55 towards Hastings, go approximately 2 miles, turn left onto Fahey Ave. S., then follow to parking lot at archery range. Lots of parking and nice rest-rooms.

We will bike into Hastings and back, 20-25 miles, on some bike paths, streets and some hills. Lunch after the ride TBD, Bring a snack along for our rest stop.

**RSVP:** Karen Clarke, 651-328-0600

## Lakes of Eden Prairie

**Friday, September 6th**

Meet at 9:15, Ride at 9:30, 18 miles

Meet at Miller Park, 8200 Eden Prairie Road. Drive past the ball fields to playground parking area. We will bike around several of the lakes in Eden Prairie, mostly on trails. Be prepared for a few hills and some beautiful scenery.

Lunch after the ride at [Lions Tap](#),  
16180 Flying Cloud Dr, Eden Prairie, MN

**RSVP:** Tom VandeHei, 612-730-3145  
[heiflying@aol.com](mailto:heiflying@aol.com)

## South Bloomington Overlook Ride

**Monday, September 2nd**

Meet at 10:00 a.m., bike at 10:15. 23 miles roundtrip. Some hills go up, others go down.

Meet in Parking lot by Jerry's Foods,  
9625 Anderson Lakes Pkwy., Eden Prairie.  
Lunch after the ride at [Brueggger's Bagels](#)

**RSVP:** John Vogt, (c) 952-829-7056,  
[jvgt11@gmail.com](mailto:jvgt11@gmail.com)

## Walk When The Moon is Full

**Sunday, October 13, 6:30-8:00 PM**

Richardson Nature Center (Hyland Lake Park Reserve)  
8737 E. Bush Lake Rd, Minneapolis, MN 55438

Cost: \$4 per person for a naturalist led hike. Uncover the secrets of the natural world on a hike under the magic of the Falling Leaf full moon. Dress for the weather and



**In case of bad weather or to verify that the ride is still on, call the trip leader.**



**Bike helmets are required on all rides. See flyers for more information.**

## Elm Creek Park Ride & Pot Luck Picnic

**Sunday, August 18th**

Meet at Hal & Gail West's home,  
921 West River Pkwy., Champlin 55316  
Arrive at 9:00 am, ride departs at 9:30 am  
Bike scenic Elm Creek Park Reserve trails.  
Two routes offered: 15 miles & a few hills; 25 miles and more hills! (Both rides can be adapted, depending on weather and who comes.)

**Non-Bikers:** Come any time after 12:00 pm

**Pot Luck Picnic:** We'll start lunch around 1:00 pm

Please bring a dish to share & a lawn chair.

Meat & beverages are provided.

\$1.00 donation requested

**RSVP to:** Hal & Gail West

Cell: 763-360-7445

[hal.gail.west@prodigy.net](mailto:hal.gail.west@prodigy.net)

**We'll have the pot luck picnic, rain or shine!**

## 26th Annual Chocolate Lover's Ride

**Thursday, September 19, 2019**

Meet at 9:00 A.M for Breakfast.

Ride at 9:30 A.M. for a 25 mile ride.

Meet at the Lynnhurst Field parking lot,  
north side of W. 50th St between Minnehaha Pkwy.  
and James. Breakfast "sweets" are provided.  
Bring foil to make a "Hershey Kiss" helmet.

**Option:** for a shorter 12 mile ride, meet at  
10:30 A.M. at Minnehaha Falls.

Bring money for lunch at [Café Latte](#) or [Billy's](#).

**RSVP:** Karen Holmquist, (H) 952-431-1903,  
(C) 952-270-4739

## Long Lake Regional Park Hike

**Monday, September 30, 2019**

Meet at 10:00 a.m., hike at 10:15 a.m.

2241 Erin Court, New Brighton, MN 55112

We will hike trails within the park up to the lake, along Rice Creek, and over several bridges, 2.5 – 4 miles (longer option for those who want), and hiking back to our house for a shared Potluck. We will provide beverages. Bring a dish to share and \$1.

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

walking on uneven, woodchip trails.

**Start with Dinner,** 5:00 PM at [TGI Friday's](#)

7730 Normandale Rd., Bloomington

10 spots are held, additional reservations if available.

**RSVP:** For hike, send check or cash to: Karen Holmquist

1024 Aston Circle, Burnsville, MN 55337

(H) 952-431-1903, (C) 952-270-4739