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March 2020

FUTURE OLYMPIC ULLR SKIERS - by Nancy Sand

On January 27, fifteen Ullrs came to Buck Hill to get ready for the next winter Olympics. If Lindsay Vonn could ski at Buck Hill and then be an Olympic champion, why not Ullrs? Unfortunately, no one from the Team USA Olympic organization was there on January 27 to see these awesome ULLR skiers fly down the slopes (one of which an ULLR claimed was at least 3 miles long) and through the half pipe. Maybe next time....

Actually, there were fourteen skiers. One ULLR came to socialize, and there was no 3-mile run, but the group had lots of fun riding up on the chair lifts and

going down the slopes many times. Previous to coming, some were skeptical about the ULLR Club scheduling a ski outing at Buck Hill, but by the time we were ready for a hot chocolate break, all were smiling and having a good time.

After skiing for about three hours, eight of the group went to Nancy Sand's Gramercy Club pool building to soak in the hot tub and let the water jets massage some sore muscles. The afternoon ended with a pizza party in Nancy's home.

I think Buck Hill will see us again in the future!



On a snapshot, not everyone looks their best. That's life.

2020 IMPORTANT CONTACTS

OFFICERS OF THE CLUB

President

Sharon Marini: ULLRPrez@ullr.org

Executive VP

Janice Swanberg: ExecVP@ullr.org

Winter Programs VP

Linda Heintz: WinterVP@ullr.org

Summer Programs VP

Mary VandeHei: SummerVP@ullr.org

Membership VP

Nancy Sand: MembershipVP@ullr.org

Treasurer

Carol Bush: Treasurer@ullr.org

Secretary

Judy Burich: Secretary@ullr.org

Past President/Advisor

Joan Roe: 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

Craig & Nancy Navis: Beverages@ullr.org

Biking

John Stiefel: Biking@ullr.org

Singles

Jan Butler: Singles@ullr.org

Directory 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

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LETTER FROM THE PRESIDENT

by Sharon Marini



Greetings Ullrs,

This month I want to focus on an article from the magazine 'Experience Life/January-February 2020.'

The title of this article is 'The High Cost of Litter.'

According to the article, "Humans discard some 60 million plastic water bottles and toss 45 trillion cigarette butts every year." A 2018 study also found microplastics in the guts of humans. "The U.S. alone spends more than \$11.5 billion annually on litter abatement."

After the 2012 Olympics in London it cost \$3.00 per wad of gum to steam-clean the streets of gum. What shocked me most is how long it takes to break down commonly consumed items. The accompanying pictures show decomposition times. I always thought that apple cores and banana peels were good organic fertilizer and would break down quickly if worked into the soil. They still may be if composted.

Ullrs are helping by banning single use water bottles for all ULLR supported events. Thank you! What are **YOU** doing to reduce the litter in your life?

<p>Sheet of paper towel 2-4 weeks</p> 	<p>Apple core 1-2 months</p> 	<p>Banana peel 2 years</p> 
<p>Cigarette Butt At least 10 years</p> 	<p>Steel Can 50 years</p> 	<p>Small Chip bag 75-80 years</p> 
<p>Plastic Straw Up to 200 years</p> 	<p>Aluminum Can 200-500 years</p> 	<p>Plastic Bottle 450 years</p> 
<p>Disposable Diaper 550 years</p> 	<p>Monofilament Fishing line 600 years</p> 	<p>Chewing gum 100s Of years</p> 

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See directory for address

Phone: 612-750-0927;

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NULLR Editor: Margie Deutsch

8940 Northwood Pkwy, New Hope 55427

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Special 70th ULLR Anniversary Celebration and Spring Banquet

"For Old Times Sake!"

Saturday, May 16, 2020

Minnesota Valley Country Club

6300 Auto Club Road, Bloomington, MN 55438

- 4:00 PM** Social Hour (Cash Bar)
- 5:00 PM** Dinner: Steak or Salmon
(Vegetarian or Gluten-Free options upon request)
- 6:00 PM** Awards Presentation
- with Emcee Jerry Swanberg
- 7:00 PM** 70th Anniversary Celebration
- Program Committee
- 8:00 PM** Dancing to American Flyer Band

Co-chairs: Jan Swanberg, 612-719-3458 (c), and Joan Roe, 952-200-1601 (c) 952-914-9124 (H)

Cost \$48 per person - Check payable to "ULLR Club"
Send checks to Diane Erlandson, 8200 West 33rd Street, #302, St. Louis Park, MN 55426
Please write choice of steak or salmon on check.

Reservations due by May 9
ULLR Cancellation policy applies



**Plan to attend the
2020 ULLR
General Meetings.**

February 13, 2020

March 12, 2020

April 23, 2020

6:00 pm: Socializing (Cash Bar)

7:00 pm: Business Meeting

February 13: Speaker: Robert Stokes will tell us about the [Minneapolis Next Generation Lions Club](#). Its focus is giving back to the community while having fun. [Mpls Downtown Lions Club](#)

March 12: Speaker: Roger Wangen, "Norway & Skiing: Inseparable Friends"

Meetings are held at the Bloomington Event Center (BEC), 1114 American Blvd W, Bloomington, 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.

Invite a friend to come!

ULLR Trip proposals

Ullr Ski, Bike and Social Club extends an invitation to all members to plan a trip or event.

Go to ullr.org/UllrForms.html to see the Western Ski Trip or Warm Weather Getaway Proposal

Guidelines for 2020 -2021. Each April our members present trip proposals for the following year. If you have an idea for a trip, please prepare a proposal to present to the Board. We haven't had a warm weather trip in years. It would be nice to see a proposal this year. E-mail Linda if you have questions, WinterVP@ullr.org



On Jan. 21, 2020, 30 Ullrs, past and present, got together for a patio party in Venice Florida. (Note the warm weather clothing!) They celebrated their many years of friendships.

Recalling January 2020

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

1/3-5, MSC Winter Carnival at Indian-head and Blackjack in Michigan

Jerry Schuster

1/7, Highland Hills Hike

Sharon Marini

1/10, Singles Card/Games

Char Strand

1/15, Theater-"A Gentleman's Guide"

Sally Chevalier

1/16, General meeting

Janice Swanberg and speaker Karen Gray

1/26, Elm Creek Hike, Snowshoe

Jim Habeck

1/27, Buck Hill, Hot Tub, & Pizza Party

Barb Kolbe and Nancy Sand



Unfortunately, this event was cancelled because of weather:

1/21, Minnesota River Valley Hike
John Vogt



How did a defeated country, deep into recession at the end of World War I, become a powerful country by 1938?

The National Socialist German Workers' Party, commonly

referred to in English as the Nazi Party, was active between 1920 and 1945.

Among many of the Party's goals were plans to create a military strong enough to bring victory and renewed prestige to Germany.

Gary Gray has created a 4-part series on how this military power was developed and used. Come for one

or more of his presentations. Please read the series flyers at ullr.org for more detailed information for each program.

All of the programs, with many visuals, will be given at the Apple Valley Community Center, 14601 Hayes Rd, Apple Valley, 55124 at 10 AM.

Tuesday, Feb. 25 Nazi MegaWeapons at Sea

Monday, Mar. 9 Nazi Megaweapons on the Ground

Tuesday, Mar. 31 Nazi Megaweapons in the Air

Monday, Apr. 20 Nazi MegaWeapons Ultimate Failures

Biking Season Planning Party

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

Sunday, March 8th, at 4 pm.

Beverages & main dish will be provided. Please bring a side dish & \$2.00.

The party will be at the home of John Stiefel, 19595 Near Mountain Blvd, Shorewood 55331.

(See directions on the flyer at ullr.org)

RSVP to John or Patty Fitzgerald 952-470-5411 or patfitzjohns@msn.com by March 5th.



BIG SKY - Montana Ski Trip 2020

We are currently full. BUT, if you are even remotely interested in joining us, sign up to be on the wait list.

Unexpected things do happen. The dates are March 15-21. Let Nancy or Sharon know of your interest. The [flyer and signup](#) sheets are on the ULLR website.

Cost: \$1,556. (The final payment may change)

Trip chairs: Nancy Sand, (h) 952-435-5225 or (c) 763-280-2600, nsand878@gmail.com

Sharon Marini, (h) 952-893-7408 or (c) 612-408-7707, slmarini@comcast.net



ULLR MEMBERSHIP

Forms for a new or renewal membership are available on the [ULLR website](http://ullr.org). Go to the "Membership" page. The form will also be available at the General Meetings. Write your information, sign, and date the form at the bottom. If you are a couple, you may complete one form, but both must

sign and date the form at the bottom. Remember to indicate what you want to participate in and/or help with. ULLR membership costs \$25.00 per member. Questions? Contact Membership VP Nancy Sand at 952-435-5225 or nsand878@gmail.com

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 23, 2020, 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 12, 2020. 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 19 and no later than April 9. Call Sharon Marini at 952-893-7408 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 16 at that same address.

The Proposed Candidates

The Nominating Committee, Linda Heintz and Mary Jane Hochstein, thank these candidates for their willingness to serve on the ULLR board for 2020-21. Our club is successful because of people like these members who are willing to help. The new board takes over on May 1, 2020 and their term ends on April 30, 2021.

Candidate statements will be in the April Nullr. Here is a list of the proposed candidates. All are returning from this year's Board except as noted.

President: Sharon Marini
Executive VP: Ellise Lamb (new)
Winter VP: Linda Heintz
Summer VP: Mary VandeHei
Membership VP: Nancy Sand
Secretary: Janice Swanberg (new)
Treasurer: Carol Bush

The Past President, Joan Roe, remains as advisor.
Candidate statements will appear in the April Nullr.

A Timeline of Ullrs having winter fun.



2020 Social Calendar *See ullr.org for flyers*

- | | | |
|--|--|---|
| <p>February 13, Thursday - 5:00 PM - meal; 7:00 PM - Meeting & speaker from Lions Club</p> <p>February 14, Friday - 6:00 PM
Singles Potluck/Game Night
RSVP: Roz Rockman - 612-201-8552</p> <p>February 25, Tuesday - 10:00 AM
Nazi Megaweapons At Sea (see p.4)
RSVP: Gary Gray, 952-895-8960</p> <p>March 8, Sunday - 4:00 PM
Bike Season Planning Party (p. 4)
RSVP: Patty Fitzgerald, 952-470-5411</p> <p>March 9, Monday - 10:00 AM</p> | <p>Nazi Megaweapons on the Ground (Part 2) (see p.4)
RSVP: Gary Gray, 952-895-8960</p> <p>March 12, Thursday - 5:00 PM - meal; 7:00 PM - Meeting & speaker Roger Wangen, "Norway & Skiing: Inseparable Friends"
Janice Swanberg, 651-633-7178</p> <p>March 13, Friday - 6:00 PM
Singles Potluck/Game Night
RSVP: Mary Ellen Gabel
612-789-7832</p> <p>March 17, Tuesday - 11:15 AM</p> | <p>Singles' Lunch at Hazelwood Food and Drink
RSVP: Ellise Lamb 952-442-9332</p> <p>March 31, Tuesday - 10:00 AM
Nazi Megaweapons on the Ground (Part 3) (see p.4)
RSVP: Gary Gray, 952-895-8960</p> <p>Is this on your calendar?
May 16, Saturday - 4:00 PM
70th ULLR Anniversary and Spring Banquet (see page 3)</p> |
|--|--|---|

Does someone want to have an "Extra Day Party" on Saturday, February 29? E-mail Linda, winterVP@ullr.org

Contact Jan Butler about 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 to the host!**

Friday, February 14, 2020 - 6:00 PM cards/games
Host: Roz Rockman - 612-201-8552
4350 Brookside Ct., #317, Edina 55436
roz3141@gmail.com

Friday, March 13, 2020 - 6:00 PM cards/games
Host: Mary Ellen Gabel - 612-789-7832
3213 Skycroft Drive NE, Minneapolis 55418
maryellengabel@hotmail.com

Friday, April 10, 2020 - 6:00 PM cards/games
Host: NEEDED – Please Volunteer
Hosts are also needed August - December.

OH, NO!! February, March, & April have no ULLR fun social events planned. Not everyone is a snow bird. Plan a social event.
Contact: winterVP@ullr.org



SINGLES' FINE DINING on TUESDAYS

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

March 17 - Lunch - 11:15 AM at Hazelwood Food and Drink, 8150 26th Ave. S., Bloomington 55425 (east of MOA)
<https://hazelwoodfoodanddrink.com/>

April 21 - Lunch - 11:15 AM at FireLake Grill House, 2100 Killebrew Dr., Bloomington 55425 (in the MOA)
www.firelakerestaurant.com



LANESBORO BIKE & GOLF 2020

August 23-25 (Sunday and Monday nights)

Cost \$127.00 per person (2/room), payable on signup. Space available for 28 people. Single supplement for one to a room is \$100.

Sign-up by June 1, 2020. Reserve your spot soon.

Contact:

Carol Thelen, 320-333-6642, carolte@me.com
Or Marilyn Barnard, 651-402-0301,
mbarnard3952@gmail.com

Send checks made out to "ULLR Club" to Carol Thelen
7517 Shadyview Lane North, Maple Grove, MN 55311
More trip details on the [ULLR website](http://ullr.org).

Only 2 spots left for GOOD OL' DAYS June 1-4, 2020

See the flyer for this year's trip to the Good Ol' Days Resort in Nisswa.

<http://ullr.org/Flyers/2020/200601-NisswaGoodOldDays.pdf>

This is a very popular trip and a great opportunity to become better acquainted with fellow Ullrs.

Bike-Golf-Shop-Zipline-Socialize-Fish-Swim-Eat-Kayak-

Sit around the fire pit-Play in the sand! Don't miss it - sign up now!

The trip cost includes 3 nights lodging, continental breakfasts, welcome party and a group dinner. The resort is located on a beautiful lake and adjoins the Paul Bunyan bike trail.

Send your check for \$170 to Sharon Marini,
8201 York Av. S., Bloomington MN 55431.

Please include emergency info. Co-chairs are Sharon Marini and Patty Fitzgerald. Send any emails directly to Sharon slmarini@comcast.net or Patty at patfitzjohns@msn.com

ULLR Cancellation Policy applies.

Downhill Skiing

February 12, Wednesday

Afton Alps

February 20, Thursday

Welch Village

March 2, Monday

Afton Alps

March 11, Wednesday

Welch Village

There are no hosts for these outings. Meet in the main lodge at 9:30 AM

March 15-21

ULLR Big Sky Trip

Get more event information at ullr.org
Call the trip leader if weather might be a problem.

Snow shoe, Cross Country, Hiking Schedule

February

15, Saturday, 10:30 AM Big Willow Park SS/Hike

RSVP: Sally Chevalier, 952-935-7000

18, Tuesday, 10:00 AM, Gale Woods Farm SS/Hike,

RSVP: Bill Brechtel, 952-474-5295

Contact all former or inactive ULLR members you know. Send them the 70th Anniversary Celebration flyer. Invite them to attend. We want to have the biggest party possible. Celebrate together and rekindle friendships! Event information on p.3 & at ullr.org

March Trivia - Sharon Marini

March was originally the first month of the Roman calendar and was named after Mari, the god of war. The calendar changed to the 'New Style' or 'Gregorian' calendar in 1752. Since then the year begins on January 1. The **Ides** was a marker day used by the Romans to divide each month into two. Day 15 was the Ides for March, May, July and October. The **Ides of March**, was marked by several religious observances and was noted by the Romans as the date for settling debts. In 44 BC, the assassination of Julius Caesar made the Ides of March a turning point in Roman history.

Snowshoe, or Hike Big Willow Park

Saturday, February 15

Meet at 10:30 am in the Park small lot, 12398 Minnetonka Blvd, Minnetonka From Hwy 169 turn west onto Minnetonka Blvd. Go 1.7 miles. The park is across from Applewood Pointe Senior Co-op.

RSVP: Sally Chevalier, (H) 952-935-7000, or (C) 952-484-6146 on that day.

Lunch at the *Station Pizzeria*
13008 Minnetonka Blvd, Minnetonka

Snowshoe, or Hike Gale Woods Farm

Tuesday, February 18, 10 AM

The Farm is located in western Hennepin County, 7210 County Road 110W, Minnetrista, 55364 Snowshoe or hike approximately 3 miles, or less. Snowshoes are available for rental. Several short hills need walking sticks or ski poles.

Lunch at *Dakota Junction*, 2281 Commerce Blvd., Mound, 55364

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

Membership Directory Publication Change

by Nancy Sand, Membership VP

Directory Addition:

Dean Nelson