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# NULLR

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October 2020



## Charlie Brown 3rd Annual Memorial Ride

On August 20, twenty Ullrs met at the Brown's Creek Trailhead in Stillwater to honor Charlie Brown, joined by his sons Andy and Matt. Andy wore one of Charlie's bike shirts, and ULLR Ken M wore Charlie's bike shirt, shorts and socks.

Some riders went up the Brown's Creek Trail to Pine Point on the Gateway. The more casual bikers rode the St. Croix Trail Loop over the new bridge into

Wisconsin and across the lift bridge, which is now a bike and pedestrian trail. The views from the new bridge are amazing! One of Andy's tires blew out about half way up the Brown's Creek trail, but it was a bike Charlie rode on, so not unexpected. Matt rescued him and brought him back to Stillwater. We picnicked afterwards in Pioneer Park enjoying each others company and views of the St. Croix and Stillwater. It was a very enjoyable day in the vibrant town of Stillwater.

## RENEW YOUR ULLR MEMBERSHIP

Your current ULLR membership expires October 31, 2020. It is time to renew!

### THIS YEAR EACH PERSON MUST FILL OUT A SEPARATE FORM.

The ULLR Membership Form is available on the ULLR website: [www.ullr.org](http://www.ullr.org)

On the left side, select Membership Information. In the third box, click on ULLR Membership Form.

You will see the ULLR Membership Form has been

revised to provide more accurate address and phone number information. Our next Membership Directory will have separate columns for land line and cell phone numbers, so please be careful when you write your phone number(s). And, please print clearly!

Remember to sign and date the form. Then mail your completed form with a check to the address at the bottom of the form.

Note – If you cannot print the form, contact Nancy Sand, Membership VP, at 952-435-5225.

## 2020 IMPORTANT CONTACTS

### OFFICERS OF THE CLUB

#### President

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

#### Executive VP

Ellise Lamb: [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

Janice Swanberg: [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)

Bruce Warner

#### 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

Ellise Lamb: [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



Hi Ullrs,

Welcome to Fall! The Ullr Board has continued to adapt our monthly meeting format due to the COVID-19 virus pandemic. First, we met at Richardson Nature Center in a scenic circular court. After that, we met on my deck among the tomatoes, basil and flower baskets. In August, we had the challenge of a rainy day, so we set up chairs in my garage between the bikes and garden tools. We made a lot of decisions during that time which would have been difficult doing virtually via Zoom. Ullrs have a great hard working Board, and I couldn't be more proud of them! Not all will be returning next year, so please say yes when you are asked to serve.

The directory will have a new and improved look for 2020-2021. Nancy Sand, Carol Bush and Jan Butler have put in many hours to add cell phone numbers and the club waiver. Currently, the waiver is only on the membership form, so the only time members see it is when they pay their dues and return the form. With the new directory, all Ullrs will have access to the club waiver at all times. It was a challenge to fit all of the information into the same number of pages. Thank you, Nancy, Carol and Jan!

As you already know, we have cancelled the October and November General Meetings and the Holiday Christmas Party. The Holiday party has been rescheduled to December 2021.

Thanks to all who have volunteered to lead bike rides. They have been very successful with picnics following the rides. I look forward to hikes, snowshoeing and skiing (but am not quite ready for snow.)

The bike trip to Lanesboro was successful. Thanks to trip coordinators Carol Thelen and Marilyn Barnard and their husbands, Dale Bonham and Jerry Barnard, and also to all who brought food. The breakfasts and evening meal were great and very well organized. COVID did not present a problem. The rooms were immaculate. It was hot and humid, but we left early in the morning to bike and returned early. Thank you Carol, Dale, Marilyn and Jerry. This trip was a challenge to plan because of the virus.

Miss you all - please stay safe (follow Minnesota's current virus guidelines) and keep well.

**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)

## Walk down the ULLR Memory Lane as reported in the October 2009 Nullr.

by Margie Deutsch

34 ULLRS went to Tofte on Labor Day weekend for three, warm, clear days of hiking on the Superior Hiking Trail. Saturday the majority of the group motored down to Tettegouche State Park to hike a 5.5-mile loop to Mic Mac Lake and Mt. Baldy. (At the top was the only place all weekend that I had cell phone reception said **Karen Holmquist**, trip coordinator.) That evening a hot tub soak was very welcome. **Barb Sedges** and **Barb Kolbe** helped with the food, and **Jerry Swanberg** and **Lee Erickson** led the hikes.

The Foundation article by **Joan Roe** reported that 20 Ullrs volunteered as golf cart drivers and “individual skill escorts” at the Special Olympics Tournament



held at Oakdale Golf Course. All said they were happy to help these “special” golfers strive for trophies.

Advertised were ULLR ski trips, one to Utah, led by **Barb Carpenter** and **Karen Clarke**, and a trip to Big Sky in Montana.

**Jerry Swanberg** planned a March trip to Ely for a Sunday -Tuesday stay. (This was a new idea in 2008. Ski coordinator **Jan Swanberg** had proposed having weekday trips as now so many members were retired. The slopes wouldn't be so crowded and it could be less expensive.) Near Ely, Ullrs could XC ski, snowshoe, ride on a dog sled or ski at Giant's Ridge. If a person chose to extend the trip, visits were also possible to the wolf or bear centers.

ULLR Singles enjoyed cards, movies, Fine Dining, and a early morning cruise from Hudson on the Treasure Island Casino sponsored boat.



## ELM CREEK RIDE AND PICNIC

By Gail and Hal West

*Sixteen riders gathered at Hal and Gail West's on Thursday, August 13, for what we think is our 12<sup>th</sup> or 13<sup>th</sup> annual Elm Creek Park ride and picnic at our house. Each year brings a change and this year, of course, it was adjusting to the COVID requirements. Our normal backyard pot luck morphed into a bring-your-own-everything picnic with diminished numbers, but – as always – we still had a great time! The morning bike ride started around 10*

*am. The “A” group, led by Dale B tackled some of the more challenging hills in Elm Creek Park Preserve while the “B” group, led by Hal W, did everything they could to avoid those same hills! No one got lost, there were only a few scrapes and bumps, and everyone enjoyed their ride through beautiful, varied Elm Creek Park. Everyone eventually gathered in the shade of the backyard patio for a relaxed lunch before the need for afternoon naps eventually broke up the party. It was another very enjoyable day of riding and socializing.*

*See event photos at <http://www.ullr.org/EventPics.html>*

*I enjoy reading the newspaper column, "Outswimming the Sharks." I am also a saver of all kinds of information, the curse/blessing of being a genealogist. I saved this now yellowed-paper article. I thought it really applies to our lives today living under COVID-19. Therefore I got permission to reprint it. - Margie*

## The Second Ten Commandments

By Harvey Mackay

These pearls of wisdom, have been often attributed to Elodie Armstrong. I have taken the liberty of putting my spin on them:

**I. Thou shall not worry, for worry is the most unproductive of all human activities.** You can't saw sawdust. A day of worry is more exhausting than a day of work. People get so busy worrying about yesterday or tomorrow, they forget about today. And today is what you have to work with.

**II. Thou shall not be fearful, for most of the things we fear never come to pass.** Every crisis we face is multiplied when we act out of fear. Fear is a self-fulfilling emotion. When we fear something, we empower it. If we refuse to concede to our fear, there is nothing to fear.

**III. Thou shall not cross bridges before you come to them, for no one yet has succeeded in accomplishing this.** Solve the issues before you right now. Tomorrow's problems may not even be problems when tomorrow comes!

**IV. Thou shall face each problem as it comes. You can only handle one at a time anyway.** In one of my favorite "Peanuts" comic strips, Linus says to Charlie Brown, "There's no problem too big we can't run away from it." I chuckle every time I think about it because it sounds like such a simple solution to a problem. Problem solving is not easy, so don't make it harder than it is.

**V. Thou shall not take problems to bed with you, for they make very poor bedfellows.** Just remember that all your problems seem much worse in the middle of the night. If I wake up thinking of a problem, I tell myself that it will seem lighter in the morning and it always is.

**VI. Thou shall not borrow other people's problems. They can better care for them than you can.**

I must confess that I have broken this commandment because I wanted to help someone out, without being asked, or I thought I was more equipped to handle a situation. But I wouldn't have to deal with the consequences, either.

**VII. Thou shall not try to relive yesterday. For good or ill, it is forever gone. Concentrate on what is happening in your life and be happy now!** We convince ourselves that life will be better after we get a better job, make more money, get married, have a baby, buy a bigger house and so on. Yet the accomplishment of any of those events may not make any difference at all. The Declaration of Independence says we are endowed "with certain unalienable rights that among these are life, liberty and the pursuit of happiness." You are responsible for your own happiness.

**VIII. Thou shall be a good listener, for only when you listen do you hear ideas different from your own.** You can win more friends with your ears than with your mouth. Hearing is one of the body's five senses, but listening is an art. Your success could hinge on whether you have mastered the skill of listening. Most people won't listen to what you're saying unless they already feel that you have listened to them. When we feel we are being listened to, it makes us feel like we are being taken seriously and what we say really matters.

**IX. Thou shall not become "bogged down" by frustration, for 90 percent of it is rooted in self-pity and will only interfere with positive action.** Seriously, has frustration ever improved a situation? Better to take a break, collect your thoughts and redirect your attention to a positive first step. Then go on from there.

**X. Thou shall count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.** We all have something to be grateful for, even on the worst days. Hey, you're still on the green side of the grass, aren't you?

**Mackay's Moral:** *These may not be chiseled in stone, but try them – they'll make your life less rocky.*

Reprinted with permission from nationally syndicated columnist Harvey Mackay, author of the New York Times #1 bestseller "Swim With The Sharks Without Being Eaten Alive."



**What do you call a fat Jack-O-Lantern?**

*A plumpkin*

**Why didn't the skeleton cross the Road?**

*He didn't have the guts.*

**Who won the skeleton beauty contest?**

*No body.*

**What do skeletons say before they begin dining?**

*Bone Appetit*



## DAKOTA RAIL REGIONAL TRAIL

By Patty Fitzgerald

Cool temps, twenty mile per hour winds from the west, with gusts up to and over 30 mph, didn't deter 13 riders from coming to Wayzata on September 3rd to bike the beautiful Dakota Rail Regional Trail. Trip co-chair Patty was tempted to cancel the ride, but she was happy for the great turnout. 11 riders took off with the faster group and fought the headwinds all the way to St. Bonifacius. The winds were especially strong as they crossed the bridges over

parts of Lake Minnetonka. The casual group of 2 persons, rode at a pace that was very pleasant and didn't feel the winds much at all, except for one bridge where they thought they may get blown off their bikes. The trail passes several beautiful homes along Lake Minnetonka and it is nicely shaded. Both groups returned with smiles on their faces, saying it was great to be together with ULLR friends. They joined 5 ULLR walkers that came to picnic by the lake, in the shelter of the harbor.



**And the winner is... Yellow-green! True at least for these ULLR riders.**

### Recalling August 2020

Because of weather and restrictions due to COVID-19, several events were cancelled. We thank all of the planners for their work.

#### These events did occur:

**6** Manfred Deutsch Memorial Ride  
Jon Stiefel, Patty Fitzgerald and Margie Deutsch

**13** Elm Creek Ride & picnic  
Hal & Gail West

**20** Charlie Brown Memorial Ride  
Joan Roe

**23-25** Lanesboro Trip  
Carol Thelan and Marilyn Barnard

**25** Singles lunch on the patio at Cōv  
Ellise Lamb

**27** City Ride  
John Stiefel & Patty Fitzgerald

### What do ghosts serve for dessert?

*Ice scream.*

### Where do baby ghosts go during the day?

*To daycare centers*

### How did the ghost protect his haunted house?

*With home moaners insurance.*

*In 2019, Americans spent \$2.6 billion on Halloween. Go ahead, buy those Skittles and Snickers bars. I believe it must have been essential workers who made them.*



**Sept. 10 - Thursday - 12:00 pm - Ride 12:10**

**NEW** All non-biker Ullrs invited to walk in the Carver Park.

**Sept. 11 - Friday - 10:00 am - Hike 10:10**

**Highline Trail**, Meet at Thomas Lake Park in Eagan. We will gather after the hike in the park. Bring a chair and a lunch. The trail goes for miles, is fully paved, is pleasant, scenic, and somewhat hilly.

**RSVP:** Linda Heintz, [linda.s.heintz@gmail.com](mailto:linda.s.heintz@gmail.com)

651-454-6152 [h], 612-916-2526 [c]

**Sept. 15 - Tuesday - 10:00 am - Hike 10:15**

**Wolsfeld Woods Scientific & Natural Area**

Is a lovely oak-growth woods. This 2.9 mile unpaved loop trail, with many ups and downs, is rated moderate. Bring your own chair and lunch for a picnic at Nelson Lakeside Park, just 1 mile from Wolsfeld Woods. Nelson Park has a nice picnic area and a biffy!

**RSVP:** Marcia Switenki, [Mswitenki@hotmail.com](mailto:Mswitenki@hotmail.com)

952-941-6882 [h], 473-350-0430 [c] day of hike only

**Sept. 21 - Monday - 10:30 am**

**Nerstrand Big Woods State Park**

(S.E. of Northfield) Meet at the Park Visitor Center. Park Entrance Cost: \$35.00 for a Annual State Park Permit or \$7.00 for a Day Pass. (You might have to use a credit card.)

LUNCH AFTER THE HIKE AT THE:

Hideaway, 421 Division Street South, in Northfield.

**RSVP** to Nancy Sand, [nsand878@gmail.com](mailto:nsand878@gmail.com)

952-435-5225 [h] 763-280-2600 [c]

**Our Fall Hikes begin!**

Please see the flyers at [ullr.org](http://ullr.org) for driving directions. If the weather is uncertain, call the trip leader. **On all hikes, Ullrs are to maintain social distancing of 6 feet apart; wear your mask when you can't.** **Reminder:** COVID-19 can be spread while outside when in close contact!

**Sept. 29 - Tuesday - 10:15 am - Hike 10:30**

**Schulze Lake**, in Lebanon Hills Regional Park. Meet at Lebanon Hills Visitor Center, 860 Cliff Road, Eagan. Bring a chair, food and a beverage for socializing after the ride. The 1,869-acre park contains forests, grasslands, marshes, and wetlands. The trails are one direction for now, and offer several different options. All are well marked.

**RSVP:** Nancy & Craig Navis, [craignavis@gmail.com](mailto:craignavis@gmail.com)

651-456-9107 [h], 651-329-4836 [c]

**Oct. 7 - Wednesday - 10:30 am - Hike 10:45**

**Cottage Grove Ravine Regional Park**

(N.W. of Hastings) The hike is a 3.2 mile loop trail that features beautiful wild flowers and rated moderate. Cost: \$7.00 daily park fee – Credit card only.

LUNCH AFTER THE HIKE AT THE:

Bierstube 109 W. 11th Street, Hastings

**RSVP:** Nancy Sand, [nsand878@gmail.com](mailto:nsand878@gmail.com)

952-435-5225 [h] 763-280-2600 [c]

**Lanesboro Bike and Golf Trip in 2020**

Nineteen happy ULLR's enjoyed the Lanesboro bike and golf trip despite the Coronavirus precautions that were in place. Fellowship, biking and golfing were enjoyed with social distancing and wearing masks when needed. Everyone was excited to be at a safe gathering place where we could again enjoy each others company. Everyone accepted being served their food from masked and gloved servers. Our master chef, Jerry Barnard, wowed the crowd with his Sous Vide,\* (smoked pulled pork) for our cafeteria style dinner. Each morning Jerry switched hats and was the master barista serving his specialty coffee. The weather was dry but hot in the 90's, but many miles

were biked on the trails while others golfed. A biking mishap resulted in a few bandages applied by our own team doctors and a hospital checkup to make sure there were no serious injuries. Thankfully, all tests were normal. The dates for the Lanesboro trip next year are Aug. 22 & 23, and hopefully Coronavirus precautions will no longer be required.

**Thanks to Carol Thelen and Marilyn Barnard for chairing this event!**

Photos are [ullr.org/EventPics.html](http://ullr.org/EventPics.html) and in next month's Nullr.

[\***sous vide** cooking is the process of sealing food in an airtight container—usually a vacuum sealed bag—and then cooking that food in (low) temperature-controlled water (for a long time.) I had to look at 3 sites to find out what this meant. -Margie].

There are many changes to the Biking Calendar. See the flyers for more information at [ullr.org](http://ullr.org)

Call the trip leader if weather or the virus social limitations might be a problem.

**Helmets are required on all rides.**

**Please wear a face mask when socializing.**

### SEPTEMBER

**10 - Thursday, 12:00-12:15, Lowry Nature Center in Carver Park Reserve.** Meet at Carver Park's Lowry Nature Center. The entrance is on Nature Canter Drive off Carver County Road 11 between MN-5 and MN-7. We will bike along the shores of Lake Minnetonka. Watch the fall colors begin to emerge on a 16.1-mile ride to Excelsior through residential areas along the shores of Lake Minnetonka. We'll return to Carver Park on the tree lined Lake Minnetonka Regional Trail. You will have the option of adding 5.3 miles by biking through the western half of Carver Park.

**RSVP:** Bill Brechtel, 952-474-5295

**14 - Monday, 9:00-9:30, Bloomington Trails and Lakes**

Meet in the north end of the Normandale Lake Park Parking Lot on Chalet Road in West Bloomington (it is on the right.) Bike 15 to 20 miles, some ups and downs, but not steep. Picnic by the lake. Bring a chair and picnic lunch.

**RSVP Contacts:** Roger Kemp: 612-859-7872 and Sharon Marini: 952-893-7408, Cell day of ride 612-408-7707

**17 - Thursday, 9:15-9:30, Lakes of Eden Prairie**

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. RT 18 miles. Two groups of riders, one more casual. Bring a chair, food and beverage for a picnic in the park after the ride.

**RSVP:** Tom VandeHei, 612-730-3145

**24 - Thursday, 9:15-9:45, Mississippi River Trail**

Hastings to Spring Lake Park. Meet in Levee Park overlooking the Mississippi River in downtown Hastings. We'll assemble in the public parking lot next to the American Legion Post 47. Please read the flyer for this ride. **RSVP Contacts:** Rick Huber, 262-424-0772 and Kathy Lucas, 952-836-4723

### OCTOBER

**1 - Thursday, 9:15-9:30, City ride**—meet at Lynnhurst

**RSVP:** John Stiefel, 952-470-54119 [h], 612-743-4565[c]

**8 - Thursday - 9:15-9:30, Last Thursday city ride**—meet at Lynnhurst,

**RSVP:** John Stiefel, 952-470-5411

### Membership Directory Change

by Nancy Sand, Membership VP

#### DIRECTORY ADDITION

Nancy Devitt

#### Address and phone number changes

Vicki Johnson

#### E-mail changes

Berit Roberts, Jan Butler

**Keep in Touch with your ULLR friends.**  
Call, write, e-mail, Skype, post on their Facebook page, maybe do a YouTube exercise together. Wear your mask and take a walk in a park.

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

***It was decided to cancel all Singles' Card & Game Nights for 2020. Hopefully they can be resumed in 2021.***

### 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

**September 22 - Lunch** - 11:15 AM on the patio at Pinstripes, 3849 Gallagher Drive, Edina 55435

<https://pinstripes.com/edina/>

**October 27 - Lunch** - 11:15 AM at Blue Water Grill, 3800 American Blvd. E., Bloomington, 55425 (inside the Airport Hilton) <https://www.hilton.com/en/hotels/mspahhf-hilton-minneapolis-st-paul-airport/dining/>

**November 24 - Lunch** - 11:15 AM at Lela Restaurant in the Sheraton Hotel, 5601 W. 78th St., Bloomington 55439 <https://www.lelarestaurant.com/>



**2020 Biking Schedule - Call ride leader if bad weather. (Details may change due to COVID-19)**

**Bicycling Program Coordinator:** John Stiefel [H] 952-470-5411 [C] 612-743-4565. Check the ULLR website at [ullr.org](http://ullr.org) for flyers for listed event. **Times are A.M.**

**Helmets are required on all ULLR rides.**

**THURSDAY MORNING RIDES** Most rides meet at Lynnhurst Park on 50th Street W. and Minnehaha Pkwy. at 9:15 AM and start at 9:30 AM.

**SEE Page 7 FOR MORE RIDE INFORMATION**

**SEPTEMBER**

**September 10 - Thursday, 12:00**  
Lowry Nature Center in Carver Park Reserve  
**Contact:** Bill Brechtel  
952-474-5295

**September 14 - Monday, 9:00**  
Bloomington Trails and Lakes  
**Contacts:** Sharon Marini & Roger Kemp 952-893-7408 (S.M.)

**September 17 - Thursday, 9:15**

Lakes of Eden Prairie  
**Contact:** Tom VandeHei  
612-730-3145

**September 24 - Thursday, 9:15**

Mississippi River Trail  
Hastings to Spring Lake Park  
**Contact:** Rick Huber & Kathy Lucas  
262-424-0772 RH, 952-836-4723

**OCTOBER**

**October 1 - Thursday, 9:15**  
City ride—meet at Lynnhurst  
**Contact:** John Stiefel  
952-470-5411(h), 612-743-4565(c)

**October 8 - Thursday - 9:15**  
Last Thursday ride—meet at Lynnhurst  
**Contact:** John Stiefel  
952-470-5411

**All bikes rides are open for Ullr members to join bikers for a picnic lunch about 12 noon. Bring chair, lunch and beverage.**



**How does a witch tell time?**

*She looks at her witch watch.*

**What is a witch's favorite class?**

*Spelling*

**What do witches put on their hair?**

*Scare spray.*

**What is a witch on a beach called?**

*A sandwich*

**ULLR FALL HIKES**

**Sept. 10 - Thursday**  
***Walk in the Carver Park Reserve. Bikers are meeting to ride at noon.***

**Sept. 11 - Friday - 10:00**  
Highline Trail, Thomas Lake Park  
**RSVP:** Linda Heintz, 651-454-6152, 612-916-2526(c)

**Sept. 15 - Tuesday - 10:00**  
Wolsfeld Woods Scientific & Natural Area  
**RSVP:** Marcia Switenki, 952-941-6882(h), 473-350-0430(c) hike day

**Sept. 21 - Monday - 10:30**  
Nerstrand Big Woods State Park  
**RSVP:** Nancy Sand, 952-435-5225, 763-280-2600(c)

**Sept. 29 - Tuesday - 10:15**  
Schulze Lake  
**RSVP:** Nancy & Craig Navis  
651-456-9107 (h) 651-329-4836 (c)

**Oct. 7 - Wednesday - 10:30**  
Cottage Grove Ravine Reg. Park  
**RSVP:** Nancy Sand, 952-435-5225, 763-280-2600(c)

**Oct. 14 - Wednesday - 10:45**  
Lebanon Hills Regional Park  
**RSVP:** Linda Heintz, 651-454-6152, 612-916-2526(c)

**Oct. 16 - Friday - 10:45**  
Bunker Hills Regional Park  
**RSVP:** Jan Swanberg, 651-633-7178, 612-719-3458(c)

**Oct. 21 - Wednesday - 10:00**  
Carver Park Reserve  
**RSVP:** John Stiefel & Patty Fitzgerald  
952-470-5411(h), 612-743-4565(c)

**Oct. 27 - Tuesday - 10:15**  
Woodlake Nature Center  
**RSVP:** Carol Bush, 763-717-8084

**Nov. 8 - Sunday - 11:00**  
18th Annual Fort Snelling Hike  
**RSVP:** Carolyn Buswell & John Egan  
763-717-8084

