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November 2020

Wolsfeld Woods Hike in Long Lake by leader, Marcia Switenki

Wolsfeld Woods is the best remaining metro-area example of the Big Woods habitat that once covered South Central Minnesota. This area was set aside to protect the natural plant and animal community and for scientific and education purposes. It is designated as a Minnesota SNA (Scientific & Natural Area).

On September 15, ten Ullrs set out to explore some of the trails in this preserve. The closed canopy created by huge, ancient hardwood trees (some more than 200 years old) gives you the feeling of walking through a woodland cathedral.



This is an unpaved, heavily root-bound trail. A main feature of the area is Wolsfeld Lake. A small creek exits the lake and winds toward the east. With enough rain, this creek carries a trickle or more of water through the bottom of the gully. The challenge for the day was to avoid the
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DON'T DELAY - RENEW YOUR ULLR MEMBERSHIP



The clock is ticking. The current ULLR membership year ends October 31, 2020. There are only a few more weeks for you to act to renew your ULLR membership.

THIS YEAR EACH PERSON MUST FILL OUT A SEPARATE FORM.

The ULLR Membership Form is available on the ULLR website: 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

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MSC: www.midwestfun.org

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LETTER FROM THE PRESIDENT

by Sharon Marini



Hi Ullrs,

November is a month of transition. The days are shorter, and the skies are normally darker and more cloudy than the other months. We can have warm weather, or it can be cold and snowy. Those who ski and snowshoe are looking forward to snow while those who do not participate in those activities, not so much. I think you all know by now that Ullrs are not sponsoring a Western Ski trip in 2021. Some other clubs are. Check the MSC website for more information if you are interested in a western ski trip.

There are two major holidays in November: Veterans Day which always falls on November 11 (originally known as Armistice Day) and Thanksgiving Day. This year Thanksgiving Day falls on November 26. Hopefully, we can celebrate Thanksgiving with family and/or friends.

Some facts about Veterans Day. It is a day for honoring all veterans in all branches of the U.S. armed forces. It observes the anniversary of the end of World War I. Major hostilities were formally ended at the 11th hour of the 11th day of the 11th month in 1918, when the armistice between the Allies and Germany went into effect. The Armistice ended fighting on land, sea and air. Officially, WWI ended on June 28, 1919 when the Treaty of Versailles was signed. The armistice had to be renewed three times because the Treaty of Versailles did not take effect until January 10, 1920.

At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954. Canada and Australia both call November 11 "Remembrance Day."

In contrast, Memorial Day honors and remember all those men and women who lost their lives in the U.S. armed forces. People have gone to cemeteries to remember the dead for thousands of years. In the U.S.A., the practice to honor military deaths became very common in the 1860s during and after the Civil War. Especially in the South, May 30 was called Decoration Day. The name "Memorial Day", first used in 1882, gradually became more common than "Decoration Day" after World War II but was not declared the official name by federal law until 1967. In 1968, Memorial Day was moved from May 30 to the last Monday in May.

I wish you all a Happy Thanksgiving Day with lots of food, family and friends.

The pandemic is changing our lives like we never could have imagined.

Miss you all - please stay safe and keep well. And remember to renew your ULLR membership!

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See directory for address

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NULLR Editor: Margie Deutsch

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Nancy and Craig Navis led 2 September events. There finally was a city ride with a stop at the capitol. They also led a hike by Schulze Lake in Lebanon Hills Regional Park.

Wolsfeld, continued from p. 1
 mud in the low areas. Some fancy footwork was necessary to find dry spots to place your foot – sometimes while straddling a fallen tree. We followed up the hike with a BYO picnic at Nelson Lakeside Park. We had a wonderful view of the lake from our picnic spot under a spreading shade tree. We are all anxious to go back out to Wolsfeld when the leaves begin to change to their autumn colors.

<p>Membership Directory Changes by Nancy Sand, Membership VP</p> <p>Address Changes Amy & Jon Dickerson Bill Elsholtz Michele Larkin Paula Meserve & Larry Miller Dianne & Don Salmela</p>	<p>Phone Number Changes Carolyn Buswell Bill Elsholtz Shelly Larson Diane & Don Salmela Marcia Switenki Dan Regan</p> <p>Email Address Change Nedra Nicholls</p>
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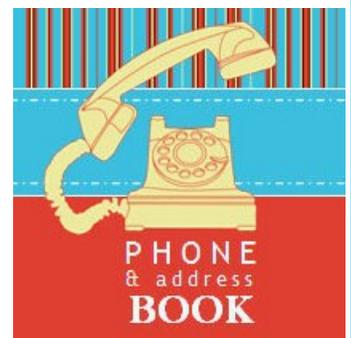
HELP WANTED FOR MEMBERSHIP DIRECTORY FOLDING WORK SESSION

You are wanted at 1:00 pm on Monday, November 30, 2020, at Joan Roe’s home (5800 Creek Valley Road, Edina 55439) to help prepare our updated ULLR Membership Directory for mailing.

Due to the COVID pandemic, some accommodations have to be implemented for this event. There will be a limit of 10 people. **All must RSVP their attendance no later than November 20 to Nancy Sand at 952-435-5225 or nsand878@gmail.com** Nancy will notify you if you are a part of the ten. Additional names will go onto a wait list.

No food or beverages will be served. Do NOT bring any food to share. If you want a beverage, you must bring your own. Please bring a mask and wear it.

All participants will be asked to help with all the tasks: attach mailing labels, fold, tape, and attach stamps. There will socially-distanced seating and hand sanitizer. This work session is estimated to last 1.5 to 2 hours. Thanks for volunteering!



Happiness Helps and Hints from AARP

Margie Deutsch

Some Ullrs have been getting out biking or golfing or talking nice, long walks. These actions have helped to reduce the strangeness of masks, staying 6 feet apart, not being able to visit loved ones in person or joining others in larger activities. Many folks have found that our newly limited actions have brought about feelings of gratitude, hope, kindness and love. Rather than dwelling on what we are missing, we are feeling empathy for those around us who are having a more difficult time.

Then there are days when the limitations and the isolation (especially now thinking about the upcoming winter months) undermine these positive feelings. Here are some self-help ideas, because happiness begins with you- and how you think about it.

In any way you can, **connect** with people. "Good relationships keep us happier and healthier." "It's not the number of friends you have or whether you're in a committed relationship. It's the quality of the relationship that matters."

Move...and Breathe. Develop an indoor exercise routine. Include Yoga- try a class on YouTube. It not only is calming as you do it, but helps make good changes to your brain. [I just started Chair Yoga this fall at the YMCA.]

The good news is that many studies have shown that happiness increases as we age. The mid-life choices you made about splitting "time, emotions, money, skills- between yourself, work, kids, and aging parents... have helped your brain to re-wire to create a new kind of happiness." Older people pay more attention to positive images and experiences. Our DNA makes us all different. Look for the feelings and actions that will make YOU happy- and develop them. As one song says, "Don't Worry, Be Happy."



Halloween this year had a mean trick played on it with no parties or cute-costumed kids coming Trick or Treating. But you can treat yourself: carve a pumpkin, decorate an area with fall items, and put out a candy dish, filled with your favorites, just for you!

One thing many people of all ages have found is that music you enjoy can help you feel happier. Here are some ideas.

Songs of Hope and Happiness

Beautiful Day *U2*

Don't Stop *Fleetwood Mac*

What a Wonderful World *Louis Armstrong*

Don't Stop Believin' *Journey*

Coming Out of the Dark *Gloria Estefan*

Walking on Sunshine *Katrina & the Waves*

Three Little Birds *Bob Marley and the Wailers*

Happy *Pharrell*

Bridge Over Troubled Water *Simon and Garfunkel*

Here Comes the Sun *The Beatles*

Don't Worry Baby *The Beach Boys*

Somewhere Out There *Linda Ronstadt and James Ingram*

Let's Work Together *Canned Heat*

Shelter From the Storm *Bob Dylan*

What the World Needs Now (Is Love)
Dionne Warwick

Lovely Day *Bill Withers*

Mr. Blue Sky *Electric Light Orchestra*

I Saw the Light *Hank Williams*

I will Survive *Gloria Gaynor*

Find the songs on YouTube or listen to the playlist on streaming service Spotify: [j.mp/AARPSpotify](https://open.spotify.com/playlist/j.mp/AARPSpotify)

The playlist and many of the thoughts and ideas listed on this page come from an article by Sari Harrar in the magazine AARP, in the June/July 2020 issue, entitled "Happiness RX: Play Some Music."

There have been updates to the ULLR Foundation Memorial Gifts webpage:

<http://ullr.org/UllrFoundation/UllrFoundationMemorials.html>

Memorial donations to the Foundation are appreciated. This is a fine way to remember our friends and relatives at time of death or on special occasions, such as birthdays. A gift to the Foundation is a generous way to honor that person, as well as helping the lives of others. Donations are tax deductible. Send your gift to the Foundation treasurer, Joe Schwebel.

ULLRS HIKE AT NERSTRAND

by Nancy Sand

Nine Ullrs enjoyed the last day of summer on September 21 by hiking about 4 miles at Nerstrand Big Woods State Park southeast of Northfield. The weather was perfect: warm, sunny, and with little wind.

Nerstrand was established as a state park in 1945. It is a large contiguous forested area comprised of two nearly horizontal layers: a layer of glacial drift about 150 feet thick overlying a layer of Platteville Limestone. The limestone is visible only where the drift has been eroded away at Hidden Falls and along Prairie Creek.

Hike leader Nancy S first led everyone to Hidden Falls where a professional photographer, also hiking that day, agreed to take our group photo. The young man regularly takes photos for schools and groups, so he was accustomed to “framing” the photo. Of course, having nine photogenic subjects was a benefit!

There were some challenging long hills, but hiking poles and rest stops made the ascents a little easier. Karen C introduced us to some special plants she recognized along the way, and we all liked seeing bursts of yellow, orange, and red fall leaf colors.

Fall in Minnesota is beautiful, so come join your ULLR friends on one or more of our hikes.



Jerry S, Jan S, Karen C, Karen H, John S, Patty F, Nancy S, Marcia S, Mike A See other good photos at ullr.org

Recalling September 2020

We thank all of the planners for their work.

- 3** Dakota Rail Regional Trail
John Stiefel & Patty Fitzgerald
- 7** Big Rivers Regional Trail Ride
Nancy & Craig Navis
- 10** Lowry Nature Center Ride
Bill Brechtel

11 Highline Trail Hike
Linda Heintz

14 Bloomington Trails & Lakes Ride
Sharon Marini and Roger Kemp

15 Wolsfeld Woods Hike
Marcia Switenki

17 Lakes of Eden
Prairie Ride
Tom VandeHei

21 Nerstrand Big Woods Hike—
Nancy Sand

22 Singles lunch at Pinstripes
Ellise Lamb

24 Spring Lake Park Ride
Cancelled-wet trails
Rick Huber & Kathy Lucas

29 Schulze Lake Hike
Nancy & Craig Navis



Our Fall Hikes

Please see the flyers at 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!

Oct. 14 Wednesday 10:45 - 11:00

Lebanon Hills Regional Park

This trail is about 5 miles and very hilly and a little challenging. Bring a chair and lunch. We'll eat and socialize after the hike.

RSVP: Linda Heintz, 651-454-6152, 612-916-2526(c)

Oct. 16 Friday 10:45 - 11:00

Bunker Hills Regional Park

Hike on paved trails – about 5 miles. Lunch after hike at Kendall's Tavern & Chophouse at Bunker Hills Golf Club. **RSVP for lunch by Oct. 15.**

RSVP: Jan Swanberg, 651-633-7178, 612-719-3458© or Barb Kolbe, 651-633-0936

Oct. 21 Wednesday 10:00 - 10:30

Carver Park Regional Park

We plan to hike the rolling hills around Crosby Lake, approximately 4 miles on trails of dirt and woodchip. We may see the Trumpeter swans or the osprey in the park if they haven't gone south yet. Bring a chair, food and beverage for a picnic and socializing after hike.

RSVP: Patty Fitzgerald & John Stiefel, 612-743-4565, or patfitzjohns@msn.com

Oct. 27 Tuesday 10:15 - 10:30

Woodlake Nature Center

Round trip 2.6 miles (more or less) on trails around the lake and nature center. Lunch: TBD

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

December 12 Saturday

French Park Hike/XC/SS

Wine & Cheese after hike. Bring your own chair.

RSVP: James Habeck, 763-559-5593

WISCONSIN WINTER FUN FOR ULLRS

ULLR Winter enthusiasts are invited to drive to Wausau February 2-4, 2021, for downhill skiing, x-country, and/or snowshoeing fun.

Lodging for Tuesday and Wednesday nights will be at the Stoney Creek Inn. **A block of rooms is reserved for the ULLR Ski, Bike, and Social Club. Participants must make their own room reservations by contacting the Stoney Creek Inn at 715-355-6858 and requesting either a king or double queen room.** Cost per room per night is \$89.00 plus tax. Participants can reserve a single room or share the room cost with a roommate of their choice. A free hot breakfast is available daily at the Hotel. The Hotel will release unreserved rooms on January 2, 2021. After that date, room availability and the group rate will not be guaranteed.

We will have snacks and a pizza party Tuesday evening at the Hotel. No money for this event will be collected in advance. Trip leader Nancy Sand will arrange for the food and will notify you that

evening of the cost per person. You may bring your own beverage to this event or purchase your beverage from the Cubby Hole Bar at the Hotel.

There will be a group dinner Wednesday evening. Participants will pay for their own meal and beverages. (Time and place to be determined.)

Questions? Contact Nancy Sand at 952-435-5225 or nsand878@gmail.com

Please notify Nancy when you have made your reservation and provide the name(s) of the individuals who will be in your room.



2020 Biking with COVID-19 Restrictions

A big thank you to everyone who helped us with the biking program this year. We had some really great plans for a season filled with biking adventures at least twice a week. However, we sure didn't think that we would have a pandemic that stopped the program for the month of May. Added to that was the death of George Floyd and the many protests and then riots in our beautiful cities of Minneapolis and St Paul. That put a halt to our biking city rides every Thursday. We moved all of our weekend rides to other days of the week so that we could still get out and enjoy biking without meeting large numbers of bikers on the trails. All of the leaders did a great job of keeping the biking program running through a most difficult season. Thank you again to all of the leaders and to all of you who participated. We hope to see you on the trails again next season.

Patty Fitzgerald and John Stiefel

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

RSVP: John Stiefel, 952-470-5411 [h], 612-743-4565[c]



Thank you John and Patty for all of the double and triple work you did this year to reschedule almost every ride. You are very appreciated!



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.

December Skiing Schedule

**There is no host for area skiing.
Meet at 9:30 at the main lodge.**

**9, Wednesday Afton Alps
17, Thursday Welch
30, Wednesday Afton Alps**

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

All Singles' Card & Game Nights for 2020 are cancelled. 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 or 952-442-9332

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/>



December 22 - Lunch - 11:15 AM at P.F. Chang's, 2700 Southdale Center, Edina 55435
<https://www.pfchangs.com/>