

NULLR

Visit our website for up-to-date information – ULLR.org

September 2021

Send in your reservation for the Anniversary Banquet by August 22! See details on Page 3.

ULLR Foundation News by Jan Cady

After a year with not much activity, the ULLR Ski for Light Foundation is back in business. We had a nice turnout for our Bingo/Raffle fundraiser. There were a variety of \$25 gift cards for the Bingo winners. We had a selection of 23 items for the winning raffle tickets. Everyone seemed very happy with their items. We made \$680 and there were two donations totaling \$250 for a total of \$930. Our monthly raffles at the What's Cookin' picnics has been another money maker for the Foundation. The June winners were Char Strand, Nancy Navis, and Fran DeWell. The July winners were Margie Deutsch, Maryann Schwebel, and Vickie Johnson. A big thank you to everyone who bought raffle tickets. By selling the raffle tickets, cakes and bars we have made about \$700.

The Foundation was able to present a check for \$2,696 to Twin City Adaptive Cycling for the *Top End "Exclerator" Adult Handcycle*. Reid Johnson attended our picnic July 21st to accept the check. He spoke at

the picnic, told about the group, and answered many questions. It was very informative, and he expressed appreciation for our support.

August 17th we will be presenting a check for \$1,495 to

Shockwaves Adaptive Ski Squad for a *Fresh Start Ski*.

If you want more information on the two latest recipients of checks for adaptive equipment please check their websites: <https://www.tcacycling.org> for Twin City Adaptive Cycling and <https://www.enablingsmiles.com/> for Shockwaves Adaptive Ski Squad. They are very informative and well done.



Footrests, safety straps, 7-speed shifter, crank height, and footrests are all adjustable.



Foundation members:

Joan R

Sally C

Jan C

Reid

Nancy K

Carol B

Nancy K

2021 IMPORTANT CONTACTS

See the membership directory for e-mail addresses and phone numbers.

OFFICERS OF THE CLUB

President

Janice Swanberg

Executive VP

Ellise Lamb

Winter Programs VP

Nancy Navis

Summer Programs VP

Pat Nelson

Membership VP

Jan Butler: MembershipVP@ULLR.org

Treasurer

Carol Bush

Secretary

Vicki Johnson

Past President/Advisor

Sharon Marini

PROGRAM COORDINATORS

Alpine-Nordic

Barb Kolbe

Ski Racing

Brian Johnson

What's Cookin' Cashiers

Carole Nelson & Sharon Pappas

What's Cookin' Supply Chair

NEEDED- Volunteer

What's Cookin' Beverage Chairs

Craig & Nancy Navis

Biking

John Stiefel

Singles

Jan Butler

Directory Folding Parties

Nancy Sand

General Meetings

Ellise Lamb

MSC Representatives

Nancy Navis, Dolly Eastman:

MSC: www.midwestfun.org

ULLR Foundation President

Jan Cady

COMMUNICATION

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LETTER FROM THE PRESIDENT

by Janice Swanberg



You will be receiving the September Nullr before our big "70th +1 Anniversary" party on August 29, so maybe a chance yet to sign up if you haven't done so. We expect 100+ attendees for this big occasion. The Lanesboro trip is Aug. 22-24. Articles and photos of those events will be in the October and November issues and on the Website.

Looking back - on July 11th the Winter Planning Party took place at the Navis's home with about 15 Ullrs attending. The group planned a wide variety of locations for the 2021-22 Fall/Winter Hike and Ski Calendar. The list includes some new places to explore with several outside of the metro area. Thank you to Craig and Nancy Navis and to Alpine Coordinator, Barb Kolbe, for heading up this program and for providing a delicious meal of brats, a baked bean dish, and pineapple cake. Thanks are also in order for the July What's Cookin' groups - bikers and skiers who planned and served two great lunches.

At the July 21 W/C, the ULLR Foundation members presented a donation check of \$2,696 to a representative of Twin Cities Adaptive Cycling. The money will go toward a purchase of an adult hand cycle bike. Ullrs have donated to this organization in the past. You may recall a February 2019 ULLR general meeting where a co-founder, Caito Bowles-Roth, shared the story of starting up this new foundation to offer handicapped individuals a chance to ride these specialized bikes on the "greenway" bike path in Minneapolis.

I believe all ULLR scheduled July bike rides took place despite HOT and dry weather, plus the recent air alerts due to forest fire smoke and ash drifting over the state. We ended the month with a potluck picnic and bike ride at Char and Alan's home in the Silver Lake MN area. I joined for the social part at 1 PM to find approximately 50 Ullrs enjoying themselves. The lovely shaded yard plus a great breeze from the lake made for a great afternoon to socialize. We had delicious potluck food choices to go with the burgers provided by Alan & Char, plus a cake to celebrate the birthdays of Alan M., Marcia S., and Ken M. who all have a late July birthday. Thank you to those who led bike rides in July: Kate C., Nancy & Craig N., Dale B., Bill B., Patty F., John S., Char N. & Alan M.

It is that time of year for renewing your membership. The dues remain at \$25 with an Oct. 31st deadline. Jan Butler, Membership VP, will be looking forward to receiving your applications from you.

Enjoy the last days of summer and plan for a wonderful fall season.

ULLR Webmaster: JJ [Joe] Coursolle

See directory for address

Webster@ULLR.org

NULLR Editor: Margie Deutsch

7600 Golden Valley Road, #505, Golden

Valley 55427 NULLR@ULLR.org

**Directory
Changes**

**Please welcome
these New
Members:**

**Lois Drontle
Patrick Geraghty
Fred Lindorff
Brycen Shelley
Janet Thomas**

**New Address for:
James Henn**

Please print and keep the complete updates that are sent to you via e-mail. Keep these up-dated lists with your yellow November 2020 directory.

ULLR MEMBERSHIP RENEWAL ALERT

Your ULLR Membership **expires October 31, 2021**. Membership renewal forms are available on our ULLR website and available now at our What's Cookin' picnics. Save a stamp! Bring your checkbook, complete your membership form, and give the form and your check to Membership VP Jan Butler.

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". **Only fill out information that has changed.** Sign and date the form at the bottom. **If you are a couple, you must complete two forms.** Please note, the Membership Directory now has separate columns for land line and cell phone numbers. Be careful to write your phone number(s) in the correct space.

ULLR membership costs only **\$25.00** per member. Think about what you get for this: friendships; often-times discounts for member-planned, year-round outdoor activities, meetings, lunches and dinners, summer picnics, museums, theatre, and concerts; and, helping others through the ULLR Foundation.

Did I mention friendships? Friendships are really what makes our ULLR Club so special and those friendships enrich our lives.

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

Make your reservations now! Don't miss this special event!



"For Old Times Sake"

Special 70th (plus 1) Anniversary Celebration

Sunday, August 29, 2021

Minnesota Valley Country Club
6300 Auto Club Rd., Bloomington MN 55438

4:00 PM Social Hour
5:00 PM Dinner: Stuffed Chicken Breast or
Salmon (Vegetarian meal on request)
6:00 PM Anniversary Celebration
7:00 PM Dancing to American Flyer Band

*A special Foundation drawing for a
Hilton France/494 overnight stay plus brunch,
dining gift card, & wine, a value of \$225.*

Dinner Drawing donation - \$5.00

**The Program Committee has a lively slide
show presentation planned.**

Casual dressy attire (No need to dust off
your tux or sequined dress!)

Dinner Cost: \$48 - Check to "ULLR Club"
(Indicate chicken or salmon on memo line)

Send to: Diane Erlandson, 8200 West 33rd
St., Apt. 302, St. Louis Park MN 55426

Reservations are due by August 22

ULLR Cancellation Policy applies

Co-chairs: Jan Swanberg, 651-633-7178
and Joan Roe, 952-914-9124

**Present , past , and future members,
along with their friends, are invited.**



SKI BIG SKY

**MARCH
13-19,
2022**

The 2022 Big Sky ski trip co-chairs, Sharon M. and Nancy S., are excited the 2022 Big Sky **ski trip is filled, and we have a wait list.**

Our wait list currently includes a single female and a single male. If you know a single male or female who might be interested in our trip or anyone else

interested in the trip, tell them to contact Sharon M. or Nancy S.

The trip cost of \$1,701 (Land Only \$1,102) includes: roundtrip airfare to Bozeman & bus to Big Sky; lodging at Huntley Lodge in the Mountain Village with 2 per room, daily breakfast buffet, ski valet, and luggage handling; Pre-trip Party and Welcome Party; and Group Dinner at Huntley Lodge.

Payment schedule: \$500 was due 6/1/21, **\$500 due 9/1/21,** \$702** due 12/1/21
(* Final payment subject to change)

ULLR cancellation policy applies.

Flyer and signup sheets are available at ULLR general meetings, summer picnics, and on the ULLR website.

ULLR CHRISTMAS SOCIAL

Sunday, December 5, 2021 from 1 – 4 PM

Minnesota Valley Country Club - Chambers Room
6300 Auto Club Road, Bloomington

- 1:00 pm Socialize
- 1:30 pm Lunch: Pan seared Chicken breast with sides
(a vegetarian meal on request)
- 2:30 pm Music by Ross McLeod (former American
Flyer musician)
- 3:30 pm Socialize

Bring an unwrapped toy for Toys for Tots.

Cost: \$35.00

Make checks payable to "ULLR Ski Club" and send to:
Diane Erlandson - 8200 West 33rd Street, #302
St. Louis Park, MN 55426

Chairs: Ellise Lamb and Jan Swanberg

Reservations due by November 18, 2021

ULLR Cancellation Policy Applies



LANESBORO BIKE & GOLF 2021

August 22-24 (Sunday and Monday nights)

Cost \$121.00/person (2/room), payable on signup. Space available for 28 people. (Single supplement \$100)

Includes:

Two nights lodging at Green Gables Inn, Lanesboro, 2 to a room; Sunday dinner, Monday social hour with everyone bringing a snack to share (to be determined later). **Bring your own beverages, including your own beer and wine and water.** Monday and Tuesday hot breakfast. Monday night is dinner on your own, after the social hour.

[Up-dated COVID-19 guidance will be observed.]

Options: Bike the Root River Trail – 10, 20, 30 or 40 miles round trip;

Golf at Lanesboro Golf Club in Lanesboro (507-467-3742);

Preston Golf & Country Club in Preston (507-765-4485)

Make your own reservations; Scenic Valley Winery in Lanesboro; Historic Forestville: State Park/Mystery Cave; Niagara Caves in Preston; Amish Tours.

Commonweal Theatre: Aug. 22, 1:30 "Dancing Lessons"

The theatre is open, but look for new COVID-19 information on the theatre's website, <https://commonwealththeatre.org/> or call 800-657-7025.

Reservations are required.

Reservations are required.

Contacts:

Charlotte Navratil 320-327-2396, cell: 612-581-2890

charna1017@embarqmail.com

Or Mary VandeHei, 612-281-4374 mevandi@aol.com

Send checks made out to "ULLR Club" to Charlotte

Navratil, PO Box 268, Silver Lake, MN 55381

Helmets required; ULLR Cancellation Policy applies.

Just opened, a room for two people, or one person with a supplement of \$100. Call a co-chair today!

There are many near-by places to stay. Make your own reservation, then share the fun with the Ullrs staying at Green Gables. Bring an appetizer for social hour. Let Charlotte know your plans.



SINGLES CARD/GAME NIGHTS

Contact Jan Butler about Singles' activities or to volunteer to plan and/or host an event: 952-544-8163

or cartooncat@comcast.net

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

Friday, August 13 - 5:00 PM Potluck/games

Host: Jim Habeck, 763-559-5593

12030 54th Av. N., Plymouth 55442

Friday, Sept. 10 - 7:00 PM - cards/games

Host: Margie Deutsch, 763-498-9366

7600 Golden Valley Rd., Golden Valley 55427

Friday, October 8 - 6:00 PM Potluck/games

Host: Needed

Hosts are needed. Call Jan!

Singles' Cards and Games on Sept. 10

(Note, a few changes for this evening)

Please arrive sometime between 6:45 and 7:00 PM so Margie can let you into Calvary Cooperative's secure building. The party will be in the 9th floor Skyline Room. Please only bring snacks, (no supper meal dishes,) your beverage, and any games you would like to play.

RSVP: Margie Deutsch, 763-498-9366 or mandmdeutsch@aol.com

7600 Golden Valley Rd., Golden Valley, 55427

(There are two buildings, go to 7600.)

(The co-op is one-block north of Hwy. 55 and one-block east of Winnetka Av.)



What's Cookin' Picnics

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

Full meal (food, 2 beverages, one dessert)—\$9.00

Attend/socialize only (no food /beverage)—\$2.00

Attending (with 2 beverages)----- \$3.00

[Prices includes rental cost for shelter.]

Extra beverage----- \$1.00

Sale of alcoholic beverages is prohibited in the park.

Aug. 18 5:00 PM Chicken salad

(food served at 6:00)

Singles (Jan Butler)

Are you a single? Call the listed host Jan Butler to volunteer to help serve.



SINGLES' FINE DINING on TUESDAYS in 2021

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

Restaurants open at 11:00 AM, come at 11:15 AM

August 24 - Lunch - on the patio at Wise Acre Eatery, 5401 Nicollet Av., Minneapolis 55419; wiseacreeatery.com

September 28 - Lunch at Ciao Bella, 3501 Minnesota Dr., Bloomington 55435; ciabellamn.org

October 26 - Lunch at Firelake Grill House, 2100 Killebrew Dr., Bloomington 55425, <https://www.firelakerestaurant.com/location/firelake-mall-of-america/>

Recalling These Events

We thank all of the planners for their work!

May

14, Singles Game Night - Jan Butler

25, Singles Fine Dining at Hazelwood - Ellise Lamb

June

11, Singles Game Night - Ellise Lamb

22, Singles Fine Dining at Maynards - Ellise Lamb

July

7, What's Cookin' Picnic - Patty Fitzgerald & bikers

8, City Ride - Patty Fitzgerald & John Stiefel

9, Singles Game Night - Jim Maiser

13, St. Paul Lakes Ride - Bill Brechtel

15, Elm Creek Park Ride - Dale Bonham

21, What's Cookin' Picnic - Nancy Sand & other skiers

22, Carver Park to Excelsior Ride, Hike, Picnic

Bill Brechtel

27, Singles Fine Dining at Pinstripes - Ellise Lamb

31, Silver Lake Ride & Picnic - Alan Moore & Charlotte Navratil

Urban Splendor North & NE Minneapolis Trails Ride by Patty Fitzgerald

On Thursday, July 1st, 18 Ullrs joined Kate C. to explore the city of Minneapolis. Kate loves the city and wanted to share some of the sights with us. We were a very large group, so we biked at a leisurely pace thru parts of Theodore Wirth Park and down Glenwood Avenue into the city, winding through some newer homes and over to Boom Island for a quick break.

We then headed north along the Mississippi, past the beautiful Sheridan's Veterans Memorial¹ to take a break at the Great Blue Heron rookery² on the Mississippi. It was a sight that most of us have never seen before. If you look closely at the picture of the tree with several bare branches, you will see at least 9 blue heron nests that were visible, but many more were



obsured by the foliage.

After checking out this hidden treasure, we got back on the bikes and continued on to the North Mississippi River Regional Park³, where we took another break. We continued north and finally turned west and then south along the Shingle Creek and eventually found ourselves on the Victory Memorial Drive. We rode over to the actual WWI memorial⁴ and took our final break, before continuing on back to Theodore Wirth Park. We enjoyed our lunch at the beautiful new building at the Trailhead. Thanks Kate, for a very interesting ride.



Notice: the bicycles were all socially distanced!

Now with the Delta version of the Corona virus rapidly spreading, we all hope that more people will get their vaccine shot(s) so we can continue to enjoy the company of our ULLR friends both indoors and outside.

Social Opportunities

Aug. 13, Fri., 5:00 PM, Singles Cards/Games

Aug. 18, Wed., 5:00 PM, What's Cookin' Picnic

Aug. 19, Thur., 12:15 PM, Join bikers for lunch at Theodore Wirth at the Mill Valley Café (See <https://millvalley.market/> for detour information)

Aug. 22-23 Lanesboro Bike & Golf (see p. 4)

Aug. 24, Tue., 11:15, Singles Fine Dining Lunch

Aug. 29, Sun., 4:00 PM, 71st Anniversary Banquet

***Sept. 20, Mon., At Centennial Lakes Park**

***Sept. 23, Thur., At Lake Phalen in St. Paul**

Sept. 28, Tue., 11:15, Singles Fine Dining Lunch

Oct. 7, Thur. General Meeting;

6:00 PM: Socializing (Cash Bar)

7:00 PM: Business Meeting

Nov. 18, Thur., General Meeting;

6:00 pm: Socializing (cash bar)

7:00 pm: Business Meeting

***See the bike ride flyers at ullr.org for more information about hiking and/or joining the bikers for lunch.**

Silver Lake Bike Ride and Potluck by Alan & Charlotte

Twenty- five bikers arrived at Charlotte and Alan's Silver Lake home on July 31 for a morning ride on country roads and the Luce Line Trail. There were several E-bikes at the event, as more and more club members make the transition to them. Some of the riders had never ridden in this area, so a small group rode into Hutchinson along the Crow River. The river level was so low from lack of rain that the rapids were dry.

Non-bikers arrived early in the afternoon to make a total of about fifty for a social and potluck picnic. We all did what Ullrs do best: eat and socialize. As usual, we had plenty of good food to share. Three July 28th birthdays were celebrated (Alan M., Marcia S., and Ken M.). The birthday cake provided by Sharon M. was delicious!

The weather was perfect and a great time was had by all.

Top: Hal West, Paula Meserve
Middle: Bruce Warner, Tom Roberts, Jerry Swanberg, Berit Roberts
Bottom: ULLR bikers



2021 Schedule for Bike Rides

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

listed event. **Meet up times are A.M. unless noted.** **Helmets are required on all ULLR rides. Call the contact to see if the ride is cancelled.**

AUGUST

August 12 - Thursday, 9:15
Charlie Brown Memorial Ride
Browns Creek/ Stillwater
Contact: Joan Roe
952-914-9124

August 16 - Monday, 9:00
Sakatah Singing Hills Trail
Contacts: John Stiefel & Patty Fitzgerald, 952-470-5411 [h] 612-743-4565 [c]

August 19 - Thursday, 9:15
Luce Line Trail
Contact: Dan Regan
952-471-9318

Aug. 22-24, Sunday-Tuesday
Lanesboro Bike/Golf
Contacts: Mary VandeHei & Charlotte Navratil, 320-327-2396 CN, 612-281-4374 MV

August 26 - Thursday, 9:15
City Ride to U. of M.
Contacts: John Stiefel & Patty Fitzgerald, 952-470-5411

SEPTEMBER

Sept. 2 - Thursday, 10:15
Hastings to Schaar's Bluff
Contacts: Rick Huber & Kathy Lucas, 262-424-0772 RH, 952-836-4723 KL

Sept. 9 - Thursday, 9:45
So. Bloomington/ Overlook Drive
Contact: John Vogt
952-829-7056

Sept. 13 - Monday, 9:30
North Rice Creek Trail
(Lino Lakes/ Centerville)
Contact: Sharon Tornes
920-540-0298

Sept. 16 - Thursday, 9:15
Mississippi River Excursion
Contact: Bill Brechtel
952-474-5295

***Sept. 20 - Monday, 9:00**
Edina to Bloomington
Contact: Pat Nelson
952-893-1045

Sept. 23 - Thursday, 9:15
St. Paul Lakes, Parks, and Detours new
Contact: Karen Clarke
651-328-0600

***Sept. 30 - Thursday, 9:15**
Lakes & Hills of Eden Prairie
Contacts: Tom VandeHei & Marcia Switenki, 952-941-6882 MS, 612-730-3145 TV

OCTOBER

Oct. 7 - Thursday, 9:15
City Ride to Sculpture Garden
Contacts: John Stiefel & Patty Fitzgerald, 952-470-5411

*date changed

Individual walks and picnic opportunities

There are bike ride events that also include an invitation to join the bikers for a bring-your-own picnic. Each place has trails where you can walk first. Come when convenient. The flyers will say approximately when the picnics will begin. Also, bring your own beverage and chair. **See the bike ride flyers for more information at ullr.org**

August 19: at Theodore Wirth Park

Sept. 20: at Centennial Lakes Park

Sept. 23: at Lake Phalen in St. Paul



Proposed Schedule for Fall Hikes

September

15, Wed.	Red Wing hike	Barb Kolbe	651-633-0936
	and Kyle McClintick		651-644-5919
21, Tue.	Carpenter Nature Center hike		
	John Eagan		763-717-8084
24, Fri.	Lakewood Cemetery hike		
	Linda Heintz		612-916-2526
27, Mon.	Richard Anderson Conservation Area hike		
	John Stiefel & Patty Fitzgerald		952-470-5411

October

1, Fri.	New Ulm hike	Karen Holmquist	952-270-4739
4, Mon.	Schultz Lake hike	Nancy Navis	651-329-4836
8, Fri.	Tamarac Nature Center hike		
	Karen Holmquist		952-270-4739
22, Fri.	Como hike	Mike Andrews	651-271-5234
25, Mon.	Carver Park Reserve hike		
	Patty Fitzgerald & John Stiefel		952-470-5411
27, Wed.	Cottage Grove Ravine Park hike		
	Nancy Sand		952-435-5225