

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

October 2021

ULLR 70th+1 Anniversary Celebration by Joan Roe

The ULLR 70th+1 Anniversary Celebration “For Old Times Sake” finally took place Sunday, August 29 at the lovely Minnesota Valley Country Club. One hundred thirty-six present and former ULLR members signed-up for this remarkable milestone. Planning had started in the Spring of 2019. The event was postponed a few times due to the COVID-19 pandemic. Co-chairs Janice Swanberg and Joan Roe welcomed everyone after a lively social hour.

After enjoying delicious dinners, Joan introduced the 2020 ULLR of the Year Nancy Navis, who presented the ULLR of the Year Award to the very deserving 2021 award winner ULLR President Janice Swanberg.

Joan and Janice thanked the many people who made this wonderful gathering possible, especially the thousands of members over 71 years. Emcee Jerry Swanberg related how much ULLR means to him. Our own Diane Salmela wandered in as Lena to tell her hilarious Ole and Lena jokes, which provided many laughs!

Joyce Krake, the Program Committee Chair, took over with an amazing walk down memory lane spanning the past seven decades. Decade presenters were: Damaris Frank- 1950’s and 1960’s, Judy Bergan- 1970’s, Fran DeWell- 1980’s, Alan Moore and Charlotte Navratil- 1990’s, Joyce Krake- 2000-2010’s, and Patty Fitzgerald- 2010-2020’s. Jan Cady spoke about the ULLR Foundation, with its long history of donating about \$150,000 for adaptive equipment for individuals with disabilities.

Many thanks to our audio-visual team of Tom Vande-Hei, who went above and beyond building on his previous computer knowledge to produce this presentation, and Karen Clarke, who developed the program for the 50th celebration in 2000, and served as advisor for Tom on his steep learning curve. The pictures recycled throughout the evening.

Outstanding picture displays were gathered and assembled by Barb Kolbe and Karen Holmquist.

continued on page 4

Picture Boards will be displayed at the October 7th General Meeting. See friends pictured there.



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

ULLR Webmaster

JJ [Joe] Coursolle: Webster@ULLR.org

NULLR Editor & Designer

Margie Deutsch: NULLR@ULLR.org

ULLRnet

Mary Jane Hochstein

ULLRnet@ULLR.org

LETTER FROM THE PRESIDENT

by Janice Swanberg



The originally planned ULLR "70th Anniversary" party took place Sunday, August 29, after a 15-month delay from its May 2020 date. About 125 Ullrs attended and enjoyed a delicious meal of salmon or stuffed chicken breast. The main part of the program, a review of the decades was fantastic. Thank you to all who were part of the Anniversary Program Committee headed by Joyce Krake. They planned and put together a great slide show. Presenters for each decade selected photos to go along with their scripts to depict ULLR activity over the years. Being a member of both Sitzmark and ULLR since the 1970's, it was truly a "walk down memory lane" for me. As a co-chair with Joan Roe, I want to thank her for leading the way in planning and organizing this event.

Just before the Presentation of the Decades there was a surprise announcement. Nancy Navis, winner of the 2020 ULLR of the Year Award, came to the podium to announce the 2021 ULLR of the Year. Half way through her poem I suspected it could be me. What a surprise! In April I received an OLE award so didn't expect this one. Thank you to the ULLR of the Year Committee for this honor.

The first 2021-22 ULLR General Meeting is October 7th beginning with Social Hour at 6 PM. We hope you also make a reservation for a 5 PM dinner as well to help defray the meeting room cost. Beware that with the Delta variant spreading, masks may be recommended or required.

In addition to the planned September bike rides, the fall ULLR hiking schedule starts. Hopefully, we will have pleasant weather and some great fall scenery to enjoy these events. There were seven ULLR bike rides that took place in August including the Aug. 22-24 multi-day trip to Lanesboro. Thank you to those who planned and led these events – Patty F, John S, Bill B, Joan R, Dan R, plus Char N and Mary V who co-chaired the Lanesboro trip.

This past August, the final two What's Cookin' picnics took place in the evening, and attendance was comparable to the June and July W/C picnics that took place at noon. On August 4, ULLR Foundation members hosted with a Hawaiian theme of food & décor. The August 18 hosts were from the ULLR Singles group. Thank you to Jan Cady and Jan Butler for heading up those committees.

Please remember to renew your ULLR membership by the October 31th deadline. We would like to have your continued support and see you listed in the Membership Directory.

Take care and enjoy the 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

There were no new Members this month. Invite your friends to a meeting or event.

Ullrs, who will host a Halloween Party this year? Or a theatre visit. Or.... The social calendar is mighty sparse with events. Contact Ellise Lamb, Executive VP with your ideas and plans.



ULLR MEMBERSHIP RENEWAL ALERT

Your ULLR Membership **expires October 31, 2021**. Membership renewal forms are available on our ULLR website and the October General Meeting. 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; member-planned, year-round indoor and 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!

Questions? Contact Membership VP Jan Butler at 952-544-8163



Plan to attend the 2021-2022 ULLR General Meetings.

6:00 pm: Socializing (Cash Bar)

7:00 pm: Business Meeting

7:30 pm: Socializing (Cash Bar)

October 7, 2021

November 18, 2021

NOTE: AFTERNOON MEETINGS for January, February, and March.

12:00 pm: Socializing (Cash Bar)

1:00 pm: Business Meeting

1:30 pm: Socializing (Cash Bar)

January 20, 2022

February 10, 2022

March 17, 2022

April 14, 2022

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.

NISSWA ANNOUNCEMENT for all Ullrs who will be ready for a fun and lively kick-off to Summer 2022. Mark your calendar for the Good Ol' Days Nisswa trip, **May 31-June 3, 2022**. The time is NOW to reserve your place on one of ULLR's favorite trips. Golf, fish, bike, kayak or sit and read a good book. There's something for everyone. You have successfully registered when Kathy Lucas has received your completed registration form (page 2 of flyer) and your check for \$195.00. Get more information at a General Meeting or at <http://www.ullr.org/EventsAndTrips.html>



ULLR MEMBERSHIP DIRECTORY FOLDING PARTY

Save Monday, December 13, to come to Jan Butler's home at 13506 Larkin Drive, Minnetonka, to help prepare the November 2021 ULLR Membership Directory for mailing. All ULLR members are welcome!



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. If you know a 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 was 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 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 America Flyer musician)
- 3:30 pm Socialize

Bring a new 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



ULLR 70th + 1 continued from page 1

Dolly Eastman diligently put together a memorial list of ULLR members who have died, and will graciously continue to do so. Barb Carpenter and Alan Moore served as photographers. Flower arrangements and balloons adorned each table, beautifully done by Vicki Johnson and Colleen Barden. A Foundation raffle for an overnight stay at a Hilton Hotel plus extras and wine was led by Nancy Keyes and Jan Cady. Our own "Mother Superior" Jan Cady drew two winners, Kathy Potter won the hotel stay, and Tom VandeHei won a bottle of wine. Diane Erlandson did the big job of taking sign-ups, making nametags and table tents, and keeping track of meal choices. The 70th logo was designed by our amazing, capable web-master JJ Coursolle, and the program design was done by Nullr Editor Margie Deutsch. Thank you so much for your contributions!

During the program, about 23 past presidents and about 28 ULLR of the Year Award winners were asked to stand. All guests went home with a mug with the

70th ULLR logo made for this occasion, and the longest continuous ULLR member at each table received the flower centerpiece. After the program, many danced to our favorite band over the years, the American Flyer Band.



Nancy Navis and Jan Swanberg, ULLR of the Year

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, Sept. 10 - 7:00 PM - cards/games **SEE**
Host: Margie Deutsch, 763-498-9366 **NOTE ON**
7600 Golden Valley Rd., Golden Valley 55427 **WEBSITE**
mandmdeutsch@aol.com

Friday, October 8 - 6:00 PM Potluck/games
Host: Sandra Shearer, 952-236-7194, 651-747-7862
5225 Grandview Sq., #319, Edina 55436

Friday, November 12 - 6:00 PM Potluck/games
Host: Needed
November & 2022 Hosts are needed. Call Jan!

Let's do Lunch!

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

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

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

November 23 - Lunch at Pittsburgh Blue Steakhouse, 3220 W. 70th St., Edina; pittsburghbluesteak.com

Please check web sites to see if a mask is required.



Many thanks are owed to these members of the hard-working Celebration Committee.

Top: Alan Moore, Charlotte Navratil, Tom VandeHei, Joyce Krake, Patty Fitzgerald, Jan Cady ["Mother Superior"]

Bottom: Damaris Frank, Fran DeWell, Judy Bergan, Karen Clarke

Recalling These Events

We thank all of the planners for their work!

August

- 3, Gale Woods Ride** - Bill Brechtel
- 4, What's Cookin' Picnic** - Jan Cady & Foundation
- 5, Douglas State Trail** - Patty Fitzgerald & John Stiefel
- 12, Charlie Brown Memorial Ride** - Joan Roe
- 13, Singles Game Night** - Jim Habeck

- 16, Sakatah Singing Hills Trail Ride** - Patty Fitzgerald & John Stiefel
- 18, What's Cookin' Picnic** - Jan Butler & Singles
- 19, Luce Line Trail Ride** - Dan Regan
- 22-24, Lanesboro Trip** - Charlotte Navratil & Mary VandeHei
- 24, Singles Fine Dining at Wise Acre** - Ellise Lamb
- 29, 70th Anniversary Celebration** - Jan Swanberg, Joan Roe and many others!



In Memory

Wayne Emanuel Brown (10/10/36) and Sandra Lee Erickson Brown (5/6/46) passed away on **August 4, 2021**, as a result of a tragic automobile accident on Hwy. 65 south of McGregor, MN. Sandra and Wayne were very active Ullrs in the 80's and 90's. Sandra was a past president.

We remembered many of our past Ullrs, our friends, who have died.

At the 70th (plus 1) Anniversary Celebration, guests received an ULLR Memorial List of 191 names of deceased past members. Compiling this list was the work of Dolly Eastman and other helpful Ullrs. Dying this year, besides Sandy and Wayne, were: (Feb.) Nadine Carr; (Mar.) Kathy Jensen and Robert Rassmussen; (May) Arden Griep, Dick Brown, and John Rooney; (July) Ann Williams. These folks joined us on ski trips and/or fun events. They all were our ULLR friends.

Financial Report as of April 30, 2021

Balance Sheet

Profit and Loss Statement

Assets	
Cash in Bank	16,309.69
Prepaid Expenses	<u>9,278.46</u>
Total Assets	<u>25,588.15</u>
Liabilities	
Deferred Revenue	11,900.00
Equity	
Retained Earnings	<u>13,688.15</u>
Total Liabilities and Equity	<u>25,588.15</u>

Lanesboro	22.01
Big Sky	64.86
Nullr	(2,150.79)
Membership	4,176.00
Insurance	(259.00)
Miscellaneous, Office & Website	<u>(975.61)</u>
Net Income	<u>1,052.75</u>

This report is based on my review of the Balance Sheet and test of transactions of the ULLR Ski Bike and Social Club as of April 30, 2021 and the Profit and Loss Statement for the 12 months ended April 30, 2021. In my opinion the

above Statements accurately reflect income and expenses as reported, and account balances as of April 30, 2021.

Barb Sedges,
ULLR Ski Bike and Social Club Member



ULLR Foundation Board President Jan Cady and Vice President Nancy Keyes sold tickets for the deluxe hotel stay.

All Ullrs are members of the ULLR Foundation. The raffle donations will continue the work of many agencies and groups that promote participation in skiing, biking, and other sports for physically and mentally challenged individuals of all ages.

Social Opportunities

Sep. 10, Fri., 7:00 PM, Singles Cards/Games

***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

Oct. 8, Fri., 7:00 PM, Singles Cards/Games

Oct. 26, Tue., 11:15, Singles Fine Dining Lunch

Nov. 18, Thur., General Meeting

6:00 pm: Socializing (cash bar)

7:00 pm: Business Meeting

Nov. 23, Tue., 11:15, Singles Fine Dining Lunch

Dec. 5, Sun., 1:00 PM, ULLR Holiday Party

Dec. 13, Mon., 12:00-noon, Membership Directory Folding Party

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

Shockwaves Adaptive Ski Squad - by Jan Cady

Six ULLR Foundation board members attended the Shockwaves Adaptive Ski Squad Gillette Clinic August 17th at Quarry Lake to present a check for

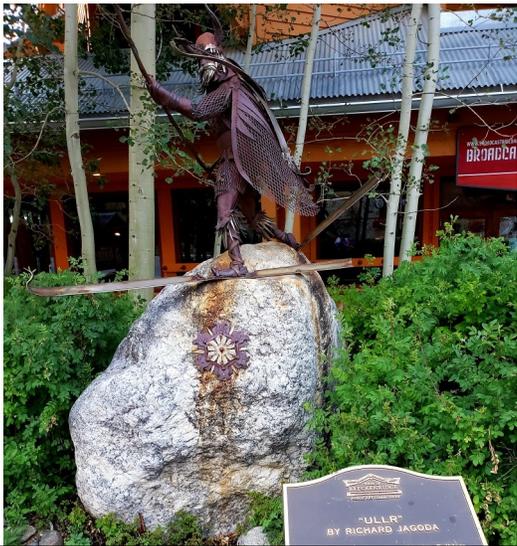


\$1,495 for a Fresh Start Ski. We were very impressed with the number of volunteers and how well organized everything was. We got to see the adaptive equipment we donated being used by various children. It was quite uplifting seeing the joy on their faces as they went around the lake. Nancy Keyes took quite a few videos and put them on Facebook. Sally was able to be in one of the boats, so she got a first hand look at the skiers as they went around the lake. I feel so blessed to be a part of the ULLR Foundation for providing adaptive equipment to the physically and mentally challenged so they can experience the activities we take for granted.

I'm sure Carol Bush, Sally Chevalier, Nancy Keyes, and Maryann & Joe Schwebel would be willing to share their thoughts on the experience with you. Also, weather wise, it was a perfect day.

Included in the picture are 6 Foundation Board members; Kevin Burkhart, Founder of Shockwaves Adaptive Ski Squad; Lucy DeBoer, Event Coordinator; and Nick Brown, who gave a presentation at one of the ULLR meetings. Also included are a few of the Shockwaves volunteers. In the front of the picture is the Fresh Start Ski donated by the Ullr Foundation.

[An adaptive ski user is shown with his helper skiing in the lake behind the group photo.]



Breckenridge, Colorado celebrates a 10-day ULLR FEST every year. This photo sent to me by Judy B. shows a statue by Richard Jagoda. The plaque says, "Ullr, Snow God from Scandinavian Folklore, protector of all those who participate in winter sports."

Dat Dolly, she sur wass nice to write down all dose names of Ullrs who have died. Dey were our friends, don't ya know. Vell, it is hard for me to say dis, but my Ole yust died too. So I vent to da newspaper to have dem put one of dose obituaries in da paper. Da man asked me vat I wanted to say. I taught and said, "Yust write, 'Ole died.'" Vell, da man said I was paying for dis ad, so I could put more in. Now vee Skandahovians aren't so dumb. So I said, "Ole died. Boat for sale."

Thank you Lena, for sharing your stories and making us laugh. We need to laugh after this difficult time of COVID. [Lena, aka Dianne Salmela] -by Margie D.



One slide that did not appear in the wonderful presentation of ULLR activities was a picture of the ULLR web page and the Nullr. For 70 years written newsletters, and later, web pages have kept members informed of all of the many up-coming activities and reporting of past events. I am thankful for all of the many Nullr editors (many having to do cut-and-paste editions) and the web masters for the work they have done to unite ULLR members. Margie



Past and present ULLR members came to the Celebration. Diners are: Jean Berry, Mary & Bill Elsholtz [an ULLR romance,] Joyce Krake, Fran DeWell, Colleen Barden, Jean's daughter Connie Dolden, and Marlys Schaefer.

2021 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.**

SEPTEMBER

Sept. 9 - Thursday, 9:30

City Ride **new**

Contacts: John Stiefel & Patty Fitzgerald, 952-470-5411

Sept. 13 - Monday, 9:30

North Rice Creek Trail
(Lino Lakes / Centerville)

Contact: Sharon Tornes
920-540-0298

Sept. 16 - Thursday, 9:45

So. Bloomington/ Overlook Drive

Contact: John Vogt
952-829-7056 **time & destination changed**

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 ride**

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

Individual walks and picnic opportunities

Join the bikers for a bring-your-own picnic. Each place has trails where you can walk. 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** **Sept. 20:** at Centennial Lakes Park **Sept. 23:** at Lake Phalen in St. Paul



Fall Hikes – See Hike Flyers at ullr.org

September

[date change]

15, Wed., 10:45, Red Wing

Barb Kolbe, 651-633-0936
and Kyle McClintick, 651-644-5919

**21, Tue., 10:30, Carpenter Nature
Center**

John Eagan, 763-717-8084

24, Fri., 10:00, Lakewood Cemetery
Linda Heintz, 612-916-2526

**27, Mon., 10:30, Richard Anderson
Conservation Area**

John Stiefel & Patty Fitzgerald
952-470-5411

October

2, Sat., 10:45, New Ulm

Karen Holmquist 952-270-4739

4, Mon., 10:15, Schultz Lake

Nancy Navis, 651-329-4836

**8, Fri., 10:45, Tamarac Nature
Center**

Karen Holmquist, 952-270-4739

21, Thur., 6:30 PM, Full Moon
Sharon Tornes, 920-540-0298

22, Fri., TBA, Como

Mike Andrews, 651-271-5234

**25, Mon., 10:00, Carver Park
Reserve**

Patty Fitzgerald & John Stiefel
952-470-5411



**27, Wed., 10:45, Cottage Grove
Ravine Park**

Nancy Sand, 952-435-5225

November

**1, Mon., 10:45, Lebanon Hills
Regional Park, Linda Heintz,
651-454-6152; 612-916-2526 [c]**

**4, Thur., 11:00, Nine Mile Creek
Linda Heintz, 651-454-6152;
612-916-2526 [c]**

**10, Wed., TBA, Roseville Central
Park**

Barb Kolbe, 651-633-0936
and Kyle McClintick, 651-644-5919

**15, Mon., 10:45, Murphy-
Hanrehan Park Reserve**
Nancy Sand, 952-435-5225

**PLEASE RSVP TO HIKE LEADER.
Confirm if inclement weather.**