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November 2021

Barn Bluff Hike in Red Wing

“WOW!” On a gorgeous sunny day, on September 15, twenty Ullrs hiked to the top of Barn Bluff in Red Wing. The group climbed many concrete and wooden steps which led to a narrow path along the edge of the bluff. What a view of the beautiful city and the Mississippi River below. We continued to hike until reaching a lookout where the river widens into Lake

Pepin. Nancy S. led Barb K., Mike A. and John V. on a more challenging hike to the quarry area where they observed a few rock climbers.

After the hike we headed to the St. James Hotel for lunch. We surprised Jerry Swanberg by singing “Happy Birthday” to him on his special day.

The hike wasn’t easy...but it sure was a fun day!



ULLR Holiday Social Sunday, December 5, 2021

Minnesota Valley Country Club
Chambers Room

6300 Auto Club Road, Bloomington, MN

1:00 pm: Socializing (Cash Bar)

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 Band musician)

3:30 pm: Socializing (Cash Bar)

Bring a new unwrapped toy for Toys for Tots
[Reminder: Toys are also caught in the current “supply chain” dilemma. Buy toys soon.]

Chairs: Ellise Lamb and Jan Swanberg

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

[One Facebook reviewer said, Ross is a “traveling minstrel, leaving comfort and smiles in his wake...!!]

Reservations due by November 18, 2021

ULLR Cancellation Policy Applies

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

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Nancy Navis, Dolly Eastman:

MSC: www.midwestfun.org

ULLR Foundation President

Jan Cady

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LETTER FROM THE PRESIDENT

by Janice Swanberg



This November issue will have one last reminder to renew your ULLR Membership by the October 31th deadline. We hope to have your continued support, and see your name listed in the Membership Directory that goes to print in early November. Also, this issue may be a last reminder to sign up for the ULLR Annual Holiday Party, an afternoon event, on Sunday, December 5, at the Minnesota Valley Country Club (See article on p. 1.)

It has been a very nice September with milder weather and sunshine. One bike ride and hike were cancelled because of weather. My first Fall ULLR outing was the Sept. 15th hike to the top of Barn Bluff in Red Wing. It was a beautiful sunny day for 20 Ullrs to explore the various trail options around the Bluff with great views of the town, Mississippi River, and Lake Pepin in the distance. It also was Jerry's birthday - a fun day for him being serenaded with birthday wishes plus lunch with a free dessert at the famous St. James Hotel. Thanks to Barb K and Kyle M for organizing the hike. On September 24th Linda H planned an interesting hike around the famous Lakewood Cemetery. Before the rain came that day, we were able to tour most of the famous and large gravestones. We also received a tour of the Chapel building, built 1904-1910. The detail of the architecture and mosaic stone design/colors are stunning, so I recommend a tour. On September 27, Patty and John led a hike through the Richard T. Anderson Conservation Area that provided great views of the Minnesota River Valley by Shakopee. It offered some challenging hill climbing, but it was worth it. That was followed with a delicious *Lions Tap* burger. Thank you to these hike leaders and to all who led a September bike ride - Patty and John, Sharon T, John V, Karen C, Tom V & Marcia S.

Are you looking ahead to winter and ski season? The annual MSC Winter Carnival, January 21-23, 2022, to Indianhead and Blackjack is now open for registration. Details about this event are on the ULLR website. Contact Jerry Schuster, the ULLR Coordinator, if you have any questions about using the new online registration link. [See p.4]

The ULLR trip to Big Sky in March is filled, but you can sign up for the wait list.

Enjoy your remaining fall days before the snow arrives!

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 ULLR members:

**Nancy Crain
Timothy Crain
Liz Grosso
Mike Grosso
Lois Laitinen**

Look for your e-mail with the contact information for these folks. They will be listed in the new directory.

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, 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



Come to the 2021-2022 ULLR General Meetings.

6:00 pm: Socializing (Cash Bar)
7:00 pm: Business Meeting
7:30 pm: Socializing (Cash Bar)
October 21, 2021 (rescheduled)
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 24, 2022 — April 14, 2022
May 12, 2022 (Foundation Raffle & bingo)

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

Come Monday, December 13, to Jan Butler's home at 13506 Larkin Drive, Minnetonka, to help prepare the November 2021 ULLR Membership Directory for mailing. **Lunch at Noon**, followed by Directory folding. Main dish and beverages provided. **Please bring \$2 per person, and a side dish to share.** **RSVP to Jan by Dec. 10**, 952-544-8163 or cartooncat@comcast.net



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.



The MSC Winter Carnival Jan. 21-23, 2022 trip

The trip includes:

- *Round trip motorcoach from Minneapolis
- *2 nights lodging, in complex or trailside
- *2-day downhill ski lift ticket
- *Optional Friday afternoon Lift Ticket \$30 additional
- *69 km of XC/SS groomed trails
- *Friday Welcome party & free breakfast Sat & Sun
- *2 drink tickets for tap beer, wine, or soda
- *Wine and cheese party on the hill
- *Turtle Races (\$400 in MSC prizes) & Human Slalom
- *Buffet dinner Saturday night

The cost of your trip is dependent on the lodging arrangements that you choose. Please refer to the chart found on the flyer at ullr.org

Registration for this trip will be done using an online system. Registration is now open and will be done using the Ski Hawks "Wild Apricot" membership management software. Go to www.mnskihawks.org/ Room priority will be by the date registered.

All registration will be done individually online, and will require credit card payment at that time.

If you have any questions, contact ULLR Trip Leader Jerry Schuster at 952-888-0860.

The Last Day to Sign up is January 1, 2022, but don't wait. The trip is expected to sell out fast.

Fall Hikes

October

20, Wed., 6:30 PM, Full Moon
See flyer for more information.
Sharon Tornes, 920-540-0298

22, Fri., 10:15, Como Park
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., 10:45, 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

December

11, Sat., TBA, French Park Hike or Snowshoe
Jim Habeck, 763-559-5593

PLEASE RSVP TO HIKE LEADER. Confirm if inclement weather.

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, November 12 - 6:00 PM Potluck/games

Host: Char Strand, 952-884-5859
10725 James Road, Bloomington 55431

No Game Night in December

2022 Hosts are needed. Call Jan!



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

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

December 28 - Lunch at Arezzo Ristorante, 5057 France Av. S., Edina 55410;
arezzoristorante.com/

Remember, there are more event photos on our web site, ullr.org



What does one wear on an ULLR hike? High fashion? No fashion? IT DOESN'T MATTER! What does matter is that you come! Make or deepen friendships. Support one another as we all step out in faith that things will get better. Our journeys into older age (yes, our club members are indeed aging) will be easier if we keep active physically, mentally, and socially.

On the Barn Bluff Hike were (left) event leaders Barb K and Kyle M and (right) Sharon M.



Recalling These Events

We thank all of the planners for their work!

September

- 9, City Ride - Patty Fitzgerald & John Stiefel
- 10, Singles Game Night - Margie Deutsch
- 13, North Rice Creek Trail Ride - Sharon Tornes
- 15, Red Wing Hike - Barb Kolbe & Kyle McClintick
- 16, South Bloomington Ride - John Vogt
- 23, St. Paul Lakes & Parks Ride - Karen Clarke

- 24, Lakewood Cemetery Hike - Linda Heintz
 - 27, Richard T. Anderson Hike - Patty Fitzgerald & John Stiefel
 - 28, Singles Dining at Ciao Bella - Ellise Lamb
 - 30, Lakes & Hills of Eden Prairie Ride - Tom Vande Hei
- Weather Cancellations:**
- 2, Schaar's Bluff Hike - Linda Heintz
 - 20, Edina to Bloomington Ride - Pat Nelson
 - 21, Carpenter Nature Center Hike - John Egan & Carolyn Buswell

Flandrau State Park Hike and New Ulm Oktoberfest

On October 2 we “wandered” 40 minutes into the wilderness...well not really, but the Hiking Club Trails were not easy to find, nor well marked for our Oktoberfest hiking outing. However, 16 Ullrs were good sports, and braved the dreary skies to hike around Flandrau State Park for nearly 3 miles. We took a picture near the man-made sand bottomed swimming pool, drained for the winter. The lifeguard chair was a perfect spot for a picture. We ventured into New Ulm for “Beer ‘N Brats.”

No polka bands, but music, food, and libations! We didn’t even mind the drizzle, as we munched our food. Karen Clarke and I (Karen Holmquist) stopped in the Chamber of Commerce to find out a little about “Hermann the German,” the ancient hero whose army liberated Germany from the Roman rule in 9 A.D. The Order of Hermann’s Sons commissioned a statue to be built for New Ulm. Since 1897, the third largest copper statue in the United States has “guarded” New Ulm. A fun day!



Enjoying the Oktoberfest fun were: Barb S, Karen C, Wolfman Jack, Barb K, Craig N, Nancy N, Eddie Elf, Pumpkin Pete, Pat N, One-Too-Many Freddie, and event leader Karen H



In Memory

Robert Peter Brum
11/15/1931 - 9/18/2021

Bob Brum was active in the Twin Cities, working in advertising. He was President of ULLR Ski Club (1982-1983) and organized several ski trips to Austria, Switzerland, Italy and France. ULLR offers condolences to his partner, Kay Hawbaker, in Mesa, AZ and his extended family.

In Memory - a past ULLR

Thomas Allyn Grupa
1/18/1941 - 9/25/2021

Tom traveled extensively. He enjoyed skiing and was a member of the ULLR Ski Club. He so enjoyed skiing, that in addition to his comptroller job in Minneapolis, he was also Manager of Snow Crest Ski area in Somerset, Wisconsin for 3 years. [Dolly said, “Tom was a real nice, fun loving guy.”] He will be missed by his many nieces, nephews and friends.



John S, Karen H, Barb K, Patty F, Linda H, and Nancy S standing by the monument for Charles W. Nelson (1945-2007). He was a retired State historical architect and a Grand Commander of Knights Templar.

Lakewood Cemetery Hike - Linda Heintz

Our hike at Lakewood started with a tour of the beautiful mosaic chapel. Many weddings and funerals are held here. Across the road is the equally beautiful garden chapel.

We were rained out half way through our walk, but we still saw many of Minnesota's famous burial locations in this cemetery. These included the large gravestone for Hubert H. Humphrey; Charles Loring, father of Minneapolis parks; and former Minnesota governor Rudy Perpich. We saw a large monument, labeled for the Knights of the Templar.

What we missed was Jo Pond where you can throw the ashes of your loved one after cremation, the large boulder inscribed for Paul & Sheila Wellstone, and the beautiful Menzel family marker for the first person buried at Lakewood, Maggie Menzel, who died on January 24, 1872 at the age of nineteen. All in all, not a bad day.

Social Opportunities

Oct. 21, Thur., General Meeting **rescheduled**

6:00 PM: Socializing (cash bar)

7:00 PM: Business Meeting

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

Nov. 12, Fri., 6:00 PM, Singles Cards/Games

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

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

What social event will you plan for this winter? Contact ULLR V.P. Ellise Lamb.



Once again, Thank you John and Patty for coordinating this bike riding season and for leading some of the rides. You both are greatly appreciated!

Downhill Skiing— no hosts; Meet in main lodge at 9:30.

Dec. 8, Wed., Afton Alps

Dec. 16, Thur., Welch

Dec. 20, Mon., Afton Alps

Jan. 6, Thur., Welch

Jan. 19, Wed., Afton Alps

Jan. 21-23, Winter Carnival

Jan. 24, Mon., Buck Hill

Feb. 3, Thur., Welch

Feb. 9, Wed., Afton Alps

Feb. 14, Mon., Buck Hill

Mar. 2, Wed., Afton Alps

Mar. 10, Thur., Welch

Mar. 13-19, ULLR Big Sky

Full Moon Hike on Wed., Oct. 20
 Walk the lighted trail at Lake Elmo Park Reserve under the bright full moon.
 Meet: 6:30 pm at *Tamarack Tap Room*
 8418 Tamarack Village, Woodbury
 for a drink and/or pub grub. *RSVP if dining!*
 Then head to Lake Elmo Park Reserve
 1515 Keats Avenue North, Lake Elmo
 (\$7 park fee) for the moonlight hike.
 Leader: Sharon Tornes; 920-540-0298

**Cottage Grove Ravine Park Hike,
 Wed., Oct. 27;** Meet 10:45 am, Hike 11:00 am
 We will hike about 3.5 mi RT
 9653 Keats Avenue South, Cottage Grove
 Lunch after hike at
Hastings Public House restaurant
 15 Westview Drive, Hastings
RSVP to Nancy Sand (h) 952-435-5225,
 (c) 763-280-2600 nsand878@gmail.com

Lake Como Hike on Friday Oct. 22
 (~3+ mi RT) Meet 10:15 am, Leave 10:30 am
 At the Como Lakeside Pavilion
 1360 Lexington Parkway North, St Paul
 Lunch after event at The Dock & Paddle
 in the Pavilion
RSVP to Mike Andrews; 651-698-1572
 mikeandrews@peterson-andrews.com

See
 flyers for
 driving
 information at
 ullr.org

**Lebanon Hills Regional Park Hike
 Monday, Nov. 1,** 10:45 am, Hike 11:00 am
 This trail is about 3 miles and very hilly and
 a little challenging.
 Meet at the West Trailhead parking lot
 4801 Johnny Cake Ridge Rd, Eagan
 Lunch after hike at *Doolittles Woodfire Grill*
 2140 Cliff Road, Eagan
RSVP to Linda Heintz, (c) 612-916-2526 or
 linda.s.heintz@gmail.com

Carver Park Reserve Hike on Mon., Oct. 25
 (4 mi RT) Meet 10:00 am, Hike 10:30 am
 Hike the rolling hills on trails of woodchips and dirt
 as we walk around Crosby lake, about 4 miles.
 Meet at the Lowry Nature Center
 7025 Victoria Drive, Victoria
 Lunch after hike at *Winchester & Rye*
 7929 Victoria Drive, Victoria
RSVP to Patty Fitzgerald, John Stiefel, 612-743-
 4565, or patfitzjohns@msn.com

Nine Mile Creek Hike on Thursday, Nov. 4
 Meet 11:00 am, Hike 11:15 am
 In the Moir Park parking lot
 104th St South & Morgan Ave, Bloomington
 We'll hike to the river and back and then go
 to lunch at *Carmines Bar & Grille*
 9805 Normandale Blvd, Bloomington
RSVP to Linda Heintz, (c) 612-916-2526 or
 linda.s.heintz@gmail.com

Murphy-Hanrehan Park Reserve Hike
Mon., Nov 15; Meet at 10:45 am, Hike at 11:00 am
 Meet at 15501 Murphy Lake Blvd, Savage
 Hike about 3.5 miles. Several short and long steep
 hills. Grass/gravel/dirt trail surface.
 Hiking stick recommended.
 Lunch after hike at *Porter Creek Hardwood Grill*
 14201 Burngarten Drive, Burnsville
RSVP to Nancy Sand (h) 952-435-5225,
 (c) 763-280-2600 nsand878@gmail.com

Hiking is good exercise, but even walking a mile a day has benefits: it gives you vitamin D for a healthy body, can create healthier feet, helps with weight control,

helps your feel better, improves your digestive process, can help you relax, provides pain relief, changes your heart, and changes your brain.

