



L-R back row: Linda H, Lois L, Sandra S, Ken M, Patty F, Joyce B, John S. First row: Mary H., Barb K. (Kyle is peeking between Sandra and Ken's legs. She is lower, standing on the ice, The others are up on a platform on the lake.)

On February 1st, eleven Ullrs came out on a chilly, very windy day to hike at Richardson Nature Center in Bloomington. Some of the trail was familiar and a part through the woods was new. The sun shone through the trees at times, and we had protection from the wind while we were in the woods. We walked on the edge of the cross-country ski trail as skiers zoomed by. The 3-mile hike ended near a pond. We walked

onto it to see the ice blocks that had been cut with a saw. They had been cut to show children how ice blocks were cut "in the olden days" so they could be stored in an ice house. The ice was used to keep the ice box contents cool and prevent food from spoiling.

After the hike we had lunch at Mallards in Bloomington. Delicious!

By Sharon Marini, hike leader

## 2022 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](mailto: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](http://www.midwestfun.org)

#### **ULLR Foundation President**

Jan Cady

### 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**

Mary Jane Hochstein

[ULLRnet@ULLR.org](mailto:ULLRnet@ULLR.org)

## LETTER FROM THE PRESIDENT

by Janice Swanberg



January saw most of us in MN facing some extreme cold and snowy weather. We have had many daytime ski events cancelled. It didn't help to have ski areas opening later in day during the week either. I know a few ULLRs did get away to enjoy skiing in sunny Aspen, CO. Thinking positively, may February and March see us spending more time enjoying the fresh outdoors. After a 2-year delay due to the COVID-19 pandemic, March 13<sup>th</sup> will see 43 of our ULLR members finally going to ski Big Sky, in Montana.

On March 5<sup>th</sup> Patty & John will have a Bike Planning Party for the upcoming Spring/Summer season. On March 8<sup>th</sup> there is a tour of the Russian Art Museum planned by Vicki J. See the details inside this issue. Looking ahead, please mark May 1<sup>st</sup> to see the play "Mama Mia" by Minnetonka high school students. They are known for putting on excellent plays. The Annual ULLR Spring Banquet is May 21<sup>st</sup> at the Chanhassen American Legion. The annual 3-day trip up North to bike and spend time at the Nisswa "Good Ol' Days" resort is May 31-June 3. There still are rooms available. Finally, the dates for What's Cookin' (W/C) at Brookview Park have been scheduled for June through August. A big "Thank-you" goes to Nancy Kastner for meeting with the Golden Valley Park Board to secure the dates and times we wanted.

ULLRs had their **first daytime** General Meetings on January 20<sup>th</sup> – a below zero day, so I was happy to see our attendance at 40, plus two guests who have been taking "soft ski" lessons from Roger W. Because of the COVID-19 Omicron variant surge, Bloomington Event Center (BEC) requested masks be worn, and all complied. Our speaker, Katie Zerull, a crime prevention specialist with Bloomington, gave an excellent talk that generated many questions and comments. Following the meeting several groups went out to lunch at nearby restaurants. I expect our speaker for the **February 10<sup>th</sup> meeting at NOON**, Jeff Liftin, will also have excellent talk – identifying 25 most important documents we all should have. The March 24<sup>th</sup> meeting speaker, author Lynn Garthwaite, will be talking about her book "Our States have Crazy Shapes".

At the March 24<sup>th</sup> meeting, Mary Jane H. will present the new 2022-23 ULLR Board. Most of your current Board members volunteered to continue another year. A big "Thank you" to those Board members staying on: Ellise L, Carol B, Nancy N, Pat N, Jan B and me as a Past President. I am happy to say we have a new President and Secretary to replace me and Vicki J (see our bio's in this issue). Many thanks must go to Sharon Marini who was President for two years plus serving this past year as a Past President. She has been a big help to me and the Club.

**ULLR Webmaster:** JJ [Joe] Coursolle  
See directory for address  
[Webster@ULLR.org](mailto:Webster@ULLR.org)

**NULLR Editor:** Margie Deutsch  
7600 Golden Valley Road, #505, Golden  
Valley 55427 [NULLR@ULLR.org](mailto:NULLR@ULLR.org)

## Directory Changes

### New Member:

John J. Hayes

### Renewing:

Mary Richgels

Look for your e-mail with the contact information for these folks. Keep these update e-mails in your new 2021 green ULLR directory.

## ULLR MEMBERSHIP, New and Renewals

A Membership form is available on our ULLR website and at the General Meetings. For a renewal, **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; summer picnics; and, helping others through the ULLR Foundation.

**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 2022 ULLR General Meetings.

*Time change for January, February and March.*

12:00 pm: Socializing

1:00 pm: Business Meeting

1:30 pm: Socializing

**February 10** We all have talked about getting our affairs in order. Still many people have not assembled the 25 essential documents needed if you become incapacitated or die. Jeff Litfin, a Certified

Estate Planner, will list these documents you should not only collect but also maintain by keeping them up-to-date.

**March 24** The big discussion right now is about drawing redistricting lines in the state. But have you ever wondered why state borders are so strange? Author, Lynn Garthwaite will tell us "Why Our States Have Crazy Shapes."

**Future evening meetings:** April 14, and May 12, (Foundation Raffle & bingo)



become incapacitated or die. Jeff Litfin, a Certified

## Good Ol' Days Nisswa trip, May 31-June 3

This trip will be a fun and lively kick-off to Summer 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 still have time to reserve your place.**

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 [ullr.org/EventsAndTrips](http://ullr.org/EventsAndTrips)

*ULLR cancellation policies apply.*



## BIKE PLANNING PARTY

**Saturday, March 5, at 3 pm**

Please come to the bike planning party and bring your ideas for bike rides for the upcoming biking season. Main dish and beverages will be provided.

Please bring a side dish & \$2.

The party will be at the home of John Stiefel and Patty Fitzgerald, 19595 Near Mountain Blvd., Shorewood, 55331

**RSVP to 952.470-5411 or 612.743-**

**4565, [patfitzjohns@msn.com](mailto:patfitzjohns@msn.com) by March 1<sup>st</sup>**

We are hoping that several of you will be able to lead 2 rides this season. See directions to the house on the flyer at [ullr.org](http://ullr.org)

**If you can't make the party, email us with your ideas and possible dates!**



## 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**. Contact Sharon M. or Nancy S.

The trip cost is \$1,702\*\* (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.

(\*\* Final payment subject to change)

ULLR cancellation policy applies.

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

## 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!**

**February 11 - Host needed**

**Friday, March 14 - 6:00 PM Cards/Games/snacks**

**Host:** Char Strand, 952-884-5859

10725 James Road, Bloomington 55431, cmstrand@earthlink.net

**Friday, April 8 - Host needed**

**Hosts are needed for Sep.-Nov. E-mail or call Jan!**



## SINGLES' FINE DINING on TUESDAYS in 2022

RSVP to Ellise Lamb by the Sunday before the event.

[ellise.lamb@mchsi.com](mailto:ellise.lamb@mchsi.com) or

voicemail at 952-442-9332.

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

**February 22 - Lunch** at Olive Garden, 4701 American Blvd., Bloomington 55437; olivegarden.com

**March 22 - Lunch** at McCoy's Public House, 3801 Grand Way, St. Louis Park 55416; mccoysmn.com

**April 26 - Lunch** at David Fong's, 9329 Lyndale Av. S., Bloomington 55420; davidfongs.com

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

## Western ski trip or warm weather proposal guidelines

ULLR Ski Bike and Social Club has trips for members who love to ski in the mountains or have a spring, summer or fall trip. Each April our members present proposals for the following year. If you have experience running an ULLR club event and have an idea for a trip, please prepare a proposal for a presentation to the Board. Brief guidelines on how to prepare a trip proposal are viewable or can be downloaded at <http://ULLR.org/ULLRForms.html>. E-mail your proposal to [WinterVP@ULLR.org](mailto:WinterVP@ULLR.org) by March 30th. If you have any questions contact me, Nancy Navis, the ULLR Winter VP.

Warm weather happens somewhere year-round in this big world. Hiking in the Rockies, Hot-air balloons in Texas, Colonial Williamsburg, joining the ULLR enclave in Florida. Think outside the box and invite a few ULLR friends along for a warm weather adventure.

"Soft Skiing" is the **SMART & COOL** way to ski younger!

"Soft Skiing" is: **safe, easy to learn, gentle on the body.**

**Soft skiing is the secret to low-impact skiing for older adults.** Soft Skiing is the mission of a **3 Hour, consecutive 3-day clinic at Hyland Hills**. Just like in the Rocky Mountains, consecutive days on the snow develops the skills necessary to look really cool in a safe way!

For more information, contact Roger Wangen at 952-898-3905. Also call to verify your basic soft skiing skills before signing up for the Advanced Level. **3-day classes \$135**

**Adult Ski younger Advanced (soft skills) 9HHA9222**

February 14,15,16 9AM -12PM each day [M-W]

Register on-line at <https://www.threeriversparks.org/page/snowsports-academy> Click on

Lessons at Hyland Hills; ski lessons. On

the next page type in the "9HHA"

number listed above. When it comes

time to pay, the discount word "Roger5"

will save you 5%.



## NOTICE OF ELECTION

Election of officers for the ULLR Ski, Bike and Social Club will take place during the Annual Meeting which will be held Thursday, April 14, 2022, at the Bloomington Event Center (KC Hall.) Officers to be elected are President, Executive Vice President, Secretary, Treasurer, Winter Programs Vice President, Summer Programs Vice President, and Membership Vice President. (The current President automatically assumes the position of Past President and becomes a Lifetime Honorary Member of the Club.)

The candidates for offices are shown in this NULLR. Candidates for offices will be presented by the Nominating Committee at the ULLR General Meeting on March 24, 2022. At that time, any additional nominations must be made from the floor. Any member nominated at the meeting must be present and must have given the Secretary a written consent to such nomination. Write-in nominees are not allowed.

At the April 14th Annual meeting, each member shall have one vote upon each question at the meeting. Only members present at the meeting shall be entitled to vote, except that a member may vote upon the election of officers by an absentee ballot, the form of which shall be prescribed by the board, and received by the person designated by the Board on or before the date of the Annual Meeting. The vote on Officers of the Club, Honorary Members, and all other issues that require a vote shall be by acclamation, unless otherwise determined by the Board.

### Directions for Requesting an Absentee Ballot

Any member wishing to vote absentee may request an absentee ballot from the ULLR President no earlier than March 25 and no later than April 4. Call Janice Swanberg, 651-633-7178 or mail a request to ULLR Ski, Bike and Social Club, PO Box 201409, Bloomington, MN 55420. Completed absentee ballots must be received by the President no later than April 8 at that same address.

Returning  
ULLR Board  
Officer  
Candidates.  
See page 6  
for new  
candidates.

**Executive VP:  
Ellise Lamb**



**Treasurer:  
Carol Bush**



**Membership VP:  
Jan Butler**



**Winter Programs VP  
Nancy Navis**



**Past President/  
Advisor: Janice  
Swanberg**

I am happy to become a Past President and pass on the job of ULLR President to our next President Linda Heinz. Linda has been an ULLR many years, serving on past ULLR Boards and received a number of ULLR awards. She will do a great job. Thank you Linda! After this year, I will have served five years in a row on the ULLR Board!



**Summer  
Programs VP:  
Pat Nelson**

I've been a member of ULLR since mid 90s and have been an active member participating in various club trips, events and board positions. ULLR has been an important part of my life and I encourage all to share in this experience.

I am seeking re-election for the office of winter programs VP. My husband and I have been members since 2015 and have enjoyed biking, hiking, snowshoeing, skiing and making new friends. I hope you will support my re-election for winter programs VP.

BENNY ANDERSSON & BJÖRN ULVAEUS'  
**MAMMA MIA!**  
 THE SMASH HIT MUSICAL BASED ON THE SONGS OF ABBA®



**Sunday, May 1, arrive by 1:15pm**  
**Minnetonka H.S. Theatre & Art Center**  
 18285 MN-7,  
 Minnetonka, MN 55345

An enchanting tale of love, laughter and friendship, ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

Ticket cost is \$24.00 [15 tickets are reserved]  
**(Mail after February 15, 2022)**  
**Payable to:** Sally Chevalier, 5222 Spring Circle,  
 Excelsior, MN 55331  
**Optional:** Dinner after play at Duke's on Hwy 7  
**RSVP** for dinner to Sally when mailing check  
**ULLR Cancellation Policy applies**

See the website at [tmora.org](http://tmora.org) to learn about the exhibit and this wonderful museum.



**THE RUSSIAN MUSEUM OF ART**

5500 Stevens Ave, Minneapolis, MN  
 Tour the exhibit "[Masters of Russian Realist Art](#)"  
**Tuesday, March 8, 2022 at 11:00 AM**  
 Cost is \$11.00 (Seniors)  
 Meet in the Lobby at 10:45  
 Lunch (optional) at Christo's Greek Restaurant  
 2632 Nicollet Ave. South, Minneapolis  
 RSVP to Vicki Johnson 612-518-4343



**President  
 Linda Heintz**

I've been an ULLR member since Wynne Gray was President 1979/80. I've held the position of Secretary and V.P. Of Winter Programs, as well as coordinator of the bike program for several years. I've also ran many ski, bike and hiking events throughout the years.

I am not a native Minnesotan but I have been living here for over fifty years. Like many others, I joined ULLR after my divorce. I have been retired for nine years already. Where did the time go? I now spend my time, reading (in two book clubs), hiking and traveling.

2022  
 -  
 2023

B  
 O  
 A  
 R  
 D

C  
 A  
 N  
 D  
 I  
 D  
 A  
 T  
 E  
 S



**Secretary  
 Janet Farber**

I joined ULLR in the late 1980's and immediately signed up for a ski trip, and summer social events and trips. While on an ULLR trip to Breezy Point in 1990, I met Ken Farber and we

were married in 1991. Over the years we have enjoyed many ski trips and participated in lots of biking and social events. We hosted the Fridley Frolic bike ride several times, and were part of a house-to-house Potluck event by providing the dessert course, as well as a tour of our Hosta garden. I also co-chaired a Breezy Point weekend trip with Hal West. I am honored to be nominated for the position of Board Secretary for the coming year.

**XC, Snow Shoe, Hike? At Elm Creek  
Park Eastman Nature Center**

13351 Elm Creek Rd, Maple Grove, 55369  
**Saturday February 19, Meet at 1:00 p.m.**

See the directions to the Eastman Center,  
which is located on the north side of the  
main park, on the flyer at ullr.org

**RSVP** or questions to James Habeck,  
763-559-5593

Meet at Maple Tavern after outing,  
9375 Deerwood Ln N, Maple Grove, 55369

**Downhill Skiing**— no hosts;

Meet in main lodge at 9:30am  
Feb. 9, Wed., Welch  
Feb. 14, Mon., Buck Hill  
Feb. 24, Thur., Welch  
Mar. 2, Wed., Afton Alps  
Mar. 10, Thur., Welch  
Mar. 13-19, ULLR Big Sky

***In case of bad weather or to  
verify the event is not can-  
celled, call the event chair.***

**Recalling These  
Events**

**We thank the planners  
for their work!**

**In January**

**20, General Meeting**

Ellise Lamb and Katie  
Zerull speaking on  
personal safety

**23, MSC Winter Carnival**

Jerry Schuster

**Cancelled-too cold**

**26, River Bottom Snow  
shoe - John Vogt**

Keep this date open for our ULLR trip to Lanesboro--August 21, 22,  
returning 8/23. Details to follow soon.



Put these dates and  
times on your  
calendar for  
What's Cookin' at  
Brookview Park in  
Golden Valley,

June 8, 11:00 to 4:00

June 22, 11:00 to 4:00

July 6, 11:00 to 4:00

July 20, 11:00 to 4:00

August 3, 5:00 to 10:00

August 17, 5:00 to 10:00

**Ullrs turning 70, 80, or 90 this year  
are hosting a What's Cookin'  
picnic) on June 22. Contact Sharon  
Marini to volunteer.**

**SPRING FORWARD!**

**72nd Annual Ullr Awards Banquet and Dance  
Saturday, May 21, 2022**

Chanhassen American Legion

290 Lake Drive East, Chanhassen, MN 55317

**5:00 PM** Social Hour (Cash Bar)

**6:00 PM** Buffet Dinner (Vegetarian option available  
upon request)

**6:45 PM** Awards Presentation

**8:00 PM** Dancing

Co-Chairs: Ellise Lamb & Char Strand

RSVP: 952-941-5184

**Cost:** \$40; Make check payable to: Ullr Club

**Send checks to:** Diane Erlandson,  
8200 West 33rd Street #302, St Louis Park, MN 55426

Reservations due by May 7, 2022

ULLR cancellation policy applies



**2022 Social Opportunities**

**Feb. 10, Thur.,** General Meeting

12:00 pm: Socializing (cash bar)

1:00 pm: Business Meeting

1:30 pm: speaker: Jeff Litfin "25 Documents"

**Feb. 22, Tue., 11:15,** Singles Fine Dining Lunch

**Mar. 5, Sat., 3:00 PM,** Bike Season Planning Party

**Mar. 8, Tue., 11:00 AM,** Russian Museum Tour

**Mar. 14, Fri.,** Singles Cards/Games

**Mar. 22, Tue., 11:15,** Singles Fine Dining Lunch

**Mar. 24, Thu., 12:00** Social; 1:00 General Meeting

**April 14, Thur., 6:00,** Annual ULLR meeting & election

**May 1, Sun., 1:15,** Mamma Mia

**May 21, Sat., 5:00 PM,** 72nd Annual ULLR Awards Banquet  
and Dance

**There is still time for YOU to plan and add a social  
event! Please! Maybe tour the Landmark Center or  
visit the MIA. Think of places where 6' apart just  
happens. Contact the Winter or Summer VP.**