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NULLR

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

November 2022

It is time to renew your ULLR MEMBERSHIP



Your current membership expires October 31st. A renewal now will extend to Oct. 31, 2023.

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.

The November 2022 Membership Directory will only contain the names of people who renew by Oct. 31st!!!

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 friends about our ULLR Club. Invite them to join.



ULLR Christmas Social

Sunday, December 4, 2022

Minnesota Valley Country Club
Chamber Room

6300 Auto Club Road, Bloomington

Cost \$38

1:00 pm Social Hour

2:15 pm Lunch - Pan Seared Chicken Breast with sides
(a vegetarian meal on request)

Music and Entertainment

Bring an unwrapped toy for Toys for Tots

Chairs: Ellise Lamb and Linda Heintz

Make checks payable to Ullr Ski Club

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

Reservations due by November 18, 2022

Ullr Cancellation Policy Applies



The return of the Halloween Party!

at Galen & Mary Jane Hochstein's

3140 Birch Ave., Maple Plain, 55359

Monday, October 31st at Noon

Serving chili, water, apple cider, and coffee. BYOB and bring a dish to share. Costumes are recommended, but not required.

RSVP: maryjaneh@frontier.com or
612-669-6285



See article about changes to ULLR General Meetings on p. 4

2022 IMPORTANT CONTACTS

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

OFFICERS OF THE CLUB

President

Linda Heintz

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

Janet Farber

Past President/Advisor

Janice Swanberg

PROGRAM COORDINATORS

Alpine-Nordic

Barb Kolbe

Ski Racing

Brian Johnson

What's Cookin' Cashiers

Carole Nelson & Sharon Pappas

What's Cookin' Supply Chair

Janice & Jerry Swanberg

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 Linda Heintz



Unfortunately, my hike through Lakewood Cemetery was canceled due to rain. Janet and Ken Farber's hike was canceled due to COVID-19. But Nancy Sand ran a very nice hike at Nerstrand and Patty Fitzgerald ran one at Rice Marsh Lake. Sharon Marini ran the first of two different Cedar Bridge Hikes. Many more hikes are coming up.

The bike program has ended as the last official ride on Oct 6 was cancelled due to the first fall cold weather.

Thank you to Sharon Marini, Lois Drontle, and Pat Nelson for running the very successful Lanesboro bike trip.

Our meeting planning with Bloomington Event Center has been on, off, and on again. It is still a work in progress. The first two ULLR meetings are in the same place and same time as before. **SEE P. 4**

Looking forward to Winter? Skiing is waiting for you. Trips to Buck Hill and Welch Village have been scheduled. The first one at Welch will be on December 15. Also check the schedule for X-C skiing and snowshoeing events. Remember Cable, Wisconsin? I remember a lot of really good times. We should go back to the Cable area for X-C and snowshoeing.

See you on Thursday, October 20, at the General meeting.

*Editor's Note: Maybe someone should plan a Cable trip.
Read this glowing note from the web.*

"The Cable Area is home to one of the largest cross country ski trail networks in the county, the American Birkebeiner Trail. With 150 kilometers of interconnected trails, you can ski for days. The Cable Area was recently cited by CNN.com as one of the top 5 places to hit the horizontal slopes. Come and see why! Trail maps are available at



each trail head, or can be gathered at the Cable Area Chamber. The trails offer cross country skiing for everyone including family-oriented trails and terrain for the most athletic skier. "

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

ULLR General Meetings

Meetings are held at the Bloomington Event Center (BEC), 1114 American Blvd. W, Bloomington, MN 55420. Make a reservation for the dining room after 2:00 PM by calling 952-888-1492. The dining room opens at 4:30 PM. Costs of our dinners and drinks are credited to the club to offset rental costs.



Thursday, October 20

Social Hour 6 PM; Meetings start at 7 PM followed by the program.

The program is **Statue of Liberty, Two Decades of Effort, Impossible Odds.**

Speaker David Jones will tell us how the statue idea came about, its construction, and the meaning behind one of the most recognizable symbols in the world.

Meeting Thursday, November 17:

“Neil Diamond” a.k.a. Todd Anderson singing “Sweet Caroline” and other top Neil Diamond hits. Todd entertained Ullrs last year with his Elvis impersonation.

2023 meetings:

BIG CHANGES!!

SEE Page 4.



Rudy L. Kraemer Nature Preserve Hike

led by Barb Kolbe and Karen Holmquist

Who would have guessed that in the northwest area of busy Burnsville there would be a gem, a wonderful 75-acre prairie restoration. Ten ULLRs walked through the beautiful and peaceful nature preserve on Sep.13. The walk began with a short prairie trail walk. We continued to the 8-stop self-guided nature

trail. One stop overlooked the wetland area and pond where Canada geese were enjoying the perfect weather. Flowering plants were everywhere along the perimeter wetland trail. Many birds soared overhead in the quiet environment, flocking and settling on the overhead wires. We enjoyed a lunch together at the Buffalo Tap following the walk.



Sharon M, Cheryl R, Kyle M, Barb K, Ken M, Judy B, Linda H, Jan S, Jerry S

2022 Social Opportunities

October 14, Fri., 7:00 PM
Singles Cards/Games/Snacks
Host: Margie Deutsch
RSVP: 763-545-5845[h] or
763-498-9366[c]

October 20, Thur., 6:00 PM
Social; 7:00 PM ULLR meeting;
7:30 PM: SPEAKER David
Jones, topic: Statue of Liberty

October 25, Tue., 11:15 AM
Singles Fine Dining Lunch at
Arezzo Ristorante

October 25, Tue., 4:45 PM
Tour of the Chanhassen
National Weather Service
Leader: Joan Roe, 952-200-
1601 (see p.9)

October 31, Mon., Noon
Halloween Party
RSVP: Mary Jane Hochstein;
maryjaneh@frontier.com or
612-669-6285 (see p.1)

November 11, Fri., 6:00 PM
Singles Cards/Games
Host Needed

November 17, Thur., 6:00 PM
Socializing, 7:00 Meeting,
7:30 Program "Neil Diamond"
a.k.a. Todd Anderson singing
Neil Diamond hits

November 22, Tue, 11:15 AM
Singles Fine Dining Lunch at
The Hilltop

December 4, Sun., Holiday
Party, 1:00 PM Social Hour,
2:15 Dinner; Chairs: Ellise
Lamb and Linda Heintz
RSVP by Nov. 18 (see p.1)

The ULLRnet

The ULLRnet was created as a way to receive messages of a personal nature about current and past members. The ULLRnet has a voluntary sign-up. If a member or former member has not signed up, and would like to, please send an email message to ullrnet@ullr.org. Please notify ullrnet@ullr.org of e-mail changes. If "undeliverable," you are dropped from the list. Mary Jane Hochstein will post information about ULLR members. All notices must be sent only to ullrnet@ullr.org. Notices must have the permission of the person for whom it is written.

Thank you Mary Jane Hochstein for passing on information about current and past ULLR members via the ULLRnet. They are and were our friends.

DIRECTORY CHANGE

Please welcome these new members:
Peter Jursik & Donna Norbeck
Save your monthly member up-date e-mails in your green November 2021 Membership Directory.

BREAKING NEWS FROM VP ELLISE LAMB

- Due to changes made at the Bloomington Event Center, including raising the rent amount immensely, the ULLR Club will no longer be able to have 2023 meetings at the BEC on Thursdays. Linda Heintz and Ellise Lamb met with the new manager, Shayne Tyler, and negotiated to have the 2023 meetings at the BEC, no charge to the ULLR Club, with all meetings on **Mondays**.
- January 16, 2023, 12 noon lunch, 1:00 pm meeting, speaker David Jones.
- February 20, 2023, 12 noon lunch, 1:00 pm meeting, speaker Jeff Litfin, "Who Gets Mothers China".
- March 20, 2023, 5 pm dinner, 6pm socialize, 7 pm meeting.
- April 17, 2023, 5 pm dinner, 6 pm socialize, 7 pm meeting, speaker Cyndy Darby, "Saving Monarch Butterflies."
- May 15, 2023, 5 pm dinner, 6 pm socialize, 7 pm meeting, Foundation Raffle and Bingo.

Rice Marsh Lake Hike in Chanhassen

By Patty Fitzgerald

Nine hikers enjoyed a beautiful day in Chanhassen on October 3rd. They were introduced to a beautiful 3½ mile trail around Rice Marsh Lake. None of the hikers had been to this park before and were impressed with the beauty. At our first stop we stood behind a hand painted bone for a picture. The sign below the bone said that 10 hand painted bones had been placed along various trails throughout Chanhassen. The idea was to take a picture with

your pooch and then bring it to Chuck & Don's in Chanhassen, a pet store, for a treat for your dog. Since none of us had a pooch, we continued our walk. We next discovered some smiley stones at the back of one owner's property and further on, a whole village of painted stones in another backyard.

After our hike we enjoyed lunch on the patio at Brindisi's Pub, which offers Happy Hour all day on Monday. (editor: Is this why this place was picked?)



Everyone enjoyed the hike and the tasty lunch.



Back: Pat N, Sharon R, Dan R; Front: Ken M, Sharon M, Barb K, Nancy S, John S (and photographer Patty F)



Too beautiful for words!

Recalling September Events

We thank the planners and leaders for their work.

1, Charlie Brown Ride

Joan Roe

8, Bloomington Overlook Ride

John Vogt

9, Singles Cards/Games

Jan Butler

13, Nature Preserve Hike

Karen Holmquist & Barb Kolbe

15, Sakatah Trail Ride

John Stiefel, Patty Fitzgerald

19, Nerstrand Hike

Nancy Sand

22, Eden Prairie Ride

John Stiefel

26, Cedar Bridge Hike

Sharon Marini

27, Singles' Fine Dining

Ellise Lamb

28, Two Tours in St. Paul

Margie Deutsch

29, North Rice Creek Ride

Sharon Tornes

Cancelled

13, Menomin Park Hike

Janet & Ken Farber [COVID]

23, Lakewood Cemetery Hike

[rain]

Linda Heintz

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, Oct. 14 - 7:00 PM Cards/Games/snacks

Host: Margie Deutsch; mandmdeutsch@gmail.com
7600 Golden Valley Rd., #505, Golden Valley 55427
Call Margie from Entry wall phone to come in.

Friday, Nov. 11 - 6:00 PM Cards/Games/potluck

Host: Needed

Hosts are needed for Dec. and 2023

E-mail / call Jan!



SINGLES' FINE DINING on TUESDAYS in 2022

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 25 - Lunch at Arezzo Ristorante, 5057 France A. S., Edina 55410; arezzoristorante.com/

November 22 - Lunch at The Hilltop
5101 Arcadia Avenue, Edina 55436;
hilltopedina.com

December 27 - Lunch at Yard House; 1665 Park Place Blvd, St. Louis Park 55416; yardhouse.com

See flyer for more information. Call trip leader in case of inclement weather about cancellation of event.

Lake Maria Hike (~5 mi RT)

Friday, October 14, Hike at 10:30 am

Lake Maria State Park

11411 Clementa Avenue NW, Monticello

Annual State Park Permit (\$35) or Day Pass (\$7)

Meet in Trail Center Parking Lot

Lunch After Hike at Maynards Restaurant

21415 136th Avenue, Rogers

RSVP: Nancy Sand, 952-435-5225, [c]763-280-2600

Lebanon Hills—Holland Lake Hike

Lebanon Hills Regional Park

Wednesday, October 19

Meet 10:00 am, Hike 10:15 am

Holland Lake Trailhead

1100 Cliff Road, Eagan

Lunch after hike TBD

RSVP: Linda Heintz, [c]612-916-2526

Fort Snelling Hike

Monday, October 24, Meet at 10:30, leave at 10:45

Meet at the Fort Snelling Visitor Center

Lunch after between 12:30 and 1:00 at the 5/8 Club
off Cedar and the crosstown Hyw 62.

RSVP: John Egan or Carolyn Buswell, 612-272-1932,
jegan.cbuswell@msn.com

for a headcount at the 5/8 Club

Carver Park Reserve Hike (3.5 mi RT)

Tuesday, November 1, Meet 10:00 am, Hike 10:30

Lowry Nature Center

7025 Victoria Drive, Victoria

Lunch at Winchester & Rye after the hike

7929 Victoria Drive, Victoria

RSVP: Patty Fitzgerald or John Stiefel, 952-470-5411

Old Cedar Avenue Bridge Hike

Minnesota River Valley National Wildlife Refuge

Wednesday, November 9, Meet 10:45 am,

at the Old Cedar Avenue Bridge parking lot

9500 Old Cedar Ave S, Bloomington

Lunch after at TGI Fridays by MOA

2201 Killebrew Drive, Bloomington

RSVP: Linda Heintz, [c]612-916-2526

Long Lake Regional Park Hike (~3 mi RT)

Tuesday, November 15, Meet at 10:30

At the Main Pavilion Parking lot

1500 Old Highway 8, New Brighton

Lunch after hike at

Exchange Food and Drink Restaurant

500 5th Ave NW, New Brighton

RSVP: Jan or Jerry Swanberg, 651-633-7178

2022 - 2023 Fall and Winter Hiking Schedule

Tuesday, October 11
 Carver Park Hike
 Patty Fitzgerald & John Stiefel
 952-470-5411

Friday, October 14
 Lake Maria Hike
 Nancy Sand, 952-435-5225

Wednesday, October 19
 Lebanon - Holland Lake Hike
 Linda Heintz, 612-916-2526

Monday, October 24
 Fort Snelling Hike
 John Egan & Carolyn Buswell,
 763-717-8084

Wednesday, November 9
 Cedar Bridge Woods Hike
 Linda Heintz, 612-916-2576

Tuesday, November 15
 Lake Elmo Hike
 Jan/Jerry Swanberg, 612-719-3458

Sunday, December 11
 French Park SS or Hike
 Jim Habeck, 763-559-5593

Thursday, January 5
 Minnesota River Bottoms-SS
 John Vogt, 952-829-7056

Tuesday, January 31
 Richardson Nature Center SS or
 Hike, Sharon Marini, 952-893-7408

Cedar Av. Bridge Hike - led by Sharon Marini

It was a crisp, sunny and very windy day as 6 Ullrs made their way over the bridge and through the woods. There were plenty of geese and ducks to see but no eagles or egrets this morning. We crossed three wooden bridges, some in need of repair. Erosion was clearly visible after the third wooden bridge. Several paths will be closed in the coming days due to bow hunting.



Nancy S, Sandra S, Patty F, John S; (front) Ken M, and the photographer Sharon M enjoyed the hike.

Skiing 2022-2023

Thursday, December 15
 Welch - Meet in main lodge 9:30

Monday, December 19
 Buck Hill

Monday, January 9
 Buck Hill

Monday, January 23
 Buck Hill

Thursday, January 26
 Welch - Meet in main
 lodge 9:30

Thursday, February 2
 Welch - Meet in main lodge 9:30

Tuesday-Thursday, February 7-9
 Granite Peak WI
 Nancy Sand 952-435-5225

Wednesday, February 22
 Buck Hill

Thursday, March 2
 Welch - Meet in main lodge 9:30

Monday, March 6
 Buck Hill

There is no host at Welch. More details about Buck Hill events will be on the web at ullr.org



Two Tours by Margie Deutsch

As Margie Deutsch had written articles in many Nullrs, asking others to lead a social event, she decided to do one. On Wednesday, September 28, nine Ullrs came to the Germanic American Institute for a tour of the house on Summit Ave. in St. Paul. Margie has given many tours of this house and has met some of the people who had lived there. This 117- year- old house is unique in that it has only been owned by three very different entities.

The Gardner family lived there from 1905-1944. For the next four years, rooms were rented out. In 1948, Benedictine sisters from the large convent in St. Joseph, Minnesota came and made this house the motherhouse or Priory for 178 women. In the beginning, 25 nuns lived in

the house. In 1965, the nuns moved to the newly built Priory in Maplewood, and the house was sold to the newly formed German group, the Volksfest. Many meetings, meals, dances, programs, concerts, classes and catered weddings have been held in this now German Haus.

Following the hour tour, we ate our lunches. Then Margie told the group of a surprising change. The second tour, to the Saint Paul Cathedral, would not be led by a docent. Margie got a call Tuesday saying the tour was full. As long as she had previously researched the church, Margie also led this tour. After our 4-block walk back to the Haus, the Ullrs enjoyed coffee and pieces of two home-made German cakes. It was a fun day of learning and socializing with ULLR friends.



Back: John S, Joan R, Patty F, Sharon M, Barb K, Jan S; Front: Jerry S, Margie D, and Sandra S await their pieces of a Westphalian Frische Obsttorte and a (modified) Schwarzwald Kirschtorte.



ULLR donations could help make Christmas brighter for local children. To donate toys, bring your new unwrapped toys to our December 4 ULLR Christmas Social or to our November 17 ULLR general meeting. You may also take your toys/check to any local metro **Toys for Tots**

collection site. (TFT does not accept food, clothes, used or open toys, or liquid products such as cologne, body wash, lotion, toothpaste etc.) To donate by check, make payable to "Toys for Tots Foundation." If you cannot attend either event, you can mail your check to Linda Heintz by Nov. 29.



LOVE WINTER? COME SKI, XC, SS AT WAUSAU

Plan now to come to Wausau
Tuesday to Thursday, **February
7-9, 2023**, to ski, cross-

country, and/or snowshoe with your ULLR friends
who love winter.

The Wausau area offers many options
for winter fun. Downhill ski at Granite
Peak where skiers 80+ ski free. Cross-
country or snowshoe at Nine Mile
Forest. Snowshoe at Rib Mountain
State Park. Ullrs should monitor the websites for
lift ticket and park pass costs. Purchase
your own tickets/passes in advance
online or on site when arriving.

ULLR Nancy Sand reserved a block of
rooms for the ULLR Ski Club at the
Stoney Creek Inn. Participants must
make and pay for 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
\$102.15.



Participants can reserve a single room or share
the room cost with a roommate of their choice –
maximum 2 persons per room. A free hot break-
fast is available daily at the Hotel. The Hotel will
release unreserved rooms on January 7, 2023.
After that date, room availability and the group
rate will not be guaranteed.

There will be snacks and a pizza party Tuesday
evening at the Hotel. No money for this event
will be collected in advance. Nancy will arrange
for the food and will notify you that evening of
the cost per person. Bring your own beverage
or purchase your beverage from the Cubby Hole
Bar at the Hotel.

Participants will gather for a group dinner
Wednesday evening at a place to be deter-
mined. Participants will pay for their own meal
and beverages.

Questions? Contact ULLR Nancy Sand. A flyer
with Nancy's contact information and signup
sheet are available on the ULLR website. Notify
Nancy when you have made your room reserva-
tion and mail the signup sheet to Nancy Sand,
15001 Burnhaven Drive #108, Burnsville, MN
55306.

Tour of the Chanhassen National Weather Service and weather balloon launch at 6pm (end of tour)

Tuesday, October 25, 2022

No Cost - Limit 25 visitors

Meet at 4:45pm – Tour starts at 5:00pm
1733 Lake Dr. W, Chanhassen, MN

Head west on Hwy 5, turn left on Audubon
Rd. (next to Prince's Studio), turn right on
Lake Dr. W

Dinner at Axel's in Chanhassen after tour –
room is reserved
560 West 78th St.
Chanhassen, MN 55317
<https://axelsrestaurants.com/>

Please RSVP:

Joan Roe (c) 952-200-1601 or
roejoank@gmail.com

Ursula Nomura (c) 952-221-4217 or
ursulanomura@gmail.com

Let us know if you need to cancel, so we
can include people on the waiting list.

**“There is no such thing as bad weather, only
different
kinds of
good
weather.”**

John Ruskin



ULLRS HIKE AT NERSTRAND

by Nancy Sand

Four Ullrs came to Nerstrand Big Woods State Park on a warm September 19th to spend 3 hours walking and hiking in beautiful, peaceful dappled light from the tree canopies. ULLR Linda H. brought her friend Diana H., who is a former ULLR. Diana was a member in the late 80s and early 90s. She received an ULLR Ole award in 1993 when she and Linda planned and hosted a western ski trip. We hope Diana will rejoin our ULLR Club!

Our four-mile hike was preceded by first exploring the wooden playground equipment near the Park entrance. Barb K was our train engineer. Then we headed to the trails. We had hoped to see lots of

water at the waterfall, but we had to settle for only a trickle. Nevertheless, the setting for the waterfall is still a favorite view and a good photo op.

Hiking poles were much appreciated on a few steep and long hills. There was not much fall color yet, but hints of reds and oranges were seen on trees and on the sumac. Along the trails, we marveled at groupings of tree trunks that provided opportunities for photos. Also, hike leader Nancy S used her cell phone's "Seek by iNaturalist" app to identify some mushrooms along the trails.

Following our hike, we enjoyed picnic lunches and conversations in the shade of giant trees. A few of us brought Halloween treats to share for dessert! Yum!



Give Thanks
with a
grateful heart.



From Editor Margie Deutsch

Every article I have read about aging all seem to agree about one thing. People with a grateful heart live longer and healthier lives. Many studies prove this. In our world today, everyone can find reasons to be depressed, anxious, and fearful. On-line, Scott Roberts wrote: "A grateful heart is a shield against negative emotions that threaten to overwhelm us. When you are thankful, you are happier." "A grateful heart cannot be depressed because it is constantly remembering things to be thankful for." "A grateful heart is a shield against bad memories. When you are grateful, you meditate on the positive aspects of your life, which forms a barrier against negative thoughts."

I am grateful for my many ULLR friends. Oct. 2 marked six years since my husband Manfred died. I just went to the Foundation memorial page. 36 memorial gifts for a total of \$1,145 were given by our friends, mostly by Ullrs. Wow! Remember, at this Thanksgiving time, to give thanks—with a grateful heart.