



Well, Ullr is the Nordic god of skiing, and for that you need snow. This year we got snow!

This was just an early March 8th spring hike at Westwood Hills Nature Center!

Read the story on page 5.

SPRING FORWARD

73rd Annual ULLR Awards Banquet and Dance

Saturday May 20, 2023

Chanhassen American Legion

290 Lake Drive East, Chanhassen, MN 55317

4:00 PM Social Hour (Cash Bar)

5:00 PM Buffet Dinner

(Vegetarian option available upon request.)



6:00 PM Awards Presentation

6:30 PM Entertainment – Jon deVaal and Pauline Boyd

Cost: \$40.00

Make check payable to: ULLR Club

Send checks to: Diane Erlandson

8200 West 33rd Street #302

St. Louis Park, MN 55426

Co-Chairs: Ellise Lamb & Janet Farber

Reservations due by May 8, 2023

ULLR Cancellation policy applies.

2023 IMPORTANT CONTACTS

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

OFFICERS OF THE CLUB

President

Bruce Warner

Executive VP

Needed

Winter Programs VP

Kyle McClintick

Summer Programs VP

Mary Ellen Goriesky

Membership VP

Patty Fitzgerald

Treasurer

Carol Bush

Secretary

Janet Farber

Past President/Advisor

Linda Heintz

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 Chair

Needed

Biking

John Stiefel

Singles

Jan Butler

Directory Folding Parties

Nancy Sand

General Meetings

Ellise Lamb (scheduler)

MSC Representatives

Kyle McClintick, Dolly Eastman:

MSC: www.midwestfun.org

ULLR Foundation President

Jan Cady

COMMUNICATION

ULLR Webmaster

Wayne Jastremski: 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



This is my final letter to you as president. Bruce Warner will be taking over May 1.

We've been through a lot of changes this year, and they have been handled as best as we could. It was scary for a while, at least for the ULLR Board.

First: "What's his name" (the former manager) was fired at the Bloomington Event Center which made dealing with them much easier. We were then able to work with the new people about dates and room location with no problem.

Second: The old web site still needs to be updated, but at least, we have a new web master.

We have a couple of hikes coming up in April. Silverwood hike is on Wednesday, April 12. Meet at 10:30.

St. Croix Bluffs hike is Friday, April 21. Meet at 10:15. There is one more Winter General Meeting on April 27.

In May we have: the Schaar's Bluff hike on May 1, meeting at 10:30; the musical "Guys and Dolls" at the Minnetonka High School on May 7. Arrive by 1:15 pm. Another hike on May 10, details are on page 5. The last spring General meeting is May 25. The Foundation will have a raffle and Bingo games.

Our first bike ride of the season, is on May 11. This kicks off our biking season. See the schedule on page 8. Call Patty or John if you want to lead another ride.

Our summer picnics are coming up soon. Please volunteer to help serve when asked. Nancy Sand is looking for skiers to help out. So far, she only has three or four volunteers.

We could also use a (strong) person to buy and bring the beverages for the Summer picnics. Anybody willing to help us?

And please don't forget the Spring Banquet on May 20 at the Chanhassen American Legion. The social hour starts at 4:00 pm.

Farewell (as your president) friends. Linda

ULLR Directory Spotlight

The information about these changes and additions was sent to you in a member-only email.

Changes for: Carol Bush, Karen Hemmingson, Charlotte Navratil, and Lori Wolff

Addition for Nancy Kastner

ULLR Webmaster: Wayne Jastremski

See directory for address

Webster@ULLR.org

NULLR Editor: Margie Deutsch

7600 Golden Valley Road, #505, Golden

Valley 55427 NULLR@ULLR.org

2023 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 p.m. by calling 952-888-1492. The dining room opens at 4:30 p.m. Costs of our dinners and drinks are credited to the club to offset rental costs. The meetings are held on the lower level in the Knight Room. It is easiest to park in the east parking lot.

Thursday, April 27

6:00 p.m. Social; 7:00 p.m. Meeting
The election of the 2023-24 ULLR Board
7:15 p.m. Program: Cyndy Darby's topic is "Saving Monarch Butterflies." Cyndy Darby is a volunteer at Richardson Nature Center, a gardener and someone doing her part to educate about and protect monarch butterflies. She has been rearing monarchs in her backyard for over 15 years. She will share some facts and biology about monarchs and her tools and process to protect and rear the monarch eggs that are laid in her garden and neighbors' gardens. You will learn how easy it can be to help out this beautiful butterfly.



Thursday, May 25

6:00 p.m. Social; 7:00 p.m. Meeting
7:30 p.m. ULLR Foundation Raffle and Bingo Night. **Invite your friends to come for a chance to win a wonderful prize.**
These include: overnight hotel stays
casino/hotel packages
local restaurant gift cards
jewelry
wine and beer baskets
bowling and brunch packages,
floral, and much more!
6 bingo games/6 raffle Tickets \$10 pack
Additional raffle tickets - 6 for \$5

100% of money raised goes to specialized adaptive equipment helping many to enjoy activities we take for granted.



Annual Lanesboro Bike And Golf Trip

Stay at the Green Gables Inn,
Lanesboro, Minnesota

Sunday thru Tuesday, August 20 - 22

Cost \$138 /person, 2 per room

Includes: Lodging Sunday and Monday nights
2 breakfasts, Monday and Tuesday
Welcome Party Sunday evening.

Bring an appetizer to share and your own beverages for Sunday evening.

Dinner is on your own Sunday and Monday (no group dinner.)

Options: Biking, 10, 20, 30 or more miles
Four Daughters Winery in Spring Valley -
open Monday 11 am -7 pm

Theater -- Commonwealth Theatre
(commonwealththeatre.org)

Golf at Lanesboro Golf Club or Preston Golf &
Country Club

Co-chair Contacts: Maril Barnard,
651-402-0301, mbarnard3952@gmail.com
cell: Joan Roe, 952-200-1601
roejoank@gmail.com

Make checks payable to ULLR Club:

Send check to Maril Barnard, 221 Vernon St,
St Paul, MN 55105

along with the "Emergency Contact" form (see the flyer.) **Deadline July 1, 2023 for sign up.**

ULLR CANCELLATION POLICY APPLIES.

HELMETS REQUIRED FOR ALL BIKERS.

What's Cookin' Picnics at Brookview Park in Golden Valley.

Hwy. 55 and Winnetka Av. N. - In June and July the meal is served at noon; in August at 6:00 PM.

June 14, 11:00 to 4:00;

June 28, 11:00 to 4:00;

July 12, 11:00 to 4:00;

July 26, 11:00 to 4:00;

August 16, 5:00 to 10:00;

August 30, 5:00 to 10:00;



NEEDED!!!! A PERSON TO BRING THE BEVERAGES TO THE PICNICS. Please contact **Mary Ellen Goriesky, mgoriesky10@gmail.com**

Join Ullrs to bike, hike, swim, fish, shop,
relax, zipline at

Good Ol' Days Family Resort in Nisswa

Monday to Thursday: June 5-8, 2023

SIGN UP SOON! Reservations close Mar.30

\$210.25 Includes: Lodging Monday, Tuesday and Wednesday nights; Welcome party Monday eve - bring your beverage and appetizers.* Dinner Tuesday eve - Taco bar and dessert provided, bring your own beverage and appetizers.* (*This saves money and allows you to bring exactly what you want.)

COVID-19 restrictions: All food will be served to each guest.

See the resort's website
www.goodolddaysresort.com

Co-Chairs: Kathy Lucas; 952-836-4723,
klucas.potter@gmail.com
Kate Casserly; 763-238-6029;
casserly1@gmail.com

Make check payable to ULLR Club and send to: Kathy Lucas: 14348 Savanna Oaks Drive, Savage, MN 55378.

Include signup form from the flyer with emergency contact info. Roommate & lodging preferences are first come/first served on receipt of check.

**ULLR Cancellation Policy applies.
Helmets required for bikers.**

"Do The Door"

**Plan your trip to Door County WI
Monday-Friday, October 9-13, 2023**

This trip went on the website last month and quickly filled up. If you want to go on a wait list, contact Kyle McClintick.

ULLR 2023 KICKOFF BIKE RIDE

Thursday, MAY 11

Wabun Park is at 4655 46TH Ave S, Minneapolis.

Meet in the picnic area at 9:30 am.

HELMETS ARE REQUIRED

We will ride north and south along the Mississippi River, looking at the beautiful homes and over to Minnehaha Falls and Lake Nokomis . The ride is 15 to 20 miles more or less, mostly on level trails and a few side streets. There will be two leaders so you can pick your pace and miles.

RSVP to: Patty Fitzgerald and John Stiefel
patfitzjohns@msn.com or
612-743-4565

BRING A CHAIR, A LUNCH AND A DRINK FOR A PICNIC AFTER THE RIDE.

Contact the ride leaders for possible cancellation of this ride.

All Ullrs are invited to join the bikers for the picnic at approximately noon.

Ullrs past and present have enjoyed the bike rides. Sally C and Kathy P remember their 2015 ride at Cannon Valley.



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 27, 2023, at the Bloomington Event Center (KC Hall.) Candidates for this ULLR Board election are:
President, Bruce Warner
Executive Vice President (**Needed**),
Secretary, Janet Farber
Treasurer, Carol Bush
Winter Programs Vice President, Kyle McClintick
Summer Programs Vice President, Mary Ellen Goriesky, and
Membership Vice President, Patty Fitzgerald.

(The current President, Linda Heintz, automatically assumes the position of Past President and becomes a Lifetime Honorary Member of the Club.)

At the April 27th Annual meeting, each member shall have one vote upon each question at the meeting. All members were sent an email on March 28 stating if they were not planning to attend this meeting they could vote via return email for this slate of officers. 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.

Westwood Nature Center Hike

By Linda Heintz

March 8, After a couple of false starts (everything looks different with snow cover), we had a decent hike. We went about 3 miles on uneven frozen ground.

Jim Habeck, Barb Kolbe, Jan Swanberg, Karen Holmquist, Nancy Sand and for a little while Sandra Shearer were the brave souls who joined me. Sandra decided to go home after a short jaunt. This was not the hike I was thinking about when I planned it. Who knew we'd get this much snow and refreezing. March is a very unpredictable month.

You can see from one picture, that the snow was up to the bottom of the benches.

Let's hope April is better. I'm tired of my hikes and other events being changed or canceled due to weather!

Editors note on April 3: After a huge snow storm overnight, the total snowfall in the Twin Cities reached 89.7 inches, enough for the third-snowiest winter season on record.

Be glad you don't live in Duluth. As of April 4, it has accumulated 131.1 inches of snow. Duluth just needs .5 inches more to be in 2nd place for the snowiest winter ever!

Recalling March Events

We thank the planners & leaders for their work.

8, Westwood Hills Hike -

Linda Heintz

10, Singles' Cards & Games -

Lori Wolff

23, General Meeting -

Ellise Lamb and speaker, Mike Henry

25, Bike planning party -

Patty Fitzgerald and John Stiefel

28, Singles' dining at Outback Steakhouse -

Ellise Lamb

Thompson County Park Hike

360 Butler Av. E., West St. Paul

Wednesday, May 10

This is a 2+ mile hike on paved and dirt trails.

Meet at Thompson Park Center at 10:30.

Meet in front of the stone entry of the shelter.

Hike will begin at 10:45.

See the flyer for driving directions.

Bring a bag lunch.

RSVP: Please text Kyle McClintick
at 651-398-6870

Or call Barb Kolbe, 651-633-0936

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, April 14 - 6:00 PM

Host: Sandra Shearer

sandrasheaer@comcast.net

5225 Grandview Square, Edina 55436

952-236-7194 [h], 651-747-7862 [c]

Friday, May 12 - 6:00 PM

Host: Jan Butler, cartooncat@comcast.net

13506 Larkin Dr., Minnetonka 55305;

952-544-8163

Friday, June 9 - 6:00 PM Cards/Games/Snacks

Host: Needed

Volunteers are needed for June, and Sep.-Nov.

E-mail / call Jan!



SINGLES' FINE DINING on TUESDAYS in 2023

RSVP to Ellise Lamb by the Sunday before the event. Send via voicemail at 952-457-8772 or to ellise.lamb@mchsi.com

Arrive at 11:15 a.m.

April 25 at 5120 Restaurant, 5120 American Blvd., Bloomington 55437 (located in the Holiday Inn.) www.5120mn.com

May 28 at RH Rooftop Restaurant, 6801 France Av., Edina This restaurant is on the 3rd floor of Restoration Hardware, a new building just south of Southdale. www.rh.com

June 27 on the patio at Redstone, 8000 Eden Rd., Eden Prairie, 55344, redstonegrill.com

St. Croix Bluffs Regional Park Hike Friday, April 21

Meet at 10:15 a.m., Hike at 10:30 a.m.

10191 St. Croix Trail S., Hastings.

Directions: From St. Croix Trail, drive east on 102nd Street into the Park. Pay \$7.00 daily Park permit at the main office. Follow the entry road clockwise. It makes a loop. On the east side of the loop, park across from the volleyball courts. Meet there for this 4.5 mile hike.

Bring your own lunch, chair, and beverage for after the hike.

RSVP to Nancy Sand (h) 952-435-5225
(c) 763-280-2600 nsand878@gmail.com

Silverwood Park Hike Wednesday, April 12

Meet at 10:30 a.m. in Visitor Center

Parking Lot; **Hike at 10:45 a.m.**

2500 County Road E., St. Anthony 55421

Only minutes from downtown Minneapolis, Silverwood trails offer spectacular views of Silver Lake, restored prairie and mature oak savanna.

Optional Lunch at: *Steele & Hops*
2800 39th Ave NE, St. Anthony (Silver Lake Village)

RSVP to Janet Farber 612-281-3643 [c]
or Jan Swanberg 612-719-3458 [c] or
651-633-7178 (h)

Long Lake Regional Park Tuesday, May 16, 2023

1500 Old Highway 8, New Brighton 55112

Meet at 10:30 a.m. At the Main Pavilion

Hike at 10:45 a.m.

Options of 3+ miles of trails.

Lunch option at nearby *Exchange Food & Drink*
500 5th Av NW, New Brighton

RSVP to Jan Swanberg 612-719-3458 (cell)
or Jerry 651-633-7178 (home)

Hike Schaar's Bluff Trail at Spring Lake Park near Hastings Monday, May 1

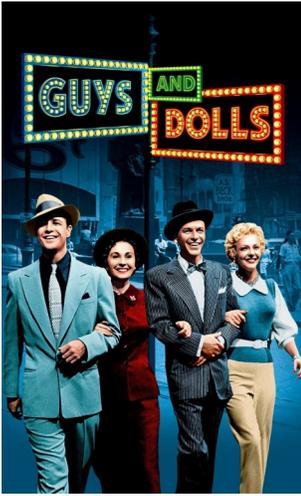
Meet at 10:30 a.m.

8395 127th Street East, Hastings

Directions from Highway 52: Drive east on MN 55. Turn left onto County Road 42. Turn left on Idell Avenue. Turn left on 127th Street. Turn right at the Park Entrance. Drive to parking lot at end of road (left at the fork).

Lunch after hike at *Bierstube*,
109 11th St. West, Hastings

RSVP to Nancy Sand, (h) 952-435-5225
(c) 763-280-2600 nsand878@gmail.com



Travel back in time to New York City in the 1950's where two star-crossed couples gamble in luck and love from Times Square to Havana and back. This beloved musical boasts colorful characters and a brassy score featuring "Luck Be a Lady", and "Sit down, You're Rockin' the Boat." No need to roll the dice on this one—it's a surefire, sure to sell-out hit!

**Sunday, May 7, arrive by 1:15pm
Minnetonka H.S. Theatre & Art
Center; 13801 MN Hwy 7**

Ticket cost is \$25.00 Reserve a ticket by sending in your money by April 12.

Payable to: Sally Chevalier, 5222 Spring Circle, Excelsior, MN 55331
952-935-7000; Cell: 952-484-6146

Optional: Dinner after play at Duke's, 15600 MN Hwy. 7, Minnetonka 55345

RSVP for dinner to Sally when mailing check.

ULLR Cancellation Policy applies.

Biking Etiquette by Linda Heintz (first published in the May 1995 Nullr)

Most Ullrs have been biking for years and know how to ride their bikes in regard to other riders and automobile traffic. But sometimes a reminder is helpful. Here are a few of Linda's admonitions.

On a bike path, stay to your right and ride single file.

When passing other bikers or pedestrians, call out, "on your left."

Look forward and back to make sure the left lane is clear before you pass.

Use proper hand signals when turning.



In Loving Memory

Alan Carroll Moore

July 28, 1937 - March 17, 2023

Alan was a long-time ULLR member. A grateful club awarded Alan the ULLR of the year in 1993. He was an ULLR president from 1993-1994 (a year after Charlotte Navratil had that position. Yes, they

were one of the happy ULLR-connected couples.) Alan enjoyed skiing, biking and camping. In 1995 he organized a "fun race" at Wild Mountain for 23 Ullrs where he also was a winner. In 1997 he and Charlotte were leaders for the Paul Bunyon September weekend trip. For many years they invited bikers to come for a day and bike near their home in Silver Lake. In 1998 he became the Nullr editor when the newsletter was laid out via "cut and paste." For many years, Alan was the ULLR Club historian. He will be missed! The Club sends its condolences to Charlotte as she mourns the loss of her "friend, her lover, her life companion" and to their extended families.

When group riding, never overlap the rear wheel of another rider. If the person veers and hits your wheel, you will crash and maybe hurt someone else.

Never ride in the middle of a street lane, or cross the white line.

Avoid blocking cars trying to turn right at a stop sign or light. Don't move up to the light by passing cars (that have probably just passed you.) Stay behind the car in front of you.

Let cars go through the intersection first.

Never ride through a stop light.

Slow down at all intersections and look both ways whether you have a stop sign or not. Don't just follow the riders ahead of you. Proceed only when it is safe and courteous.

If a car gets to an intersection first, STOP. If you get there first, make eye contact with the driver and proceed with caution.

(A new one) If you see a pothole, broken glass, or litter, physically point down as you see the problem approaching. Each rider behind should pass this hand signal all the way back.

2023 Biking Schedule

See ride flyers for more details.

MAY

Date: May 11 - Thursday
Event: Wabun park, river ride
Kickoff ride
Contacts: John Stiefel &
Patty Fitzgerald
Phone: 952-470-5411
612-743-4565

Date: May 18 - Thursday
Event: Carver Park to
Excelsior
Contact: Bill Brechtel
Phone: 952-474-5295

Date: May 23 - Tuesday
Event: Sakatah Trail
Faribault to Waterville
Contacts: John Stiefel
Patty Fitzgerald
Phone: 952-470-5411
612-743-4565

Date: May 25 - Thursday
Event: Gateway Trail
From North St Paul
Contacts: Jared & Melinda Hoke
Phone: 612-618-3773 JH
612-618-6919 MH

JUNE

Date: June 1 - Thursday
Event: Bloomington Trails
Contacts: Roger Kemp
Sharon Marini
Phone: 612-859-7872 RK
952-893-7408 SM

Date: June 5-8, Mon - Thurs
Event: Good Ol' Days Resort
Contacts: Kate Casserly
Kathy Lucas
Phone: 763-238-6029 KC
952-836-4723 KL

Date: June 15 - Thursday
Event: Tour of the city
North Side
Contact: Kate Casserly
Phone: 763-238-6029

Date: June 20 - Tuesday
Event: St Paul Lakes
From Lake Phalen
Contact: Bill Brechtel
Phone: 952-474-5295

Date: June 22 - Thursday
Event: Dakota Trail from
Gale Woods
Contact: Marcia Switenki
Phone: 952-941-6882
763-350-0430

Date: June 29 - Thursday
Event: Cannon Valley Trail
Contact: Sharon Marini
Phone: 952-893-7408

JULY

Date: July 4 - Tuesday
Event: Capital ride & potluck
Contacts: Nancy & Craig Navis
Phone: 651-329-4836

Date: July 6 - Thursday
Event: Fish Lake to Elm Creek
Parks
Contact: Bill Brechtel
Phone: 952-474-5295

Date: July 11 - Tuesday
Event: Edina to Bloomington
Contact: Pat Nelson
Phone: 952-893-1045

Date: July 13 - Thursday
Event: Browns Creek &
Gateway from
Stillwater
Contacts: Jared & Melinda Hoke
Maril Barnard
Phone: 612-618-3773 JH
612-618-6919 MH
651-402-0301 MB

Date: July 18 - Tuesday
Event: Sakatah Trail
Waterville to
Madison Lake
Contacts: John Stiefel
Patty Fitzgerald
Phone: 952-470-5411
612-743-4565

Date: July 20 - Thursday
Event: Maple Grove ride
And potluck
Contacts: Hal & Gail West
Bill Brechtel
Phone: 763-427-6254 GW
952-474-5295 BB

Date: July 29 - Saturday
Event: Silver Lake ride
And potluck
Contact: Charlotte Navratil
Phone: 320-327-2396

AUGUST

Date: Aug 3 - Thursday
Event: Sakatah Trail
Mankato to
Madison Lake
Contacts: John Stiefel &
Patty Fitzgerald
Phone: 952-470-5411
612-743-4565

Date: Aug 10 - Thursday
Event: Hastings to
Schaar's Bluff
Contacts: Rick Huber
Kathy Lucas
Phone: 262-424-0772 RH
952-836-4723 KL

Date: Aug 17-Thursday
Event: Wabun Park to
Lake Harriet
Contact: Maril Barnard
Phone: 651-402-0301

Date: Aug 20-22
Sunday-Tuesday
Event: Lanesboro Bike/Golf
Contacts: Maril Barnard
Joan Roe
Phone: 651-402-0301 MB
952-200-1601 JR

Date: Aug 22 - Tuesday
Event: Douglas Trail
(on way home from
Lanesboro)
Contacts: John Stiefel &
Patty Fitzgerald
Phone: 952-470-5411
612-743-4565