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August 2023

73rd Annual ULLR Awards Banquet and Dance

On a beautiful sunny spring day, 40 Ullrs gathered for the 73rd annual Awards and Spring Banquet, held again at the Chanhassen American Legion. This venue has always been very accommodating in price and good service.

It was a wonderful and entertaining event. Many thanks to Ellise Lamb for all the planning and to Janet Farber for a well drawn invitation flyer. Thanks again this year to Diane Erlandson for doing a great job collecting all the checks and making the name badges and place cards. Photographers were Tom Vandehei and Nancy Keyes.

Janice Swanberg presented the previous ULLR Board of 2022-2023 and the new Board of 2023-2024. The new ULLR Board members were elected by unanimous vote at the April general meeting. Their term runs May 1, 2023 to April 30, 2024.

Everyone enjoyed a delicious buffet dinner of

salad, roll, chicken marsala, roast beef, roasted red potatoes, and green beans. The meal was followed by a marble cake and coffee. Ellise Lamb brought the table centerpieces, They were colorful blooming geraniums in a hanging basket. These were given as prizes to the youngest person at each table.

Recipients of last years OLE awards recognized this year's recipients for their contributions to the club. **Pat Nelson** received the MS Versatile OLE, **Craig Navis** received Best Supporting Actor OLE, **Linda Heintz** received Miz Prez OLE, and **Ellise Lamb** received the ULLR of the Year Award, presented to her by Janet Butler and Janice Swanberg. Congratulations to all 2023 ULLR awardees.

Entertainment was provided by Paul Anderson playing some great songs on his keyboard and Pauline Boyd accompanied him as vocalist. They are a wonderful musical duo. Many banquet attendees enjoyed socializing with their fellow members. It was a very pleasant event. Thanks to everyone who attended and contributed to a fun evening.

Ellise Lamb was given the 2023 "ULLR of the Year" award. This is the highest award our club offers. It is given to honor an ULLR member for their dedication and service to the ULLR Ski, Bike and Social Club over the past several years. Ellise served on the Board as Executive VP for 3 years, and has hosted a Summertime Single's Card and Game Night for many years. During the same years, she organized two Holiday Socials, a Spring Banquet and the Singles' monthly luncheons, an event which she originated.

These ULLR of the Year awards began in 1972. Ellise is the 56th and last ULLR to receive this recognition. The current ULLR Board made this decision. Congratulations Ellise!



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

Janice & Jerry Swanberg

Biking

John Stiefel and Patty Fitzgerald

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 Bruce Warner



Greetings fellow ULLRs

As I sit here typing I am reflecting on my two weeks in June with remarkable cultures and events. It started with a ride in Nisswa, bike rides in the Twin Cities, 9 days in Aarhus, Denmark and three days in Edinburgh, Scotland. 37 Ullrs were at the Good Ol' Days Resort, a decrease from previous years, but the event was spectacularly managed by Kathy Lucas & Kate Casserly. Good news, they have agreed to be in charge of the Nisswa event next year too.

Lanesboro is coming up fast and is completely filled. Check with Maril Barnard and Lois Drontle for questions or to go on a wait list. The bike rides have been well attended and managed by Patty Fitzgerald and John Stiefel as well as several other individual leaders. Many thanks to all of them. Our first picnic had 60 attendees and was hosted by your ULLR Board. I missed the second picnic hosted by Nancy Sand & our skiing friends. Our picnics continue with changes in timing, but at the same location. As I do these monthly letters, please bear with me if I miss someone that should be recognized or if I misspell a name. Our club has always been known for its volunteers and their participation; a trait I hope will continue with your help. Don't forget to say hello to someone new or someone you haven't seen for a while. I hope to see you soon.

Your fellow club member,
Bruce Warner

News from Webmaster Wayne

Lately Internet Service Providers (ISPs) have cracked down on unwanted emails, A.K.A. Spam, and our ULLR announcements got caught up in the crackdown and were blocklisted by most ISPs. Our announcements are again getting delivered, but we must continue to follow certain guidelines so we can rebuild our reputation as a safe sender. The two big guidelines that affect us are **no links or attachments in the announcements**. This means that you must go to the club's website to view pictures or print out flyers etc. instead of just clicking the link in the email. It seems that's a small price to pay to so we can keep from having our announcements blocked.

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

SOCIAL COMMITTEE MEMBERS SOUGHT



Many Ullrs are saying that we should have more social events. Fewer members are skiing and biking but enjoy getting together with other Ullrs to socialize. Because currently there is no Executive VP on the ULLR Board, there is no one to coordinate social activities. Therefore, the Board is asking for a few volunteers who will form a social committee. You will brainstorm ideas for social events for the coming year. You would then find volunteers to lead the events. The events could be a play, a concert, a game day, a day trip, an art gallery, or so many other activities. It would not have to be an event that requires buying a ticket. Many events that are planned for the Minneapolis and St. Paul areas are free to the public. Someone could organize a group to meet at one of these events. Are you willing to spend a few hours of your time on this committee? Our club won't remain viable without the support of its members. Call Patty Fitzgerald or any board member to discuss this important request.

Annual Lanesboro Bike And Golf Trip

Lanesboro, Minnesota

Call to put your name on a wait list.

Sunday thru Tuesday, August 20 - 22

Cost \$138 /person, 2 per room

Includes: Lodging Sunday and Monday nights at the Green Gables Inn

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

Options: Biking, visit Four Daughters Winery in Spring Valley, Commonweal Theatre, Golf at Lanesboro or Preston Golf Club

Remember there are many near-by lodging options. If you do this, please tell a trip leader.

Co-chair Contacts: Maril Barnard,
651-402-0301, mbarnard3952@gmail.com
Lois Drontle, 952-906-9698, 612-501-3629 [c]
ldrontle@icloud.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 was July 1 for sign up.**

ULLR CANCELLATION POLICY APPLIES.

HELMETS REQUIRED FOR ALL BIKERS.

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



Park is at Hwy. 55 and
Winnetka Av. N.

In **July**, the pavilion is reserved from 11:00 am-4:00 pm, **the meal is served at noon**. After eating, maybe stay and chat, play cards or chess, or walk in the park. In **August** the pavilion is reserved from 5:00-10 pm. **The meal is served at 6:00 pm**. See the map on p. 3 of the directory for the picnic's location.

July 12	BBQ pork sandwiches	Bikers
July 26	Italian fare	Foundation
August 16	Pulled pork, coleslaw, fruit	Vicki Johnson and friends
August 30	Sloppy Joes	Hal & Gail West and 70s, 80s, 90s birthdays

Full meal (food, 2 beverages, one dessert)——	\$10.00
Attend/socialize only (no food /beverage)——	\$2.00
Attending (with 2 beverages)——	\$4.00
[Prices includes rental cost for shelter.]	
Extra beverage——	\$1.00
Sale of alcoholic beverages is prohibited in the park.	

Invite a friend to join you and fellow Ullrs. Also, bring \$ for the Foundation Raffles.



The ULLR Foundation Board:
 L to R: Jan C, Maryann S, Joe S, Sally C, Pat N,
 Nancy K, Jim M, Carol B [Missing: Char S,
 Fran D, Nancy K, Joan R]

The Foundation had another successful year donating funds for adaptive sports equipment. Thank you to all who donated for this good work.



When Mary and Tom V presented the "Best Supporting Actor" OLE to Craig N., they thanked him for the many ways he has helped the club and its programs.

**Pictures
 from the
 Spring
 Awards
 Banquet.**



The 2023-24 ULLR Board: Bruce W, Carol B, Linda H, Kyle M, Patty F, and Mary Ellen G [Missing: Janet F] for years 73 and 74 of ULLR.

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, July 14 - 5:00 PM NEW

Host: Jan Butler, 952-544-8113
13506 Larkin Drive, Minnetonka 55305
cartooncat@comcast.net

Friday, August 11 - 5:00 PM

Host: James Habeck, 763-559-5593
12030 54th Av. N., Plymouth 55442
james.habeck@q.com

Friday, September 8 - 6:00 PM

Host: Lori Wolff, 612-214-0403
2089 Jefferson Ave., St. Paul 55105
lwolff2012@gmail.com

Volunteers are needed for Oct. and Nov.



SINGLES' FINE DINING on TUESDAYS in 2023

RSVP to Ellise Lamb by the Sunday
before the
event. Send via voicemail
to 952-457-8772 or to
ellise.lamb@mchsi.com
Arrive at 11:15 a.m.



July 25 on the patio at
Pinstripes Restaurant, 3849 Gallagher Dr.,
Edina 55435. pinstripes.com

August 22 on the patio at Maynards,
685 Excelsior Blvd., Excelsior 55331
maynards-excelsior.com

September 26 at Firelake Grill House (in
Radisson Blu Mall of America), 2100 Killebrew
Dr., Bloomington 55425, firelakerestaurant.com

it is time for the. . . .

2023-2024-Winter Planning Party

SUNDAY JULY 23, 2023

11:00 A.M.

At the home of Craig and Nancy Navis
3655 Greensboro Drive, Eagan 55123

Come and help plan the fall hikes and winter skiing days. You only need to set the date, place and time, and if desired, where to socialize and/or have lunch or dinner.

The party will be on our deck or, if it rains, in the garage. **Bring a chair.** We will provide an egg bake, so bring a complimentary food or beverage item.

\$2.00 donation requested.

Please RSVP to Nancy at 651-329-4836, or email at craignavis@gmail.com or call Barb Kolbe at 651-633-0936, so we can get a head count for the food.



May and June 2023 Spotlight

Directory Change

Colleen Barden for email & phone

Directory Additions

Phil Margolis,

Demaris Frank

Please welcome these new members:

Pamela Giebink,

Linda Webb

Look for your email for the complete information.



Linda H received the "Miss Prez" OLE from Jan S

Bike Rides where all Ullrs are welcome and invited to join for lunch after the ride.

July 20 - Thursday

Event: Elm Creek Ride and Potluck Picnic Meet at Hal & Gail West's home
921 W River Pkwy, Champlin 55316

All Ullrs are welcome at the picnic, rain or shine. Come any time after 12:00 pm. Lunch will start around 1:00 pm. Meat & beverages provided. Please bring a dish to share & a lawn chair.

\$2.00 donation requested
RSVP hosts: Wests: 763-427-6254

July 29 – See Char's event below

September 7 - Thursday

Event: Dakota Trail/ Ferndale Road. Park at the trailhead, 175 Grove Lane East, Wayzata.

Picnic at the trailhead after the ride, about 12:15 pm. Bring a chair, your own food & beverages

Contact: Dan Regan 952-471-9318;
763-645-9708 [c]

September 21 - Thursday

Event: Luce Line Trail ride.

Park at Theodore Wirth Trailhead

1221 Theodore Wirth Pkwy, Minneapolis

Lunch about 12:30 at the Mill Valley Market.

Walkers are welcome to come to the park and enjoy the trails while the bikers are riding, then join for lunch.

Contact: Dan Regan 952-471-9318;
763-645-9708 [c]



Well, where should we stop for lunch?

A Potluck Social and Bike Ride to celebrate the life of Alan Moore.

Saturday, July 29

BIKERS: Arrive by 10:00 - Ride departs at 10:30 am

Bike the scenic rural countryside or the Luce Line Trail. Bike helmets required.

For all Ullrs SOCIAL & POTLUCK - Arrive 1:00 pm

Picnic with grilled hamburgers at 2:30

\$1.00 Donation Requested

Host provided: hamburgers, condiments and cake. Please bring a **dish to share**, your



beverage and a **lawn chair**. Optional items: mosquito repellent, sunscreen, sunglasses

Hosts: Charlotte Navratil and friends

11708 200th St., Silver Lake, MN 55381

Home 320-327-2396 or Cell **612-581-2890**

Charna1017@embarqmail.com

RSVP by email, or call either phone

Silver Lake is located 38 miles west of 494 on Hwy 7. In Silver Lake turn Right on Co Rd 16 just after the Dollar Store. Go West approx. 1 mile. When the blacktop curves right (North) go straight on the gravel road (200th Street). When the gravel road curves left, the driveway to my home is the first one on the right.

See map on the beautiful flyer at ullr.org

Summer Social Events

ULLR Picnics July 12 & 26 and August 16 & 30.

Winter Planning Party on July 23.

Add-on picnics to bike rides are listed above.

It is NOT TOO Late to plan something social for ULLR members this summer. Please!

Thanks to these members for their planning and event work. You are appreciated!!

May

11, Wabun Park, River Ride
John Stiefel & Patty Fitzgerald

12, Singles Cards, Games
Jan Butler

16, Long Lake Regional Park Hike
Jan Swanberg

18, Carver Park to Excelsior Ride
Bill Brechtel

20, ULLR Awards Banquet & Dance
Ellise Lamb, Janet Farber & Diane Erlandson

23, Sakatah Trail, Faribault to Waterville Ride

John Stiefel & Patty Fitzgerald

23, Singles dining at RH rooftop Restaurant
Ellise Lamb

25, Gateway Trail from North St. Paul Ride
Jared & Melinda Hoke

25, General Meeting and Foundation Raffle & Bingo
Jan Cady & Nancy Keyes

June

1, Bloomington Trails Ride
Roger Kemp & Sharon Marini

5-8, Good Ol' Days Resort
Kate Casserly & Kathy Lucas

9, Singles Cards, Games
James Maiser

14, What's Cookin' Picnic
ULLR Board

15, Tour of the City North Side Ride
Kate Casserly

20, St. Paul Lakes from Lake Phalen Ride
Bill Brechtel

22, Dakota Trail from Gale Woods Ride
Marcia Switenki

27, Singles Dining at Redstone
Jan Cady

28, What's Cookin' Picnic
Skiers

29, Cannon Valley Trail Ride
Sharon Marini

Good Ol' Days

The weather was perfect for the 2023 ULLR event on Lower Cullen lake at Good Ol' Days resort. Many of us gathered for socializing, biking, listening to the loons, kayaking, golfing, shopping and watching the stars.

Monday evening the appetizer event was spectacular. Taco Tuesday was served by Chef Mike's team. Wednesday evening there was a variety of local restaurants and even a few local grills at Condo #4.

John "Marlin Perkins" Vogt saw bears on 2 occasions. One singleton on the trail near the resort and a mom with 2 cubs on the Crow Wing trail while biking with Dan R. (Don't worry, he was okay. John could peddle faster than Dan.)



Plans are already being made to repeat and expand the event in 2024.

Mary Ellen G, Ellise L, & Sharon M-friends!



Thanks to the trip leaders, Kate Casserly and Kathy Lucas!!!



SKI BIG SKY

**MAR.
17-23,
2024**

Included: 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 optional small group dinners.

Payment schedule:

At signup \$800,
\$500 due 9/1/23, - 693** due 12/1/23
(* - Final payment subject to change)

**The resort gave ULLR 2 more rooms.
The trip will accept 4 more people,
no later than Sept. 1. Call Kate about
these 4 new reservations.**

Ullrs are returning to Big Sky! Trip chairs Marilyn Barnard and Kate Casserly are planning a trip that will check off what many skiers like on a ski trip:

- ☑ 5,850 total skiable acres
- ☑ 400 inches of powder average per year
- ☑ 2,300 acres of beginner and intermediate terrain
- ☑ 4,350 vertical feet of skiing
- ☑ Ski lifts with heated seats and bubbles
- ☑ Tram to the top (ride up/ride down)
- ☑ Resort shuttle to shopping and restaurants
- ☑ Snowshoe, cross-country, zip line
- ☑ Discounted lift tickets
- ☑ Up to 5 days of skiing
- ☑ Lodging with an outdoor pool and hot tubs
- ☑ Awesome scenic views
- ☑ Ski in/ski out lodging

Make checks payable to "ULLR Ski Club" and mail or deliver to Kate Casserly, 2525 Byrd Av. N., Golden Valley MN 55422-3818

Flyer and signup sheets are available at ULLR general meetings, summer picnics, and on the **ULLR website ullr.org**

More information available from:
Maril Barnard, 651-402-0301,
mbarnard3952@gmail.com,
Kate Casserly, 763-238-6029,
casserly1@gmail.com

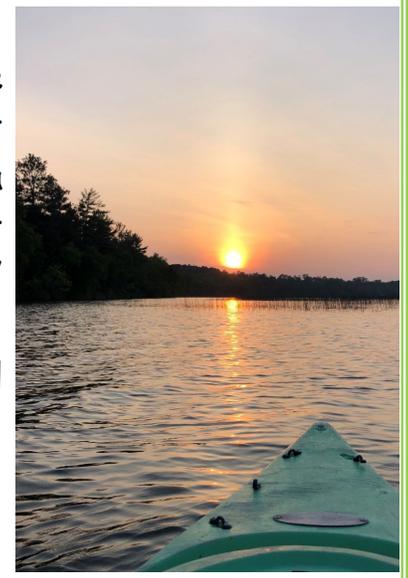
The trip cost of \$1,993 (Land Only \$1,393)

ULLR Membership and Cancellation Policies Apply



Pat N received the "Miss Versatile" OLE from Carol B for the many ways she has served the club.

See more
Banquet
and Nisswa
photos at
[www.ullr.org/
EventPics2023
.html](http://www.ullr.org/EventPics2023.html)



Summer 2023 bike rides—see flyers at ullr.org for more details.

JULY

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

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

Date: July 18 - Tuesday
Event: Sakatah Trail, Waterville to Madison Lake Ride
Contacts: John Stiefel and Patty Fitzgerald
Phone: 952-470-5411, 612-743-4565 PF [c]

Date: July 20 - Thursday
Event: Elm Creek Park Ride and potluck.
Contacts: Hal & Gail West, 763-427-6254 GW
Bill Brechtel, 952-474-5295 BB

Date: July 27 - Thursday
Event: 3 tunnels Ride
Contacts: Craig & Nancy Navis, 651-329-4836

AUGUST

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

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

Date: Aug 17 - Thursday **NEW**
Event: North St. Paul Gateway Trail Ride
Contacts: Jared & Melinda Hoke
Phone: 612-618-3773 JH, 612-618-6919 MH

Date: Aug 20-22, Sunday-Tuesday
Event: Lanesboro Bike/Golf
Contacts: Maril Barnard & Lois Drontie
Phone: 651-402-0301 MB
952-906-9698 LD

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

Date: Aug 24 - Thursday **NEW**
Event: City Ride
Contacts: John Stiefel & Patty Fitzgerald
Phone: 952-470-5411, 612-743-4565 PF [c]

Date: Aug 31 - Thursday
Event: Charlie Brown Memorial Ride Browns Creek-Stillwater
Contacts: Jerry & Maril Barnard
Phone: 651-402-0301

SEPTEMBER

Date: Sept 7 - Thursday
Event: Dakota Trail/Ferndale Rd Ride
Contact : Dan Regan **Phone:** 952-471-9318

Date: Sept 14 - Thursday
Event: Lakes & Hills of Eden Prairie Ride
Contact: Marcia Switenki
Phone: 952-941-6882, 763-350-0430 [c]

Date: Sept 19 - Tuesday
Event: Bloomington Overlook Drive Ride
Contact: John Vogt **Phone:** 952-829-7056

Date: Sept 21 - Thursday
Event: Luce Line Trail, Golden Valley start
Contact: Dan Regan **Phone:** 952-471-9318

Date: Sept 28 - Thursday
Event: TBD

OCTOBER

Date: Oct 5 - Thursday
Event: Stower Seven Lakes Trail Ride in Amery, WI
Contacts: Jared & Melinda Hoke
Phone: 612-618-3773 JH
612-618-6919 MH

Contact the ride leader if weather is a problem.
All riders must wear helmets.