

The ULLR Foundation



Mary Ann S; Joan R.; Sally C.; Carol B, Joe S.; Brian Foley; Jan C.; Nancy K.; Pat N.

Jan Cady, Foundation President, shared this good news. On January 21st, eight ULLR Foundation Board members were at Buck Hill Ski area to present a \$3,100 check to Brian Foley, founder of Padraig’s Place, for a much needed adaptive snow Slider.

Padraig’s Place is the adaptive ski program at Buck Hill, to which we have donated adaptive equipment in prior years.

The Slider has two legs to which skis can be attached and is adjustable for height. The handicapped skier holds on in the middle. Two able-bodied skiers, one on either side, helps control and guide the slider and handicapped skier down the slope.

Padraig's Place gets more requests from students to participate than volunteers to assist them.

A volunteer gets a free ski pass and a short training course for a Level 2 skier. Let a Board member know if you are interested.

As foundation members are all volunteers, 100% of all donations go directly to the equipment requested by a nonprofit organization. The annual raffle/bingo event will be May 25th at the Bloomington Event Center (formerly KC Hall). We hope you and your friends will attend.

Thank you to all who support our endeavors – we could not do all of this without you. [See more about

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

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ULLR Webmaster

JJ [Joe] Coursolle: Webster@ULLR.org

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LETTER FROM THE PRESIDENT

by Linda Heintz



Recently we have had to cancel some events due to the extreme cold. Gale Woods Snowshoe did go. Only 6 people showed up but the weather was good and the snow was great. They went about 2 miles. The next event Bill B. is running is Lake Ann in Chanhassen on February 20.

John Vogt's snowshoe event was canceled because of too much snow - if you can believe that. The parking lot was not plowed, and all roads nearby didn't allow parking. Jim Habeck's trip to French Park went with 5 or 6 people and fun was had by all.

Granite Peak promises a good time with both downhill skiing and snowshoeing offered.

Singles have continued to have luncheons once a month. I have not been able to make the last couple but have certainly enjoyed the ones I have made.

We have had one proposal for a Western Trip next winter to Big Sky. And, it is being run by at least one new member. Yea!! Things have really changed. Now places are demanding a deposit a year in advance to hold rooms. More on Big Sky later.

Our Christmas Party was a great success. Everyone seemed to have a good time. Lots of toys were collected and passed to Toys for Tots. The same entertainment diners enjoyed, John and Pauline, have been booked for our Spring Banquet! I'm looking forward to that. Please sign up.

Believe it or not, we are making some progress on the web site issues. More on that later. If any of you have grandchildren who you could talk into helping us set up a new web page, please, please contact us.

Nominations are coming up for the 2023-2024 ULLR Board. We still need a President as well as an Exec VP. Also needed is someone to take over Membership. This position is not as big a job as before. One, there are fewer members and two, there are people who help out. Past board members and officers need to start stepping back up. *[editor's note: With fewer members, 158 at last count, "one and done" Board memberships are a thing of the past.]*

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

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 will be held on the lower level in the Knight Room. It is easiest to park in the east parking lot.

Thursday, February 23,

6:00 p.m. Social; 7:00 p.m. meeting
7:15 p.m. Program: Jeff Litfin, speaker. Who better than a Certified Estate Planner, to talk about "Who Gets Mothers Dishes." Jeff conducts estate planning workshops and takes complex legal topics and explains them in an easy-to-understand manner.



Thursday, March 23,

6:00 p.m. Social; 7:00 p.m. meeting
The candidates for the 2023-24 Board will be introduced.
7:15 p.m. Program: Mike Henry, speaker.
As a former Rock & Roll radio DJ, Mike knows that music

can trigger some fun memories. Mike will bring actual song clips from over 100 of the biggest hits from the 1950's and 60's. Along with the music, he shares pictures and stories about some of the artists and songs.



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 was one of the volunteers who tagged a total of 40 Monarch butterflies in the fall of 2022 at the Richardson Nature Center.



Thursday, May 25

6:00 p.m. Social; 7:00 p.m. Meeting
7:30 p.m. ULLR Foundation Raffle and Bingo Night

Planning for the Biking Season Saturday, March 4th, at 3:00 p.m.

Please come to the bike planning party and bring your ideas for bike rides for the upcoming biking season. Main dish & 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.



RSVP to 952.470-5411 or 612.743-4565 or to patfitzjohns@msn.com by March 1.

We are hoping that several of you will be able to lead 2 rides this season.

If you can't make the party, or have a ride you want on the schedule, email us with your ideas and possible dates!

See driving instructions on the flyer at ullr.org

March 31st is the deadline to submit a plan for a trip or event. Start now.

WESTERN SKI TRIP AND/OR WARM WEATHER GETAWAY PROPOSAL GUIDELINES ARE DUE

ULLR Ski, Bike and Social Club has great trips for members who love to ski in the mountains and/or have a spring, summer or fall adventure trip. Each April our members present trip proposals for the following year. If you have had experience running an ULLR club event and have an idea for a trip, please prepare a proposal for presentation to the Board. It is fun to do, and you will have lots of help along the way to make your event a success.

Brief guidelines on how to prepare a trip proposal are viewable or download-able at: <http://ullr.org/UllrForms.html>

A trip is usually planned with a travel agent. Past trips have gone west, south, and east in the USA and abroad. Also remember, a local Minnesota or Wisconsin 3-day trip is fun too. Talk to Nancy Navis about YOUR ideas.

HIKE/WALK - CROSS COUNTRY SNOWSHOE BY CANDLELIGHT

At Lebanon Hills—Friday, February 17, 2023



Enjoy Lebanon Hills Regional Park by flickering candlelight. A variety of cross-country ski, snowshoe, hiking and walking trails, and distances, will be lit with hundreds of candles. Warm up with hot cocoa and crackling bonfires. Cocoa provided.



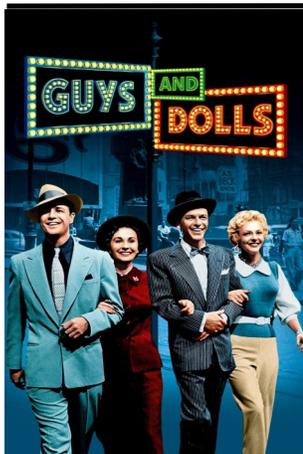
**ADMISSION FOR THE EVENT
IS \$8 / PERSON**

To register and pay, go to the Dakota County Parks programs page.

<https://www.co.dakota.mn.us/parks/ProgramsEvents> Click on: Calendar of Public Programs, February 2023 calendar, then select the February 17th event. This page will also give information and updates including cancellations due to weather. Ski and snowshoe rental is available.

**MEET AT 6:30 p.m. ON
FEBRUARY 17, AT THE
LEBANON HILLS MAIN VISITOR CENTER**
860 Cliff Road, Eagan, MN

**Please notify Nancy Sand if
you plan to come**
(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", "Sit down, You're Rockin' the Boat" and "Adelaide's Lament". 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**

18285 MN-7,
Minnetonka, MN 55345

Ticket cost is \$25.00

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 mail-
ing check. Cell: 952-484-6146

ULLR Cancellation Policy applies

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 DEADLINE IS MARCH 1, 2023**

\$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.**

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.) 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 will be in this issue and in the April NULLR. Candidates for offices will be presented by the Nominating Committee at the ULLR General Meeting on March 24, 2023. 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 27th 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. Any member wishing to vote absentee may request an absentee ballot from the ULLR President.

2022-2023 ULLR Board Candidates



Winter Programs VP Kyle McClintick

In 2017, I found an active group of people who enjoy spending time in the beautiful outdoors. Whether it is in the cold of winter or on hot summer days-ULLR seemed to be that group! I'm enjoying time on the slopes, riding my new electric bike, hiking in the woods and creating memories with new friends.



Board Secretary Janet Farber

I joined ULLR in the late 1980's and immediately signed up for a ski trip. The summer of 1990, while on an ULLR trip to Breezy Point, I met Ken Farber and we were married in 1991. Over the years we have enjoyed ski trips, biking and lots of social events. We hosted the Fridley Frolic bike ride several times, and were part of a house-to-house Potluck event where we provided the dessert course. I also co-chaired a Breezy Point weekend trip with Hal West. This past year I have participated in several hiking events and have enjoyed being on the ULLR Board as Secretary. I am honored to be nominated for the position of Board Secretary for 2023-2024.

Summer Programs VP Mary Ellen Goriesky



I have been a member of ULLR for approximately 17 years. I was the Summer VP in 2012-2013, 2016-

2017, and now am again a candidate for the position. I enjoy golfing, walking, theatre, bridge and have currently learned Mah Jongg. The summer picnics are a favorite activity for all Ullrs. I am looking forward to working with the new Board. *[Editor's note: I hope Mary Ellen will be approving many summer social activities planned by Ullrs.]*

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 10 - Host needed

Friday, March 10 - 6:00 PM

Cards/Games/snacks

Host: Lori Wolff, 612-214-0403

2089 Jefferson Av., St. Paul 55105

lwolff2012@gmail.com

Friday, April 14 - 6:00 PM

Host: Sandra Shearer; sandrashearer@comcast.net

5225 Grandview Square, Edina 55436

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

There are no more volunteers signed up for 2023.

Hosts are needed. 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.

February 28 at Luna di Luna; 8820 Lyndale Ave. So., Bloomington, 55420; lunadiluna.com

March 28 at Outback Steakhouse, 1321 E. 78th St., Bloomington, 55425

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



Snowshoe at Lake Ann Park in Chanhasen Monday, Feb. 20; Meet at 10:30 a.m.

Snowshoe scenic wooded trails, ranging from 1 to 2+ miles. If you'd rather, hiking boots with Yaktrax chains will work too. Several short hills may need walking sticks or ski poles. Meet in the parking lot nearest the lake, 1456 West 78th Street, Chanhasen. We begin snowshoeing at 11:00. After snowshoeing join us for lunch and conversation at Brindisi's Pub, 501 West 78th Street, Chanhasen, next to the Chanhasen Dinner Theater.

RSVP to Bill Brechtel 952-474-5295 (cell)

For all outdoor events: To verify the event has not been cancelled, call the event chair.

Elm Creek Park Eastman Nature Center

Cross Country Skiing, Snow Shoe, Hike?

Sunday, Feb. 12; 1:00 p.m.

Eastman is located on the north side of the main park. This is not the regular entrance. See the flyer to decide upon 1 of 3 ways to get there.

RSVP to James Habeck; 763-559-5593

After the outing, Ullrs are invited to come to the Maple Tavern located on County Rd 81.

Westwood Hills Nature Center Hike

Wednesday, March 8

Meet at 9:45 a.m., Hike at 10:00 a.m.

This preserve is beautiful throughout the seasons and provides homes for many animals, including deer, turtles, fox, mink and owls. Parking is free. Meet in Parking lot. 8300 West Franklin Avenue, St. Louis Park, MN 55426
From Hwy 169 go east on Cedar Lake Road. Go to Franklin Avenue. Entrance will be on the right.

RSVP to Linda Heintz 612-916-2526 or linda.s.heintz@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 (cell)
Or Jan Swanberg 612-719-3458 (cell) or 651-633-7178 (home)



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 breakfast is available daily at the Hotel. The Hotel released unreserved rooms on January 7, 2023. After that date, room availability and the group rate was not 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 determined. 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 reservation and mail the signup sheet to Nancy Sand, 15001 Burnhaven Drive #108, Burnsville, MN

2023 Winter Hiking, SS, XC Schedule

Sunday, Feb. 12, 1:00 p.m., Elm Creek XC/SS/Hike, James Habeck, 763-559-5593 (See p.6)

Friday, Feb. 17, 6:30 p.m. At Lebanon Hills (See p. 4) Nancy Sand, (h) 952-435-5225 (c)763-280-2600 nsand878@gmail.com

Monday, Feb. 20, 10:30 a.m., Snowshoe at Lake Ann Park; Bill Brechtel 952-474-5295 [c] (See p.6)

Please RSVP Host or contact for more information about weather cancellation.

January 2023 SPOT-LIGHT MEMBERSHIP DIRECTORY CHANGES

ADDITIONS

Karen Hemmingson

Joyce Krake

Jean Metz

PLEASE WELCOME THESE NEW MEMBERS!

Evie Schulte

Mark Swanson

Skiing 2022-2023

There are no hosts. Meet in the main lodge at 9:30 a.m.

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

Wednesday, Feb. 22
Buck Hill

Thursday, Mar. 2
Welch

Monday, Mar. 6
Buck Hill



Recalling January Events

We thank the planners
and leaders for their
work.

13, Snowshoe at Gale
Woods
Bill Brechtel

26, ULLR General
Meeting
Ellise Lamb & speaker
David Jones

Cancelled

5, Snowshoe Minnesota
River Bottoms—John
Vogt

31, Richardson Nature
Center Hike
Sharon Marini (Too cold)

Who enters a name to the ULLR Foundation Memorial Page?

Many people! The ULLR website includes a section for the ULLR Foundation. The Memorial gift page remembers and honors husbands and wives, mothers and fathers, daughters and sons, sisters and brothers and dear friends. In the 19 years from 2004 to 2022, 105 memorials were entered. From 2016-2022, 393 times people donated money to the Foundation to honor 53 people. Those gifts totaled about \$10,000.

From the Foundation's webpage: "The ULLR Foundation's rich history began in 1973 with annual auctions to raise funds to purchase "sit-skis." Besides benefitting disabled skiers with "sit skis," ULLR Ski Club volunteered in the "Ski for Light" MSC program for visually impaired skiers, and the hearing impaired skiers' program at Cedar Hills Ski area in Eden Prairie." "The ULLR Foundation was formed in 1984 as a 501(c)(3) Non-Profit Corporation." "Over the years the ULLR Foundation has raised well over \$150,000, [now over \$200,000] which is promptly donated to organizations for purchasing equipment benefitting disabled, active individuals.

[Next month I hope to have an actual dollar total for Foundation gifts.]

In the past twelve years, these are some of the programs receiving funding from the Foundation. Margie took this information from articles in past Nullrs that she has edited, so she doesn't have exact details as an article often said, "A check was presented to..."

Padraig's Place - the Buck Hill Adaptive Downhill Ski Program - sit skis and other equipment.
ULLR gifts totaled \$11,488

ProAct- various types of exercise equipment.
Gifts totaled over \$10,000

Shockwaves adaptive water skis -A gift of \$1,535

Courage Center - adaptive downhill skis and handcycles

"We Can Ride" - adaptive saddles and stirrups

Hammer Residence—exercise equipment-\$1,800

TSE (Training, Support Employment)

TCAC (Twin Cities Adaptive Cycles)- \$7,790

All of the current 11 Foundation committee members are appreciated for their work researching worthy causes and for earning money via many different ways over many years. Every member has used their talents and know-how to do this work. Jon and Margo asked me to pass along their thanks to one member in particular.

What a gift Nancy Nelson Keyes is to all of us Ullrs, especially through her support for the ULLR Foundation! We were the wonderful recipients of a gift basket last summer to celebrate Red Wing, and that we did! On October 12th and 13th we

enjoyed the beautiful fall colors and a glorious stay at the historic St. James Hotel which is truly a museum!! We also toured the Red Wing Shoe Store Museum, the Red Wing Pottery Museum, the Railroad Museum, and the UffDa Shop. We explored the Sea Wing Memorial, but mid-week the Military Museum and the Ski-Jumping Museum were closed. It was so great to get away! In addition, our basket held gift cards to two florist shops so we came home with new plants to adorn our home!

*Thank you, Nancy! What a gift you are!
Margo and Jon*