

# NULLR

Visit our website for up-to-date information – [ullr.org](http://ullr.org)

March 2024

## ULLR Foundation News

On January 10, 2024, Carol Bush and Jan Cady of the ULLR Ski for Light Foundation met Brian Foley, founder of Padraig's Place, at Buck Hill. We presented him with a check for \$3,900 for the purchase of a Child Mountain Man Sit Ski.

Padraig's Place is a non-profit organization dedicated to supporting special kids and their families. They believe if families can access the help they need they will be able to live a more fulfilling, less stressful life. As they grow as a program they are able to reach more adapted athletes and enable them to have a wonderful time on the snow. No matter the disability, they strive to achieve smiles and a sense of accomplishment.



Volunteers bring in a participant after a day on the ski hill using a Sit Ski.



Jan Cady, Brian Foley, Carol Bush, and Matt Comerfor with the donated adaptive equipment.



The Ullr sticker is put on all equipment we donate.

The Foundation is thankful for the 59 memorial donations in 2023. These gifts have helped hundreds of people to participate in skiing, biking, and other sports for physically and mentally challenged individuals of all ages.

### Content Listings for Upcoming Activity Events

- P. 3 Ski and SS, XC Schedules; ULLR meetings
- P. 4 Good Ol' Days
- P. 5 Singles; Dakota History Tour

- P. 6 History Center Visit; Big Sky Ski Trip;
- P. 7 Bike Planning Party; Lake Ann, Elm Creek, and Gale Woods outdoor fun

## 2024 IMPORTANT CONTACTS

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

### OFFICERS OF THE CLUB

#### President

Linda Heintz

#### 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

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

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](http://www.midwestfun.org)

#### ULLR Foundation President

Jan Cady

### COMMUNICATION

#### ULLR Webmaster

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## LETTER FROM THE PRESIDENT

Linda Heintz



Well, January is gone. One week of Winter so far. Don't get your hopes up. It would be a miracle if this is truly the end of Winter. Still no snow which has turned our X-C Ski trips and events into hikes.

Our last meeting had 34 people attending with Mike Henry being the entertainment. He is a big favorite. Somebody suggested we use him at our Spring Banquet. I asked him, but that is not what he enjoys doing.

I've been doing some hiking this winter, but not as much as last year. Hoping that's not the start of a trend.

It's ULLR Election Time again. Most of the board has agreed to stay on. I think we may have two new board members!!

I joined Sharon Marini and ten other people for her hike from Richardson's Nature Center at Hyland. Beautiful day and a very refreshing hike. Lunch at Mallards afterwards.

The event planned by Nancy Sand, a Candlelight hike on Feb 9 at Lebanon Hills is canceled. Next is Snowshoe at Lake Ann Park on Feb 19 at 10:30 am. Contact Bill Brechtel.

And then there is Elm Creek Park. Meet at the Eastman Nature Center at 1:00 pm on Feb 25. Contact Jim Habeck.

Bill Brechtel is running a rescheduled snowshoe/hike on March 15 at Gale Woods. Meet at 10:30.

I'm running a hike at Westwood Nature Center on April 9. Meet at 9:45. Also, join Kathy Lucas on March 7 for a Dakota History Tour. Sign up by Feb. 25.

Hope you are all having a wonderful non-winter.

**ULLR MEMBERSHIP** If you would like to participate in ULLR club activities, you can join or rejoin. Each member must fill out a membership form, sign the waiver, date the form and return it. The membership form can be found on the [ullr.org](http://ullr.org) home page, under the Membership Tab. Include \$25 for each ULLR membership. Make the check payable to ULLR. Or join at an ULLR General Meeting.

We are planning a fun filled year of activities.  
Patty Fitzgerald - Membership VP

**ULLR Webmaster:** Wayne Jastremski  
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)

### Downhill Skiing– no hosts

Meet in main lodge at 9:30 am

Feb. 14, Wed., Buck Hill

Feb. 22, Thur., Welch

Feb. 29, Thur., Hyland Hills

Mar. 6, Wed., Welch

Mar. 13, Wed., Buck Hill

Mar. 17-23, ULLR Big Sky

### 2022 Outdoor Winter Fun

For more information see flyers at [ullr.org](http://ullr.org)

**Feb. 19**, Mon., Lake Ann Park; 10:30; SS with Bill Brechtel. (See p. 7)

**Feb. 25**, Sun., Eastman Nature Center; 1:00 pm; SS/ XC/ Hike with James Habeck. (See p. 7)

**Mar. 15**, Fri., Gale Woods Farm; 10:30; SS with Bill Brechtel. (See p 7)

**As we have had so little snow, Contact the event leader to know if it is happening.**

### WESTERN SKI TRIP OR WARM WEATHER GETAWAY PROPOSAL GUIDELINES FOR 2024-2025

The old adage goes: “If you fail to plan, you plan to fail.” Now is the time to make plans! The ULLR Ski, Bike and Social Club has great trips for members who love to ski in the mountains or have a spring, summer or fall adventure trip. Each April our members present trip proposals for 3-12 day trips. 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 combined current and next

year’s Boards. To plan your trip, 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 downloadable at: [ullr.org/Club](http://ullr.org/Club) Forms and documents. Scan down to “Propose a trip.” E-mail your proposal to [WinterVP@ullr.org](mailto:WinterVP@ullr.org) or to Kyle McClintick at [tmc1417@yahoo.com](mailto:tmc1417@yahoo.com)



### ULLR General Meetings in 2024

6715 Lake Shore Dr S, Richfield, 55423.

(South of W. 66th St., west of Lyndale Av. S.)

The VFW is directly across from the Wood Lake Nature Center.

Lunch at 1:00 pm. Choose from 6 entrees & non-alcoholic beverages, \$20.00 includes tax and tip.

Optional: soup plus beverage, \$6.00 includes tax and tip. Please have the exact cash or a check made out to VFW, not ULLR. You are invited to come and to bring a guest.

2:00 Socializing; 2:30 meeting.

Meeting dates are on the 2nd Thursday: Feb. 8, Mar. 14, Apr. 11, and May 9

### March 14 "Mount Rushmore: The Carving of an Icon"

The speaker is David Jones. More than 2 million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars. Those are some of the statistics behind the



carving of Mount Rushmore. The story is even more interesting. [Rescheduled from Oct.]

**April 11 "Minnesota State Parks"** presented by new members, Jared and Melinda Hoke, who have visited all 66 of them. The DNR website says there is an average of 9,857,793 visitors to Minnesota state parks each year. An average of 1,049,382 visitors camp overnight each year. Did you know there are 8 state parks within one hour of the Metro area? Some Ullrs have hiked or picnicked in one or more. Come and hear the Hoke’s story, then share your state park story.

**May 9 Foundation Raffle and Bingo**



## HIKE/WALK - CROSS COUNTRY SNOWSHOE BY CANDLELIGHT At Lebanon Hills, Friday, February 9, 2024



**SOLD OUT, Then Cancelled**



Sandra S, Cheryl R, Karen H, Linda H, Barb K. Carol M, Bill B, Kyle M, and Nancy S.  
Hike leader and picture taker Sharon M.

**Richardson Hike** by Sharon Marini  
It was a beautiful crisp morning as 10 Ullrs hiked Richardson Nature Center under sunny skies. Half of the trail was wood chips and the rest was mud! We walked on the

side of the trail to avoid the mud. We had some ups and some downs but nothing too difficult. We feasted at Mallards in Bloomington after the hike. It was lots of fun.

### Join us at **Good Ol' Days Family Resort** in Nisswa in 2024

**Monday-Thursday, June 3-6,**  
**Signup deadline is March 1**

**Bike the Paul Bunyan Trail and/or Golf, walk, shop, read, fish, swim, relax, kayak, zipline, do nothing!**

**\$268.00** for Lodging Monday to Wednesday nights and Welcome party Monday eve. • Dinner Tuesday evening— Taco bar and dessert provided, bring your own **appetizers and beverage.**

Good Ol' Days Resort has beautiful 2 or 3 bedroom condos with 2 baths, twin or queen beds, fully furnished kitchens. Lodge rooms have 2 queen beds, bath, microwave and frig. 2 people per lodge room. For more information, see website:

[www.goodolddaysresort.com](http://www.goodolddaysresort.com)

Co-Chairs: Kathy Lucas; 952-836-4723;

[klucas.potter@gmail.com](mailto:klucas.potter@gmail.com)

Kate Casserly; 763-238-6029; [casserly1@gmail.com](mailto:casserly1@gmail.com)

**Check is payable to ULLR Club. Send to:**

**Kathy Lucas: 14348 Savanna Oaks Drive,  
Savage, MN 55378.**

**Include sign-up form with emergency contact info.**

**Roommate & lodging preferences are first come/ first served on receipt of check.**

**ULLR**

**Cancellation Policy applies**



## 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!**

**E-mail / call Jan and volunteer to host parties in 2024. All months, Feb. to Dec., are available.**



## SINGLES' FINE DINING on TUESDAYS in 2024

Let's do Lunch!

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.



**February 27** at Bloomington Chop House (in Hilton) 3900 American Blvd., Bloomington 55437  
952-830-5200 bloomingtonchophouse.com

**March 26** at Red Lobster  
1951 American Blvd., Bloomington 55431  
952-888-8102 redlobster.com

**April 23** at Kincaid's  
8400 Normandale Lake Blvd., Bloomington 55438  
952-921-2255 kincaids.com

## **Needed NOW!**

2 additional co-chairs for Lanesboro Aug. 20-22, responsible only for the food. Contact Summer VP

## **HOÇOKATA TI A Dakota History Tour Thursday, March 7**

Meet in lobby at 12:45 PM; Tour begins at 1:00  
Cost: \$7.00 per person payable at the door.

Join fellow Ullrs for a special tour of the "Mdewakanton: Dwellers of the Spirit Lake" exhibit at the Shakopee Mdewakanton Sioux Community Center, 2300 Tiwahe Circle, Shakopee, MN 55372- 2300

Cultural interpreters will guide us through the exhibit. Enrich your understanding of the Mdewakanton Dakota people, history and culture .

(Mdewakanton means The spiritual people who live by water.)

The exhibit spaces tell of the:

- Cultural Traditions and Seasonal Lifeways
  - Our Time of Conflict and Challenge
  - Boarding School Era
  - A New Beginning
- And, Our Community Today

**Sign up with Kathy Lucas by February 25th** Email:

klucas.potter@gmail.com  
Text: 952-836-4723

Voicemail: 952-836-4723

Directions & Parking:

Please see website and/or use your GPS for directions.

Use the upper public parking lot.

Website: www.hocokatati.org  
(pronounced 'ho-cho-ka-ta tee')



A beaded bag made in 1860 by a Dakota woman, Margeurite Metivier .

## **Granite Peak trip was cancelled due to poor snow conditions.**

**Contact the Stoney Creek Inn to cancel your reservation.**

The Stoney Creek Inn at 715-355-6858 \$245.16 for Double Queen ; \$214.52 for King

**Thanks Nancy for your work to arrange this fun outdoor event!**

# Visit the Minnesota Historical Society Center

Wednesday, April 3 Begin at 10:30 AM

345 W. Kellogg Blvd., St. Paul 55102

I had a wonderful day in January visiting the Minnesota History Center. The only thing that would have made it better would have been to have a friend nearby to share the exhibits with. I hope some Ullrs might join me to visit the current exhibits. I didn't see them all.

Then Now Wow

Our Home: Native Minnesota

Reframing Our Stories

Weather Permitting

Grainland

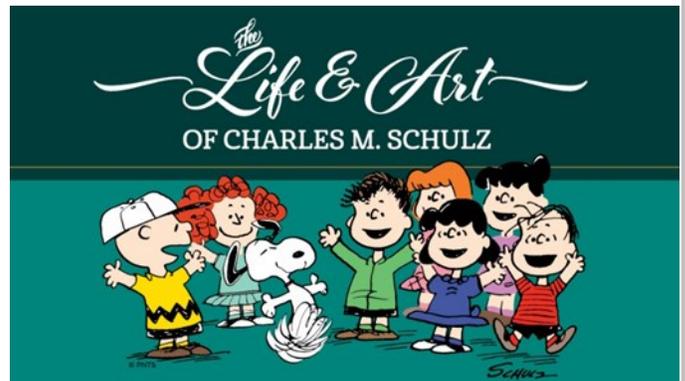
The Life & Art of Charles M. Schultz

The Greatest Generation

Black Citizenship in the Age of Jim Crow

I will give a brief introduction to the History Center, then you can go visit the exhibits of your choice. We can buy a lunch at the center's cafeteria, meeting there around 12:15 PM.

**Cost:** Seniors 65+: \$10, Under 65: \$12. Tickets may be purchased there or on-line at [mnhs.org](http://mnhs.org)  
MHS members: free. When arriving, everyone will get a wristband to prove payment.



**Parking:** \$6.00 per car in the adjacent parking lot. You may also choose to shop in the gift store.

**RSVP to Margie Deutsch** with any questions and so she knows how many will be coming.  
763-498-9366 [c] 763-545-5845 home  
[mandmdeutsch@gmail.com](mailto:mandmdeutsch@gmail.com)

[MNHS members, remember you get a small discount on parking, in the cafeteria and in the gift shop, as well as at events and at the other 25 MNHS historic sites.]

There were no changes to the ULLR Directory this month. ULLR currently has 172 members. All but 8 members have a metro area address, at least for a part of the year. That tells me, there are MANY members who could be planning a social, biking, or outdoors event. And there



are MANY members who would enjoy taking part in these events. It doesn't have to be complicated. Why not plan an event for fellow ULLRS for this spring or summer? Contact the Summer Programs VP, Mary Ellen Goriesky, soon with your ideas.

## **SKI BIG SKY MAR. 17-23, 2024**

**Call Kate to join the Wait list.**

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.

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

(\* - Final payment subject to change)

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

More information available from:

Maril Barnard, 651-402-0301,

[mbarnard3952@gmail.com](mailto:mbarnard3952@gmail.com),

Kate Casserly, 763-238-6029,

[casserly1@gmail.com](mailto:casserly1@gmail.com)

ULLR Membership and Cancellation Policies Apply

### SNOWSHOE AT LAKE ANN PARK

**Monday, February 19** Meet at 10:30 am in the parking lot nearest the lake, 1456 West 78th Street, Chanhassen 55317.

We begin snowshoeing at 11:00 am.

Snowshoe scenic wooded trails, ranging from 1 to 2+ miles, overlooking Lake Ann. If you'd rather, hiking boots with Yaktrax chains will work too. Several short hills may need walking sticks or ski poles.

After snowshoeing, join us for lunch and conversation at Brindisi's Pub, 501 West 78th Street, next to the Chanhassen Dinner Theater.

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

**Cross Country Skiing, Snow Shoe, Hike**  
**Sunday February 25, 2024 Time 1:00 p.m.**

**Elm Creek Park Eastman Nature Center**

Questions? Call James Habeck 763-559-5593

Eastman is located on the north side of the main park. This is not the regular entrance. See the flyer for directions for 3 different routes to the entrance. After outing, stop at Maple Tavern, located on County Rd 81, for refreshments.

**To verify that the event has not been cancelled, call the event chair.**

### Snowshoe at Gale Woods Farm 10:30am Friday, March 15, 2024

Snowshoe through scenic wooded trails overlooking Whaletail Lake and past ancient Burial Mounds. You will be able to choose from several trail options ranging from 1 to 3 miles.

Although it's now winter on the Farm you may still observe some farm animals. See the Farm Store for a variety of meat and poultry products raised right on the Farm.



Meet at 10:30 am at Gale Woods Farm located in western Hennepin County, 7210 County Road 110, Minnetrista 55364.

Snowshoes are available to rent online. Several short hills need

walking sticks or ski poles. Lunch after snowshoeing at Buddy Boy Fine Barbeque, 8175 MN Highway 7, Minnetrista 55375

**RSVP** to Bill Brechtel 952-474-5295 (cell).  
If weather is not good, call to verify.

### Bike Planning Party Sunday, March 10 at 3 PM

Please come to the bike planning party and bring your ideas for bike rides for the upcoming biking season. A main dish & beverages will be provided. Please bring a side dish & \$2.00  
The party will be at the home of John Stiefel and Patty Fitzgerald, **19595 Near Mountain Blvd., Shorewood, Mn.** See the flyer for directions.

**RSVP** to 952.470-5411 or 612.743-4565  
[patfitzjohns@msn.com](mailto:patfitzjohns@msn.com) by March 20th

**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! Most rides are on weekdays when the trails and streets aren't as busy.

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

**January 2024**

**5, Minnesota River Bottoms Hike**

John Vogt

**10, Singles Card & Games**  
Wendy Campbell

**11, General Meeting and program, Thanks for the Memories**  
Linda Heintz and speaker Mike Henry

**Cancelled**

**9, Feed My Starving Children**  
Kyle McClintick

**25, Snow shoe Gale Woods no snow! (moved to March 15)**

Bill Brechtel