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# NULLR

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

May 2024



**BIG SKY March 17-23, 2024 See article on p. 3**



## SPRING FLING

### ULLR CLUB SPRING CELEBRATION

**Friday, May 17, 2024**

Chanhassen American Legion

290 Lake Drive East, Chanhassen

4:00 PM Social Hour (cash bar)

5:00 PM Buffet Dinner (beef, turkey, mashed potatoes, veggies, cake)

6:30 PM Entertainment by ST. CROIX CROSSING

Cost \$40 per person, guests are welcome. Check payable to: Ullr Club. Mail to: Patty Fitzgerald, 19595 Near Mountain Blvd, Shorewood, MN 55331



Hear and see more at- [www.prettygoodquartet.com](http://www.prettygoodquartet.com)  
**Reservations due by May 1, 2024**  
 Ullr cancellation policy applies.

### Listings for Upcoming Activity Events

- P. 1 Spring Fling
- P. 2 Lanesboro, Normandale Japanese Garden
- P. 3 ULLR April & May meetings, picnics
- P. 4 Singles' Dining, Singles' Cards, Good Ol'

- Days, MSC Summer Carnival
- P. 6 Westwood Hike, Blaine Wetland Hike, Silverwood Park Hike, Schaar's Bluff Hike
- P. 7 Winter Planning Party
- P. 8 & 9 Biking Schedule continued

## 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

Wayne Jastremski: [Webster@ULLR.org](mailto:Webster@ULLR.org)

#### NULLR Editor & Designer

Margie Deutsch: [NULLR@ULLR.org](mailto:NULLR@ULLR.org)

#### ULLRnet

Mary Jane Hochstein

[ULLRnet@ULLR.org](mailto:ULLRnet@ULLR.org)

## LETTER FROM THE PRESIDENT

Linda Heintz



This will be my last article (again). Nancy Navis is on line to be our next president. Thank you Nancy. I know you will do a good job. It's been nearly two years for me, and I am ready to hand over the reins. It has been a great two years thanks to all of you! The new board takes over May 1.

Kathy Lucas's event, The Dakota History Tour, went very well with 26 people attending. I'm sorry I missed it.

Coming up: Silverwood Park Hike on Wed., May 8. Contact Barb Kolbe or Kyle McClintick. Meet at 10 AM.

Schaar's Bluff Trail on Wed., May 15. Meet at 10:30 AM. RSVP to Karen Holmquist or Kyle McClintick.

Spring Fling May 17 at Chanhassen American Legion. 4 PM for social hour. \$40.00 to Patty Fitzgerald. Enjoy the quartet.

May 28, Singles Fine Dining at Town Hall Station in Edina. RSVP to Elise by Sunday before the event.

June 3-6, Good Old Days Nisswa Trip.

June 12 is our first Summer Picnic, June 26 is our second.

Join us for all or at least some of the upcoming events.

### Lanesboro Bike & Golf Trip

**Tues-Thur, August 20-22**

Stay at Green Gables Inn \$138 per person 2 to a room

Biking - 10, 20, 30 or more miles,

Golfing, Four Daughters Winery,

Commonweal Theatre

**This year the sign-up deadline is July 1.**

Co-Chairs: Maril Barnard, 651-402-0301,

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

Kathy Lucas, 952-836-4723; [kucas.potter@gmail.com](mailto:kucas.potter@gmail.com)

**See the complete flyer at [ullr.org](http://ullr.org)**

### Normandale Japanese Garden Self-Guided Walk

**Monday, May 6, 2024** 700 France Av. S., Bloomington

Meet at 10:00 AM at the Garden's Entrance Gate.

We will begin our self-guided walk at 10:15 AM.

We will stroll the garden path and see beautiful garden areas. We are hoping the cherry trees will be in bloom.

12:30 PM Optional lunch at Nakamori Japanese Bistro

7101 France Ave. S #113, Edina

**RSVP by Friday, May 3 to:** Sharon Marini - text 612-408-7707 or Kyle McClintick- text 651-398-6870 [We need to make reservations.]

**See flyer at [ullr.org](http://ullr.org)**

**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)

## 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: Apr. 11, and May 9

**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 Hokes' story, then share your state park story.

### May 9 Lunch, Meeting and Foundation Raffle and Bingo

You and your friends are invited to come for lunch or just for the program. Great Bingo and

raffle prizes include: overnight hotel stays - casino/hotel packages - local restaurant gift cards - wine and beer baskets - bowling party - floral - salon certificate, and much more.

6 bingo games/6 raffle tickets are \$10 a pack Additional raffle tickets - 6 for \$5. **Note:** 100% of money raised goes to specialized adaptive equipment helping many to enjoy activities we take for granted. The ULLR "Ski For Light" Foundation\* (the philanthropic branch of ULLR) is a nonprofit 501c3. If you are unable to attend but would like to send a donation, please contact Foundation president Jan Cady at 763-425-4238.



**What's Cookin' ULLR Summer Picnics** at Brookview Park, 100 Brookview Parkway N. in Golden Valley. (See a map in the ULLR directory.) **Five of the six picnics are from 11:00 am - 4:00 pm. The Lunch is served at noon.**

**June 12:** Pinwheel wrap sandwiches. Hosts: Nancy Sand and friends. The ULLR Foundation will have a raffle after lunch raising money for adaptive equipment.

**June 26:** Chicken salad; Hosts: the ULLR Board

**July 10:** BBQ Pork sandwiches; Hosts: bikers

**July 24:** Scandinavian Smorgasbord;  
Hosts: ULLR Foundation

**INVITE YOUR FRIENDS.**

**August 14:** Pulled Pork sandwiches;  
Pavilion reserved from 5:00 pm - 10:00 pm.  
Dinner served at **6:00 pm.**

Hosts: Vicki Johnson and friends

**August 28:** Sloppy Joes; Hosts: Hal and Gail  
West and 70s, 80s, & 90s Birthdays

**BIG SKY** by Kate Casserly  
The week of March 17-23 had mostly bluebird skies, spring skiing and fellowship for 26 hearty Ullrs and other MSC friends. Twenty-one of us arrived Sunday, March 17, via Delta and a one-hour coach ride. Five other adventurous drivers joined us in time for the group pizza dinner. This was our opportunity to get to know seven new Ullrs plus two MSC/ Sitzmark friends. The

weather allowed us to ski and relax in 30 and 40 degree sunshine. The snow arrived Thursday during the day which created better ski conditions on Friday. Dining was a central piece of the adventure too. Huntley lodge provides a bountiful and delicious breakfast with a spectacular view of Lone Peak each morning. In addition, Maril and Jerry Barnard found multiple prestigious restaurants for us to enjoy if we chose.

## 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 snacks to share, beverage, and any games you would like to play.

**Friday, April 12:** Host Needed

**Friday, May 10, 2:00 PM**

Host: Jan Butler, RSVP: 952-544-8163; or email: cartooncat@comcast.net 13506 Larkin Dr., Minnetonka 55305

**Friday, June 14, 2:00 PM**

Host: Jim Maiser, RSVP: 952-687-1423 40 East Lake Street, Waconia

**Friday, July 12, 2:00 PM**

Host: Jim Habeck, RSVP: 763-559-5593 or james.habeck@q.com 12030 54<sup>th</sup> Ave N, Plymouth 55442

**Months, Sept. to Dec., are available.**



## SINGLES' FINE DINING on TUESDAYS in 2024

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.**



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

**May 28** at Town Hall Station  
4500 Valley View Rd, Edina 55424  
townhallstation.org

**June 25** at Pinstripes (On the patio)  
3849 Gallagher Dr, Edina 55435  
pinstripes.com

See the flyer at ullr.org for this fun event: **MSC Summer Carnival**  
Thursday - Sunday: August 15-18  
**Arrowwood Resort & Conference Center, Alexandria, Minnesota**

There are many included or optional amenities and activities. Full details on the flyer at ullr.org **There is limited space - pre-registration is encouraged**  
Trip Registration closes June 3, however trip closure is sooner when sold out.

## Good Ol' Days Family Resort in Nisswa in 2024

**Monday-Thursday, June 3-6,**

**Signup deadline was March 12. Unused rooms were turned back to the resort. Call Kathy or Kate to be put onto a wait list.**

**Bike the Paul Bunyan Trail, golf, walk, shop, read, fish, swim, kayak, zipline, and of course you are invited to relax and 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; [kucas.potter@gmail.com](mailto:kucas.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 found as the second page of the Nisswa June flyer. On it list your emergency contact info. Roommate and lodging preferences are first come/ first served on receipt of check.**

**ULLR Cancellation Policy applies**

## 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 11, 2024, at 2:00 PM at the Fred Babcock VFW Hall in Richfield. 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.)

At the April 11th ULLR 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 on 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.

## 2024-2025 ULLR Board Candidates



**President  
Nancy Navis**



**Vice President  
Melinda Hoke**



**Board  
Secretary  
Janet Farber**



**Treasurer  
Carol Bush**



**Summer  
Programs VP  
Mary Ellen  
Goriesky**



**Winter Pro-  
grams VP  
Kyle  
McClintick**



**Membership VP  
Patty Fitzgerald**



**Past President/  
Advisor:  
Linda Heintz**

Read the 2024-2025 candidate Bios in the April 2024 Nullr.

ULLR members are thankful for the work done this past year by Sharon Marini as Past President Advisor and Bruce Warner and Linda Heintz as President.

## Westwood Nature Center Hike

April 9, 2024 Tuesday

Meet at 9:45 Hike at 10:00

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 the parking lot. 8300 W. Franklin Av., St. Louis Park, MN 55426 From Hwy 169 go east on Cedar Lake Rd. Go to Franklin Av.. Entrance will be on the right. **RSVP:** Linda Heintz 612-916-2526 or linda.s.heintz@gmail.com



## Silverwood Park Hike

Wednesday, May 8

Meet at 10:00, Hike at 10:15

at the Silverwood Park visitor center 2500 County Road E, St. Anthony. Approximately 2+ mile hike on paved trails. Lunch after on the patio overlooking Silver Lake. Bring a lunch or pick up a bite at Silverwood Café.

**RSVP** via text to Kyle McClintick at 651-398-6870 or Call Barb Kolbe 651-633-0936

## Blaine Wetland Sanctuary Hike

MONDAY, April 22, 2024 (Earth Day)

Meet 10:30 AM - Hike at 10:45 AM at 11980 Lexington Ave. NE parking lot. (Use google maps to decide your best Route - 35W or Hwy 65)

3 miles of Boardwalk & paved trail  
Lunch after the hike at either Applebees or Lucy's Burgers in the Village of Blaine Shopping Center (Pleasant Ridge Dr NE).



**RSVP** to either Jan Swanberg Janice.Swanberg@gmail.com / 612-719-3458 or to Barb Kolbe 651-633-0936

## HIKE SCHAAR'S BLUFF TRAIL AT SPRING LAKE PARK NEAR HASTINGS WEDNESDAY, MAY 15, 2024

Meet: 10:15 am Hike: 10:30 am  
8395 127<sup>th</sup> Street East, Hastings

Turn RIGHT at Park Entrance Drive to parking lot at end of road (left at the fork)

Lunch after hike at the Bierstube 109 11<sup>th</sup> Street West, Hastings

Please **RSVP** to:

Karen Holmquist (c) 952-270-4739  
Kyle McClintick (c) 651-398-6870

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

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

March 2024

### 7, Dakota History Tour

Kathy Lucas

### 10, Bike Planning Party

Patty Fitzgerald & John Stiefel

### 14, General Meeting and games

Linda Heintz and speaker David Jones

### 17-23, Big Sky Ski Trip

Maril Barnard & Kathy Lucas

### 26, Singles Noon Dining at Red Lobster,

Ellise Lamb

Cancelled - No snow

### 15, Snowshoe Gale woods

Bill Brechtel



Please welcome this new member:

You will get complete information in an e-mail.

**Ned Lewis**



**At Big Sky**  
**Left:** Barb Crone, a new member from Michigan, and Nancy S

**Right:** Trip Co-chairs Kate C and Maril B with Patty F. See more photos at [ullr.org](http://ullr.org)



## 2024-2025 WINTER PLANNING PARTY

**Sunday July 21, 2024, 11:00 am**

The home of Craig and Nancy Navis  
3655 Greensboro Drive, Eagan  
Join in on the fun planning fall hikes and winter

skiing events. Bring your ideas/dates for events to be added to the ULLR winter calendar. The event will be on the outdoor deck so please bring a chair, a dish to share and \$2 donation. An egg bake main dish will be served.

**RSVP by Monday, July 15 to:**  
Nancy Navis at 651-329-4836, email [craignavis@gmail.com](mailto:craignavis@gmail.com) or

## There were no proposals for a western ski trip or a warm weather getaway trip for the first time ever in our 74 years as a ski club!

But that doesn't mean you can't plan a 2-4 day trip here in Minnesota or in one of our neighboring states. Wisconsin Dells? Duluth's December fairyland Bentleyville and the decorated Glensheen mansion? Iron Range attractions that celebrate mining, logging, hockey and diverse immigrant history? In mid-September, the [Unplugged & Folk Artisan Marketplace](#) in Grand Marais and walking on the Superior hiking trail? Fargo-Moorhead area with Bonanzaville, USA, a village with 34 buildings providing an insight into our earliest settlers, a Viking ship, Fargo's Plains Art Museum? **You get the idea. There is a lot to see and do right here! PLAN IT, please!**

## Hocokata Ti, Dwellers of Spirit Lake

-by Kathy Lucas

On Thursday, March 7, the Dakota History Tour at the Shakopee Mdewakanton Community Center attracted 26 Ullrs. Two native guides, Cherish and Michael, led us through a fascinating museum exhibit, "Hocokata Ti, Dwellers of Spirit Lake." We heard an overview of the history of the Dakota people, which many of us had never been taught. The museum has layers of information, so for those with the time and inclination, a deep dive will yield a deeper understanding. If you haven't had a chance to visit this museum, it is a treasure waiting for you.

See more photos at [ullr.org](http://ullr.org)



## 2024 Biking Schedule (cont. on p. 9) Helmets are required on all Ullr bike rides

Bicycling program Coordinator: John Stiefel h-952-470-5411, Patty Fitzgerald c-612-743-4565

Please check the website at <http://www.ullr.org> for flyers to obtain details for each listed event

[Date	Event	Contact(s)	
<b>MAY</b>			
May 2- Thursday	Kick-Off Ride Dakota Trail Wayzata start	John Stiefel & Patty Fitzgerald	952-470-5411 612-743-4565 [c]
May 14- Tuesday	City Ride	John Stiefel & Patty Fitzgerald	612-743-4565
May 16- Thursday	Carver Park to Excelsior	Bill Brechtel	952-474-5295
May 23- Thursday	Mississippi River Road	Jerry and Maril Barnard	651-261-7969 JB 651-402-0301 MB
May 30- Thursday	Gateway Trail from N. St. Paul	Jared & Melinda Hoke	612-618-3773 JH 612-618-6919 MH
<b>JUNE</b>			
June 3-6 Monday-Thursday	Nisswa Good Ol' Days Resort	Kate Casserly & Kathy Lucas	763-238-6029 KC 952-836-4723 KL
June 13 – Thursday	Gale Woods/Dakota Trail	John Stiefel & Patty Fitzgerald	612-743-4565
June 18 – Tuesday	St Paul Lakes from Lake Phalen	Bill Brechtel	952-474-5295
June 20 – Thursday	Urban Splendor	Kate Casserly	763-238-6029
June 27 – Thursday	Marine on St Croix/Scandia Trails & potluck	Jared & Melinda Hoke	612-618-3773 JH 612-618-6919 MH
<b>JULY</b>			
July 4 - Thursday	St Paul Capital ride & Potluck	Nancy and Craig Navis	651-329-4836
July 11 – Thursday	TBD	TBD	TBD
July 16 – Tuesday	Cannon Valley Trail	Sharon Marini	952-893-7408 612-408-7707 [c]
July 18-Thursday	Dakota Trail	Dan Regan	952-471-9318 763-645-9708 [c]
July 25 – Thursday	Gray Cloud Island	Karen Clarke	651-328-0600
<b>AUGUST</b>			
Aug 1 – Thursday	Charlie Brown Memorial ride Browns Creek-Gateway	Jerry and Maril Barnard	651-261-7969 JB 651-402-0301 MB
Aug 8 – Thursday	Three tunnels ride	Nancy Navis	651-329-4836
Aug 15 – Thursday	Hastings to Schaar's Bluff	Rick Huber & Kathy Lucas	262-424-0772 RH 952-836-4723 KL

Biking Calendar 2024 Continued—See ullr.org for more information.

Aug 20-22, Tuesday to Thursday	Lanesboro	Maril Barnard & Kathy Lucas	651-402-0301 MB 952-836-4723 KL
Aug 29 - Thursday	Luce Line, Theo Wirth & points west	Dan Regan	952-471-9318 763-645-9708 [c]
<b>SEPTEMBER</b>			
Sept 5 - Thursday	Maple Grove ride & potluck	Gail and Hal West	763-427-6254 763-360-7445 [c]
Sept 10 - Tuesday	Fish Lake to Elm Creek Parks	Bill Brechtel	952-474-5295
Sept 12 - Thursday	Cannon Falls-Vasa-Cannon Valley Trail	Karen Clarke	651-328-0600
Sept 17 - Tuesday	Bloomington Overlook Drive	John Vogt	952-829-7056
Sept 19 - Thursday	Chanhassen to Chaska	Bill Brechtel	952-474-5295
Sept 26 - Thursday	TBD	TBD	TBD
<b>OCTOBER</b>			
Oct 3 - Thursday	Stillwater Bridge, Browns Creek Trail to Gateway	Maril Barnard & Melinda Hoke	651-402-0301 MB 612-618-6919 MH
Oct 10 - Thursday	Mn River Valley ride	Bill Brechtel	952-474-5295

**Minnesota History Center Tour**

By Margie Deutsch

On April 4, Nan F, Roz R, Charlane S and Kate C came to the History Center in St. Paul and learned about the founding of MHS in 1849 (even before Minnesota became a state) and about its mission and outreach. MHS has a network of historic sites, museums, and exhibitions, 9 in the metro area (including the state capitol,) and 16 outstate. We realized there are many places that would be interesting to visit- maybe on a short trip with other Ullrs. Then we went to exhibits that interested us. After a lunch in the



Center’s lunchroom, we all said we would come back again to see other exhibits we had missed.



Many years ago, an ULLR board decided to have ten issues a year of the Nullr, by combining December and January in one issue and June and July in another. That means anyone who has information about an event in June or July that they want publicized in the Nullr needs to get the information to the editor by April 30. Get busy planning some fun visits and short trips.

