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September 2024



Good Ol' Days In Nisswa

Ullrs gathered in Nisswa June 3-6 for our annual outing. Biking, golfing, hiking, shopping all were a hit. It is rumored that a group of ladies found a shop in Pequot Lakes that had such cute women's clothes that a certain ULLR totally revamped her entire wardrobe! She was led astray by a couple of other adventurous Ullrs.

 Patty F, Jeanne L, Liz G, Dave S, John S and Mike G.



Diane E, Rosalie J, & Kate C enjoy the lake.

Jared & Melinda H celebrate

An added attraction this year-BINGO! Yup, Kyle McClintick, Nancy and Craig Navis gave us a night to remember! It is rumored that Ullrs won wine, beer and cash!

We also celebrated Melinda and Jared Hoke's wedding anniversary and Hal West's birthday.

So fun! Such a great trip!

Thank you Kathy Lucas and Kate Casserly for organizing and leading this fun, yearly event.

Listings for Upcoming Activities and Events	
P. 2 Sitzmark ski trips	P. 5 October Meeting, Sept. 4 & 30 Hikes
P. 3 Summer picnics, Lanesboro	P. 6 MSC Summer Carnival, October 4 Hike
P. 4 Singles' Dining and Cards, News about the new location for ULLR meetings, Sep. 10 Ride	P. 7-8 Biking Schedules and August, September & October bike rides information

2024 IMPORTANT CONTACTS

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

OFFICERS OF THE CLUB

President

Nancy Navis

Executive VP

Melina Hoke

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 Jan Butler

Directory Folding Parties

Nancy Sand

General Meetings

Melinda Hoke

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

From The ULLR Board



The ULLR club has seen many changes in membership over its 74 years. We have changed from a mostly singles' club, to a club with 1,200-1,300 members in the 80's and now to a much smaller group of 175 members. Change is not always easy, but it is necessary, so that we can continue to evolve.

After much thought, discussion with Margie, and research, the board has voted to discontinue the NULLR. The final publication of the NULLR will be October, 2024.

Wayne, our webmaster, will continue weekly announcements on Saturdays, as well as posting events and pictures on the ullr.org website. He will also create a link for news, such as notices of elections and financial reports and other important messages. Our research shows the Saturday announcements are presently being accessed over 100 times each week by our members. Our website is accessed many more times each week.

As an organization, we would like to extend a huge thank you to Margie Deutsch for creating and publishing a beautiful newsletter for our members to enjoy over the past 13 years. Please be sure to thank Margie for her many years of service to the club. Also, a big thank you to all Ullrs who have contributed articles and pictures to the NULLR. Please continue to send in those articles and pictures to our webmaster for posting on the ULLR website. Past NULLR issues will remain on the club's website.

We will continue to provide communication on all events and trips through the website and Saturday announcements.

Respectfully, ULLR Board

Sitzmark Ski Club has two ski trips open to MSC members.

Val d'Iseres - Ski Trip and Optional extension to Lisbon;

Jan 31-Feb 11, 2025. The trip is full, but there is a wait list.

Aspen-Snowmass, Mar 9-15, 2025. Check to see if there are spots still open. See more details at <https://www.sitzmarkmn.org/eventsandtrips>

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



Some of the happy Ullrs who attended Newsies. Thanks Mary Ellen Goriesky for planning this.



What's Cookin' ULLR Summer Picnics at Brookview Park, 100 Brookview Parkway N. in Golden Valley. (See a map in the ULLR directory.) **The August 14 picnic is from 5:00-9:00 pm. Dinner is served at 6:00 pm.**

The August 28 picnic is from 11:00 am - 4:00 pm. Lunch is served at noon. The pavilion is reserved. Bring cards or games and linger a while with ULLR friends.

August 14: Pulled Pork sandwiches; Hosts: Vicki Johnson and friends. Dinner at **6:00 pm.**

August 28: Sloppy Joes; Hosts: Hal and Gail West and 70s, 80s, & 90s Birthday folk. Lunch at **noon.**

INVITE YOUR FRIENDS. The pavilion is covered so the events happen rain or shine.

Lanesboro Bike & Golf Trip

Tues-Thur, August 20-22

Stay at Green Gables Inn

\$138 per person 2 to a room

Includes lodging and breakfast on Wednesday and Thursday.

Welcome Party Tuesday evening. Bring an appetizer to share and your own beverages. Dinner on your own Tuesday and Wednesday (no group dinner) Local Restaurants: *Junipers, Pedal Pusher, Gil BS Pizza, Root River Unwind in Lanesboro*

Biking - 10, 20, 30 or more miles;

Golfing at 2 nearby courses;

Four Daughters Winery;

(Sorry, no Commonwealth Theatre Aug.20-21)

Currently there is a waitlist. Contact a cochair. Also remember there are many nearby accommodations. Stay elsewhere but join the others.

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

mbarnard3952@gmail.com

Kathy Lucas, 952-836-4723;

klucas.potter@gmail.com

Send check payable to ULLR Club & emergency contact form to: Maril Barnard, 221 Vernon St,

St. Paul, MN 55105

ULLR Cancellation Policy applies.

Helmets required for all bikers.



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, August 9, 2:00 PM

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



Months, Sept. to Dec., are available. Call Jan!

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.



Aug 27 at Ciao Bella
(On the patio)

3501 Minnesota Dr, Bloomington 55435
952-841-1000; cиаobellamn.com

Sep 24 at Hazelwood Food and Drink
8150 26th Ave S., Bloomington 55425
Hazelwoodfoodanddrink.com

Oct 22 at Luna di Luna, 8820 Lyndale Ave S.,
Bloomington, 55420; www.facebook.com/lunadilunabloomington

Tuesday, September 10

Fish Lake Park to Elm Creek Park Bike Ride and Picnic

Meet at 9:30 at Fish Lake Regional Park,
14900 Bass Lake Road, Maple Grove.
The ride begins at 10:00.

This ride is approximately 21 miles on the Medicine Lake Regional Trail winding through wooded trails along creeks and lakes in Maple Grove. After the ride enjoy conversation with fellow Ullrs during our picnic lunch at Fish

Lake Regional Park. Bring your own chair, food and beverage.

****Helmets are Required****

RSVP to Bill Brechtel 952-474-5295(c)
To verify the ride is not cancelled, call the ride leader.

New ULLR Meeting Location to begin October 2024

Beginning Thursday, October 17,
ULLR meetings will be held at:

PITTSBURG BLUE

*3220 West 70th Street, Edina
Located at east end of Galleria near Southdale*

**The ULLR Monthly meeting begins at 11:00 am.
Seating for lunch is at 11:15 am.**

There is free parking outside the restaurant as well as a free parking ramp across the street.

A \$25 event fee (cash or check payable to ULLR Ski Club) will be collected at the door. This event fee includes a beautiful private room, AV equipment available to Ullrs and speakers, lunch with beverage, tax and gratuity. You may choose an entrée from a choice of 3 items, which will change periodically. Our new speaker's series "ULLR Matters" will be showcased here.

The reason for the 2024-2025 change of location is due to the VFW in Richfield no longer offering the use of the main room for our events. We would have the use of a small meeting room in the back of the building, on Mondays. After extensively searching for a new space to hold ULLR events incorporating budgetary and social needs at a central location, Pittsburg Blue is the best and final choice. We are excited to kick off our fall season at this beautiful venue, a perfect match for the aspirations of our club.

Announcing our new 2024-2025 meeting speaker's series..... "ULLR Matters"

Beginning Thursday, October 17, 2024, at the monthly meetings, professional speakers will present life-long learning topics that *Inform, Inspire, and Matter* to active adults in today's world. Topics will be of a current nature and promote greater knowledge, enjoyment and life-enhancement.

Melinda Hoke, ULLR Executive Vice President, has created this new purpose for our monthly ULLR events. She has worked countless hours engaging speakers and is excited to bring this **new benefit of ULLR club membership**. Please join with us to thank her for everything she is doing to make this a success.



Presenting "ULLR" Matters Speaker.....

Ross Levin, CFP, is a Minneapolis Star and Tribune columnist and founding principal and president of Accredited Investors, Inc., Edina. His monthly column *Gains and*

Losses, runs on the 4th Sunday of the month.

Ross will engage with ULLR members about his philosophy and the purpose of his ongoing work, **Spend your Life Wisely**™

Using Ross's unique take on today's world, we'll delve into the wise use of our assets, where our personal values integrate with time, talent, friendships, health, and finances.

For nearly 75 years ULLR activity has made a difference. Members' lives are uplifted by participating in recreational and social activities and through continuing education. ULLR members seek connection, have fun, expand their knowledge, and provide service and contributions to adaptive sports organizations through the ULLR Foundation. ULLR is run entirely by volunteers who dedicate themselves to the health and wellness of its members, and who curate opportunities for lifelong participation and learning.

ULLR Truly Matters!

Blaine Wetland Sanctuary Hike

Wednesday, September 4

Meet at 10:00 am, Hike at 10:15
3 miles of boardwalk & paved trails
Meet in the parking lot

11980 Lexington Ave. NE, Blaine

Optional: Lunch after the hike
at either Applebee's or Lucy's Burgers
Village of Blaine Shopping Center
(Pleasant Ridge Dr NE)

RSVP: Barb Kolbe, 651-633-0936;
Jan Swanberg, 651-633-7178; 612-719-
3458 [c] Janice.swanberg@gmail.com

Rice Marsh Lake Hike

Monday, September 30, 2024

Meet at 10:15, hike at 10:30; 3.5 miles on a paved trail.

Meet at: St Hubert School/Church, 8201 Main St, Chanhassen (park in a small lot just south of the school/church building.) The trail goes around a marshy area and thru some neighborhoods and is well shaded. We will encounter one or 2 small hills. We should enjoy the fall colors.

Lunch after the hike at Brindisi's Pub, on north side of Chanhassen Dinner Theater, 501 West 78th St, Chanhassen. **HAPPY HOUR ALL DAY ON MONDAY!**
RSVP John Stiefel and Patty Fitzgerald, 612-743-4565
patfitzjohns@msn.com

Contact leaders for possible cancellation due to weather.

**AUGUST 2024 SPOTLIGHT - MEMBERSHIP
DIRECTORY PUBLICATION CHANGES**
By Patty Fitzgerald, Membership VP
membershipvp@ullr.org

Directory Changes:
Karen Clarke: new email

Kathy Potter: new unit number, delete landline

Janet Sidley: new address

You received complete information from
Patty in an email on August 2.



Urban Splendor Ride by Kate Casserly

On June 20th, fourteen Ullrs rode the Urban Splendor 18-mile ride on the longest day of the year. It was also a brief break between storms. The ride had to be modified somewhat due to recent rains, high waters and construction. Everyone had a good time. We followed up with tasty fresh food at the Trailhead, at Theodore Wirth Park.

17.69mi Bike Ride
Thursday, Jun 20 at 9:39am

SUMMARY

17.69 **1:42:53**

Distance (mi) Duration

10.3 **599**

Avg Speed (mph) Calories

It is fun to use a bike app to plan the best route—and later see the results. And, then you can eat guilt-free that 600 cal. Chicken club sandwich.

See the flyer at ullr.org for this fun event: **MSC Summer Carnival**

Thursday - Sunday: August 15-18

Arrowwood Resort & Conference Center, Alexandria, Minnesota.

\$455 per person. There are many included or optional amenities and activities. Full details on the flyer at ullr.org

For more information or to see about a wait list, contact Paul Benkufsky, pb3942@hotmail.com or call 651-260-6439

Friday, October 4 Hike Nine Mile Creek

11:00 Meet 11:15 Hike

Meet at Moir Park in Bloomington at 11:00. Turn onto Sheridan off of Old Shakopee Road. First turn to the left 105th. Left on Morgan Av. S.

Parking lot on Morgan. We'll hike to the river and back and then go to lunch.

Lunch at Willie McCoy's 10700 France, Bloomington
RSVP Linda Heintz: 612-916-2526 (c)

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

JUNE

3-6, Good Ol' Days

Kathy Lucas & Kate Casserly

12, ULLR Picnic

Nancy Sand & Friends

13, Dakota Rail Trail/Gale Woods Farm Ride

John Stiefel & Patty Fitzgerald

14, Singles Cards and Games

Jim Maiser

18, St. Paul Lakes Ride

Bill Brechtel

20, Urban Splendor Ride
Kate Casserly

25, Singles Noon Dining at Pinstripes, Ellise Lamb

26, ULLR Picnic, ULLR Board

27, Marine on St Croix Scandia Trails Ride & Pot Luck
Jared and Melinda Hoke

28, Mississippi River Rafting and History Tour, Bill Brechtel

JULY

4, St Paul Capital Ride & Potluck, Nancy and Craig Navis

10, ULLR Picnic, ULLR Bikers

11, City Ride, John Stiefel & Patty Fitzgerald

12, Singles Cards and Games
Ellise Lamb

16, Cannon Valley Trail Ride
Sharon Marini

18, Dakota Rail Regional Trail Ride, Dan Regan

21, Winter Planning Party, Nancy Navis & Kyle McClintick

23, Singles Noon Dining at Wise Acres Eatery, Ellise Lamb

24, ULLR Picnic
ULLR Foundation

25, Gray Cloud Island Ride
Karen Clarke

Thursday, August 15

Hastings to Schaar's Bluff Ride

Meet at 10:15, Ride at 10:30, appx 21 miles.

Meet in Levee Park parking lot
near the American Legion Post 47
50 Sibley Street, Hastings.

Optional picnic lunch after the ride at Levee Park.
Bring your own chair, food and beverage.

RSVP: Kathy Lucas, 952-836-4726;
klucas.potter@gmail.com **or** Rick Huber,
262-424-0772; richardjhuber@gmail.com

Thursday, August 29

Ride the Luce Line Trail

Meet at 9:15, ride at 9:30, about 20 miles

Park at Theodore Wirth Trailhead,
1221 Theodore Wirth Pkwy, Minneapolis.
We will ride west thru Theodore Wirth Park,
up some rolling hills, thru Golden Valley and
out to Plymouth, all on a blacktop trail.

Walkers are welcome to come to the park and
enjoy the trails while the bikers are riding.

Lunch after the ride, approximately 12:30 pm
at Mill Valley Cafe, a cafe at the trailhead.

RSVP: Dan Regan, dfregan@msn.com or
952-471-9318 or 763-645-9708(c)

Thursday, September 5

Elm Creek Park Ride & Pot Luck Picnic

Bikers: Arrive 9:30 am, ride 9:45 am

Long ride - 24 miles; casual ride - 17 miles

Meet at Hal & Gail West's

921 W River Pkwy, Champlin 55316

Non-Bikers: Come any time after 12:00 pm.

Rain or shine, Pot Luck Picnic: starts around
1:00 pm. Please bring a dish to share & a lawn
chair. Meat & beverages are provided.

A \$2.00 donation is requested.

RSVP: 763-427-6254 or 763-360-7445 [c]

Tuesday, September 10

Fish Lake to Elm Creek Park Ride

We meet at 9:30, Ride at 10:00, appx 21
miles

Meet at Fish Lake Regional Park, 14900 Bass
Lake Road, Maple Grove. Picnic after the ride
at Fish Lake Park. Bring your own chair, food
and beverage.

RSVP: Bill Brechtel, 952-474-5295

**See ullr.org for updated and
complete flyer information.**

Thursday, September 12

Cannon Falls Road ride to Welch, Cannon Valley Trail ride back .

Meet at 9:30, ride at 10:00, about 25 miles
*You should be comfortable riding on a high-
way next to traffic. This is not a ride for
everyone. Good ride for E-bikers.*

Lunch afterwards: TBD

RSVP: Karen Clarke, 651-328-0600, or
Clarke.k.j@hotmail.com

Thursday, October 3

Stillwater Lift Bridge,

St. Croix Crossing Fall Color Tour Ride

Meet at 9:00, Ride at 9:30, appx 15 miles

Meet at the Brown's Creek Trailhead

401 Laurel St E, Stillwater.

Experience autumn's beauty. The 5 mile loop
travels along the river, over the new St. Croix
Crossing bridge, through a bit of rural Wisconsin,
then down the hill and over the iconic Lift Bridge.
A trip along the Brown's Creek Trail extends the
tour another 10 miles, but you may continue as
far as you like by joining the Gateway Trail.

Picnic lunch after the ride at Pioneer Park
515 N. 2nd St. Stillwater.

Bring your own chair, food and beverage.

RSVP: Melinda Hoke at 612-618-6919;
melindahoke@midco.net **or**

Maril Adlin-Barnard at 651-402-0301,
mbarnard3952@gmail.com

Monday - Tuesday, October 7 - 8, 2024

Leaf Peeping on the Rails Ride and Hike

Unique rail bike trip through the scenic Iowa
countryside. Light picnic stop at Rose's
Landing, overlooking the Des Moines River.
Overnight stay at the Cobblestone Inn, Boone,
Iowa. Tuesday hike at Ledges State Park,
on perhaps the most scenic loop trail in Iowa.

LIMIT: 20 people

Call to see if there is a wait list.

RSVP: to: Karen Holmquist 952-270-4739 or
Kyle McClintick 651-644-5919

See complete information at ullr.org

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

Bicycling program Coordinators: 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)	Phone
AUGUST			
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
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]
SEPTEMBER			
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 Ride	John Vogt	952-829-7056
Sept 19 - Thursday	Minnesota River Bluffs ride	Bill Brechtel	952-474-5295
Sept 26 - Thursday	TBD	TBD	TBD
OCTOBER			
Oct 3 - Thursday	Stillwater Bridge, Browns Creek Trail to Gateway	Maril Barnard & Melinda Hoke	651-402-0301 MB 612-618-6919 MH

Tuesday, September 17

Bloomington Overlook Drive Ride

Meet at 9:30, Ride at 10:00, appx. 23 miles with some hills. Meet in the strip mall parking lot by Jerry's Foods, 9625 Anderson Lakes Parkway, Eden Prairie.

Picnic after the ride, bring a chair, food and beverage. 10820 Bloomington Ferry Rd. (SW corner Old Shakopee & Bloomington Ferry Rd.)

RSVP: to John Vogt, 952-829-7056

jvgt11@gmail.com

Thursday, September 19

Minnesota River Bluffs Ride

Meet at 9:45 am, Ride at 10:00, The 24 mile route includes some city streets, paved and crushed stone City and Regional Bike Trails. Meet at Lake Ann Park, 1456 West 78th Street, Chanhassen.

Picnic after the ride, bring a chair, food and beverage. **RSVP:** Bill Brechtel, 952-474-5295

See the flyer at ullr.org for more details. Contact trip leader for possible cancellation due to weather.

Helmets are required on all rides.

ULLRS WERE IMPRESSED BY STUDIO ART GLASS WORKS – Nancy Sand

Nineteen Ullrs came to the Cafesjian Art Trust (CAT) Museum on August 2 to explore the American studio glass movement through the lens of the CAT collection.

The *From Origins to Horizons* exhibition surveyed the movement's beginnings in the 1960s through today, presenting a wide variety of works and themes within its history. The exhibition showcased the movement that brought glass working in America out of the factory and into small studios where artists acted as both designer and maker for the first time.

Studio art glass works from the Cafesjian Art Trust collection and from other world-renown glass artists were included in the exhibition.

A CAT docent highlighted a few of the pieces, identified the artists of those pieces, and explained the processes for creating the pieces. Ullrs then spent time closely viewing all the pieces, resisting the temptation to touch them, viewing them from many different angles, trying to visualize the process for creating them, and marveling at their magnificence.

In addition to the main exhibition, curated pieces from regional glass artists were also exhibited, and Ullrs browsed the research library collection.

Ullrs enjoyed lunch at the Churchill Street Restaurant next to the CAT building and encouraged ULLR event host Nancy S. to organize another ULLR visit to CAT when the next exhibition opens. (She will definitely do that!)



How do they make these large 3-foot art glass creations?

Ullrs gather around a breathtaking work by international artist Dale Chihuly.



Jan S wonders, did the bowl inspire the picture or vice versa.

Barb K and Jan C, is this a beautiful, curved glass Jenga tower?

