



ULLR-74 years strong! A founding member of the Midwest Sport/Ski Council. [www.midwestfun.org](http://www.midwestfun.org)

# NULLR

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

April 2024



## 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

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

Co-chairs: Mary Ellen Goriesky and Patty Fitzgerald



This barbershop quartet won the 2018 International Seniors Quartet Champion and the 2022 Land O' Lakes District Championship

Hear and see more at-  
[www.prettygoodquartet.com](http://www.prettygoodquartet.com)

**Reservations due by May 1, 2024**

Ullr cancellation policy applies.

## 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)

**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.



### Content Listings for Upcoming Activity Events

P. 3 Ski and SS Schedules; Westwood Hike, ULLR meetings  
P. 4 Singles' Dining, Singles' Cards; MSC Summer Carnival, Good Ol' Days

P. 7 History Center Visit; Silverwood Park Hike, Big Sky Ski Trip;  
P. 8 Gale Woods SS, Blaine Hike, Schaar's Bluff Hike

## 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



Our Foundation just gave a check for \$3,900 to Buck Hill's non-profit organization for a child's Mountain Man Sit Ski. We are very proud of all the good work our Ski for Light program does for the disabled. Congrats Foundation members and thank you.

More XC Ski trips and snowshoeing events were canceled or turned into hikes because of No Snow.

Don't forget my Hike on April 9 at the Westwood Nature Center. Meet at 9:45. Hopefully, no ice this year.

There is still time to sign up for Nisswa.

Also time to sign up to present a Western Ski Trip or a Warm Weather trip. We haven't had a warm weather trip in years. Think where you would like to go and invite us!

Next Singles Luncheon is at the Red Lobster in Bloomington. March 26. Remember, it's the fourth Tues: not the last Tues of the month. I missed the last one so I guess I'm talking to myself as well as you.

Don't forget The Art and Life of Charles Schultz and the Jim Crow exhibits at the Minnesota History Museum on April 3. Contact Margie Deutsch.

Singles Card night is looking for volunteers to host. Bike Planning Party is scheduled for March 10.

**From the Board:** We are very excited to offer outstanding entertainment this year for the Spring Fling Dinner. The St Croix Crossing Quartet includes one of our newer members, Jared Hoke, who sings bass. The quartet has won bronze, silver and even a gold medal at the International Barbershop Harmony Society Senior competition. It is also the 2022 champion in the Land O' Lakes district. The ULLR Board is subsidizing this entertainment. Don't miss this special event. **Sign up soon and bring your guests.**

**ULLR MEMBERSHIP** If you would like to participate in ULLR Club fun 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.  
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

Mar. 13, Wed., Buck Hill

Mar. 17-23, ULLR Big Sky

### Outdoor Winter Fun

Mar. 15, Fri., Gale Woods Farm;  
10:30; SS with Bill Brechtel. (See  
p. 8)



### 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

## 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 can be viewed or downloaded at: [ullr.org/Club Forms and documents](http://ullr.org/Club Forms and documents). Scan down to “Propose a trip.” E-mail your proposal by Mar. 30 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: 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, 400 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

## 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.

**Please RSVP to the host!**

**Friday, March 8, 2:00 PM**

**Host:** Roz Rockman  
4350 Brookside Ct., #317  
Edina 55436

**RSVP:** 612-201-8552

**E-mail / call Jan and volunteer to host parties in 2024. All months, April 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.**



**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

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

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

### Needed NOW!

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

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

**Monday-Thursday, June 3-6,**  
**Signup deadline has been extended to March 12. The following week unused rooms will be turned back to the resort.**

**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.)

The candidates for offices are in this issue of the NULLR. Candidates for offices will be presented by the Nominating Committee at the ULLR General Meeting on March 14, 2024. At that time, any additional nominations may 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 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 here and on page 6



**President  
Nancy Navis**

My husband and I joined ULLR in the summer of 2015. I was going to retire in December and

wanted to stay involved with outside activities such as those that ULLR offered. Since joining, we have enjoyed biking, hiking, snowshoeing and skiing as well as club picnics. Consequently, we have met so many great people in this club. My club activities have included serving as the Secretary for the Board and VP of Winter Activities, both of which were for two years. I am now asking for your consideration for ULLR club president.



**Vice President - Melinda Hoke**

I am grateful for each day in this one wild and precious life! Along with husband Jared, we enjoy biking, hiking, golfing, bridge, boating on the St. Croix River and travels in the US and abroad. Living in Marine on St. Croix affords us

plenty of volunteer opportunities with the Marine Community Library, Marine Mills Folk School, and as musicians for Christ Lutheran Church. With degrees in music performance, I developed music therapy programs for youth, directed church choirs, and added my voice to the choruses of The Minnesota Chorale and Minnesota Opera. Enjoying a 38 year career in philanthropy, I was fortunate to direct programs in major and estate giving and in Senior Management for the U of MN Foundation, MPR, Courage Center and Twin Cities PBS. We stay active including ULLR, life-long learning, public speaking, and consulting with organizations in philanthropy.

## Returning ULLR Board Member Candidates for 2024-2025



### 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, planning social activities, and creating memories with new friends.

### Summer Programs VP Mary Ellen Goriesky



I have been a member of ULLR for approximately 18 years. I was the Summer VP in 2012-2013, 2016-

2017, and now am a returning 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.]*



### 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. I have participated in several hiking events and have enjoyed being on the ULLR Board as Secretary. I am honored again to be a candidate for the position of Board Secretary for 2024-2025.



### Membership VP Patty Fitzgerald

I have been a member of ULLR Ski, Bike & Social Club since the mid 1990's. I joined at that time because I wanted to get back into downhill

skiing, but I quickly discovered that Ullrs like all sorts of outdoor adventures and I also got involved in hiking, biking, snowshoeing and many cultural events. I have made numerous good friends in the club, and I feel this organization is a second family. I have served on the ULLR board as Membership VP, as Summer VP and as the President and Past President. I feel that we all need to share our time and talents to keep our club running and vibrant. I hope you will support my reelection to the ULLR board as your Membership VP.

### Treasurer: Carol Bush

- her 7th year!



Past President/  
Advisor:  
Linda Heintz



### *In loving Memory*

**Donald Raymond Cooke**  
Dec. 9, 1924 - Feb. 11, 2024

Don joined ULLR in the 1990's. He loved skiing and in retirement skied almost every week. Until just a few years ago he was biking regularly.

Don's wife Judy died in 2020. We send our condolences to his daughters, Donna & Susan, and their families including grandchildren and great grandchildren.

## 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 **and their friends** 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

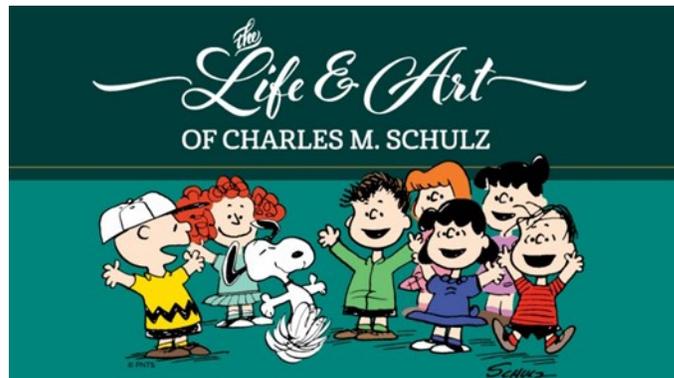
The Life & Art of Charles M. Schultz

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. *Or you can bring a lunch. There are lockers.*

**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 are **MANY** members who could plan 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**

Thanks Maril Barnard and Kate Casserly for your work planning this ski trip.

The Big Sky snow report for the end of February was a 35-46" snow base depth with 31 of 36 lifts open.

Remember your ULLR scarfs and **HAVE FUN!**

### Silverwood Park Hike Wed., May 8

Approximately 2+ mile hike on paved trails

Meet at 10:00, Hike at 10:15

Silverwood Park visitor center

2500 County Road E, St. Anthony, MN

Lunch after on the patio overlooking Silver Lake.

Bring a lunch or pick up a bite at Silverwood Café.

**RSVP:** Barb Kolbe 651-633-0936

Kyle McClintick 651-398-6870 [c]

**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.

**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](mailto: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!!

**February 2024**

**2, Richardson Nature Center Hike** Sharon Marini

**8, General Meeting and games** Linda Heintz

**9, Eastman Nature Center Hike** James Habeck

**27, Singles Noon Dining** at Bloomington Chop House  
Ellise Lamb

**Cancelled - No snow**  
**6-8, Granite Peak Wisconsin Trip** Nancy Sand

**9, Lebanon Hills by Candlelight** Nancy Sand

**19, Snowshoe Lake Ann Park** Bill Brechtel

**Please welcome this new member:**

**Debra Larson**

**Invite a friend to join just like Roz Rockman did!**

**You will get complete information in an e-mail.**