Løype

News of the North Star Ski Touring Club

www.north-stars.org

NSSTC 50th Anniversary Banquet

- Sunday, April 23, 2017
- Keller Golf Course, Maplewood
- Full details and registration form on page 11

Volume 49 ♦ Number 5 ♦ March/April 2017

March Meeting

Tuesday, March 14, 2017
St. Peter's Catholic Church
6730 Nicollet Avenue, Richfield
(park in lot on west side of church)
6:30 p.m. - Social Time
7:00 p.m. - Business & Program

Program: "Lessons of Biking The Way of the Camino de Santiago"

Discover the spirit-filled bike adventure of the Camino de Santiago! The ancient route is seeped in beauty, history, culture, amazing food and wine, and the company of travelers from around the globe.

Amy Markle, a naturalist at Wood Lake Nature Center in Richfield, biked the Camino de Santiago in 2015. She will share with us slides and stories from what she calls a "life-changing bike trip." Amy is a full-time student studying education, the environment and social justice. When not studying and working she can usually be found enjoying the outdoors with friends and family.

NSSTC 50th Anniversary Banquet

Sunday, April 23, 2017
Keller Golf Course
2166 Maplewood Drive
Maplewood, MN 55109

5:30 p.m. - Cash Bar and Socializing
6:30 p.m. - Dinner and Program

Help us celebrate 50 years of a club that has been a major player in the silent sports scene in Minnesota. Full details are on page 11.

Cover photo by Dan Jacobson

The view from near the top of the chairlift at SilverStar Mountain Resort, British Columbia.

Back cover photo by Ken Carlson

North Star skiers ready to head up the mountain at SilverStar. See pages 4-5 for an entertaining trip report by Dan Goldblatt and more photos of this very special club trip.

Løype

North Star Ski Touring Club
P.O. Box 4275, St. Paul, MN 55104
www.north-stars.org.

The *Løype* is the official newsletter of the North Star Ski Touring Club. *Løype* is the Norwegian word for "track" or "ski trail." It speaks to us not only of the trails we love to ski but of the larger track, the concept of ski touring, that guides the progress of this club.

2016-2017 Board of Directors

President	**Bruce Nelson**	651-647-4326
Vice President	**Mel Peterson**	651-776-4330
Secretary	**John Christensen**	651-222-7786
Treasurer	**Chip Treen**	651-429-2412
Trips Coordinator	**Jim Ruhl**	651-702-9030
Trips Coordinator	**Jane Laub**	612-210-6581
Programs	**Arne Stefferud**	651-772-4367
Publicity	**Ron Brand**	651-698-1804
Strategic Initiatives Chair	**Kathy Kelly**	612-418-4668
Trail Development	**David Siskind**	612-929-0205

Non-Board Volunteer Positions

Membership	**Sally & Bryce Richards**	651-452-2247
New Member Coordinator	**Becky Lystig**	651-452-1133
Singles Coordinator	**Open**	
Wed. Wanderers Coordinator	**Al Mayer**	952-525-4232
Volunteer Coordinator	**Barb Wahman**	651-483-0327
Banquet Coordinator	**Fran Howley**	612-869-8971
Programs Assistant	**Laura Baker**	651-429-2412
Safety Education	**Open**	
Loype Editor	**Mel Peterson**	651-776-4330
Activity Schedule Editor	**Mel Peterson**	651-776-4330
Loype Mailing	**Dana Siskind & Friends**	612-929-0205
Web master	**Stephanie Croteau**	612-354-2025
Tools Supervisor	**David Siskind**	612-929-0205
Hospitality	**Jean Moede**	651-227-4723
Historian	**Pat Lawrence**	952-922-3090
Government Liaison	**Arne Stefferud**	651-772-4367
Midwest Ski Council Liaison	**Al Volkers**	651-687-9357
e-Loype Editor	**Fran Howley**	612-869-8971

e-Loype Submissions	**eloype@north-stars.org**
World Wide Web	**http://www.north-stars.org**
Electronic mail	**nsstc@north-stars.org**

The *Løype* welcomes contributions from NSSTC members and non-members. The *Loype* is published every other month beginning with the July/August issue. Send articles and digital photos by the first day of the month preceding publication to: **loype.news.editor@north-stars.org.**

Submit activity schedule items online (preferred method) by the first day of the month preceding publication of the *Loype* (i.e. December 1 for the January/February issue); or send an email with full event details to **schedules@north-stars.org.**

ADVERTISERS: Contact advertising manager Alberta Adams at 651-490-0277, or **ads@north-stars.org**, for rates, mechanicals and deadlines.

Opinions expressed in the *Loype* are not necessarily those of the North Star Ski Touring Club or its editors.

President's Corner

As we move forward, volunteers are more important than ever

By Bruce Nelson

Bruce Nelson

Sign up now for the April 23 annual banquet! Read no further until you've marked your calendar (and gotten out your checkbook) for this special 50th anniversary event. See page 11 for details and a registration form.

Next year's Board of Directors and committees

Your nominating committee of Barb Wahman, Florence Fadell and myself is taking a new approach this year. In the past board members were always asked to concurrently assume significant committee duties (*Loype* editor, trips coordinator, etc.). The club is large enough to have other members assume those duties, allowing at-large board members to focus on the mission, budget and strategic direction of the organization. The membership will be asked to vote on new board members at the March 14 club meeting.

Marketing communications plan implementation

The club's marketing plan is moving on to the implementation phase. Major elements of the plan are building membership, trip leader recruitment and development, and finding creative ways to celebrate our 50 years of existence. A lot of work lies ahead and we will be reaching out to club members for help.

A special word on the 50-year history celebration element. Work is nearly completed on the special publication to recognize the work of the club's founders and many, many others who have done so much for the club over the decades. But much work lies ahead to build this anniversary into an event that will create awareness and grow membership.

A question we're addressing is whether the club can count on volunteer members, as it has for many tasks throughout its history, to carry out implementation of the marketing communications plan—or if we will need to hire professional assistance using North Star Grant Fund resources. View the marketing communications plan on the club web site under Resources > Document Library.

New club web site continues to provide enhanced service

North Star members continue to learn and take advantage of the many new features of our Club Express-powered web site, www.north-stars.org. Participants have signed up for trips online and discovered the convenience of completing a trip waiver form only once instead of one for each trip. Trip leaders will be able to quickly produce trip lists and email updates to participants without the tedious data entry of names, phone numbers and emails.

We hope that by next ski season most members will have completed their member profile and will be taking advantage of the many Club Express features. If you need instructions for logging into your personal profile or navigating Club Express features, contact Ron Brand at ron2132@gmail.com or send an email with your questions to membership@north-stars.org.

Paying to ski

"Skinny-ski pass system can be a head-scratcher" was the title of a Doug Smith article in the January 20 Star Tribune. While a Great Minnesota Ski Pass allows skiing at many trails and parks across the state, to ski in other city and county parks requires purchasing many separate ski passes. And often those fees do not cover all the costs of maintaining trails, such as grooming and, in some cases, lighting and snowmaking. Most of us would not want to go back to conditions the way they were in 1967 when NSSTC was founded; tracks were almost entirely set by skiers and skating had not yet been invented. A link to the full article is posted on our web site under Resources > Document Library > Weather/Trail Links.

Extended trips

Finally, your trips coordinators are soliciting proposals for next year's extended trips. See page 7 for details on how to submit an extended trip proposal. Club policy is that extended trips need board approval. Extended trip sign-ups will be announced in early April in the e-Loype and will be posted on our web site. The May/June *Loype* will also feature complete details about these trips.

The deadline for the May/June issue of the *Loype* is April 1. This is our big summer trips issue with activities like biking, hiking, canoeing and kayaking. Please begin planning events that you would like to lead. You can submit them electronically on our web site (preferred) or simply send an email with full event details to schedules@north-stars.org.

SilverStar Trip Report

A week in the mountains of British Columbia taught me a lot about North Stars

By Dan Goldblatt

What is a North Star (in 140 characters or less)?

Kathy Kelly and John Driscoll, bonded by a love of cross-country skiing and boundless affection for each other, led a group of North Stars to SilverStar Mountain Resort in British Columbia to answer that question. What I give you here is not a formal study but informal observations, and some general conclusions. We were mice in a cage, 23 people, and our behaviors were monitored closely.

Part of the village square, holiday lights still aglow in the early morning light. Photo by Dan Jacobson

SilverStar is a downhill ski area that must have added the rolling, twisting, hilly cross-country ski trails as an afterthought since reaching most of these trails entails skiing across many downhill runs. "Heads up!" was a constant refrain. Unlike snowmobilers and skinny skiers who might meet on the same trail, there was a peaceful coexistence among the many types of skiers and snowboarders at SilverStar.

North Stars love to ski; the thought raises heart rates and blood pressures, and sometimes evokes a sweat. Some prefer downhill skiing over the cross-country trails and there were whoops and hollers and broad smiles from those cruising the many downhill runs at the resort.

There wasn't much time or snow for prior ski training back at home, and the altitude 5,000-6,000 feet depleted the oxygen a bit. Most participants found their own comfort level somewhere between resting and exerting.

Near the summit of SilverStar Mountain, from left: Dan Goldblatt, Todd Mongrain, Mark Kochendorfer, Diane Boushek, Kathy Kelly and MK Burmesch. Photo by Dan Jacobson

The days were short, from 8:00 a.m. to 4:30 p.m., but everyone packed in enough kilometers that we found ourselves entirely depleted by the end of the day. There were gray days and bright, sunny, emerald-blue sky days where you felt like you were in heaven (but we're not quite ready yet, dear Lord).

The cross-country trails were wide, with a skating lane and two classic tracks; the grooming was both timely and professional. They boast of more than 100 kilometers of trails in two systems: SilverStar and Sovereign Lake Provincial Park. The latter could be approached by going up the chairlift, getting off or falling off (the more popular technique), and skiing mostly down through the billowy, white, snow-covered forest to the ski center.

Falls led to an assortment of injuries, but perseverance ruled. You cannot tell an active person, a North Star, to stop doing what he or she so enjoys.

If the time on skis brought satisfaction, or overly tired muscles, many people took a closer, more intimate look at the mountain by exploring the pristine snowshoe trails. Snowshoeing is just one more way to find solitude, spirituality and the child inside all of us.

There were also some adrenaline junkies. The

tubing hill was at least equal to a full pot of coffee. Some were content with the coffee alone; others found a need for more "buzz" after a full day of skiing.

Cooking and eating are also counted as activities since we spend almost as much time in pursuit of food as snow. We eat to ski, and ski to eat, giving us a pass to indulge our tastes in whatever we want. Everyone was able to cook and share meals in their units. There was also a block-long mall of restaurants, bakeries and stores that provided a wide variety of excellent meals when we chose to take a break from the chores of home cooking.

North Stars don't watch much TV but the political events of the day, revolving around our new president, found us huddled around the flat screens, discussing our political angst. It was group therapy at its best.

There was the daily afternoon debriefing with a glass of wine, the nightly games, puzzles that filled the evenings, and deep, restful sleep on the ultra-thick mattresses to refresh the muscles. I had to take a running jump to get up onto my bed.

As a researcher looking into the glass bubble, I would describe the North Stars as resilient, youthful, fit, adventurous, curious and lighthearted. They know good humor when they hear it, but they didn't hear it from me. I couldn't evoke even a chuckle from this stoic Scandinavian group.

The Mountain View Cabin was a popular stop for skiers and snowshoers alike. From left: Pat Colburn, Susan Elsner and Mel Peterson. Photo by Susan Von Mosch

As a researcher looking out from inside the glass cage, I would note that it's the people that make the trip. Attitude is the most important ingredient of a successful trip (though those *without snow* on previous trips may differ on this point). These are people who are mostly retired, with either no kids or grown children, well-traveled and who love to experience what challenges the planet has to offer. Their enthusiasm for life is contagious. And after a week of creating new memories and rehashing splendid memories from previous trips, the group felt like family.

We all left a little wiser, and definitely more exhausted, than when we arrived. When is the next adventure? Most already had several plans in the works.

For more trip photos, please see the photo gallery on the club web site.

Wednesday Wanderer Words

Remembering Jim Johnson, another adventurous North Star

By Al Mayer

Al Mayer

The mind, what an extraordinary thing. I woke up at 7:00 a.m. on Tuesday, January 17 knowing I had to be at the Food Group Facility in New Hope to volunteer with other North Stars at 9:30. Then, out of the blue, my mind jolted me by telling me that I haven't even begun to think about my WWW article for this issue of the *Loype*, due by the end of the month. I didn't even have a subject or event in mind to write about.

My thoughts then jumped to the many North Stars who have died this past year. Whose death had the biggest effect on me? Thinking back to my early North Star experiences, it was my friendship and adventures with Jim Johnson that most stand out.

I got to meet Jim on July 1, 1989 when North Stars were invited to celebrate his 60th birthday at his home following a bike ride from Marine-on-St. Croix to Osceola. This was the beginning of many new adventures for me as a new North Star. On July 12 of that year, Jim introduced me to my first canoe trip. Ruth Weaver, who I met for the first time, was my partner as Jim led a group of paddlers and soon-to-be portagers through the backwaters of the St. Croix River for a couple of miles so we could float downriver back to our starting point.

In September of 1993 Jim and his wife Julie, along with Lucy Grams, Shirley Esnough and Clarence Bergesen, accompanied me on a weeklong hiking adventure in the Arkansas Ozarks—where I learned what it meant to hike all day.

Another fond memory, which became a highly publicized occasion, was when Jim and Julie led a New Year's Eve day event in 2004 that encompassed climbing the many stairs of Stillwater. (There are five stairways that exceed 100 steps.) Not only did more than a dozen North Stars show up for this challenge but a reporter from Stillwater's newspaper heard about it, hiked with us, and was instrumental in giving the North Stars full coverage of the hike (including pictures) in the paper.

For many years Jim and Julie also led a memorial bike ride in Wisconsin honoring Jinny McWethy, our Mother North Star and one of the founders of the North Star Ski Touring Club. Biking with Jim in Wisconsin was always interesting for his rides would takes us on back roads like Quarry Ravine Road, Percheron Drive, and Bear Lake and Duck Lake Drives to reach small towns like Little Falls, Copas, Wanderoos, Kennedy Mill, Kost and Almelund — where stopping for a beer was not a foreign idea. One of Jim's favorite places to stop to eat was Crabtree's Kitchen in Copas.

Jim Johnson in April, 2011. Photo by Lucy Osojnicki

Jim also introduced many North Stars to my favorite place to hike in Wisconsin, a beautiful tract of land named Standing Cedars, across the St. Croix River from William O'Brien State Park. My 2009 WWW article featured hiking in Standing Cedars. Also noteworthy was his introducing many of us to folk singers Neal and Leandra, who got their start in Marine-on-St. Croix's historic village hall. The duo and their signature song, "Old Love," are now national favorites.

Jim and Julie lived in a unique house in Marine-on-St. Croix that many North Stars helped build. Since the house was heated using firewood, each fall Liz and Paul Rasmussen would organize a day where a group of North Stars would go to their home to split wood and carry it up to the house, where it was organized and stacked according to age. This was a fun time for many of us. How often do we get the opportunity to help out a friend and at the same time apply skills most of us hadn't used since being teenagers?

Jim will be missed in many untold ways.

Your photos are needed!

Photos of club activities for the *Loype*, the e-Loype, the website gallery, our Facebook page and publicity are always much appreciated. Please send all photos to photo.editor@north-stars.org. Photos in high resolution are preferable, which usually means file sizes larger than 300 KB and up to 1 or 2 MB. Send us many photos! There is no limit (yet) and club photos are a great way to market our club to prospective members.

Discovering Glendalough State Park and Spidahl Ski Gaard

By Bruce Nelson

The January thaw and fog were not obstacles to 21 North Stars who joined in the club's first organized trip to the west-central Minnesota community of Battle Lake. Several of us arrived Friday to sample the eleven kilometers of Glendalough's trails and enjoy the fireplace of its spacious trail center.

Glendalough had once been a private retreat and game farm for the Cowles family, publishers of the Minneapolis Tribune. The state park was created in 1992 when the Cowles donated the land to The Nature Conservancy, and subsequently the title was transferred to the State.

On Saturday Bruce Jacobson, Ann Morrissey, Kevin Gregerson, Lee Wenzel, Lois Carlson, Sharon Grose, and Barry and Katie Trent traveled twenty miles north to Spidahl Ski Gaard, a private cross-country skiing center with 24K of classical and skating trails. Skiers report the visit to the Spidahl center was delightful. It was wooded and hilly, offering a variety of trail difficulty, and there was a comfortable lodge.

North Stars at Glendalough State Park, from left: Gail Lundeen Brand, Ron Brand and Bruce Nelson. Photo by Ellen Brand

The rest of us enjoyed skiing and snowshoeing at Glendalough. The snow was adequate at both locations with no bare spots, although it was soft and skiing was slow. Some trail sections had ice but nowhere was there slush. Madeleine Kerr, on her very first NSSTC trip, commented on seeing wildlife and numerous animal tracks and she had success geocaching. She said that while she had always wanted to come to this park, her highlight was meeting and skiing with wonderful North Star members.

Our accommodations were at the comfortable and modern Battle Lake Inn and Suites, the only hotel in the region. I strongly recommend that North Stars explore these two ski areas. On your travel either there or back home, be sure to pass through the small community of Vining to view its wonderful sculpture park.

Request for 2017-2018 extended NSSTC trips

We are looking for submissions of extended trips for the coming North Star season. Members who plan to lead a trip of five days or longer need to submit their trips to the trips coordinators by March 27. The NSSTC Board will discuss and authorize trips the following night. Your trip write-up should include at a minimum the activity, dates, destination, cost, lodging arrangements, and trip leader contact information. You can also submit your trip on the club web site. FFI: Jane Laub, janelaub@gmail.com, or Jim Ruhl, jfruhl90@gmail.com.

Delightful lake skiing was a highlight of this year's trip to Camp du Nord

By Madeleine Kerr

With great anticipation on January 30, 2017, I joined twelve other North Stars on my first trip to YMCA Camp du Nord, north of Ely. As a new North Star I appreciate the great skiing opportunities and the amazing people in the club. What better than a stay in comfortable cabins near the BWCAW where you can ski right out the door!

On our cloudy first day we did just that, skiing out the door down the North Arm of Burntside Lake and looping back. The winter-gray landscape made me glad to follow John Rupert's bright yellow jacket much of the way. Our pace was just right, so I could look around at the scenery and see a bald eagle soaring above.

Making tracks on Hegman Lake. Photo by Madeleine Kerr

On our sunny, cold second day the whole group carpooled north to Hegman Lake. After Dana and David signed us in at the BWCAW entry point, we hiked down the 80- rod portage and clipped on our skis for an easy three miles of skiing down the lake and back. At break time our gathering spot was at the base of a granite cliff with brilliant orange Native American pictographs above us. The figure with outstretched arms in the center is called the "Winter-maker" by one interpretation, so we skiers were well situated as winter enthusiasts basking in the sun on a snowy lake.

Camp life was just delightful, too! On a grand tour of the camp on skis with David, I noted the quaint cabins, lovely dining hall and several saunas, one with the hole in the lake ice in progress. Our dinner gatherings were full of pleasant conversation and the especially entertaining domino game of Nancy's creation combining "chicken toes" and "Mexican train."

Packing up the final day as the sun was shining on snow-covered canoes outside, I felt sure I would return to Camp du Nord with the North Stars, perhaps in another season for trail clearing. Thank you to my roomies, Linda and Susan, for the carpooling and friendship. And special thanks to David and Dana for leading another trip to this most beautiful part of our state.

Editor's note: David Siskind points out that this was our club's 51st trip to the North Arm trail system since 1982, 19 of them being New Year's weekend trips. It is safe to say, I think, that we have skied here more often on out-of-town trips than any place on the planet.

Monthly activity schedule {A} All members, {AK} All plus kids, {S} Adult Singles, {WW} Wednesday Wanderers

To view the NSSTC Trips Policy online, visit the North Star web site, www.north-stars.org. Click on the "Trips/Events" tab at the top of the home page, then click on "Trips/Events Policy."

March 2017

Mar 1, Wed {WW,S} Ski, Snowshoe or Hike. The weather and trail conditions will determine the outing. Please see the e-Loype closer to the date for further information.
FFI: Ann Morrissey or Bruce Jacobson, 651-698-4210.

Mar 3-5, Fri-Sun {A} Ski Suomi Hills at Camp Hiawatha. Please contact the leader to see if he is accepting last-minute registrations for this popular trip to the Grand Rapids area. Full trip details can be found on the NSSTC web site, www.north-stars.org. FFI: Pete Hawkins, pmh706@gmail.com or 763-786-3792.

Mar 4, Sat {AK} Kids Explore Elm Creek Park. How many of our little people have tried skiing? Sam and Joey are both learning and they love it! Elm Creek makes its own snow and has ski rentals down to toddler sizes. Meet us in the visitor center at 12:30 p.m. and join us for some great fun. Be sure to bring water bottles and trail snacks since skiing takes lots of energy. You might also want to bring a bag lunch or plan to purchase food at the visitor center. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Mar 4-12, Sat-Sun {A} Return to Stokely Creek. Please contact the leader to see if he is accepting last-minute registrations for this popular trip to a great skiing area north of Sault Ste. Marie, Ontario. Full trip details can be found on the NSSTC web site, www.north-stars.org. FFI: Rick Charboneau, 612-716-1082 or charb002@hotmail.com.

Mar 7-10, Tue-Fri {A} Ski the Lutsen Trails-Cascade Lodge. There are still openings for this midweek trip to the North Shore of Lake Superior. Three nights' lodging with breakfast each morning (off menu, includes coffee or water) and dinner on Wednesday evening (beverage ordered separately off menu); includes a cocktail welcome hour on Tuesday evening from 5-7:00 p.m. Cascade Lodge is proud to be the only resort on the North Shore that owns a Pisten Bully groomer managing all 60 km of top-quality trails, ranging from beginner to advanced. Snowshoe and ski rental also available. $290 plus tax per person for a single private room; $245 plus tax per person for a shared bed; OR we have a limited number of two-bed units in the same space that, if shared, would enjoy the same $245 rate. Room for 20 people. Please contact the trip leader to discuss last-minute reservations. FFI: Michael O'Phelan, mophelan@yahoo.com or 218-387-1112.

Mar 8, Wed {WW,S} Ski, Snowshoe or Hike Hyland Park Reserve. Please see the e-Loype closer to the date for further information. FFI: Connie Campbell, 612-928-9415.

Mar 11-20, Sat-Mon {A} Ski Norway. Please contact the leader to see if she is accepting last-minute registrations for this annual trip to the Sjusjoen area of Norway. Full trip details can be found on the NSSTC web site, www.north-stars.org. FFI: Solveig Olson, solveigjolson@gmail.com or 612-377-2483.

Mar 14, Tue {A} March Club Meeting. Program: "Lessons of Biking The Way of the Camino de Santiago," an ancient route seeped in beauty, history, culture, and amazing food and wine. Presented by Amy Markle, adventurer and naturalist at the Wood Lake Nature Center. See page 2 for full details.

Mar 21, Tue {A} Food Group Volunteers. We are looking for volunteers to work one day a month at the Food Group facility in New Hope, 8501 54th Ave N. We usually volunteer from 9:30 a.m. to noon, packaging produce. Directions: I-94/694 to Boone Ave exit, south on Boone to 54th Ave N, turn left; the Food Group building will be on your right. From MN 100 head west on CR 9 (42nd St), then go north on Boone to 54th and turn right. From US 169 take the 49th Ave exit and head east to Boone; north on Boone to 54th, turn right. FFI: Al Mayer, 952-545-4232, or on my cell phone (612-817-6814) one hour before we are scheduled to work.

Mar 21, Tue {AK} Hike Wood Lake. Spring is here! Let's check out Wood Lake Nature Center, 6710 Lake Shore Drive in Richfield, for any hints that winter is losing its grip. Bring a flash-light for the trails and meet us in the parking lot at 6:30 p.m. We'll have treats following the hike at one of the local restaurants. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

April 2017

Apr 1, Sat {KO} "Kids Only" Challenge. Inez and Dana will lead a hike for kids under ten years of age. The hike will start at 6:00 a.m. at the Tin Fish Restaurant on Lake Calhoun. Prior to hiking around all five of Minneapolis' Chain of Lakes (Cedar, Lake of the Isles, Calhoun, Harriet and Brownie), Inez and Dana will lead the kids in calisthenics for half an hour to get them warmed up for their walk. Once the hike begins, each kid will be allotted two two-minute bathroom breaks; otherwise, no stops will be permitted until the hike is completed. At the end of the hike the kids will be marched to Sebastian Joe's, where they will all participate in an ice cream

eating contest. The first kid to consume a quart of ice cream will be declared the winner—and that kid will be treated to an all-expenses paid trip to Disneyland, compliments of Inez and Dana.

Apr 1, Saturday. Deadline for submitting trips and events for the summer activities schedule. You are strongly encouraged to submit your event electronically via the NSSTC web site, www.north-stars.org. If you have problems doing so, please send an email with full event details to schedules@north-stars.org. Questions? Contact Jane Laub, janelaub@gmail.com, or Jim Ruhl, jfruhl90@gmail.com.

Apr 8, Sat {AK} Kids Explore Wood Lake Nature Center. Kids and adults! Join Sam, Joey and their Nana at Wood Lake Nature Center, 6710 Lake Shore Drive in Richfield, to look for signs of spring. Maybe we'll see the Easter bunny getting ready for next week? We'll walk the trails, play at the nature playground and climb on the huge fallen tree (Sam and Joey's favorite). Meet us at the entrance at 10:30 a.m. and bring a bag lunch or snacks to share. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Apr 12, Wed {AK} Hike Minnehaha Parkway. Meet at 6:30 p.m. at the big bronze rabbit at Minnehaha Pkwy and Portland Ave S in south Minneapolis. We're going to mix it up a bit and walk west this time to see if we can find those spring flowers. We will definitely find treats at a nearby restaurant. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Apr 18, Tue {A} Food Group Volunteers. A monthly gathering at the Food Group facility in New Hope. We usually work from 9:30 a.m. to noon, packaging produce. See March 21 listing for full details.

Apr 23, Sun {A} Annual NSSTC Spring Banquet. Come celebrate our 50th anniversary at a wonderful new banquet venue: Keller Golf Course in Maplewood (just south of the intersection of Highways 36 and 61). Plan on an evening of good food, fun times and great memories. See page 11 for full details and a registration form.

May 2017

May 16, Tue {A} Food Group Volunteers. A monthly gathering at the Food Group facility in New Hope. We usually work from 9:30 a.m. to noon, packaging produce. See March 21 listing for full details.

May 18, Thurs {AK} Hike Lake Nokomis. Meet at 6:30 p.m. near the Sand Castle Restaurant (near the main beach) just off Cedar Ave S in Minneapolis. There is free parking in the street and no softball games yet. We'll stop at Tom's Popcorn Shop on 47th and Cedar (delicious popcorn and ice cream) on the way back to our cars. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Ski Tourer's Pledge

- I will protect the land and the natural resources of the land on which I ski.
- I will make it my personal business to leave the land in such a condition that, except for the tracks of my skis upon the snow, no one will ever know I was there.
- I will always treat the land gently so I may return in the future and be welcomed as an old friend.

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NSSTC 50th Anniversary Banquet

Sunday, April 23, 2017

Keller Golf Course
2166 Maplewood Drive
Maplewood, MN 55109

5:30 p.m. - Cash Bar and Socializing
6:30 p.m. - Dinner and Program

Cost: $30/person

To Register:

Please complete the form below, indicating your meal choice(s). Mail the completed form and your check for $30/person, payable to NSSTC, to:

Florence Fadell
4360 Brookside Court #105
Edina, MN 55436

NOTE: Reservations are required by Monday, April 10. No walk-ins or late registrations will be accepted and no refunds can be given. FFI: Fran Howley, franmhowley@gmail.com, 612-869-8971; or Carol Wahl, cjwahl@comcast.net, 612-920-0149.

- -

MENU CHOICES

All entrées are accompanied by a plated salad, an artisan bread basket with sweet butter, coffee or tea, and dessert.

- **Pan-Roasted Rosemary-Pomegranate Breast of Chicken** (GF), buttermilk-chive mashed potatoes and fresh vegetables
- **Pan-Roasted Walleye** (GF) in a lemon butter-caper sauce, buttermilk-chive mashed potatoes and fresh vegetables
- **Grilled Portobella Mushroom Stack** (V, GF), roasted spring vegetable risotto, garlic spinach and balsamic-brown butter sauce

Please print your name(s) and meal choice(s):

Name ________________________________ Entrée choice ____________________________________

Name ________________________________ Entrée choice ____________________________________

Update on the NSSTC 50th anniversary publication

By Lucy Osojnicki

Dana Siskind and I have been working very hard over the past several months to produce what we hope will be an outstanding publication. Because it's a one-off, we want to make sure to get everything right.

We have many people to thank for assisting us in meeting our goal—those who contributed articles and photos, and helped dig up historical information, those who wrote member profiles, and especially Anne McKinsey for proofing and editing articles as they were submitted. We hope to have the publication completed and printed by early March.

Due to budget constraints we were unable to meet some of our goals with this publication. We originally wanted to print 50 member profiles (which quickly grew to 70), but soon discovered that we would not have the space. So we are including only profiles of early members whose contributions got our club off to an excellent start. However, we are putting together another publication that will include profiles of 70+ members who have contributed in many ways over the years. This publication will be available on the History page of our website, with the URL referenced in the 50th anniversary publication. Don't look for it until after the 50th anniversary publication goes to press.

What to look for in the 50th anniversary publication: many fun and interesting stories and photos—some hilarious, some poignant, some educational, and all very well written. Thank you, North Stars!

Remember when . . . . looking back at trips and events from the past

By Dana Siskind and Inez Wick

A perusing of old *Loypes* brings to life some of these events from the recent (and not-so-recent) past:

Do you remember the winter of 1981-82, back when we had lots of snow and below-zero temperatures? Here are a few memories from that infamous winter:

- A group of hardy North Stars—Kirk Meyer, Ted Cardozo, Al Porter and Mel Peterson—set out on a trip to the Boundary Waters on a day when the Twin Cities received nineteen inches of snow. They returned a few days later with tales of camping out in minus-35 degree temps. They probably wished that Steve Johnson was on the trip. The word is that he had a good recipe for keeping warm with "Jager Tea"—very little tea, a shot of hot water, and other ingredients much more powerful and sedating.
- The VJC had problems this year with slush on Parley Lake and temperatures of minus-19 degrees Fahrenheit. 367 people registered for the race and only 35 did not show up!
- On a singles trip to Itasca State Park, the group woke up one morning to minus-41 degrees Fahrenheit. They waited until it warmed up to 30-below before heading out for a ski.

When we as a club have been around for 50 years, there are bound to be many "firsts." Here are a few of the more noteworthy ones:

- 1st Western Trip: The Bighorn Mountains of Wyoming, March 28-April 6, 1969. Thirty people went with leaders Norm Oakvik and Dag Helgestadt. Two of them got lost and spent one night sleeping in the snow, followed by a helicopter rescue the next day. The cost for this trip was $10 per day for food and lodging; transportation costs were extra.
- 1st VJC: February 21, 1971. Race director was John Hollister and the winner of the race was Tom Heisel. This was the first citizens race of its kind in the area, starting in Jonathan and following a course through Victoria and Chaska. It was followed later by the big events that exist to this day, such as the Mora Vasaloppet and the American Birkebeiner.
- 1st NSSTC 10K Fun Run: November 5, 1977 at Hyland Park in Bloomington. Race director was Judy Rykken and the winner of the race was Jeremy Denny. The Fun Run continued for many years although it changed location a few times (it was last held at Sunfish Lake Park in Lake Elmo) and has been resurrected a couple of times. Where is it now?
- 1st European Trip: Innsbruck, Austria, January 21-29, 1978. Trip leader was Wayne Wise. The cost of the trip was $575 and included airfare, two meals a day, first-class hotel accommodations, a bus and a ski guide. Wow, what a deal!

A revolutionary ski that somehow never quite caught on

The following press release first appeared in the March, 1978 ***Loype****. It was written by the late Wayne Lindskoog, an early North Star leader who served two terms as club president from 1975-77. Wayne loved cross-country skiing and doing it on wood skis. He extolled the virtues of wood skis. He also loved to spin a yarn.*

Ekal Enogebow Industries of Lake Woebegone, MN has been plagued with ever-increasing difficulty in keeping supplied with quality wood touring skis. Well, we've finally had to succumb to technology—but in doing so we will revolutionize the ski touring industry.

How many times have you been out skiing and worried, "What if I break a ski tip?" Well, worry no more. The revolutionary new ski from Ekal Enogebow is double-ended. That's right, break a tip at one end and just turn the ski

around and use the other end.

Now you may be asking, "What about the bindings?" Well, science has solved this problem, too. Our engineering staff has developed the new five-pin, 180-degree rotating binding. Just flip the binding around and you're ready to go. We haven't really bothered with the "Nordic Norm." After all, who is Norm anyway?

The double-ender comes with a choice of simulated wood-grain Formica, dark mahogany, rich cherry or solid, rock-hard maple tops—all guaranteed not to chip, crack or peel. A quick wipe with Johnson's Wax occasionally and they look like new for years.

Because of the demand this ski is currently available only in the 220 cm length, except in North Dakota.

ELY BWCA/QUETICO PADDLER LAKE CABIN FOR SALE

Water access furnished summer cabin 17 miles northeast of Ely, MN. 100ft from BWCA boundary on Moose Lake, a BWCA and Canadian Quetico (Prairie Portage) direct access lake. Spectacular view from deck and dock up the famous Moose Lake chain toward the Canadian wilderness

Cabin is A-frame style with side bedroom addition: 1BR + loft, kitchen, 3/4 bath. Furnished, electricity, telephone, wi-fi, certified septic system.

Access by boat from public landing or outfitter across lake. Perfect for paddlers, BWCA lovers; in quiet bay with 3 other occasionally-used cabins. Great fishing, swimming from dock, talkative loons of course. $139,000.

Contact Robin and Jim McWethy jbmcwethy@gmail.com 952-473-0671

Trail Development News

Trail clearers working in state or national forests are now required to be certified if they are to use a two-person crosscut saw to get rid of deadfall. While a few club members have become certified—a one-day class was offered at Bunker Hills Park in Anoka—it would be a good idea for more of us to become certified so we can keep trails in the BWCAW clear.

The class offers films and discussions on technique and safety, followed by hands-on experience with the saw. This year the class will be offered on Sunday, April 23. The class size is limited so, if interested, please call Dana Siskind at 612-929-0205 right away.

We are also now required to have CPR/First Aid certification to receive the sawyer certificate. Hopefully the club will be offering this class again soon.

Finally, we want to thank the 82 members who donated a total of $984 to the NSSTC trail fund from June of last year through January of this year. While space does not permit us to list all your names, you know who you are and we thank you again for your generosity and spirit of giving.

We welcome these new members who've joined the club since last June

Margaret Arnold
Laurie Blake
Gregg Brooksbank
Robin Brooksbank
Kay Browne
Mark & Shari Eggleson
Sandra Godden
Linda Huhn
Irene Jensen
Gayle Jentz
Jerome Johnson
Karen Johnson
David Levitt
Sonia Ley
Verona Luthy-Clay
Carol Manning
Karen Marsh
Debbie O'Brien
Mike O'Brien
Paul Ophus
Doug Ritzinger
Phil & Val Rogosheske
Cathy Sallas
Susan Schonfeld & Doug Hicks
John Schorer
David Scott
Heidi Slegers
Tim & Teresa Smith
Barbara & Francis Stelmasik
Teresa Thews & Paul Scobie
Patricia & Richard Trotter
Cathy Wait
Stacy Wood

NORTH STAR SKI TOURING CLUB

Rev 12/15/16

Membership Form

NOTE: The cost of membership covers all individuals at one address; it is not a per-person cost

NEW ☐ **RENEW** ☐ **NUMBER ON MAILING LABEL** _____ **CHANGE** ☐

Name _____

Additional Name(s) _____

Address _____

City _____ **State** _____ **Zip** _____

E-mail _____

Telephone (_____) _____

☐ **I DO NOT** want my personal information listed in the membership directory
☐ **DO NOT** mail me the hardcopy newsletter; I will go online and save the club money
☐ I already receive the Wednesday Wanderers weekly e-mail **OR**
☐ I wish to receive the Wednesday Wanderers weekly e-mail
☐ I already receive the weekly electronic e-Loype **OR**
☐ I wish to receive the weekly e-Loype

How did you find us? North Star Website ☐ North Star Brochure ☐
SkinnySki Website ☐ Midwest Mountaineering Expo ☐
Friend ☐ Sugarbush Trail Association Website ☐
Other ☐ Specify _____

Mailing Type (circle one)	Bulk Rate	First Class Rate
1 year	$20	$25
2 years	$38	$48
3 years	$56	$71

I am interested in:

☐ Singles Division
☐ Leading Trips
☐ Assist Trip Leaders
☐ Trail Work
☐ Special Projects

Membership Amount
$_____

Trail Fund Donation
$_____

Total Amount Enclosed
$_____

While you are encouraged to register and pay your membership dues online at www.north-stars.org, you can also mail this form and a check to:

NSSTC, Inc.
P.O. Box 4275
St. Paul, MN 55104-0275

NORTH STAR SKI TOURING CLUB

Trip Reservation and Waiver Form

Use this form if you are signing up for a scheduled multi-day club trip

Trip date(s) _____ **Destination** _____ **Number of places** _____

Membership expiration date _____ *(Check the address label on your Loype)*

Deposit enclosed _____ *(Make checks payable to the trip leader)*

***NOTE**: Trip deposits will be refunded only if the cancelled reservation can be filled and no additional cost is incurred by trip leaders or other participants. Any refunds will be made after the trip is completed. Any non-refunded deposits will be applied to trip expenses.*

Name _____ **Name** _____

Home phone _____ Day phone _____ This is my (our) first trip _____

Street address _____ This is a new membership _____

City, state, ZIP _____ E-mail _____

Emergency Contact: Name _____ Relationship _____ Phone _____

WAIVER: I acknowledge that the following activity, _____, has inherent risks, hazards and dangers for its participants, including risk of injury or death, and in consideration of my participation I agree for myself, my heirs, successors, executors and subrogees to hold harmless for any claim for any damages or injuries to myself or any minor child or ward of mine the North Star Ski Touring Club (NSSTC), its members, trip leaders and officers, and further agree to defend and indemnify NSSTC from any claim or injuries to said minor child or ward of mine.

Members of this party have the following physical or medical conditions or dietary needs the trip leader should be aware of:

_____

(Name, signature and date are required for adult members of party)

Name _____ Signed _____ Date _____

Name_____ Signed _____ Date _____

Name(s) of minor children _____

(Minors must have parent or guardian sign)

Signed _____ Date _____

Leaders: After trip, mail completed forms to NSSTC Safety Coordinator, P.O. Box 4275, St. Paul, MN 55104.

Rev 1/14/12

Do you need to print extra copies of the form above or our day activity waiver?
You can find them on the NSSTC website, www.north-stars.org.
Click on the "Resources" tab at the top of the page, then click on "Document Library."

NORTH STAR
SKI TOURING
CLUB

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