



Trip Leader & Volunteer Appreciation Picnic

Sunday, June 25, 2017 Brookview Park, Golden Valley 5:00 p.m. to dusk



If you have led a trip or day activity, or volunteered in any capacity for the club during the past year, let us treat you to a catered dinner. This is our way

of thanking all of you for your selfless contributions to North Star.

We have a new venue this year: Brookview Park, 100 Brookview Pkwy N, Golden Valley, MN 55426. It is easy to get to. Take Hwy 55 west of Minneapolis to Winnetka Ave; go south on Winnetka to Brookview Pkwy, then turn right (west) on Brookview Pkwy and follow it to the small picnic shelter on your left.

The club will provide the healthy meal and non-alcoholic beverages. Beer and wine are permitted this year!

Reservations are mandatory for this event! We need to know in advance how many people will be joining us. Please RSVP by Tuesday, June 20 to Ann Rhea, acrhea@gmail.com.

Cover photo by Jim Young

Eric Ramstad and Ginny Pidot paddle the waters of Burntside Lake north of Ely, MN, October 2015

Back cover photo by Jane Norman

Biking in Door County, WI. From left: Martha Hoffman, Jane Norman, Doug Peterson, Mel Peterson, Amy Lewis and John Kimberly

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.

2017-2018 Board of Directors

President: Bruce Nelson, 651-647-4326, club.president@north-stars.org
 Vice President: Mel Peterson, 651-776-4330
 Secretary: Ellen Watson, 763-473-4021
 Treasurer: Chip Treen, 651-429-2412
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 Mark Lystig, 651-452-1133; Marcy Otypka, 651-447-3532;
 Kathy Kelly, 612-418-4668; David Siskind, 612-929-0205

Trips & Events Teams

Trips Coordinators: Ann Rhea, 612-709-8992; Jim Young, 612-483-0466
Wednesday Wanderers Coordinator: Al Mayer, 952-545-4232
Trail Development & Tools Supervisor: David Siskind, 612-929-0205
Programs: Laura Baker, 651-429-2412; Jean Iwen, 651-690-2900
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Administrative Teams

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 Electronic mail
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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.trips.coordinator@north-stars.org.**

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

President's Corner

Finding ways to spread our unique brand and attract new members

By Bruce Nelson



Bruce Nelson

New NSSTC leadership team ready to charge ahead

If you are anyone but a brand new NSSTC member, you will immediately notice the significant change to how this issue of the *Loype* lists the Board of Directors and the club's various committees and teams. In part, this change is to recognize that

we have long worked in teams on the many facets of the club's activities. The role of board members has not changed—as always focusing on the mission, budget and strategic direction of the organization. In addition, several board members join many other members serving on teams and committees detailed on page 2. This listing will likely be changing throughout the year as teams add new members and new projects in our Marketing Communications Plan implementation are undertaken.

NSSTC Marketing Communications Plan Implementation: the club needs your help!

Several recent editions of this column have reviewed the club's Marketing Communications Plan as it has moved from design, to development, and now to implementation. We have lots of great ideas. However, to be successful we will need both help and energy from our fellow club members. Please let us know if you can lend a hand with any of these projects.

Some of the work will require expertise that will be contracted:

- Standardizing the NSSTC brand with a uniform title, logo and theme
- Establishing a presence on Meetup (high priority) and setting up procedures for trip leaders to announce events on Meetup, Facebook and other social media outlets
- Identifying social influencers related to NSSTC; begin following them and sharing news and events on social media sites
- Creating advertisements appropriate for in-target publications and websites
- Preparing and submitting articles for the Star Tribune Outdoor section, Explore Minnesota, local newspapers, and other publications that promote silent sports

Our publicity and communications teams will be expanding to implement other potential Marketing Communications Plan projects:

- Upgrading our display booth using our standardized brand and to be more portable
- Updating our literature and distribution network
- Placing adds in target publications and web sites
- Fully developing our social media outreach and contact opportunities
- ◆ Participating as a sponsor in the June 4 Open Streets Minneapolis event (see page 6 for event details)
- Continuing our tradition of participating in the Midwest Mountaineering Outdoor Adventure Expo and the City of Lakes Loppet
- Creating an exhibit about cross-country skiing at the Minnesota History Center library
- Possibly hosting a speaker event at the Minnesota History Center
- Making a direct appeal to new groups of possible members, including parents and grandparents of high school cross-country ski teams
- ♦ Possibly organizing a NSSTC Fall Fun Run or other events to commemorate our 50th anniversary

Many of these projects will be funded with the North Star Grant Fund, which is intended to improve club vitality and grow our membership. *And many of them will need help from our club members!* If you see any project that interests you, please send a note to volunteer@north-stars.org or call one of our board members—or enthusiastically respond when we contact you asking for your help.

New club web site celebrates one year of enhanced service

Most NSSTC members are now taking advantage of the conveniences of our Club Express-powered web site, www.north-stars.org. Once you've logged in you have access to the full club directory as well as the ability to sign up for trips, add a trip to our events calendar, upload photos, and navigate many other user-friendly features. If you need instructions for logging into your personal profile or navigating Club Express features, please contact Ron Brand at webmaster2@north-stars.org or send an email to membership@north-stars.org.

Ski for Light: sharing joy on the trail by Kathy Kelly

For several years I've wanted to participate in Ski for Light (SFL) and this year I did so. What an awesome experience ("awesome" being a word I don't use too often). The opportunity to teach a blind/visually impaired person (VIP) to ski, to see her thoroughly enjoy our sport and to feel the trust and deep friendship that comes from the week together, is deeply rewarding.

My week at SFL was very gratifying. I met so many people that I will look forward to seeing again, both newbies and veterans, both VIPs and guides. My VIP had never been on skis and was completely enthused to learn and agreeable to trying everything I suggested. I told her she should be able to learn quickly since she had no bad habits to erase.

She learned well and quickly and by the third day was skiing a 5K loop. She would often stop and reflect on the peacefulness and tranquility of the woods and mountains. When she fell in the snow she laughed and enjoyed it so much she didn't want to get out. She loved it all. I loved it all in a new way. It was truly a shared adventure.

In addition to skiing the week included the opportunity to try biathlon, to snowshoe, and evening activities of riding a bull, dancing and sing-alongs.

The week culminates with a 10K race and a 5K rally. All are expected to participate in one or the other. The 10K included some excellent racers; the winning time was under 45 minutes. The "winner" of the 5K is the one who finishes closest to their predicted time—a great way to get people competing on an even playfield. My skier and I didn't "win"; we finished a full twenty minutes earlier than we guessed. But what a finish, double-poling and smiling at the crowds calling her name.

Ski for Light is a national organization established in 1975 and based on the Ridderrenn, which was created in Norway in 1964 to teach blind people to cross-country ski. The Ridderrenn and Ski for Light each attract hundreds of blind/visually-impaired participants and sighted guides to events annually. The mission of Ski for Light is to enhance quality of life and encourage independence through cross-country skiing. The organization's philosophy of "equality and participation by all" extends throughout the governance and event management, all done by volunteers.

If this sounds interesting to you, more information can be found at www.sfl.org. The 2018 event will be held in January at Lake Tahoe.

The picture below shows the North Stars who guided this year and their VIPs.



Left to right: Cuqui Soto (VIP), Kathy Kelly, Susan Loviner (VIP), Pat Lawrence, Brenda Henige (VIP), John Driscoll

It was a frustrating "Kids Only Challenge Hike" on April Fool's Day

It was kind of a disaster but the ending was okay and nobody died. There were eight kids ranging in age from 5 to 9. Some were pretty cranky, probably from getting up so early. Everyone did okay on the calisthenics and hiking the first two lakes. The two youngest started to lag, and after being "rushed" several times decided to quit. They used their smart phones to call their parents for a rescue. The rest continued on but there was some grousing about too few "rest stops" and one boy (whose name shall not be mentioned) peed in his pants.

At Sebastian Joe's, one little hiker insisted on eating his quart of ice cream in the form of cones. His first triple cone only lasted one lick before hitting the pavement (actually, the kid's shoes). Then there was a fight about whether he could still count that as part of his quart. In frustration, Dana cancelled the Disneyland trip award and decided to use the money for a bike trip to The Netherlands with David.

Don't let your North Star membership expire.
Check the address label on the back cover of this issue to see your expiration date. Do you know that you can now renew online on our new Club Express-based web site? Be sure to check it out at www.north-stars.org.

Trail Development

Fall trail-clearing trips: a North Star tradition since 1973

By David Siskind



David Siskind

This is an advance notice for this traditional club activity that takes place in the fall: trail work up north. These weekend trips support the organizations that provide the trails we use and also provide fun out-in-the-woods companionship. Meals and lodging are provided by the host organizations and the club

reimburses for gas expense in cars with three or more persons. This makes the trips free (or nearly so) to participants in exchange for a weekend of not-too-strenuous labor. Deposits are usually required to hold spots but are returned, minus entertainment expenses (if appropriate), at trip's end.

North Star crews have built trails and done rock work, bridge construction and major tree removal in the past. Nowadays we mostly remove recent deadfall and trim branches reaching into the trail ways and growing up in the trails. This means nipping, some sawing, and lots of bending and tossing aside. While the work is not strenuous, quite a bit of walking is usually required. With typical fall northern Minnesota weather, we must be prepared for cold and possibly rain (or even snow!). The club provides the hand tools needed, hard hats, safety glasses and first-aid kits. We generally do not use power tools as the resorts, parks and forest services will do the heavy work.

Recent trips have been to the following three places and we expect the same for 2017. Here is our tentative fall

Save the Date: Sunday, August 6, Annual NSSTC Summer Picnic



This year's picnic will again be held at Hidden Falls Park in St. Paul, from 4:30 - 8:30 p.m. We are planning some fun activities like a pre-picnic bike ride and

hike, perhaps some games, and the usual potluck dinner. Bring along your kayak! We are hoping for a big gathering of friends both old and new, so be sure to spread the word. Look for full details in the next issue of the Loype. schedule with current info, including names of leaders. Changes and updates will be announced in the e-Loype and the July/August and September/October *Loypes*.

Camp du Nord: October 5-8, Thursday evening to Sunday. Leaders are Dana Siskind, 612-929-0205, and Inez Wick, 612-825-3596.

Banadad on the Gunflint Trail: October 26-29, Thursday evening to Sunday. This will be in conjunction with the Banadad Trail Association. Leaders are Tom Rice, 612-567-2946, and myself, 612-929-0205.

North Shore of Lake Superior (Tofte, Lutsen and Cascade River): October 27-29, Friday evening to Sunday. This is the same weekend as the Banadad trip but we'll hopefully have enough workers for both. Leader is Frank Janezich, 952-881-3836.

All the trips went well in 2016 but a few more helping hands would have been good for du Nord and Banadad. Trail-work trips to other places are also possible if we have the personnel to organize and participate in them. Any of the leaders above and myself (as your NSSTC Trail Development Coordinator) welcome any and all suggestions.

CPR/First Aid training class to be offered on May 13

Those of you who took the two-person crosscut saw certification class in April are required to also be certified in CPR/First Aid training. So NSSTC is scheduling, and picking up most of the cost of, a class being offered at REI in Bloomington on Saturday, May 13. All members who need or want this certification are invited to attend.

The class will be held at REI, 750 W American Blvd in Bloomington, from 2:00 - 7:00 p.m. A nonrefundable deposit of \$20 per person is required to register. NSSTC will pay \$55 per person to cover the rest of the cost. We would like to see as many trip leaders as possible take this course to prepare you for accidents and emergencies that might occur on future club outings.

Space is limited so sign up early by contacting Dana Siskind, 612-929-0205, or Frank Janezich, 612-360-0068. To register, please send your \$20 check (payable to Dana) to 5812 Thomas Circle, Minneapolis, MN 55410.

Wednesday Wanderer Words

From 1989 to the age of 89, what a great ride it's been

By Al Mayer



Al Mayer

One of the first things I did upon joining the North Stars was to become an active member of the Wednesday Wanderers. I quickly learned that there were others who looked at riding a bicycle as just a fun thing to do. Because of this I was able to continue a tradition I had started as an employee of the Prudential Insurance Company in 1975. This

was to lead easygoing bike rides in the summer, every Monday evening, for fellow employees. These were "no map" rides, and because we were all novice riders at the time we informally became known as the "We Don't Do Hills Gang." We would bike a mile out of our way to avoid having to climb a hill. (We still get together and party once a year.)

This concept of an easygoing, social ride on Monday evenings was embraced by the North Stars in 1989. I've been leading them ever since. As best as I can remember, during these past 28 years covering some 500 Mondays, no ride was ever cancelled due to the lack of a leader. This is largely due to having substitute leaders like Gary Solberg and Ray Boll.

Initially, many North Stars came to theses rides directly from work and were not conditioned for long rides. So these no-map rides, conducted at a pace comfortable to the slowest rider in the group, became quite popular. The rides were also designed to get longer and hillier as the season progressed, with hopes that the participants would continue to get stronger. After being a North Star for awhile I found it interesting that these Monday rides, designed for the younger riders, were the club's shorter rides (18 to 24 miles). The Wednesday Wanderer rides, mostly for older riders, were the longer 40- to 50-mile rides. Apparently they had more time to get and stay in condition.

The first ride each year was called "Linking of the Lakes" to commemorate the day in 1911 when Brownie, Cedar, Isles and Calhoun Lakes became connected. In the early days eight to ten members showed up for these rides. But as biking became more popular the numbers grew and started exceeding twenty riders on a regular basis, which at times became a bit chaotic. So, to help with this

situation, I enlisted my son Robb to become my "sweep." He was very good at following my directions in that if at any point those in the back of the line came to an intersection where they didn't know which way I had turned, Robb would insist they wait there until I came back for them.

Thinking back over all these years, I can only remember two occasions where I lost riders. One, without Robb, was where I waited for two riders to come into view before continuing on. When I saw the two riders, we moved on. Unfortunately, they were not part of the group. I never did find those two North Stars; I think they may still be out there somewhere. The other time was when a new rider in the group didn't follow Robb's directions and insisted that he knew which way I had gone. He led the other riders astray. However, everything turned out well at the end with Gary rounding up one rider and I another. One rider returned via cab. I thought this event was so hilarious that when it was all over and everyone was safe, I wrote a WWW article about that evening ride.

Meeting and getting to know so many wonderful and interesting people, looking for and finding fun places to eat, and socializing with so many friends after the ride—this has all has been wonderful for me. What a blessing it has been to have found the North Stars.

Now, at age 89, it's time to give up the Monday night reins and set a more comfortable pace for myself. It has been a good run. Written with tears welled up in my eyes.

Volunteers needed for Open Streets booth

We are planning to participate at "Open Streets Minneapolis, Lyndale" on Sunday, June 4, 2017. This is a fun day when the street is closed to traffic and everyone is out walking or biking from Franklin Ave to 54th and Lyndale. This annual event celebrates the community spirit of Minneapolis, it "encourages the use of active transportation and healthy living," and is an initiative of the Minneapolis Bicycle Coalition. Read more about it at openstreetsmpls.org.

This will be a great way to introduce our club to a lot of people, including younger people, who enjoy silent sports. If you are interested in helping staff our booth, call Dana Siskind, 612-929-0205, or Charles Rhea, 612-718-7300.

We found spring skiing and the usual good times at Timm's Hill

~ A Group Report

Despite the weather forecasts for warm temperatures, melting snow and rain, we all went to Timm's Hill anyway. In the past this trip has always exceeded expectations and this year was no exception. New North Star members, April and Mark Siekmeier and Shawn O'Laughlin, were impressed by how quickly they felt a sense of camaraderie with the group. They found us courteous, friendly and fun, and loved our enthusiasm for sharing the outdoors.

Our trip leader, Julie Holmen, did such a grand job organizing our lodging, meals and outdoor activities. She welcomed us with coffee and homemade cookies and coordinated socials and suppers in Snowshoe Lodge. The warm and sunny days offered a relaxed pace. Folks were easygoing about coordinating snowshoeing, skiing and walks—or just relaxing in cabins with a book, nap or conversation. Five in our group of thirteen took advantage of a special six-course dinner offered at High Point Village Restaurant one night. A Swiss-trained chef added an entirely different experience to a North Star event.

A few notable experiences on this really great trip included:

- ♦ Enough snow to ski in 50- to 55-degree weather, and skiing with only one top layer and no hat for some
- ♦ Shawn's heel blister treated with lip balm, which served as a reminder to always carry moleskin
- Nicely groomed Rip Lake and Forest Springs trails that managed to survive the "Hinder Binder" race and still offer terrific skiing (April and friends had great fun on the Roller Coaster trail)
- ♦ Carol Krush and Julie singing and dancing to

"Teach Your Children," performed by our accomplished guitar and harmonica player, Shawn.

♦ Intimate and lively dinner discussions

Trip members want to thank Shawn for his music and songs during our evening socializing, Kathy and Lyle for their warm, welcome breakfasts and chili, and Julie for her special efforts to ensure that we all had a good time relaxing and sharing the outdoors without getting cold. Anyone who has been on this trip will remember her blueberry-applesauce bran muffins. They are delicious! Here is the recipe:

Preheat oven to 350 degrees. Combine and set aside 1-1/2 c. whole wheat flour, 3/4 c. unprocessed bran, 1 t. each of salt, baking soda and cinnamon, 1/2 t. nutmeg, and 1/2 c chopped nuts. In another bowl mix 2 eggs and 3/4 c. sugar, then blend in 1/2 c. mashed banana, 1/2 c. applesauce, 1 t. vanilla and 1/2 c. vegetable oil. Mix together wet and dry ingredients 1-2 minutes. Gently stir in 1 c. blueberries. Bake 15-22 minutes in greased muffin tins until toothpick comes out dry. Makes 16 muffins. Enjoy!

Thanks again to all group members who submitted ideas for this article: Gary Follett, Marcy Otypka, Evie Schulte, Carol Krush, Steve Williams, Roxie Knuttila, Frank Janezich, John Christensen, Cindy Porter, April and Mark Siekmeier, Shawn O'Laughlin and Julie Holmen.

With this enjoyable trip we felt we were reliving the good ol' days.

The 50th Anniversary Publication (Continued)

After Dana and I finished putting together the 50th anniversary publication, we realized that all of the articles were about skiing. We were missing articles on summer events, children and family events, and singles events. We plan to dedicate each of the three remaining 2017 *Loype* issues to the missing pieces.

The July/August issue will contain stories on summer events through the years; the September/October issue will contain stories on children and family events through the years; and the November/December issue will contain stories on singles events through the years.

Please send stories and photos of summer events throughout NSSTC history to loype.news.editor@north-stars.org. I am your new editor and the deadline for the July/August *Loype* is June 1. ~ *Lucy Osojnicki*



For Norm Oakvik's first high school student, skiing is still in his blood

By Mel Peterson

Jim Johnson, Sr. was Norm Oakvik's first high school student skier while attending Minneapolis Edison in the mid-1950s. You can read in Jim's "A Tribute to Norm Oakvik" in our 50th anniversary publication about how Norm molded Jim and his Edison teammates from perennial third-place finishers in the Minneapolis City Conference into a team of accomplished skiers that finished third at the 1954 state championships in Duluth. The following year, after Jim had graduated but with the ski team still under Norm's guidance, Edison took home its first-ever state championship at Chester Bowl in Duluth, beating two powerful Duluth high school teams in the process.

Jim is fond of saying that Norm made him not only a better skier, but a better man. He changed his life in many ways. Jim is alive and well, and still actively skiing at age 81, in Flagstaff, Arizona. He is something of a legend there. He holds the distinction of being one of the 10,000 people chosen (out of 200,000 nominated) to carry the Olympic torch as it made its way across the country for the 2002 Winter Olympic Games in Salt Lake City. He was nominated in part because of his eleven



Jim Johnson carrying the Olympic torch in 2002. Photo courtesy of the Arizona Daily Sun, reprinted by permission.

years of counseling at-risk students at a high school in Casper, Wyoming. He was also recognized for his love of skiing and the fact that he took some of his students skiing and snowboarding in an effort to get them outdoors and connect with them on a personal basis.

Jim continued to race throughout his adult years. He is most proud of winning his age class in the 25K Yellowstone Rendezvous in West Yellowstone, Montana in 2001. It was no easy feat. He fell about fourteen miles into the race while going nearly thirty miles per hour. He was knocked out, bloodied, and was later diagnosed with a concussion. But he got up and, "dripping blood on the snow and in my eyes," finished the race—and, amazingly, he took seventeen minutes off his personal best time. All of this at the age of 65. Jim later told Norm about this ordeal, and Norm said that he had never been prouder of

his former student for this display of toughness in the face of adversity.

After living and working in Casper for eighteen years,



Jim, on right, with Special Olympics skier Leo, middle, and competition director.

Jim retired and moved to his current home in Flagstaff. But he really only retired from having a full-time job. He continues to ski regularly and likes to spread the message about what a wonderful sport cross-country skiing is. His love of kids, especially those who are challenged by physical and emotional disabilities, has led him to becoming involved with Special Olympics events in the Flagstaff area. This is

now one of his passions. Jim loves to teach and work with young people, just like his mentor, Norm. Norm would be equally proud of this.

Is this all there is to the summer schedule?

This is a question I'm asking myself as I peruse the small assemblage of activities from May thru August. I count 40 events, which may strike you as a reasonable number until you read the "Remember when . . ." column on page 16 and learn that we had 148 events in the May 1990 summer schedule and a whopping 182 events the following year.

OK, so I know we are all older and now that we're retired our lives are busier than ever. But I keep hearing from North Star friends how much this club means to them and how as they age they want to remain physically active in the great outdoors. My question is simple: Wouldn't you have more opportunities to do this if there were more club outings to attend? How about leading just one bike ride all summer? If twenty people led just one weekend outing, we'd be able to offer our members at least one activity every Saturday or Sunday from May thru August.

Is this too much to ask? If it is, then I fear for the well-being of our club, indeed for our future. I hope that all of us can give a little something more, knowing that the rewards are immeasurable. ~ *Mel Peterson*

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."

May 2017

May 3, Wed {WW} Rupert's Lake Ride or Hike. Start at Jan and John Rupert's house at 9 Birchwood Road, Mahtomedi, MN 55115. Meet at 10:00 a.m. to start biking or hiking at 10:15. The 27-mile ride goes around White Bear Lake, to Bald Eagle Lake and back to our house. A shorter version will circle White Bear Lake and return. There will also be hiking options on trails from the Rupert's home. FFI: Jan at 612-388-0037 or janrupert@aol.com.

May 10, Wed {WW} Lotsa Lakes Ride. Let's bike Dick Stardig's popular 24mile route through some of the scenic north metro lake country. We'll roll past Lake Phalen, Vadnais Lake and Snail Lake and explore some bike trails along the way. Generally rolling terrain although there is one big, short climb after our rest stop at Snail Lake. We'll do our best to keep the group together on this relaxed, fun ride. Meet at the Phalen Park Beach House parking lot on the west side of Lake Phalen in St. Paul; it's the first large lot on your right after making the turn onto Phalen Blvd from Wheelock Pkwy. Meet at 10:00 a.m. and begin riding at 10:15. Lunch option after the ride. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

May 13, Sat {A} Nerstrand Woods Wildflower Walk/Ten-Mile Hike.

Meet at 10:00 a.m. at the visitor center of Nerstrand Woods State Park, south of Northfield. Karen will lead the wildflower walk and Julie will lead the hike. The entire group will check out the wildflowers on the way down to Hidden Falls. The hikers will then

leave the group with Julie and hike the north trails. We'll join the rest of the group for lunch at the picnic area and resume our hike on the south trails after lunch. Bring water, snacks, lunch, layered clothing and waterproof hiking boots. A state park permit is required (\$25 annual, \$5 daily). FFI: Karen Buggs, 651-297-0111, or Julie Holmen, 651-489-1173.

May 13, Sat {A} Group Bike Ride. This 25- to 30-mile ride is geared towards those who have some biking experience and want to improve their skills. Newer members are especially encouraged to join us to learn about safe group riding techniques. Meet at 10:00 a.m. in the south end of the parking lot of the Maplewood Community Center, 2100 White Bear Ave (onehalf mile south of Hwy 36). We'll have a short introductory session and try to be on the bikes by 10:15. This is a nomap ride so the leader will keep the group together as we bike a combination of roads and trails. Please be sure that your bike is tuned up and ready to go. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

May 16, 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.

May 17, Wed {WW} Pizza Ride. Details will be announced in the e-Loype two

weeks before the ride. Ride leader is Fran Howley, 612-869-8971.

May 18, Thur {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.

May 19-21, Fri-Sun {A} Joint Hike with the Superior Hiking Trail Association. Hike the Superior Hiking Trail with North Stars and other hikers attending the SHTA's annual spring hike fest. Register online at http://shta.org/event/hike-fest-2017. Then check with trip leader Jeanne LaBore to arrange carpooling and room sharing for the weekend. FFI: Jeanne, 612-386-2329 or jeannelabore@gmail.com.

May 20, Sat {AK} Kids Explore
Richardson Nature Center. Join Sam,
Joe and their Nana to explore this great
area of Hyland Park in Bloomington.
Meet at the Richardson Nature Center,
8737 Bush Lake Rd, at 10:30 a.m.
We can check out free kits for bird
watching or pond exploration and play
in their nature exploration area, as well
as check out the great indoor displays.
Bring a picnic lunch or snacks to share.
FFI: Dana Siskind, 612-929-0205, or
Elizabeth Dittrich, 952-935-5153.

May 24, Wed {WW} Cannon Falls-Red Wing Bike Ride. We'll bike secondary roads from Cannon Falls to Red Wing, where we'll have a bite to eat, then return on the Cannon Valley Trail. This 45-mile ride will offer a few fairly challenging hills in the first seven miles. After that, the ride is easy going with a long downhill run into Red Wing. A shorter option is to bike the trail both ways for a slower-paced ride and to avoid the hills. A trail pass is

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

required; passes can be purchased at either end of the trail. Meet at the Cannon Valley Trailhead, 500 Main St W in Cannon Falls, at 9:45 a.m. and begin riding at 10:00. Directions: Hwy 52 south from St. Paul to the Hwy 19 exit in Cannon Falls; left (east) on Hwy 19 to the parking lot on your left. FFI: Jani Wagner, 651-447-3642 or jan.wagner64@yahoo.com.

May 28, Sun {A} Annual Memorial Sunday Bike Ride. Let's explore northern Washington County on a route that is a favorite of many North Stars. This 39-mile route will start in beautiful downtown Withrow and head north to Scandia, returning via Marine on St. Croix and roads north of Stillwater. Expect numerous, mostly moderate hills with one big climb out of Marine after our break. Expect an average riding speed of 13-14 MPH. Meet at Sal's Angus Bar & Grill, 12010 Keystone Ave N in Withrow, at 10:00 a.m. and begin riding at 10:15. Please park in the large lot behind Sal's. Lunch at Sal's, hopefully on the sunny patio, after the ride. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

May 31, Wed {WW} Bike the Depot Coffee House to the Lakes. This ride is approx. 25 miles, starting at the Depot (9451 Excelsior Blvd in Hopkins), going to the lakes on the Cedar Lake Trail and returning by way of the Midtown Greenway. We'll be eating lunch at the Depot after the ride. Either bring your lunch or buy made-from-scratch soups, fresh sandwiches, sweets and, of course, excellent coffee at the Depot. Meet at 9:45 a.m. and be ready to ride by 10:00. FFI: Jeanne Papin, 612-309-9376, or Jane Laub, 612-210-6581.

June 2017

June 3, Sat {AK} Kids Explore Harriet Island. Robert and Leonardo want to

help Nana (Dana Siskind) lead this event. Meet us near the pavilion on Harriet Island in St. Paul at 10:30 a.m. We will explore the walking paths along the Mississippi River and check out the barges and other river traffic before having a picnic lunch and playing on the playground. Maybe we will see eagles along the river. FFI: Dana Siskind, 612-929-0205, or Karla Graham, 651-338-5187.

June 7, Wed {WW} Bike Coon Rapids Dam to Elm Creek Park. Meet in the Coon Rapids Dam parking lot to the left of the visitor center (south end of dam) at 9:30 a.m.; begin riding at 10:00. The address is 10360 West River Rd, Brooklyn Park, MN 55444. The ride will be 28-30 miles with a shorter, less hilly option available. Bring a bag lunch. FFI: Carol Krush, 612-229-5282, or Ann Rhea, 612-709-8992.

June 11, Sun {A} Wisconsin Bike Ride. This will be a 45- to 50-mile tour from Hudson with an average riding speed of 13-14 MPH. We'll ride into the farm country and river valleys around Somerset and New Richmond. Expect rolling terrain with a few good hills. A shorter ride of approx. 35 miles is possible. Bring snacks and plenty of water although there is a planned rest stop in Somerset about 30 miles into the ride. Meet at 9:15 a.m. at Riverside Park (corner of 1st and Vine) in downtown Hudson; begin riding at 9:30. Directions: I-94 east to the first Hudson exit (Hwy 35 north); follow Hwy 35 through town, take a left at the stoplight on Vine St and drive one block to the park. There will be a dining option after the ride. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

June 13, Tue {AK} Hike Lake Harriet. Meet at the Lake Harriet band shell at 6:30 p.m. for a walk around the lake. We might walk through the bird sanctuary and enjoy the Peace Garden

and/or Rose Garden along the way. We'll stop for treats at the Bread and Pickle (the concession stand) and catch some of the evening's concert. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

June 14, Wed {WW,S} Mississippi River Meander to Elm Creek. Meet at 9:45 a.m. (ride begins at 10:00) at the Kroening Interpretive Center, 4900 Mississippi Ct, Minneapolis. This is a relatively flat 39-mile ride with some rolling hills in and around Brooklyn Center, Champlin and the Elm Creek Park Reserve, returning on the MRT. Average riding speed of 12-13 MPH. We will make a brief stop at the Elm Creek chalet and our lunch stop will be at Arby's. I'll try to remember to bring coupons. FFI: Lois Carlson, 763-540-0749 or 612-805-1632 (cell phone day of ride) or email emilia1943@aol.com.

June 17, Sat {A} Group Bike Ride.

This 25- to 30-mile ride is geared towards those who have some biking experience and want to improve their skills. Newer members are especially encouraged to join us to learn about safe group riding techniques. Meet at 9:30 a.m. in the south end of the parking lot of the Maplewood Community Center, 2100 White Bear Ave (onehalf mile south of Hwy 36). We'll have a short introductory session and try to be on the bikes by 9:45. This is a nomap ride so the leader will keep the group together as we bike a combination of roads and trails. Please be sure that your bike is tuned up and ready to go. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

June 20, 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 May 16 listing for full details.

June 21, Wed {WW} Bike Ride from Harriet Island. Meet at 9:30 a.m. at

Harriet Island Regional Park across from downtown St. Paul; begin riding at 9:45. This will be a gentle ride of 20+ miles along the Mississippi River and back to the island. Bring a bag lunch to picnic in the park at end of ride. Directions: From I-94 take downtown exits; from the west take the 5th St exit, follow 5th St, take a right on Robert St, then turn right onto Plato Blvd; from the east take the 6th St exit, follow 6th St, take a left on Robert, then right on Plato; follow Plato Blvd into the park, which is well marked. FFI: Molly Henke, 651-695-0421.

June 22, Thur {A} Lotsa Lakes Ride. Explore some of the scenic north metro lake country on a fun group ride. "B" ride, 20-25 miles. We'll roll past Lake Phalen, Vadnais Lake and Snail Lake and explore some bike trails along the way. Generally rolling terrain and we'll try to keep the group together as we roll along. Meet at 6:00 p.m. in the Phalen Park Beach House parking lot on the west side of Lake Phalen in St. Paul, just north of Wheelock Pkwy; begin biking at 6:15. FFI: Dick Stardig, 612-209-3355.

June 25, Sun {A} Trip Leader & Volunteer Appreciation Picnic. If you have led a trip or day activity, or volunteered in any capacity for the club during the past year, let us treat you to a catered dinner. This year's picnic will be at a new location, Brookview Park in Golden Valley, from 5:00 p.m. to dusk. Beer and wine are permitted. RSVPs are required by Tuesday, June 20. See page 2 for full details.

June 28, Wed {WW} Sally & Bryce's Bike Rides. Sally and Bryce Richards will lead these rides, probably in the southeast metro. As usual, Bryce will lead the longer ride and Sally a shorter ride. Details will be provided in both the e-Loype and WW email prior to the

event. FFI: Sally Richards, 651-452-2247 or sallyrichards@gmail.com.

July 2017

July 5, Wed {WW} Lakes, Parks & Trails Ride. This is about a 28mile ride. Meet at Julie Holmen's home near Como Lake in St. Paul by 9:15 a.m. and begin biking at 9:30. Our route takes us north, passing lakes in Roseville and Shoreview and returning via Keller and Phalen Lakes. Then we follow the Gateway Trail to Trout Creek and Lake McCarrons. No lifting of bikes over downed trees expected this year!! Enjoy a potluck lunch of salads, fruits and appetizers in a charming back yard. Julie makes the birthday cake. Her address is 1341 N Saint Albans Street, St. Paul, 55117. This is two blocks north of Wheelock Pkwy and two blocks west of Dale St. Take the Dale St exit from either I-94 or Hwy 36 to reach Wheelock Pkwy, then two blocks west to Saint Albans St. FFI: Julie Holmen, 651-489-1173.

July 10-12, Mon-Wed {WW} Bike the North Shore of Lake Superior. This bike ride follows the shoreline of Lake Superior, sometimes away from the lake. Most of the ride will be on level terrain, one day on the bike trail and the other day on a lesser-traveled scenic road. We will all make our own lodging reservations in Two Harbors. My suggestion is Country Inn of Two Harbors, 218-834-5557. It is newly renovated and offers a hot breakfast buffet (with Belgian waffles) and an indoor pool, whirlpool and sauna. If you prefer to camp, reservations can be made at the Burlington Bay Campground, 218-834-2021. For more lodging information visit TwoHarbors.com or call 800-777-7384. Please inform me if interested and I will email more details as we get closer to the date of the ride. Here is the

itinerary. Drive to Two Harbors on Monday, July 10, with an evening gathering at a local brewery. The next day we'll ride from Gooseberry Falls State Park to Beaver Bay (out and back), approx. 22 miles round-trip on a bike path. Lunch in Beaver Bay with a group dinner back in Two Harbors. On Wednesday we'll ride from Two Harbors to the north end of Duluth (Brighton Beach), approx. 20 miles. The route will be on Scenic Highway 61, which has wide shoulders and much less traffic than the expressway. We'll do a car shuttle and have lunch at a local restaurant. FFI: Pat Nelson, panelson66@msn.com or 952-893-1045.

July 12, Wed {WW} Forest Lake Bike/ Hike and BBQ. Meet at 9:15 a.m. at the Morrissey home on Forest Lake (8959 North Shore Trail); bike or hike at 9:30. There will be 30- and 40-mile options with a snack stop. BBQ after the ride with swimming available. Brats/Polish sausage and beer provided; bring other beverages plus an appetizer, salad or dessert to share (also coolers and lawn chairs). Directions: I-35 north to Hwy 8, east on Hwy 8 to Greenway, then right to North Shore Trail (Cty Rd 2); left on CR 2 approx. four miles to 8959 (Morrissey's Back Acher) on the right. Carpool if possible due to limited parking; park by the garage at the brick house. FFI: Ann Morrissey or Bruce Jacobson, 651-698-4210. Ann's cell phone (for use on day of ride only) is 651-352-8117.

July 13, Thur {AK} Hike Centennial Lakes. Join us for a summer stroll around Centennial Lakes Park in Edina (76th and France Ave S) at 6:30 p.m. Gather outside the pavilion entrance. We hope to see the remote-control boats on the lake. Come early to shop at the Farmer's Market (3:00-7:00) and/or stay late for the outdoor movie. Pedal boats and lawn bowling are also available and, of course, we'll find

treats. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

July 15, Sat {AK} Kids Explore White Bear Lake. Hey, kids! Cameron's grandma (Jan Rupert) lives right by White Bear Lake and has invited us all to meet at her house at 10:30 a.m. to swim and play in the lake, maybe do a little boating, and just enjoy the lakeshore. Jan's address is 9 Birchwood Rd, Mahtomedi, MN 55115. Bring a picnic lunch and maybe even a few extra snacks to share. FFI: Jan Rupert, 612-388-0037, or Dana Siskind, 612-929-0205.

July 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 May 16 listing for full details.

July 19, Wed {WW} Fall Trips
Planning Meeting and Bike Ride.
Meet behind Minnehaha Park's main
pavilion at 9:30 a.m. Bring ideas and
suggestion for rides and events you
might be interested in leading in
September, October and November.
After the meeting, at about 10:15, we'll
head out for a bike ride in the 20- to
25-mile range. For those interested in
lunch, we'll go to Cap's after the ride.
FFI: Al Mayer, 952-545-4232 or on my
cell phone (612-817-6814) one hour
before the meeting.

July 26, Wed {WW} Rupert's Lake Ride or Hike. Start at Jan and John Rupert's house at 9 Birchwood Road, Mahtomedi, MN 55115. Meet at 10:00 a.m. to start biking or hiking at 10:15. The 27-mile ride goes around White Bear Lake, to Bald Eagle Lake and back to our house. A shorter version will circle White Bear Lake and return. There will also be hiking options on trails from the Rupert's home. FFI: Jan at 612-388-0037 or janrupert@aol.com.

July 27, Thur {A} Lotsa Lakes Ride.

Explore some of the scenic north metro lake country on a fun group ride. "B" ride, 20-25 miles. We'll roll past Lake Phalen, Vadnais Lake and Snail Lake and explore some bike trails along the way. Generally rolling terrain and we'll try to keep the group together as we roll along. Meet at 6:00 p.m. in the Phalen Park Beach House parking lot on the west side of Lake Phalen in St. Paul, just north of Wheelock Pkwy; begin biking at 6:15. FFI: Dick Stardig, 612-209-3355.

August 2017

Aug 2, Wed {WW,S} Golden Valley Roundabout. Meet at 9:45 a.m. and begin riding at 10:00. Park in the northeast corner of Hwy 55 and Winnetka Ave. This 30-mile ride with some rolling hills will be more on bikefriendly roads and less on connecting trails in the Golden Valley, Wayzata and Medina area. We'll average 12-13 MPH. Rest stop at Starbucks in Wayzata. At the end of ride there are many options for lunch at D'Amico's, Starbucks, DQ, and others. FFI: Lois Carlson, 763-540-0749 or 612-805-1632 (cell phone day of ride) or email emilia1943@aol.com.

Aug 6, Sun {AK} Kids Explore Hidden Falls Park. This is the day of the big NSSTC all-club summer picnic! So kids, let's add a little more excitement to the festivities and give this park a good explore. I know there are some great fossils hiding along the creek bank, nice bike trails for those kids who are into biking, lots of good hiking trails, and the Mississippi River is there for throwing rocks into-plus there might be some games and races! Talk your parents into coming, or ask your grandparents to bring you. We are deciding which events we will really get into so be sure to check the July/ August issue of the Loype for times and activities. I know the potluck picnic

will start about 5:00. See you there! FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Aug 6, Sun {AK} Annual Summer Picnic. This will be held again from 4:30-8:30 p.m. at Hidden Falls Park in St. Paul. Look for full details in the July/August *Loype*.

Aug 8, Tue {AK} Hike Lake Cornelia. Meet at 6:30 p.m. in the parking lot of Snuffy's Malt Shop in Edina (Valley View Rd and Woodpile Ave). We will cross Hwy 62 on the pedestrian bridge and enjoy a nice, shady walk around Lake Cornelia. Goodies at Snuffy's after the walk. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Aug 13, Sun {A} Cycle Hudson to River Falls (and beyond). This is a nice, moderately hilly 45-mile country ride along quiet secondary roads. There are a few decent climbs but no backbreakers along the route. Average riding speed will be 13-14 MPH. Be sure to carry snacks and plenty of water since we pass through no towns. There are both a Kwik Trip and McDonald's at the 30-mile mark. Meet at 9:00 a.m. at Riverside Park (corner of 1st & Vine) in downtown Hudson; begin riding at 9:15. Directions: I-94 east to the first Hudson exit (Hwy 35 north); follow Hwy 35 through town, take a left at the stoplight on Vine St and drive one block to the park. Dining option in Hudson after the ride. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone morning of ride).

Aug 15, 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 May 16 listing for full details.

Aug 16, Wed {WW} Bike a Loop North of Coon Rapids Dam. Meet in the Coon Rapids Dam parking lot to the left of the visitor center (south end of

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

dam) at 9:30 a.m.; begin riding at 10:00. The address is 10360 West River Rd, Brooklyn Park, MN 55444. Ride details to follow. Bring a bag lunch. FFI: Carol Krush, 612-229-5282, or Ann Rhea, 612-709-8992.

Aug 23, Wed {WW} Bike Washington County or Wisconsin. Fran Howley and Mel Peterson will lead this ride at a yet-to-be-determined location. We hope to have approx. 25- and 40-mile options and will try to avoid major hills. We may ride out of Hudson, starting from the hill above town in search of pleasant, rolling country roads. Look for more details in the July/August *Loype*.

Aug 30, Wed {WW} Great River Trail and Hastings. Explore the new extension of The Great River Trail that is a conquest of modern engineering over some very difficult terrain. Meet at 9:45 a.m. at Spring Lake Preserve near Hastings, begin biking at 10:00. There are some nice rest stops that offer commanding vistas of the Mississippi River; continue to Hastings for more trails there. The ride is about 25 miles with some hills, but the group will stay together. Bring snacks and water and there is an opportunity to stop for lunch. We'll meet at the Spring Lake trailhead near the old archery range. From the Mendota Bridge take MN 55,

follow 52/55 to where 55 turns off to Hastings near the refinery. Take first road to left (Pine Bend Trail) off 55, follow to end of paved road and continue on gravel to the sign for Dakota County Spring Lake Preserve. Enter and parking is straight ahead near trailhead. From St. Paul follow US 52 to junction with 55, then head east on 55 and follow directions above to the park. There are no toilets at start but it is only 4 miles to Schaar's Bluff. FFI: Jerry Hall, 651-554-3681 or 651-788-6498 (cell phone day of ride) or email hujerryh@gmail.com.

October 2017

Oct 5-8, Thur-Sun {A} Fall Colors North Shore Hiking Trip. Enjoy fall colors from spectacular vistas on the ridgeline overlooking Lake Superior. Hikes will be on the Superior Hiking Trail with opportunities available for both casual and aggressive hikers. Join us for the 21st anniversary of this longrunning North Star trip. Limited to 12 participants. We will be staying at Superior Ridge Resort in Schroeder, MN. The cost will be \$160 plus food and gas. Send \$50 deposit per person along with club waiver to Kathy St. Peters, 716 Everett St S, Stillwater, MN 55082. Deposit and waiver must be received by August 1 to ensure your spot

on the trip. FFI: Kathy St. Peters, 715-441-7345, or Lois Laitinen, 651-714-1252 or laiti001@umn.edu.

Oct 5-8, Thur-Sun {AK} Trail Clearing at Camp du Nord. Save the dates for this annual weekend trip to the North Arm trails near Ely, MN. We have helped develop and maintain these trails for nearly forty years, and the tradition continues. Food and lodging are provided by YMCA Camp du Nord and the US Forest Service. Limit of 20 people and the trip usually fills. Look for full trip info in the July/August Loype. Leaders are Inez Wick, 612-825-3596, and Dana Siskind, 612-929-0205.

Oct 14, Sat {AK} Kids Explore Wood Lake Nature Center. Details to come.

Oct 15, Sun {A} John Holmquist Memorial Hike. A hike in memory of a great man. John used to call this the "Mississippi River Ramble." Lucy Osojnicki, John's co-leader for many years, will lead the hike. Full details in the July/August *Loype*.

Oct 17, Tue {AK} Hike Wood Lake. Full details in the July/August *Loype*.

Oct 22, Sun {A} Geocaching at Lake Elmo Park Reserve. A new, fun outing led by Lois Laitinen. No experience or equipment necessary. Watch for full details in the July/August *Loype*.



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Memories of a winter weekend at Deep Portage Conservation Reserve

By Ciara Cagemoe

It is always night time, and the world is all dark and sleepy with black goop stuffed between breaks in the trees. Those slender barked beings watch us in their multitudes; they blink and sway as they become entangled in our headlights. The snow is always sparkling and distracting, the road is always curvy and never-ending because of our anticipation of arrival.

Once we were listening to classical music as we wound our way down that road. Sometimes when listening to classical music in the dark, in a wilderness rather unfamiliar and tucked away, the mood turns ominous and foreboding. Someone, I think it was my mother, mentioned that there could be a wolf-man in the woods.

This time there was no wolf-man, and we were listening to pleasant 1940's jazz. There was, however, a slick painting of ice across the road and our adventures of the weekend began as we slid into the snowbank. Once. Then, a few minutes later, once again. So, twice.

To get to Deep Portage Conservation Reserve you have to go down that long, winding road through that dense, onlooking forest. It is a worn path, an exciting path; one that always seems to be a little bit surprising.

When I was younger Deep Portage always had a sort of magic, a sort of charm to it. I remember always being very happy to go, and I would anticipate the time when I would have to get ready and pack. We used to pack our things in cardboard boxes and fold the tops a special way so that the contents couldn't fall out, even if held upside down. On the car ride down we'd get to play games or watch a movie, or nap. Two hours of suppressing a bubbling excitement. Then, we'd be there.

Deep Portage seemed huge to me when I was younger, like the great hall itself (now it has disappointingly shrunk). That hugeness was freeing and in contrast to what I was used to. We loved to run down the hallways and play hide and seek, get lost and discover corners we had never been to before. Rock climbing was especially exciting, as we never got to do that at home. Once, I remember, we got to go in the theater, and it felt very special.

Even though I am older the trip still has a magic to it. I have been going with my family fairly consistently for many years and I'm very familiar with the whole lodge and the trails, but each year the experience continues to be new and different.

This year we were once again greeted by the handsome taxidermy wolf, who kindly showed us to our room (the wolf, I think, is always a very polite greeter). The first night was warm and cozy, full of introductions and family reuniting. It was nice to meet more members of the club (I always meet new people every year) and see the family I don't get to see very often. A very lengthy game of Uno was played, involving many people and many cards, and a good amount of pretzels was eaten. I went to bed fairly early, as I was excited to wake up and go outside into the woods and onto my skis.

The morning that we awoke to threatened to be brutal and cold, but not discouragingly so. We made plans over breakfast and layered up after it. I wore three or four layers, including snow pants, and felt rather like I was stuck inside of a marshmallow. My brother and I had to walk over to the gift shop to rent skis, boots and poles. The rentals were very nice, and the ski boots I chose fit well and seemed to be of good quality. I always feel very spoiled when renting ski supplies from Deep Portage as they have a much grander selection and their things are in much better shape than the supplies I had to rent from my public high school when I was on their ski team. (My boots from high school had to be held together by duct tape and staples.)

We started off on the small beginner loop as a warm-up to test the weather conditions. I led our little pack and gleefully glided through the trees. It was so good to be on skis and in the forest again, and I hadn't known how much I missed it. I felt awfully out of practice but I was determined and full of a sudden, bouncing energy. The wind was cold on my face, and my nose ran in protest, but the movement kept me warm and happy. Drinking up cold, clean air is almost like having a glass of ice water, and there is a strange sort of peaceful satisfaction in that realization and in the act of breathing it in.

The little loop made us early morning marshmallows realize we had overdressed, and that a mallow wouldn't be necessary for further skiing lest we wished to perspire ourselves wet. We circled back to the lodge with the intention of going out again after lunch for a longer adventure. The rest of the morning was filled with an intense game of princess-bride monopoly for us, skiing for others, reading books and admiring the fire for the rest. I liked to stand in front of the fireplace and let the heat prickle up my back and warm, warm, warm me until I couldn't possibly get

any hotter.

After lunch a larger group of us decided to embark on an intermediate loop. David led us when we started, and by now the sun was laughing on the snow in little distracting sparkles. There was hardly any wind and I'd like to think that some blue was looking down on us from its perch in the sky.

Our paths crisscrossed with other skiers, and after a while I ended up leading everyone. I was working on practicing my technique from the ski team: shift, kick, glide, shift, kick, glide. It has a rhythm to it and we danced up the slopes and back down the hills. I always love the great rush of air that meets you each inch of the way down, that coldness that makes your eyes water, that speed that makes you a little scared you might fall but carries you like wings. This year I had the miraculous experience of being able to ski up all of the hills (actually ski and not duck waddle!)—an achievement that I think was largely due more to the coldness and stickiness of my waxless skis than my own skill (though I'd like to be able to claim it as my own).

I must admit I get lost in the trees. I love being in that wilderness in the middle of somewhere, because nowhere is truly nowhere. When I got ahead of the rest of the group I would stop and soak in the silence of the forest. For the first few moments it would be just another silence. But then my ears would open and I would be listening to a different sort of city: the wind shaking the trees and moving through mile by mile, a leaf crunching in the distance. It has a thick magic to it that is so captivating I was distracted enough to almost get hit by my cousin as she sped down a hill behind me, catching up.

I stopped and listened like this many times on our trip that day, and gave my attention and smile to the woods. When I get lost in the trees there, I find some part of myself that is then able to be free. I love the detail and variety of the plants, the colors of the lichen and moss. It all elates me, and in those moments when I am standing amidst those tall barked beings I find a happiness and inspiration that remind me of how good it is to be alive. How beautiful and good life is.

When we had almost made it back to the lodge I found myself drawn to a flicker at the corner of my vision, then gazing at a deer as she walked lightly through the snow. She looked at me and I said hello. Eventually the noise of other skiers sent her flashing her fluffy white tail and prancing away, and I pranced onwards myself. Not long after I had watched her recede in the distance, two other

deer ran suddenly across the path in front of me and off into the brush to my side. I would conclude, I hope for all the skiers, that it was a lovely day of skiing.

That night the puzzles emerged from their boxes and people's crazy sides bloomed out from somewhere young inside them. Everyone was smiling and suddenly agile once again as they danced and hooked arms with their neighbors. We dived for the clam, ducked for the oyster and gave a healthy amount of high-tens. The movement and laughter of everyone breathed a life and energy into the room that kept many skiers up long after the dancing officially ended, playing games and looking for matching pieces. It was a very satisfying conclusion to the day.

Although the weather promised to be colder the final morning of the weekend, almost everyone made a point of adventuring outside and strapping on their skis. My stepdad and I went out on the longest intermediate loop to ensure we got the most skiing we could packed into our short, but delightful, weekend. My legs burned a little on the insides, sore from the day before, and I became tired halfway through the loop; but I was happy, happy and outside, and even though I was tired I was moving and gliding and free. We didn't see anyone on the larger loop but we ran into many skiers as we got closer to the lodge, and even saw some people snowshoeing. It seemed that everyone we passed was enjoying themselves, their skiing and the morning.

I was not disappointed. This weekend proved to be as delightful as any I had experienced previously at Deep Portage Conservation Reserve, and was just as unique as I had hoped for. I liked spending time with my family and listening to the stories of the other skiers. I think it's important and insightful to interact with people of different age groups than your own, and this ski trip invites and opens that sort of opportunity. I had a long and meaningful conversation with a newly retired woman who kindly shared her story with me; and she was very encouraging and inspiring when I shared with her that my own story is just starting. I enjoyed that conversation.

The weather was surprisingly perfect and the skiing was, likewise, perfect (at least in my opinion). My only complaint is that I did not get to ski more, although I think I skied as much as I could over the course of the short time we spent there. I feel very privileged to have seen those deer and I always fondly keep and remember my times out on the trails, listening to the trees and breathing in that cold air with the sun on my face. In fact, I am remembering them now.

Rules and responsibilities for bicyclists and vehicle drivers

Bike riders:

- have all the rights and duties of other vehicles on the road
- ♦ should travel with the flow of traffic
- need to obey ALL signs and traffic signals
- should travel as close as practicable to the right edge of the road
- must signal turns and lane changes
- may ride side-by-side so long as they do not impede the traffic flow
- must have a front light and rear light or reflector at night
- the use of a rearview mirror, mounted to either the bicycle or helmet, is strongly recommended

Vehicle drivers:

- should expect to see bicyclists
- need to look before they turn
- need to leave a minimum of three feet when passing a bicyclist
- have to look before opening car doors
- may not enter or cross a bike lane except when turning
- cannot enter or cross a bike lane to pass a vehicle on their right

~ from SouthwestJournal.com

When approaching a crosswalk and the vehicle on your left stops to let you cross, make sure that the vehicle on your right does the same. Make eye contact with the drivers.

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:

- ♦ The late 1980s and early '90s were probably the zenith of our activities schedules. The club offered an amazing number of events all year round. Here are some of the numbers: the November 1989 winter trips schedule was 12 pages long and listed 125 events; the May 1990 summer schedule came to 14 pages with 148 trips; the November 1990 schedule was at 13 pages and 146 trips; and the May 1991 schedule really outdid itself with 16 pages and 182 trips. None of this would have occurred without the dedicated efforts of our trips coordinators and trip leaders.
- ♦ In the September 1989 *Loype*, Jan Jorgens announced that Trails Coordinator Jim Bauer is a prime example of how club activities can be their own reward. The July 22 dance on Nicollet Island that Jim attended is likely one he'll remember for the rest of his life. He was the lucky winner in a drawing sponsored by a local FM radio station. His prize? A diamond ring valued at \$3,000. Jim was quite popular with the ladies the rest of the evening. Do you still have the ring, Jim, or did you trade it for the chain saw of your dreams?
- ♦ And here's what Jinny McWethy wrote in the October 1989 issue about her summer of bicycling:

"Before we get into the making of tracks on our skis,

you might want to know what the Wednesday Wanderer group did on our bicycles this summer. Despite the negative connotations of our current title, the "Idle Rich," I think the name is going to stick. All summer we have been trying to think of a better name, but someone always vetoes it. Al Mayer came up with HIBISKCAS (HIke, BIke, SKi, CAnoe, get it?)—but Al himself still prefers the Idle Rich. Jack Lynch had the most ideas of all. I'm afraid this will go on forever!

"We had a good summer. I think our toughest trip was John Sisson's River Falls/Trimbelle River ride. It was the hills, they all said. The trip with the most participants was either Pat Lawrence's ride to New Prague or Jerry Hynnek's outing in White Bear Lake. Pat's trip was a whole 'nother story. A big storm closed roads, there was mud up to here, etc.—but all 20 survived. Most interesting was Norm Oakvik's tour of Medicine Lake. We did parts of Clifton French Park three times and found that one of the street names had changed. NO maps, but you could follow Norm . . . if you biked fast enough.

"The event I enjoyed most was Barb Wahman's and John Sisson's two-day trip to Duluth. We biked the Willard Munger Trail the first day and the next day it was riding on Old Highway 61 from Duluth to Two Harbors and back. Eating tip: if you are in the neighborhood, lunch at Charlotte's in Carlton is a must." (Alas, this classic place no longer exists. -Inez)

Act now to prevent proposed timber sale on the North Arm Trails system

By Arne Stefferud, NSSTC Government Liaison

The Minnesota Department of Natural Resources (DNR) proposes to sell the commercial timber rights to harvest mature pine trees in a 640-acre area that traverses the North Arm Trails system adjacent to YMCA Camps du Nord and Northland northeast of Ely. Your NSSTC Board has submitted a letter to the DNR requesting that the timber sale be cancelled for the following reasons:

- ♦ The harvest of the small number of mature pines in this 640-acre timber-sale area is an economically insignificant source of revenue for the DNR. The DNR administers timber sales on over 3.4 million acres of commercially productive forest land, as stated in the DNR's "Forests Facts and Figures" web page, http://www.dnr.state.mn.us/faq/mnfacts/forests.html. This timber-sale area is only .019% of that commercially productive forest. We believe that other land should be harvested that does not adversely affect the environmental and tourism benefits which the North Arm Trails system provides (as described below).
- ♦ The removal of mature pines would disturb and damage the soil, other trees and understory due to creating skidder trails and stacking/loading areas. The skidder trails, access road and stacking/loading areas would also directly damage the North Arm Trails system by using a trail segment as an access road, and by crossing the trail system in several locations as shown in the map of the timber-sale area in context of the trails: https://docs.google.com/document/

d/1uxqEJoTKMdUklxJVBebBWrXcAH1iFAX-

- 6mn0sEe8tWw/pub. There are no feasible alternatives to modify the location of the skidder trails to avoid crossing the ski/hiking trails. Creating an access road that does not use an existing trail segment would create more environmental damage.
- ♦ The North Arm Trails system is a gateway to thousands of visitors from Camps du Nord and Northland who experience the BWCAW as day visitors. The North Star Ski Touring Club's members have devoted thousands of volunteer hours building and maintaining the North Arm Trails system, and they have been enjoying the trails for the past 50 years. The timber sale would severely damage the natural beauty of the area, which in turn discourages future tourism visits and reduces the economic benefits these tourists bring to the Ely area.

We encourage all of you to make your voices heard in objection to this alarming timber-sale proposal in an area that is so dear to so many of us. You can either use some of the talking points above or simply express in personal terms (which can be extremely effective) what this forest and its trails mean to you. *Comments must be submitted by August 1, 2017.* Please send your letters and emails to the following address:

Dana Frame, Area Forest Supervisor MN Department of Natural Resources 650 Highway 169 Tower, MN 55790

Email: dana.frame@state.mn.us

NSSTC announces extended ski trips for 2017-2018 winter season

For full details on all of these trips go to our web site, www.north-stars.org, and click on "X/C Ski Trips" at the bottom of the home page.

Bearskin Lodge on the Gunflint Trail: February 4-9, 2018. Enjoy five days of skiing on 70K of groomed trails in the snow belt north of Grand Marais. Cost is \$375 and registrations are now being accepted. Please see article on page 18 for full trip details. Leader is Fran Howley.

Methow Valley in Mazama, Washington: February 22 to March 2, 2018. This will be the club's third trip to the Methow Valley, located in Washington's North Cascades. 200 kms of groomed skiing and bounteous, home-cooked meals. Cost of \$1,850 is pretty much all-inclusive. This trip

is expected to fill quickly, with registrations beginning on April 15. FFI: Todd Mongrain, todd_mongrain@msn.com, or Craig Freeman, freemancraig@hotmail.com. If the trip is full, be sure to get your name on the waiting list.

Ski Norway: March 10-19, 2018 (with pre- or post-trip options). Solveig Olson has been leading this annual trip since 1996. The destination, as always, is Sjusjoen—the "#1 cross-country skiing destination in Norway." Optional participation in the Norwegian Birkebeiner with more options for adding a week before or after the trip. Estimated cost of \$2,800 and as of mid-April the trip was nearly full. Contact Solveig at solveigjolson@gmail.com for registration info or to be put on the waiting list.

Sign up now for the 2018 club ski trip to Bearskin Lodge

Next winter's trip to Bearskin Lodge on the Gunflint Trail is scheduled for February 4-9, 2018. We'll drive up Sunday morning and return on Friday. Enjoy five days in two townhouse units and one cabin. The lodges and cabin have full kitchens and are located pretty close to the sauna, wax room and hot tub.

Ski on 70K of groomed trails designed for beginner to advanced skiers; many trails are groomed for diagonal and skate skiing. It is also possible to drive to the Banadad Trail or the Gunflint Lodge trails for variety.

The cost of \$375 per person includes four dinners, two people per room with shared beds for couples and twin beds for singles, trail passes, and all the fun we can pack in! The cost does not include breakfasts, lunches and snacks/drinks.

Registration for this trip begins on April 15, 2017. Please do not send your registration before this date. Send a check for the full amount (payable to Fran Howley) and a signed club waiver to Fran at 5753 Pillsbury Ave S, Minneapolis, MN 55419. PLEASE indicate food restrictions on the waiver form. Limit of 15 people. Full refund before Dec 20, 2017; after that date, full refund only if a replacement is found. FFI: Fran Howley, 612-869-8971 or franmhowley@gmail.com.

Rev 12/15/16

NORTH STAR

Membershin Form

NEW 🗆	RENEW □	NUMBER OF	N MAILING LABEL	CHANGE 🗆
Name				I am interested in:
Additional Name(s)				
Address				☐ Assist Trip Leaders
City		State	Zip	· ·
				□ Special Projects
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·	Friend \square	Vebsite Mic Sugarbusi Specify	dwest Mountaineering Expo h Trail Association Website	membership dues online
• • • • •	\$20			NSSTC, Inc.
2 years	\$38	3	\$48	P.O. Box 4275
3 vears	¢ F6	2	¢ 71	St. Paul, MN 55104-0275



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	embership expiration date (Check the add			
Deposit enclosed	(Make checks payable	rable to the trip leader)		
			nd no additional cost is incurred by I. Any non-refunded deposits will be	
Name	Name	e		
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	
and indemnify NSSTC from any o	claim or injuries to said minor ch	ild or ward of mine.	and officers, and further agree to defendent	
(Name, signature and date are re	equired for adult members of par	rty)		
Name Signed		Date		
Name	Signed		Date	
Name(s) of minor children				
(Minors must have parent or guar	rdian sign)			
Signed		Date		
Leaders: After trip, mail complete Rev 1/14/12	d forms to NSSTC Safety Coord	dinator, P.O. Box 42	275, St. Paul, MN 55104.	

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."



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