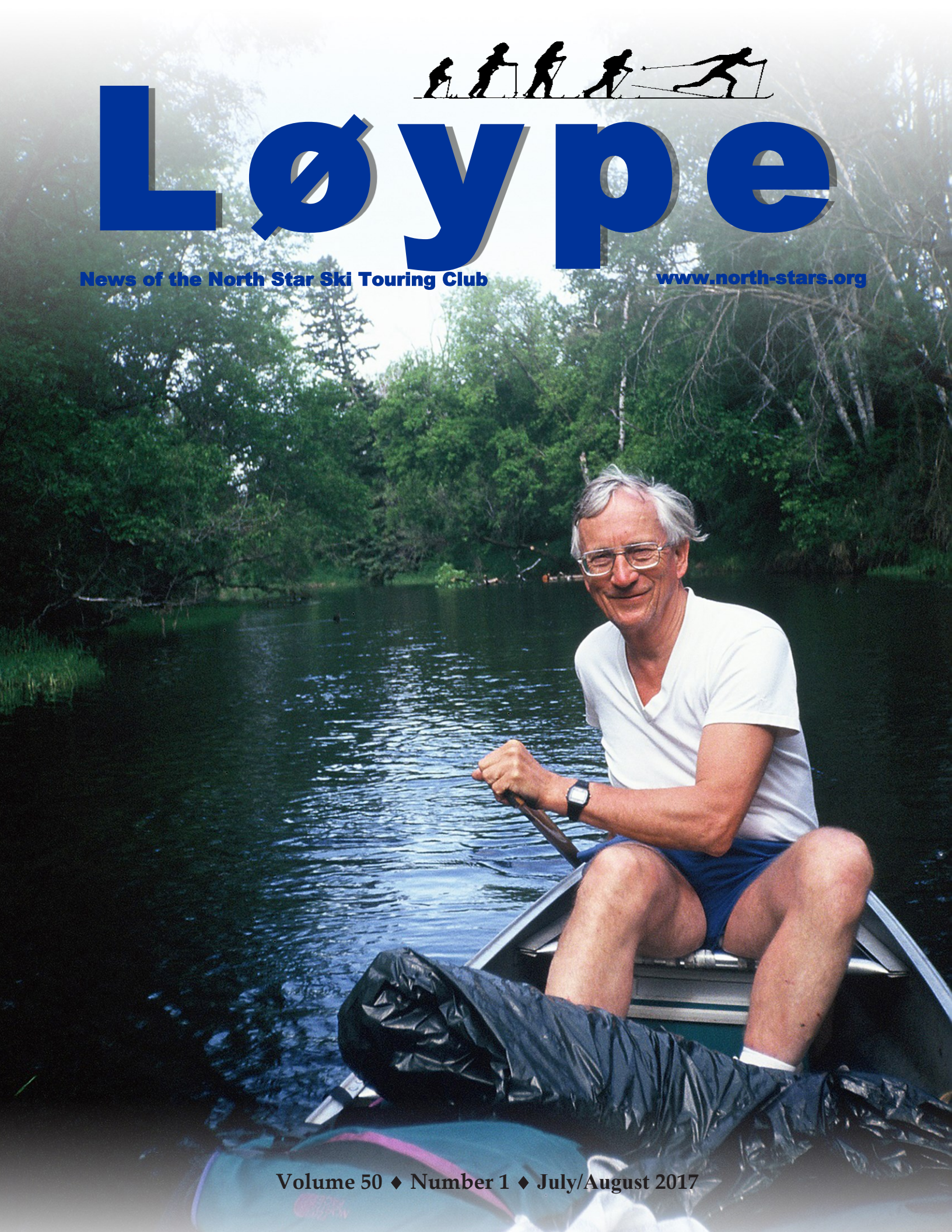
Løype

News of the North Star Ski Touring Club

www.north-stars.org



Volume 50 ♦ Number 1 ♦ July/August 2017

North Star Annual Picnic

Sunday, August 6, 2017

Hidden Falls Shelter

1415 South Mississippi Blvd.,

St. Paul

Meet at 4:30 p.m., eat at 5:00

Gather with North Star friends, both old and new, for an evening of great food and shared summer memories and conversation. We hope to have a large gathering as we continue celebrating our 50th anniversary.

To continue our tradition of reducing trash, please bring your own recyclable/reusable plates, napkins, utensils and cups. We ask that you bring a potluck offering, preferably something homemade or a quality deli item, to share with at least six to eight people. Use your last name as a guide for what to bring: A-D, appetizer; E-L, entree; M-S, side dish or salad; T-Z, dessert. There are electrical outlets in the shelter for crock pots and warming plates. Non-alcoholic beverages are provided by the club.

Eric Ramstad has offered to lead a pre-picnic hike beginning at 3:30. We are also hoping to have a short bike ride and/or river kayaking for those interested. Additional picnic details will be posted in the e-Loype and on our website summer calendar. Be sure to watch for these postings as we look for other ways to make this event both fun and memorable. FFI: Mel Peterson, 651-776-4330.

Cover photo by Cindy Porter

Al Porter canoeing the Mississippi River with the North Stars in August 1991.

Back cover photo by Paul Smith

Jane Batcheller, Fran Howley, Bob Pranis, Veronica Weadock, Sheila Hart, and Sam Meddaugh kayaking Lake Superior in August 2009.

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
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Secretary: Ellen Watson, 763-473-4021
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Mark Lystig, 651-452-1133; Marcy Otypka, 651-447-3532;
Kathy Kelly, 612-418-4668; David Siskind, 612-929-0205

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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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Loype Mailing: Dana Siskind & Friends, 612-929-0205
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Web Site Administrator: Ron Brand, webmaster2@north-stars.org
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Membership: Sally & Bryce Richards, 651-452-2247
Publicity: Open (looking for volunteer)
New Member Coordinator: Becky Lystig, 651-452-1133

Administrative Teams

Strategic Initiatives: Kathy Kelly, 612-418-4668
Historian: Pat Lawrence, 612-209-6384
Volunteer Coordinator: Barb Wahman, 651-483-0327
Government Liaison: Arne Stefferud, 651-772-4367
Bookkeeper: Barb Watts, 651-647-4326

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.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

The year in review; moving forward with new leadership

By Bruce Nelson

Bruce Nelson

The year in review

Though not coinciding with the ski season, another program year has passed for your board of directors, and I thought it would be time for a review.

One disappointment has been our slow progress in leveraging our 50th anniversary into publicity for the club and membership growth. Kudos to the great work on our 50th anniversary publication, but we need to be doing much more. We need additional help from members. Many projects were outlined in the May/June *Loype*. If any of these projects interest you, please email me at volunteer@north-stars.org. One exciting project we hope to undertake is an exhibit featuring Nordic skiing at the Minnesota History Center.

There is much to report on the positive side. Our weekend and day trips last summer and over the winter were enthusiastically led and well-attended, as the many *Loype* articles have attested. Thanks to the hard work of many North Star volunteers, the Club Express membership database and website platform have became a valuable resource for our members. The North Star Grant Fund program continues to mature. The Fund made it possible for the board to award several excellent projects, from which the club will be receiving favorable publicity. As discussed below, the club's financial accounting system has been improved. Most importantly, the Marketing Communications Plan has been thoroughly developed and is moving toward implementation. Thanks to board members, committees, teams, and independent volunteers for the past year of hard work.

New Leadership Team Members

The club's new Safety Coordinator is Maya Dahlberg. Having an extensive background in emergency health care, Maya participated in the club's recent CPR/ First Aid class. She believes all club members should know and be thinking about these matters as we lead and participate in club events. Maya wants to be sure we know both the simple things we can do to avoid mishaps for ourselves and how to keep each other safe. Look for Maya's *Loype* articles and other safety training opportunities.

Our new trips coordinators are Ann Rhea and Jim Young. Call them with your outing ideas! Ann and Jim will strive to enhance and enrich our events calendar so don't be surprised if you get a call from them. Also new is Lucy Osojnicki as *Loype* editor, Jean Iwen on programs, and Rita & Gerry Manninen as programs hospitality. Barb Watts will be assisting our financial team as club bookkeeper—especially important as the club's financial matters become more complicated. On the board we welcome Ellen Watson as secretary and new at-large board members Laura Baker, Mark Lystig, and Marcy Otypka.

Club financial matters

The North Star Grant Fund program has given a tremendous boost to the club's viability but has made our financial management more complicated. To file our taxes in the past we simply needed to send in a postcard once a year. Because of the large donation, our tax filing as a 501 (c)(7) nonprofit (a tax-exempt status of social clubs) is more work. With some help from the Minnesota Council of Nonprofits, the club's tax filing for fiscal year Oct. 1, 2015 – Sept. 30, 2016, consisting of several forms, has been completed.

The board decided last year to change our fiscal year (that ran from October through the following September) to a normal calendar year. This requires doing a multi-form tax filing for the short year (October, November, and December 2016) before resuming the calendar year filing. Fortunately, after two more years the simplified postcard tax filing will again suffice.

The club's financial accounting system has been significantly improved due to the transition of our records from Quicken to QuickBooks. Quicken is a very simple system appropriate for tracking a home checkbook balance, while QuickBooks will much better track the club's income, expenses, and assets, and provide meaningful reports for the board. Thanks to Jane Laub for her hard work on this transition.

NSSTC 50th Anniversary Spring Banquet by John Driscoll

Over 150 members attended the Spring Banquet celebrating our 50th Anniversary at Keller Golf Course Clubhouse on Sunday April 23rd. Bob Smith put together an excellent slide show, and Dana Siskind made a "Fifty Shining North Star Moments" board to allow members to recount some of their favorite moments in the history of the North Star Ski Touring Club. Needless to say, she collected many more than 50 Shining North Star Moments.

Members who joined in the 1960s were recognized individually and included John Hollister, Thor Nordwall, Solveig and John Olson, Liz and Paul Rasmussen, Lucy Grams, Bob O'Hara, and Janet Gabor. All other members were recognized by the decade they joined.

The program consisted of a reflection of the NSSTC's 50 years starting from the summer meeting of 1967 when the 19 founders created a constitution and the club was born. Our club was the face of the sport of cross-country skiing in Minnesota and in the Midwest for many of the early years, and the North Stars were strong advocates for ski trails and trail funding.

Throughout the program, Inez Wick drew names for door prizes while Audry Nordwall handed them out. Many thanks to the donors who provided more than 25 door prizes at our 50th anniversary celebration: Joe's Sporting Goods; Hoigaard's; Gear West; Penn Cycle; Erik's Bike, Board, and Ski Shop; Sun & Slope Clothing Outfitters; YMCA Camp du Nord; Jim Brandenburg Gallery; Piragis Northwoods Company; Wintergreen Northern Wear; AmericInn Silver Bay; Bearskin Lodge and Resort; Pengal's Basswood Trading Company; Finnsisu.

Our club has a long legacy of service, especially in the creation and maintenance of ski trails. Over the years, we organized and ran fund raisers for multiple organizations including Camp Courage, the U of M Nordic Ski Team, and the Minnesota Youth Ski League. Separate from those activities is our history of donating funds to worthy organizations that support our silent sports mission. These include the large donations of the past year to the City of Lakes Loppet Foundation, and the Sugarbush and Norpine Trail Associations along the North Shore. Other donations include but are not limited to the following: City of Lakes Loppet, Minnesota Youth Ski League, Ski for Light, Bemidji Area Cross-Country Ski Club, Nordic Ski Patrol, National Cross-Country Ski Education Foundation, Three Rivers Park District, Minnesota Nordic Ski Association, Wirth Park, Battle Creek, Suomi Hills, Korkki Nordic, Elm Creek (40th anniversary tree planting), Algoma Highlands Conservatory (supporting Stokely Creek ski area), and the Mora Vasaloppet.

The history of our club can be found on our website. It is a tribute to all the board members, trip leaders, and volunteers over the years that we are still fulfilling our core mission, which is giving our members an opportunity to participate in silent sports through our trips and outings.

We don't have room to recognize all of our volunteers here, but a perusal of our history will demonstrate just how dedicated our volunteers are. Recent volunteers consist of last year's board members: Bruce Nelson (president), Mel Peterson (vice president), John Christensen (secretary), Chip Treen (treasurer), Jim Ruhl (trips coordinator), Jane Laub (trips coordinator), Arne Stefferud (programs), Ron Brand (publicity), Kathy Kelly (strategic initiatives), and David Siskind (trail development); this year's board members: Bruce Nelson (president), Mel Peterson (vice president), Ellen Watson (secretary), Chip Treen (treasurer), and at-large members Laura Baker, Mark Lystig, Marcy Otypka, Kathy Kelly, David Siskind; last year's non-board volunteers: Laura Baker (programs assistant), Mel Peterson (*Loype* editor), Stephanie Croteau (website administrator), Jean Moede (hospitality), and Al Volkers (Midwest Ski Council liaison); this year's non-board volunteers: Ann Rhea (trips coordinator), Jim Young (trips coordinator), David Siskind (trail development & tools supervisor), Laura Baker (programs), Jean Iwen (programs), Rita & Gerry Manninen (hospitality), Lucy Osojnicki (*Loype* editor), Ron Brand (website administrator), Alberta Adams (advertising), and Kathy Kelly (strategic initiatives).

A special thanks to the following members who have volunteered in the same position for many years: Becky Lystig (new member coordinator), Sally & Bryce Richards (membership), Pat Lawrence (historian), Dana Siskind & Friends (*Loype* mailing), Barb Wahman (volunteer coordinator), Arne Stefferud (government liaison), Fran Howley (e-Loype editor), and Al Mayer (Wednesday Wanderers coordinator).

Happy 50th Anniversary, North Star Ski Touring Club. May we live long, ski often, and cherish the lifelong friendships we have made through our participation in this Club as we move into the future.

2017 Spring Banquet photos

Left: Janet Gabor, Ted Cardozo, Joyce Cardozo, Ella Thayer, and Ella Mogilevsky. *Photo by Craig Freeman.*

Right: Barbara Perry (Jinny McWethy's sister), Jim McWethy, Robin McWethy, and Sally Richards. *Photo by Mark Lahtinen.*

Left; Dana Siskind displaying her 50 Shining North Star Moments board. *Photo by David Siskind.*

Right: Thor and Audry Nordwall with Inez Wick. *Photo by Lucy Osojnicki.*

More Spring Banquet photos on page 25.

Tim Knopp Award 2017 by Cindy Koehler

This is our 15th year of choosing a club member, or members, to receive the prestigious Tim Knopp award. Tim was instrumental in trail development in the Midwest and in our club's growth from 1970 to 1990. This year's award committee consisted of Al Fox, Lois Carlson and Inez Wick. They unanimously selected a gentleman who has been an active, contributing member for nearly 40 years and has led day hikes and ski trips, and at least 150 bike rides. The award this year goes to Mel Peterson.

I will highlight a few of the positions Mel has held with North Star. They have been fact-checked and are not fake news. He served as president for two years, from 1992 to 1994. More recently he has been the assistant *Loype* editor and has just concluded another two-year term as *Loype* editor. He currently serves as the activities schedule editor as well as vice president. Mel has been the *Loype* editor for a total of 11 years, including time back in the "dark ages," before the advent of digital production of the newsletter, when he used the old-fashioned cut-and-paste method.

Some of his other volunteer positions have included serving on the nominating committee, working with the Minnesota Youth Ski League, participating in many of our fall trail-clearing weekends, and editing the first edition of "Backtracks," a review of the North Stars' first twenty years. He has also volunteered at water stops at the City of Lakes Loppet and helped staff the North Star booth at the Midwest Mountaineering Outdoor Adventure Expo.

Mel says that his favorite skiing memories are from the many weekends spent on club trips to Camp du Nord. He loves the single-track, skied-in trails of the North Arm trail system that venture onto lakes and traverse portages in the BWCAW. He has fond memories of bitterly cold evenings spent with friends in the warmth of *Torsbacke*, Thor Nordwall's cabin home in the wooded hills above Burntside Lake north of Ely. There were the infamous "death marches" with old friends Kirk Meyer, Al Porter, Ted Cardozo, Don Youngdahl and others—all-day treks on skis from Camp du Nord where if you returned to camp before dark, you somehow failed.

Mel also treasures his many visits to the high-country hut systems in Colorado. He talks about the impression the mountains had on a young, idealistic 'flatlander' who used to think that the North Shore of Lake Superior really had it all. And, like so many of us in North Star, he laments the loss of old-fashioned winters that we took for granted during our nascent days on skis. Our club has always been largely shaped by the length and quality of our ski seasons, Mel notes, and it is difficult to watch us change along with the weather.

Bruce Nelson and Mel Peterson at 2017 Spring Banquet. *Photo by David Siskind*.

As we have evolved over the decades into an all-season club, Mel has been one of our most active and recognized bike ride leaders. He most enjoys leading rides in Washington County and his beloved western Wisconsin. He loves quiet country roads and river valleys, and he understands that the most scenic terrain is often the hilliest. He likes to say that the rewards are usually worth the effort. He invites you to join him this summer on rides that are getting shorter and less hilly as he ages. He protests that his reputation as a bicyclist is undeserved and greatly exaggerated. He's just a regular guy who enjoys sharing the open road with friends and kindred spirits.

Mel is known for his social skills, and he can be a man of mischief. Just ask some of the women in our club. A "Ladies Only Bike Ride" was announced in the July/August 2006 *Loype*. It promised single women the opportunity to "celebrate the feminine spirit and the camaraderie that only a gathering of like-minded women can comprehend." After declaring that this ride would be a "celebration of female solidarity," Mel announced that he was the ride leader. As one woman later scoffed, "What *chutzpah*!"

Mel went on to assure the women that he was a nice guy whose "levels of testosterone and estrogen were in perfect balance." Claiming to have spent the better part of his life trying to understand the hearts and minds of women, he saw this little event as "one more step down his path of enlightenment." And, he concluded, "All he ever wanted was to be in harmony with the gentler sex." This ride was the talk of the summer, and Mel received equal amounts of praise and scorn for his audacity. As for the ride itself, Mel would only say that it failed to live up to its billing. He got nowhere near the 20-30 women he expected. To this day he doesn't understand why.

There can be nobody more deserving than Mel to receive the Tim Knopp Award. Here is what he had to say in his brief acceptance speech at the spring banquet: "Since joining North Star in 1977, this has always been my club. I've tried other clubs but something was always missing. Much of who I am and what I've done is tied directly to North Star. Most of my recreational outings, my travels, my social activities, the friends who I care most deeply about and can trust to be there in time of need—these can all be traced back to this great club. How could I have known this when I joined, three years out of college, after hearing a blurb about the club on the radio? It's been a great ride and I am one lucky man."

My canoe trip with Terry Quam by Jim Ruhl

About ten years ago I was part of the North Star Memorial Day weekend trip to Garmisch Lodge in northwest Wisconsin. We had a great weekend of canoeing a relatively easy stretch of the Namekagon River below Cable, and as an added bonus we enjoyed ideal early summer weather. On Monday morning of that weekend everyone was having a late breakfast before packing up to return to the Twin Cities. Terry had plans to canoe a nearby 10-mile stretch of the Namekagon River that afternoon, but his canoeing partner for some reason was not available. So Terry asked me if I wanted to be his canoeing partner. I accepted the invitation without knowing what a beautiful stretch of the Namekagon River I was about to experience. We put our canoes in the river at a small dam near the lodge and took them out along a county road near Cable. Sam Meddaugh and several other canoeists joined us. The canoeing for me that day was as good as it gets—every stretch and turn of the river brought with it another scene of Northwoods beauty. Most of the section of river that we canoed consisted of class one and two rapids, with possibly a few instances of class three. I was in the front of the canoe dutifully following Terry's instructions to pull right and left as needed. I was proud of myself for keeping the canoe upright until near the end of our route. But all of a sudden my paddling skills went awry as we attempted to navigate some riffles with a log just below the water surface. I do not remember that particular stretch as particularly treacherous, but nevertheless the front of the canoe got hung up on the log, and before I knew it both Terry and I were wrong side up and wet. The water was cool but not cold, and fortunately our clothes dried out quickly (and yes, all of our gear including cameras was secured in waterproof bags). For many years after that unplanned dunk in the river, Terry and I enjoyed a laugh or two about my miscue. Thanks to you Terry for a great memory.

Terry Quam canoeing the Kinnickinnic River in Wisconsin with the North Stars in 2009. Laura Baker and Chip Treen follow in their canoe. *Photo by Tom Rice.*

Wednesday Wanderer Words

Vignettes from vintage bike rides

By Al Mayer

Al Mayer

Surprise breakfast rides. For years I led rides that met at 6:45 a.m. at the Marriott Inn in St. Louis Park. This was usually a 30-mile ride where after 20 miles we would stop for breakfast at a surprise location. As we rode, I got a kick out of overhearing conversations of the riders trying to guess where we were going. Most times I would intentionally start out by heading off in the opposite direction of the restaurant's location. Marv Gilman was usually the one who led these "guess" discussions about where we were going—with input from Graham and Germaine. Our favorite breakfast places were the Original Pancake House in Wayzata, Eggies in Crystal, and the Countryside Cafe in Medina.

Annual ride around Mille Lacs. This beautiful loop ride covered 68 miles and remained on quiet roads beside the lake for a good portion of the ride. However, one year a local took umbrage at our being on his roads and blasted his horn at each one of us as we rode single-file along the edge of the road. One year, after getting back to our starting location, we saw Bill Lyon continue on out of the parking lot. Where was he going? We found out a little later that Bill had just turned 70 so he wanted to get in 70 miles.

Annual ride around Lake Pepin. A wonderful 70-mile ride that utilized WI Highway 35 going south and MN 61 heading north. Wind always seemed to be a factor on this ride. As we headed south, a headwind was accepted because this meant there would be a tailwind on the way back. Wrong! It just never seemed to work that way. One time, while riding with Ray Petersen, we looked toward the river and saw two flags, within a quarter mile of each other, actually pointing toward each other. No wonder we could never figure out which way the wind would be blowing on the way back to Red Wing. So much for logic.

Annual Root River excursion. I believe this "Idle Rich" event, which became a Wednesday Wanderers event, was first put together by Jinny McWethy. In those days we spent the night in the Old Barn Resort hostel just west of Lanesboro, where we slept in two, large, bare-bone rooms outfitted with huge, clunky bunkbeds. One year Bill Handsaker offered to lead the bikers to Lanesboro from the hostel, but when he got to the Root River Trail he went the wrong way. It was then and there that Jinny decided that Bill qualified to be the following year's trip organizer. Eventually, Ella Mogilevsky became the leader for this event and upgraded it so that we stayed in the Country Inn in Preston instead. There she enlisted Tom Gabor to perform entertaining scientific experiments and had Al Mayer lead the North Stars in singing a rousing version of the German Schnitzelbank song following dinner at the Branding Iron.

Annual Chicken-in-a-Hubcap ride. This challenging, hilly ride was a favorite for many years. It started in Hudson, headed north until it crossed the Apple River, then headed west before swinging south and re-crossing the Apple River where a daunting climb out of the Apple River Valley was a challenge. This was one of Jim Johnson's favorite rides because it took us past Standing Cedars, his favorite place to hike in Wisconsin. The ride got its name from the fried chicken dinner served in wax paper lined hubcaps at Dick's Bar in Hudson. As North Stars became more health conscious, this type of meal fell out of favor; but the ride name remained.

Annual Red Cedar Trail ride. For many years Ed Waldera led this day trip in Menomonie, Wisconsin. But as the group aged, this seemed like a long way to drive for a one-day ride, so it was changed into an overnight-er. This became really appealing when the owner of the Farm House Hostel in Downsville set no limit as to how many could spend the night there. Thus, spending a night in a sleeping bag on the floor became the norm for North Stars. One hot, sultry day as we reached the south end of the Red Cedar Trail, Stu Lorberbaum asked if anyone would like a cold drink. Within minutes he offered everyone a cold refreshing drink produced from the incredibly heavy backpack he always had strapped to his back while riding.

Annual Whine and Cheese ride. This ride started in Chaska. Halfway through the ride bicyclists would take a break and rest in the shade beneath the statue of the Bongards' Dairy Cow. While there, it was customary to nibble on cheese purchased at the dairy store and whine about the hills. One year, shortly after an operation, I

had Charlie and Diane Jacobson lead the ride for me. But this time when they came to rest under the cow, my wife Jeanne and I were waiting for them, making it the only year we actually had wine and cheese on the ride.

Annual Stiftungsfest ride to Norwood Young America. It took a long time for it to pay off, but 25–30 years ago I invited a young, unmarried couple to join the North Stars on this ride. It was the young woman's first long bike ride, and needless to say she became quite uncomfortable during the ride. I thought it would be the end of their relationship, but she toughed it out and married the guy anyway. We've been friends ever since, and now that Brad Schlick has retired, he and his wife Sherry have become active North Stars. If you join the festival this year, August 25–27, you will be helping the town celebrate its 155th anniversary.

Left: North Stars sitting in the shade of Bongard's cow, 2011. *Photo By Al Mayer.*

Time to sign up for trail work by David Siskind

Trail clearing is a longtime North Star tradition. Consider it a mini-vacation in the north woods plus a little light (sometimes medium) work helping maintain the ski trails that we and our fellow skiers use and enjoy. Food and lodging provided.

Camp du Nord is October 5–8, Thursday evening to Sunday. We usually have 20 persons plus others in camp for their volunteer weekend. Dancing with Terrance Smith is also a tradition for this weekend. Leaders are Dana Siskind, 929-0205 and Inez Wick, 612-825-3596.

Banadad on the Gunflint Trail is October 26–29, Thursday evening to Sunday, in conjunction with the trail association meeting and volunteer group. Leaders are Tom Rice, 612-567-2946 and myself, Dave Siskind, 612-929-0205. We would like to have nine volunteers.

North Shore is the same weekend as Banadad, October 27-29, Friday evening to Sunday. Limit of 20 persons. Leader is Frank Janezich, 952-881-3836

Look for more details in the schedule.

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I will always treat the land gently so that I may return in the future and be welcomed as an old friend.

Leo Hannan, Anchorage Alaska.

Canoeing and camping in the 1980s by Chuck Holst

Canoeing and camping activities in the club, which were mostly Singles events, peaked in the mid-1980s. In 1984 there was at least one canoe-related event nearly every weekend from late spring to early fall. Looking over my slides, I find that I personally took part in five BWCA camping trips, three river camping trips, and eight day trips that year, and there were probably more that I missed. Among the most active canoeists that I recall were Dennis Honigs, Roseanne Jacuzzi, Peggy Roser, Rose Allen, Carolyn Rusch, Chip Treen, Carl Bublitz, Vicki Chelgren, Linda Johnson, Sam Meddaugh, and Paul Sundquist. Current board members and volunteers who also canoed that year include Bruce Nelson, Gerry and Rita Manninen, Ron and Gail Brand, Alberta Adams, and Becky Lystig. There were many others as well, some of who joined NSSTC just for a single BWCA trip. By the end of the 1980s, though, the water tribe's interest in canoeing had started to decline, to be replaced by sea kayaking on Lake Superior and elsewhere.

I have many fond memories of those trips including Gerry Manninen's tug-of-war with an otter over a fish on Fourtown Lake (I was away on a day trip, but I heard about it when I returned); a rainy trip on the Upper Iowa River in which I was forced to cancel the second day of paddling because of a two-foot rise in the river; Ann Morrissey on the same trip teaching the bartender at the Bluffton campground bar how to make a Manhattan; Dennis and Roseanne meeting our group on Polly Lake with fresh caramel rolls on the first day of their own trip; Chip Treen making French toast on Fraser Lake during a drizzle; getting lost one night on the way back to the tents from the "throne" on Winchell Lake, only to be guided back by the stars; seeing moose on several trips; watching a chipmunk try to drag off a large pancake and a gray jay trying to fly off with a pita; fog and mirror-like water on still mornings; blue skies and puffy clouds and rainbows; and of course loons and more loons.

Above left: Lunch on Mudro Lake. Peggy Roser, Gerry Manninen, Carolyn Rusch, Rita (Petty) Manninen, and Paul Sundquist on BWCA trip, May 1984.

Above right: Dinner at Bluffton Campground. Carolyn Rusch, Harry Graves, Dennis Honigs, Rose Allen, Ann Morrissey, and Bruce Nelson on Upper Iowa River trip, June 1984.

Left: Cooling off in Polly Lake after a long, sweaty portage. Mary Furth, Peggy Roser, and Diane (Brion) Bublitz in water; Abby Kleppa and Chip Treen on shore. BWCA trip, August 1984.

All photos by Chuck Holst

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."

July 2017

July 5, Wed {WW} Lakes, Parks & Trails Ride. This is about a 28-mile 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 the 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. Limit 12. 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. 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.

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 21-23, Fri-Sun {AK} Chippewa Flowage Camping and Paddling. The Chippewa Flowage, a 15,300-acre impoundment, is located in central Sawyer County, WI, 15 miles east of Hayward. Dotted with approximately 200 undeveloped islands, it is Wisconsin's third-largest lake and boasts a highly irregular, wooded, and generally undeveloped 233-mile shoreline. Expect lots of bays to explore from a campsite accessible by water. There will be choices to paddle solo, in small groups or as a group. The camping will be a group experience—no coming in late or bailing out early. Food will be cook your own and share, although we may change our plans. Canoes and kayaks available. A pontoon and special site are possible if someone is handicapped. Limited to one campsite and eight people. There may be a required evening of planning in advance. To sign up, attach waiver to an email to Lee Wenzel, Lee@WenzelAnalytics.com, or mail it to 8666 Westwind Circle, Eden Prairie, MN 55344. FFI: Lee at 952-944-2699.

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.

July 27, Thur {A} One Gear. No Brakes. Pure Speed. Join us for an evening of outdoor bicycle track-racing at the National Sports Center Velodrome, 1700 105th Ave NE, Blaine, MN 55449. Bring a snack to eat in the bleachers as we watch these amateur racers in many different types of races. Racing begins at 7:00 p.m. and lasts until 9:00. Admission is $5 (kids 12 and under free). See Velodrome.NSCSports.org for directions and an update in case of rain. FFI: Eric Ramstad, 612-721-7643, or Bob Julian, 651-484-9414.

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 bike-friendly 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 notice elsewhere in this issue of the *Loype* for times and activities. Meet at 3:30 p.m. for pre-picnic activities. 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. See details elsewhere in this issue of the *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 Wooddale 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 back-breakers 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 a 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 July 18 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 dam) at 9:45 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 Wisconsin. Fran Howley and Mel Peterson will lead this ride out of Hudson. We'll have approx. 30- and 40-mile options and will do our best to avoid killer hills; but plan on a hilly ride. The pace will be easy as we explore the countryside north and east of Hudson. Be sure to bring plenty of water and snacks. Meet at 9:30 a.m. at Riverside Park in downtown Hudson, begin biking at 9:45. 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 30, Wed {WW} Bike the Great River Trail and Hastings Area. *Note change in location of ride start*. Meet at 9:45 a.m. at parking lot of old Dakota County Courthouse (Hastings City Hall) on East 4th St, two blocks east of Vermillion St (US 61); begin biking at 10:00. We'll bike some Hastings trails, then ride to Schaar's Bluff on the Great River Trail and continue on the new four-mile section that provides great vistas of the river valley and crosses two spectacular bridges. This new trail extension has scenery that will thrill you. Plan on a 25- to 30-mile ride with some hills and we'll try to keep the group together. Bring snacks and plenty of water; lunch option in Hastings after the ride. FFI: Jerry Hall, 651-554-3681 or 651-788-6498 (cell phone day of ride) or email hujerryh@gmail.com.

September 2017

Sept 4, Mon {A} Labor Day Ride/Hike/Potluck. Please join us for a Labor Day potluck picnic at Carol Wahl's home, 5748 James Ave S in Minneapolis. As part of the celebration we will bike from Carol's house, leaving at 9:30 a.m. This will be a no-map ride with possibly two options, each conducted at a leisurely pace covering about 20-30 miles. Ella Mogilevsky will lead a hike that morning, leaving at 10:00 and returning at noon for the picnic. The picnic will start at 12:30 p.m. Limeade, iced tea, coffee and water will be provided by the hosts. Please bring other preferred beverages of your choice. You are welcome to come for just the bike ride or the hike or the picnic, whatever works best for you. More information will be available in the e-Loype and the online schedule closer to the event. In case of inclement weather, this event will be cancelled. Carol's home is located in the quadrangle bordered by Lake Harriet on the north, the Crosstown Highway (MN 62) on the south, Penn Ave on the west, and Lyndale Ave on the east. Penn Ave is easily accessible from the Crosstown and James Ave is six blocks east of Penn. FFI: Carol at cjwahl@comcast.net or 612-920-0149; Ella at ellamo1@msn.com or 612-922-2623.

Sept 12, Tue {AK} Hike Lake Nokomis. Meet at 6:30 p.m. near the Sand Castle Restaurant at the main beach on the west side of Lake Nokomis, just off Cedar Ave S in Minneapolis. There is free parking on the street. We will detour for a 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.

Sept 19, 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 July 18 listing for full details.

Sept 23, Sat {AK} Kids Explore Parker's Lake. This is one of Sam's favorite parks. There is a fantastic playground and great hiking trails. Meet us at Parker's Lake Park, 15505 County Rd 6 in Plymouth, at 10:30 a.m. We will explore the nature trails and play on their playground before eating our snacks/picnic lunch. FFI: Dana Siskind,

612-929-0205, or Elizabeth Dittrich, 952-935-5153.

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 long-running 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. The North Arm trails near Ely, MN have been developed and maintained by the North Stars for nearly forty years. These are single-track trails through the woods into the BWCAW, so they are not machine-groomed. Join us as we hike into the Boundary Waters to clear these beautiful trails with hand tools provided by the US Forest Service. We work all day Friday and Saturday and have the option to play on Sunday morning. Gas reimbursement per club policy for those who carpool. Terrence Smith will call a dance for us this weekend to help loosen our tired muscles—and if that doesn't work, the sauna is ready and waiting. Food and lodging are provided by YMCA Camp du Nord and the USFS. There is a limit of 20 people, so sign up early. Send your signed reservation and waiver form with a check for $35 (payable to Dana Siskind) to Dana at 5812 Thomas Circle, Minneapolis, MN 55410. You will receive a partial refund when you arrive at camp; the remaining money will cover the cost of the dance. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Oct 10, Tue {A} October Club Meeting. Greg Weier of Finnsusu will talk about the latest in ski technology and innovations with emphasis on the new skin skis. More details will be included in the September-October issue of the *Loype.*

Oct 14, Sat {AK} Kids Explore Wood Lake Nature Center. Fall is definitely here! Let's explore at Wood Lake Nature Center, 6710 Lake Shore Drive in Richfield, for signs of fall: colorful leaves, different birds migrating, or animal signs. We'll meet at the entrance to the park at 10:30 a.m. and hike the trails and the floating bridge before playing at the "nature playground." We can also check out the snakes and other animals in the nature center. Bring a picnic lunch or snacks to share. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Oct 15, Sun {A} John Holmquist Memorial Hike. John used to call this the "Mississippi River Ramble." Meet 10:00 a.m. at Boom Island Park in Minneapolis; start hiking at 10:15. We'll hike along the Mississippi River, cross the river on the Stone Arch Bridge, then hike down to the river bottoms where we'll explore the paths and footbridges below St. Anthony Falls. If it's a nice day, bring your lunch and we'll eat by the river. If it's raining we'll find a nearby restaurant. After lunch we'll continue on through Nicollet Island, taking the wooded path and footbridge back to Boom Island. Bring a water bottle and money for lunch and parking. FFI: Lucy Osojnicki, 952-882-7918.

Oct 17, 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 July 18 listing for full details.

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

Oct 17, Tue {AK} Hike Wood Lake. Join us at 6:30 p.m. for a fall hike at Wood Lake Nature Center, 6710 Lake Shore Drive in Richfield. Meet at the entrance to the park. We'll walk on wood-chip paths through the woods, so we might see some wildlife. Flashlights might be a good idea. After the hike, refreshments at one of the local restaurants. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Oct 22, Sun {A} Geocaching at Lake Elmo Park Reserve. Meet at 1:00 p.m. in the Nordic center at Lake Elmo Park Reserve, 1515 Keats Ave N, to try geocaching. No experience or equipment necessary. Hiking is required to find caches. Washington County Parks daily permit of $7 per car is required for park entry. FFI: Lois Laitinen, 651-714-1252 or laiti001@umn.edu.

Oct. 26–29, Thur–Sun {A} Trail Clearing on the Banadad Trail. In conjunction with the trail association meeting and volunteer group. Leaders are Tom Rice, 612-567-2946 and Dave Siskind, 612-929-0205. We would like to have nine volunteers.

Oct 27–29, Fri–Sun {A} Trail Clearing on the North Shore. We'll be clearing many ski trails and staying at resorts in the Tofte/Lutsen/Cascade River area. Our sponsor requires a minimum participation of 20 North Stars. Send waiver form plus a $25 deposit check by October 3 to Frank Janezich, 10217 Tenth Avenue Circle, Bloomington, MN 55420. Deposits will be returned at the end of the trip. NSSTC will reimburse half the cost of fuel for vehicles with two people; full reimbursement for vehicles with three or more people. FFI: Frank Janezich, 612-360-0068. fjanezich@gmail.com

Portraits of the Past and Present

If you did not receive a copy of the 50th Anniversary publication ("Portraits of the Past and Present") or wish to purchase additional copies, please contact Dana Siskind at 612-929-0205.

Contributions needed for upcoming *Loype* issues

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, kids and family events, and singles events. We plan to dedicate each of the three remaining 2017 *Loype* issues to the missing pieces. This issue (July/August) contains stories on summer events through the years; the September/October issue will contain stories on kids and family events through the years; the November/December issue will contain stories on singles events through the years.

Please send stories and photos of kids and family events throughout North Star history to loype.news.editor@north-stars.org. The deadline for the September/October issue is August 1.

North Star history: A joint effort

Wayne Lindskoog chronicled the first 15 years of the North Star Ski Touring Club in a publication entitled "Backtracks: A North Star Retrospective, 1967–1982." John Holmquist brought the North Star history up to 1987; Lucy Osojnicki documented the years 1987–1997 and 2007–2017; Dana Siskind documented the years 1997–2007. Now it's your turn. Please go to the club website, www.north-stars.org, to view our history online. If you see any missing or incorrect information, send additions or corrections to loype.news.editor@north-stars.org.

Portraits of the Past and Present by Lucy Osojnicki

First of all, you should know that our 50th anniversary publication is not a "Special Edition *Loype*." We should probably start calling it by the title given it by Dana Siskind and yours truly: "Portraits of the Past and Present: 50 Years with the North Star Ski Touring Club."

By now you've probably had a chance to look over the publication and are wondering how we decided on the content. Well, it's a long story. It all started in late April 2016 with an e-mail from Dana, asking if I would be interested in helping put together a publication chronicling the 50-year history of the North Star Ski Touring Club. I jumped at the chance.

Over the summer, Dana and I began talking with longtime club members to find out what was important to them. At the same time, we were busy going through old *Loypes* and other material that Pat Lawrence, our club historian, provided. The North Star history had been recorded only up to 1997. We knew we needed to bring it up to date, so Dana took the years 1997–2007, and I took the years 2007–2017. It was a big job, as you can well imagine.

Then in early fall, Dana hosted a meeting at her house to gather more information from longtime club members (and some newer members too). We came up with a list of historical events that stood out, including the VJC (the first citizen Nordic ski race in Minnesota), the history of North Star ski lessons, the first "hut-to-hut" ski trip in Minnesota, the history of our club's work with government to create ski trails in the state, North Star trail clearing history, Wednesday Wanderers history, longtime North Star ski trips, and the Colorado hut-to-hut ski trips. Dana and I asked members who were familiar with these events to write articles for the publication. We also found articles in old *Loypes* that were helpful.

We could've stopped there, but we thought it was important to hear from members about their experiences with the club. So I developed a questionnaire designed to get the creative juices flowing. We also put a notice in the *Loype* and the e-loype, asking for stories and photos. Due to the phenomenal response, we decided to move the deadline from October 31 to December 31. We had not realized what a talented group of writers we have in the club. We also received hundreds of photos, not all of which found a place in the publication. As I put the publication together, I chose one or two photos that went with the stories. The rest will be kept for future use.

Once the publication was complete, we realized that all of the articles were about skiing, which makes sense since we are a ski club after all. We were missing articles on summer events, children and family events, and singles events. The solution was easy, however, since I was taking over as *Loype* editor starting with the July/August issue. We decided to dedicate each of the three remaining 2017 issues to the missing pieces. This issue (July-August 2017) contains 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.

Dana and I had also hoped to profile 50 active members for our 50th anniversary. The list quickly grew to 70 members, but we had room to print only four (mainly the club founders) in the publication. Look for more member profiles in upcoming *Loypes.* I hope to print them all eventually. Thanks to Ellen Watson and Gerry & Rita Manninen for writing some of those profiles.

If you did not submit an article for the 50th anniversary publication, now is your chance. We welcome any and all stories and photos about North Star events. You can be sure they will find a place in upcoming *Loypes.*

Many thanks to our assistants—Anne McKinsey who proofed and edited articles that were submitted, and Margie Schally and Ellen Watson who proofread the publication after it was put together. It should be noted here that Anne is a great multitasker. She managed to proof and edit in between her many trips to the North Shore and even while attending a judge's conference at the MOA. Also thanks to our many contributors:

Articles: Bruce Nelson, Marion Stief, Jim Johnson, Sr., Janet Gabor, John Holmquist, Arne Stefferud, Mel Peterson, Bob Tokar, Karen Buggs, Thor Nordwall, Dana Siskind, Bob O'Hara, Inez Wick, Don Youngdahl, Al Mayer, David Siskind, Anne McKinsey, Lee McCullough, Ann Morrissey, Ellen Watson, Barb Wahman, Pam Meyer, Cindy Porter, George Vania, Al Volkers, Colleen Cavell, Barb Watts, Margie Schally, and Pat Lawrence.

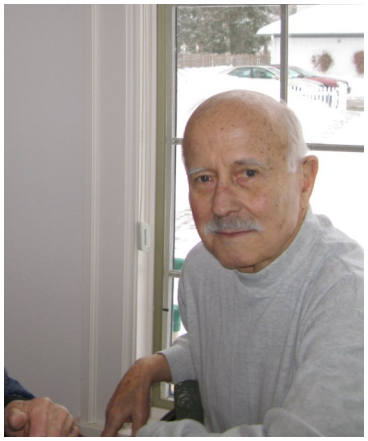
Photos: Rob Andersen, Eric Ramstad, David Siskind, Jim McWethy, Jim Johnson, Sr., Janet Gabor, Connie Donnelly, Liz Rasmussen, Cindy Porter, Don Youngdahl, Bob Clift, Anne McKinsey, Lee McCullough, Julie Nelson, Pam Meyer, George Vania, Patrick Gearhart, Al Volkers, Colleen Cavell, Margie Schally, Tom Rice, Chris Shaffer, and Jean Iwen.

Member Profiles

Our original goal of publishing 50 member profiles in "Portraits of the Past and Present" could not be met due to space considerations. Therefore, we will continue with profiles of members who have given much of their time to our club over the years. We begin with members who joined in the 1960s and will continue to publish profiles in subsequent *Loypes*.

John Holmquist

John Holmquist joined the North Star Ski Touring Club in 1968 and served in several capacities over the years, including president, treasurer, past president, trips coordinator, government liaison, *Loype* editor, and special projects chair.



John Holmquist at his 83rd birthday party in 2011. *Photo by Lucy Osojnicki*

As special projects chair in 1991–1992, John organized Ernie's Run, fielded three work crews to clean up our designated stretch of 35W for the Adopt-a-Highway program, and coordinated club participation in the La La Palooza Loppet. The North Stars provided the bulk of the on-snow volunteers for that event. Finally, he was in charge of the North Star's annual spring banquet at the Sheraton Midway Hotel.

As *Loype* editor, John brought us into the digital age, being the first editor to use desktop publishing to produce the *Loype*. He was an excellent writer, and we were lucky to have him as a regular contributor to our newsletter even after his term as editor was through.

John skied the first VJC and the first American Birkebeiner. The Birkebeiner Foundation designated John a "Founder" for skiing the first 10 races. He completed 24 in all. In 2000, John was one of 10 North Star members to receive a plaque denoting charter membership in the Birch Leggings Society (having completed twenty American Birkebeiners)

In 2005–2006, John was appointed to a committee to look into and make revisions to our club's constitution and bylaws. His input was invaluable, no matter the time, place, or circumstance in which he was asked to provide it.

John also enjoyed bicycling and hiking, and led many such events for our club. He died in November of 2016, leaving a void. We miss his wit, his intelligence, and his insights.

John and Leslie Hollister

Our records indicate that John and Leslie Hollister joined the North Star Ski Touring Club in 1967, but Leslie has a different account:

John Hollister at the 2017 Spring Banquet. *Photo by David Siskind*.

"Although I was born somewhat earlier, I consider my significant personal history to have begun in January 1969. At that time I underwent a metamorphosis that affected not only my style of living but my whole personality. It all began when my husband, an inveterate reader of instructional literature, returned from the public library with a copy of John Caldwell's *The Cross Country Ski Book*. That was in December 1968. By January we were completely outfitted, and from the time I took my first tentative stride into Kenwood Park I began to be transformed into a winter person—no small change for one who was brought up amid the magnolias of Georgia. I now judge and select all activities by how well they keep me in shape for skiing."

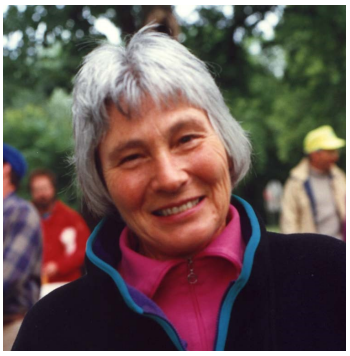
Whatever the join date, John and Leslie were active North Star members for many years. John was appointed chairman of the first VJC in 1971. He served as club president in 1972–73 and secretary in 1975–76. He was featured in a Star Tribune article along with Bob O'Hara in December 1975. Leslie served as trips coordinator in 1973–74, president in 1979–80, and past president in 1980–81. John and Leslie led the 1974 western trip to Hideaway Park in Colorado. In 1983, they led the western trip to Black Cat Ranch near Jasper National Park in Alberta, Canada.

In 1993, John Hollister won the men's wood ski division in the North Star Classic. By the photo taken of him at our 50th anniversary spring banquet, it appears that he could still win ski races.

Member Profiles Continued

Lucy Grams

Lucy Grams joined the North Star Ski Touring Club in 1968 after reading an article about our club in the Star Tribune. Her three oldest were teenagers at the time, her son John was 7, and her youngest child Paul was a baby. Lucy, husband Jack, and the three girls purchased their skis, boots, and poles from Norm Oakvik, the only seller of cross-country ski equipment at the time. They all skied the first VJC in 1971, starting at Lake Bavaria in Victoria. Her daughter Nancy still has her certificate from the first VJC. Everyone wore knickers and knee-high socks back then. Lucy's husband Jack could not ski the VJC in 1974 due to failing health. So our very thoughtful Mother North Star (Jinny McWethy) went over to the Grams' household and presented him with a VJC pin. When Jack died later that year, Lucy found solace in the friendships she had developed as a member of our club.



Lucy Grams at Jinny McWethy's 75th birthday party in 1992.
Photo by Lucy Osojnicki.

Lucy served as trips coordinator and led ski trips—Camp Northland / Camp du Nord for many years and later Menogyn. She remembers that accommodations were very basic back then. The second floor at Camp Northland was one big room, and there was no indoor plumbing. Nothing like a trek to the biffy on a cold winter's night! But a ski across the lake with the Northern Lights in full display made it well worthwhile. One could not count on beautifully groomed trails either—bushwhacking on back country skis was more common. Lucy treated her trip participants well, with a four-course turkey dinner ready for them when they returned from skiing.

Years ago, Kodak sponsored a "Medals for Miles" program and our club won every year. Lucy skied one of the area parks every morning to earn miles. No wonder our club won!

Lucy has fond memories of the many trips she took with the North Stars—like the 1980 Poland ski trip led by Bob Tokar and the Mississippi River bicycling trips led by Al Mayer in the mid-1990s. Al's group started from Prescott, Wisconsin, and bicycled a 400–500 mile section in each of three years to finally reach New Orleans.

Solveig and John Olson

Solveig (Jörstad) Olson moved to the United States from Norway in May 1965 to work and travel for a year. She met her husband John in LaGrange, Illinois in September 1965 and the two were married in Norway in April 1967. They moved to Minneapolis in 1968.

Solveig and John Olson at Norm Oakvik's 75th birthday party, 1995.
Photo by Jim McWethy

In the fall of 1968, Solveig and John noticed an announcement of an NSSTC meeting. They met Jinny McWethy and Norm Oakvik at that meeting where they discovered that the only place one could purchase cross-country skis at the time was Norm's living room. Solveig had not brought her cross-country skis with her from Norway, so she and John purchased skis from Norm as Christmas gifts for each other that year.

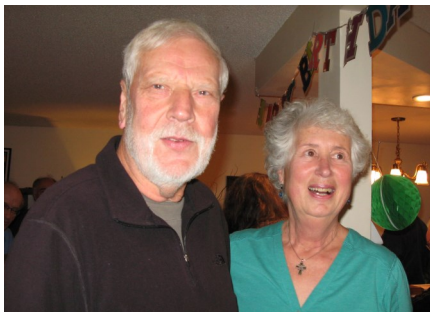
Solveig and John have two boys—Eric and Art. They took the boys with on NSSTC ski outings from the time they were able to sit in a back carrier. Solveig remembers Eric skiing one of the VJC races where his ambition was to "beat" Jinny McWethy. As citizen races became more popular, they signed up for one almost every weekend.

Solveig served as club treasurer in the early 1990s, and she started leading hiking and skiing trips to Norway about the same time. She has led 27 trips in all—five summer trips and 22 winter trips. The first trip was a challenging hiking trip in the Jotunheimen Mountains in 1992. That experience encouraged Solveig to lead other trips. She and John organized the next trip to the Lillehammer Winter Olympics in 1994. Eventually, they started organizing trips to Worldloppet races around the world. Anyone who has been on one of Solveig's trips knows how well organized and enjoyable they are.

An avid skier, Solveig is a charter member of the Birch Leggings Society. To be a member, one must have skied 20 American Birkebeiners. Solveig has completed 25 in all and a couple of Korteloppets. She has also completed one Norwegian Birkebeiner (in 1981). The weight of the pack was 7 kg back then but has since been reduced to 3.5 kg. And if that wasn't enough, Solveig has also completed 19 Wordloppets plus three duplicates.

Paul and Liz Rasmussen

In the early 1960s Liz (Lyons) Rasmussen came to the United States from England to work as an au pair for a White Bear Lake family. She had joined AYH in England because of her love of hiking and biking. Through the Minnesota chapter of AYH, she met many people who later became members of the North Star Ski Touring Club.



Paul & Liz Rasmussen at Paul's 75th birthday party in 2013. *Photo by Lucy*

After her year working as an au pair, she attended Golden Valley Lutheran College for two years. It was there that she met her future husband Paul Rasmussen who happened to be visiting the college one day. Talk about "love at first sight."

In the fall of 1968, she and her husband Paul visited a display booth for the NSSTC. Liz had never skied before, but Jinny McWethy told her "If you can walk, you can ski." She and Paul joined and became very active in this new club. In fact, Liz typed up the trip list for that winter—26 events from December seventh through April sixth, including the first weeklong western trip to the Bighorn Mountains in Wyoming.

Liz and Paul have gone on many ski trips with the North Stars—weeklong trips out west, weekend trips closer to home, and day ski outings when not working. When their children were small, they took them with on camping, canoeing, fishing, and hiking trips. On one hiking trip in the Canadian Rockies they spotted a grizzly bear up ahead and calmly turned around and told the children they had made a wrong turn.

Liz served on the board in 1970–71 as secretary. Both Liz and Paul have been important behind the scenes for the North Stars. Liz was in charge of *Loype* mailing in the 1990s, and both Liz and Paul continue to assist Dana Siskind with *Loype* mailing.

Paul served as tools supervisor for the club, making sure the tools were in working order and that the trail clearing leaders got them when needed. Liz has helped with hospitality, serving refreshments at meetings, and both have volunteered at the Midwest Mountaineering Expo booth. They are true ambassadors for the club—friendly, outgoing, and helpful.

Bob O'Hara

Bob O'Hara joined the North Star Ski Touring Club in 1969 and has been a fixture in the club ever since. He was one of several club members who took a month-long class from Norm Oakvik for the purpose of teaching other club members proper cross-country ski technique. Informal ski lessons were offered to members until 1988–89, when club president Ted Cardozo implemented formal, scheduled lessons.

Bob O'Hara at Thor Nordwall's 90th birthday party. *Photo by Lucy Osojnicki*

Bob credits Norm Oakvik with getting him started in coaching. He began his coaching career at Armstrong High School in 1972, then moved on to coaching both boys and girls teams at several area high schools, including Benilde-St.Margaret's. He was elected to the High School Nordic Coaches Hall of Fame in 1996 and continues to manage multiple Conference, Section, and State Nordic ski meets.

Bob has skied 12 American Birkebeiners, three Finlandias (100K race), and numerous other races, including the first VJC.

In his many years with the club, Bob has worn several hats. He has served as programs chairperson (1981–83, 1986–88, 2003–2004, and 2015–2016), safety education chair (2004–2006), ski instructor, and event organizer (Timex/Rodale Ski Festival, Hennepin Parks "Easy Ski" program, and many other events).

Bob led the annual Giant's Ridge ski trip for over 30 years, usually held in March of each year. Many North Star members have benefitted from his ski lessons over the years, as well as his waxing tips.

Bob's summers are spent in the north woods of Minnesota and Canada. He canoes the BWCAW every year, and was elected to the Explorers Club of New York for his Arctic adventures, including the first descents of the Arrowsmith and Quoich Rivers in Nunavut, Canada.

Member Profiles Continued

Thor and Audry Nordwall

Thor has been a member of the North Star Ski Touring Club since 1968. He has been a key person on the North Arm Trail System since the 1970s. He helped lay out the ski trails and obtained a grant from our club to hire college students to clear the first long trail. Thor served on the board of YMCA Camp du Nord and later on the staff. He led a club trip to Camp du Nord in 1975 where skiers slept on the floor of Thor's Lodge. In March of 1981 he led the first "hut-to-hut" ski trip through the BWCAW. Thor began writing his regular column for the *Loype*, "Letters from the North Country," that same year.

Thor and Audry at Thor's 90th birthday party in 2011. *Photo by Lucy Osojnicki.*

Audry (Delano) Nordwall joined the club in the early 1980s and has led (or co-led) many weeklong ski trips for the North Stars—Sweden, Switzerland, Austria, and British Columbia. She got better acquainted with Thor on the Sweden trip which led to courtship and marriage. Audry also leads weekend and midweek ski trips in Minnesota, has cleared many trails, and has assisted in building trail shelters

Thor and Audry have hosted many North Star events at their cabin "Torsbacke" near Ely. They offer cold beverages after trail clearing and welcome everyone with a drink of Glogg at New Year's Eve.

Thor and Audry organized the tree planting at Elm Creek in 2007 to commemorate our 40th anniversary. Our club donated the funds to purchase the trees, and our members planted 630 trees in four hours!!

Thor and Audry are exemplary in their hospitality and their commitment to the club.

Jacque and Wayne Lindskoog

Jacque and Wayne Lindskoog joined the North Stars in 1969 and became active in the club almost immediately. They led the club trip to the Bighorn Mountains of Wyoming in the 1969–70 season and led it again in 1971–72. Jacque served as secretary / treasurer in 1971–72 and Wayne served as secretary in 1974–75, the same year they led their third western trip—this time to Hideaway Park, Colorado. Wayne served two terms as club President—1975–76 and 1976–77. He served in other capacities as well, including VJC Chairman and club historian. Wayne chronicled the first 15 years of the club in a booklet entitled "Backtracks: A North Star Retrospective."

Jacque and Wayne at Norm Oakvik's 75th birthday in 1995. *Photo by Jim McWethy.*

Both Wayne and Jacque skied the first American Birkebeiner in 1973 (the long race), with Jacque being the first woman to do so. They were both designated "Founders" by the American Birkebeiner Foundation, meaning they skied all of the first 10 American Birkebeiners. In 2000, they were among 10 North Star members to receive a plaque denoting charter membership in the Birch Leggings Society, having completed 20 American Birkebeiners.

Jacque and Wayne also enjoyed bicycling, kayaking, and the great outdoors. Jacque was an exceptional bicyclist who completed some incredible long distance bicycle rides.

Surprisingly, they did all this while raising three boys, all of whom became excellent athletes in their own right. Their oldest, Allen, skied (and finished) the first VJC at the age of five. The boys went on to compete and letter in cross-country skiing in high school and beyond. What an amazing North Star family!

Wayne and Jacque built their dream home in northern Wisconsin and retired there. Sadly, Wayne died of cancer in 2002. Jacque still lives there and remains active.

Fifty Shining North Star Moments

Hanging in there and still trying. Al

The stars in the sky as we got off the bus at Camp Northland.

I learned to ski with Norm, met lifelong friends, and like many others, met my husband Jim Adams. Alberta

Twirling and spinning at the dance with Thor while Terrance sang and my brother fiddled. Theresa Q.

Devils Thumb Ski Week, Villa Bellevue Ski Week, Methow Valley Ski Week, Silver Star Ski Week.

Annual Camp Hiawatha/Suomi Hills trips—many friends made over all those years. Kathy H.

Great friends, fun activities, healthy lifestyle.

New adventures—skiing.

So many new friends on every ski day or bike ride! Thanks, JMW

Wonderful groups on trips I have led—fun, patient, flexible. Arne

The best decision I have ever made was to join the North Stars. Not just for all the places & opportunities I have had, but for the good friends I have made.

Poland trip with Bob Tokar. Bruce Nelson

Great friends!

Bus trips to Telemark! Polka bands! Wonderful trails!

Poland ski trip with Bob Tokar in 1980.

I joined because I LOVE to be in snowy woods skiing in winter. JW

Skiing around in the forest! Sam

Biking down the Mississippi River.

I met my wife Nancy at my very first North Star Singles event. End of my swinging singles. Keith Sjoquist

President's weekend bus trips.

The fantastic people that went with me on the two Grand Canyon rafting and hiking trips I led and all the great things we did and saw. Lois Laitinen

Camp Northland bus trips—Smokey the Bear greeted us on the road into camp! Nancy Sjoquist

Biking with Wednesday Wanderers. Bill Lyon

Mel's bike ride for WOMEN ONLY!

Meeting my husband on an Iron Range bike trip in 1993. Andrea Johnson

Hikes with Al!! Ann

Tobogganing down Thor's hill!

Winning every year the Kodak prize for the club with the most miles skied.

When Sam, age 4, said "All of them" (girls that is) to dance with… Pop-Pop

A train trip to Whitefish Montana induced me to join. John Driscoll

Train Ride in Canada.

Joined NSSTC. Now able to do fun events with my spouse! Enjoy all the super people I have met. Sally

Many, many years at Maplelag! The McWethys

I joined North Stars to ski with my Dad because he's so fun. Cindy Porter

First Singles, then Main Club, then Kids trips, now WW.

This is where I learned to ski and met some of my dearest friends—and so many great trips!! Kathy Kelly

Skiing off the cabin roofs at Windy Lake. Inez

Great Friendships!

Bus trips to Northland / du Nord—1970s & 80s.

As a new skier encouraged by all the experienced skiers I met.

Robin's delicious food and bread at du Nord.

Memory: Tom Cooper helping me overcome hypothermia at Itasca with warm beverage. Kathy H.

Skiing in Glacier.

Hiking at Kids Explore! Joe

Ghost busting in Little Falls.

To learn how to cross-country ski. Barb Wahman

Growing up in North Stars I have had many wonderful memories: Midnight hikes with Al Porter, weekends at Thor's cabin, bus rides to weekend trips to du Nord, family weekends at Kathio and Deep Portage… to name a few. I'm glad to have my NSSTC family and to now be adding my kids to it as well. Elizabeth

The weekend ski trip when the number of kids exceeded the number of adults. David

Birkie ski trail—trouble with wax—Jinny McWethy teaching me to "stomp" my skis down to get grip! Kathy H.

Skiing, hiking, biking, great friends North Stars! Sue Lee

First N.S. trip. All in sauna, very comfortable until several whipped off bathing suits and ran out to roll in the snow. My thought: "What kind of club did I join?" Well, I'm still here!

My first sauna at Camp du Nord—jumping in the cold lake to waist—felt the difference in body from waist down! Kathy H.

Long bike rides with Mel!! Charles & Ann

We joined NSSTC after meeting Pete & Kathy H. in a parking lot on a Split Rock L.H. bike ride in the 70s. Linda & Doug Peterson

I joined 'cause I love to be outside & active with lots of friends. Jan Rupert

Kids Explore: Our kids are true adventurers by Dana Siskind

Last summer (2016) when we went to explore Richardson Nature Center, it was a beautiful, warm, sunny day. We borrowed pond exploration kits and checked out the pond life, had a great hike in the forest, and ended the day with a picnic. It was so much fun, we decided to do it again!

This year the day we scheduled—May 20—was 45 degrees and raining! The adults were ready to cancel, but Sammy and Joey said "No, we really want to see what is in the pond when it is raining." We dressed warmly in our rain gear and set off for an adventure. We saw families of ducks, both Mallards and Mergansers, swimming and taking shelter under the overhanging bushes. We found all sorts of interesting life forms in the pond—dragonfly nymphs, water bugs, snails (they were in the "allegy" (algae)). The adults stayed dry; the kids needed a complete change of clothing. TRUE ADVENTURERS!

There is a Kids Explore adventure each month. Join us with your child or grandchild or just come and see nature through eyes that are a little closer to the ground and see everything differently.

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:

Remember when there was no *Loype* from April to October? The "year" ended with the April banquet and started up again in October with trail clearing (and maybe a bike ride or two). We were encouraged to bike with AYH or canoe with the Minnesota Canoe Association. The summer picnic was something to look forward to on the second Tuesday of August. In September 1986, a pre-season issue of the *Loype* came out with information about trail clearings and a reminder to renew your membership for the next year. If you were not on the mailing list for the November issue, you might miss the chance to sign up for ski trips.

The 1998 summer schedule listed over 60 bike rides, over 30 hikes, and more than 10 boating events (canoeing, kayaking, sailing, rafting (Colorado), or windsurfing).

Remember the annual White Bear Lake Swim/Sail/Bike picnic and play day led by Carl Conney, Carl Bubiltz, and Carolyn Rusch? It was usually held on a Sunday and included biking, sailing, kayaking, and swimming, followed by a potluck picnic at about 4:30. Everyone was asked to bring something to grill and something to share.

Remember the Singles trip to Garmisch when they got lost after dark on the pontoon boat cruise of Lake Namekogan? As it was described in the September 2001 *Loype:* "We had planned to return before sundown, but some of our members required a potty stop ashore, and by the time we were underway again it was pretty dark. Everyone thought that the boat captain knew where in blazes he was, but alas and alack, we were decidedly lost and there was no way we were ever going to make it back alive, at least not that night.

Wandering about the very large, multi-armed lake and running low on fuel, we began searching for an island to tie up for the night. We weren't in any real danger, but it made for a good story. Finally, a boat hoist was heard off in the distance, so we approached a large dock looming out of the gloom. Our only seagoing unnamed member called in his best seagoing manner to the fellow getting his big boat into the black waters and explained that we were not lost but just needed directions back to Garmisch. He tried to give us directions, but realizing that we were a hopeless case, he guided us at three miles per hour for nearly two hours back to the Garmisch marina."

Sounds like quite the adventure!

North Stars create a snowstorm at Open Streets 2017 by Dana Siskind

A snowstorm in June!? What better way to introduce the NSSTC to new people than snowflakes blowing from a blue tent on Lyndale Avenue during a superhot sunny afternoon of Open Streets. Lots of people (young and old) had to walk through just to "cool down" with a smile on their face. A few kids rode their bikes through, and we even had a boy in his electric wheelchair.

We gave away 26 one-year online memberships and lots of people took a card or brochure to check out our website. One young man was hoping we did more backcountry hardcore skiing (George and Chip, the younger generation is looking for you).

Lots of families new to the area were interested in learning to ski with their kids and liked that we did fun things year round.

Thank you to all the volunteers who helped put this together—Carol Wahl, Theresa Quigley, David Siskind, and the snowflake cutters; and to all the people who were out on Lyndale Avenue Sunday in the hot sun: David Siskind, Theresa Quigley, Carol Wahl, Cathy Marquardt, Charles Rhea, Patty Lawrence, Elizabeth and Nick Dittrich with Sam and Joe (who were excellent ambassadors for the club—giving away the snowflakes that fell off and making friends with each child they led through the snowstorm), Audry and Thor Nordwall, Sandra Shearer, Jim Ruhl, Ella Mogilevsky, Bruce Nelson, Barb Watts, Bonnie Palmquist, Jill Mithun, Linda and Lance Oberg, Jean Papin, Tom Byerly, Lucy Osojnicki, Craig Freeman, Corliss O'Donnell and her granddaughter Lexi, Janet Jensen, Inez Wick, Mel Peterson, and Eric Ramstad.

What a great group! Let's do it again!

Right: The North Star display board at Open Streets 2017. When the winds picked up, someone was assigned to hold it down. *Photo by Lucy Osojnicki*

Thank you, Dana, for all your hard work organizing this fun event.

Above: A family affair. Dana Siskind with her daughter Lizzie, son-in-law Nick and grandsons Sammy and Joey.

Right: Joey (in red shirt) welcoming a new junior member.

Photos by David Siskind.

The Whitewater Rafting Trip of 1987 by Lucy Osojnicki

Thirty years ago the Twin Cities Metro area was experiencing record breaking heat. North Stars were no doubt dreaming of skiing through a peaceful, white landscape. But on the 23rd and 24th of July that year, a storm came through, dropping as much as 11 inches of rain over an eight-hour period in some areas. Flash flood warnings were posted as thousands of homes and businesses were flooded, cars were stranded, roads washed out, and storm sewers ruptured.

I had organized a whitewater rafting trip on the St. Louis River in Carlton for the weekend of July 25–26, 1987. What I had not anticipated was the superstorm just preceding those days.

I don't know how we made it out of the Twin Cities that day, but somehow we did. Every one of the 27 trip participants made it up to Carlton. We drove up on Saturday the 25th, camped at a group campsite at Jay Cooke State Park overnight, and ran the river the morning of July 26th. "Ran the river" is a good analogy as the St. Louis River went from 200 CFS to 12,000 CFS overnight. It was down to "only" 8,000 CFS when we put in.

Yes, the water was fast and the waves were incredible. Our guides, in kayaks, warned us about one ledge in particular—a six-foot drop known as "Electric Ledge." "Although it's no problem for the kayakers in the group, you definitely don't want to go over that ledge in a raft. So remember to paddle over to the left where the rocks are broken down making a nice chute to shoot down." Most of the rafters managed to follow the instructions. But for the rafters who did not, it was one disaster after another. One raft flipped over on top of its occupants (who had previously been thrown from same). Although a couple of rafters gashed their feet on the rocks, there were, fortunately, no broken bones. Terry Quam, accompanying us in his kayak, took photos of the event.

One of our guides told us afterward that she had guided whitewater rafting trips in Colorado for five years and had never experienced anything that scary. Many North Stars took up sea kayaking after that adventure.

Rafters struggle to get back into their raft after a trip down "Electric Ledge" on the St. Louis River. *Photo by Terry Quam*.

It was generous of you to share your lock with me but… by Don Youngdahl

It was a bike ride with a lunch stop in Wayzata, led by Jack Lynch sometime in the mid-1990s. That was well before the boom in restaurants that Wayzata has recently experienced. At the restaurant, I shared my bicycle lock with a lady whose name I have forgotten. When we found there would be a substantial wait, I left on my bike to check out another restaurant because I was short on time that day.

Finding equally slow prospects at the other restaurant, I blithely bailed out for home, totally forgetting that my cable lock was securely holding someone else's bike to the lamp post at the other restaurant. Needless to say, I remembered this mistake far too late to go back and make it right. Late in the day, I received a call from the lady whose bike I left locked up, apologizing to ***me*** for destroying my lock with the bolt cutters they had to rent from a hardware store. I was quite surprised to hear that apology and sincerely assured her that I owed ***her*** the apology and offered to pay for the tool rental.

Next day when I called Jack Lynch to apologize, he laughed uproariously, saying "That's exactly the type of bonehead move that I'm likely to make! It's good to see that I've got company." North Stars are wonderful people to hang out with.

More Spring Banquet photos

Left: Doug and Linda Peterson with Kathy Kelly. *Photo by Lucy Osojnicki*

Below: Mel Peterson, Carol Wahl, and Jim Ruhl. *Photo by Craig Freeman.*

Above left: Ellen Watson, Marcia Switenki, Fran Howley, and Jane Batcheller. *Photo by Susan Von Mosch*.

Above right: Arne Stefferud, Bob O'Hara, and Ron Brand. *Photo by Mark Lahtinen*.

Left: Steve Schmidt, Marcy Otypka, Linda Johnson, and Connie Campbell. *Photo by David Siskind.*

See more Spring Banquet photos on our website, www.north-stars.org

Summer picnic 2014. Left: Florence Fadell, Bruce Jacobson, Graham Hemphrey, Colleen Cavell. Right: Sam Meddaugh, Al Fox, Al Mayer, Frank Janezich, Bill Lyon.

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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