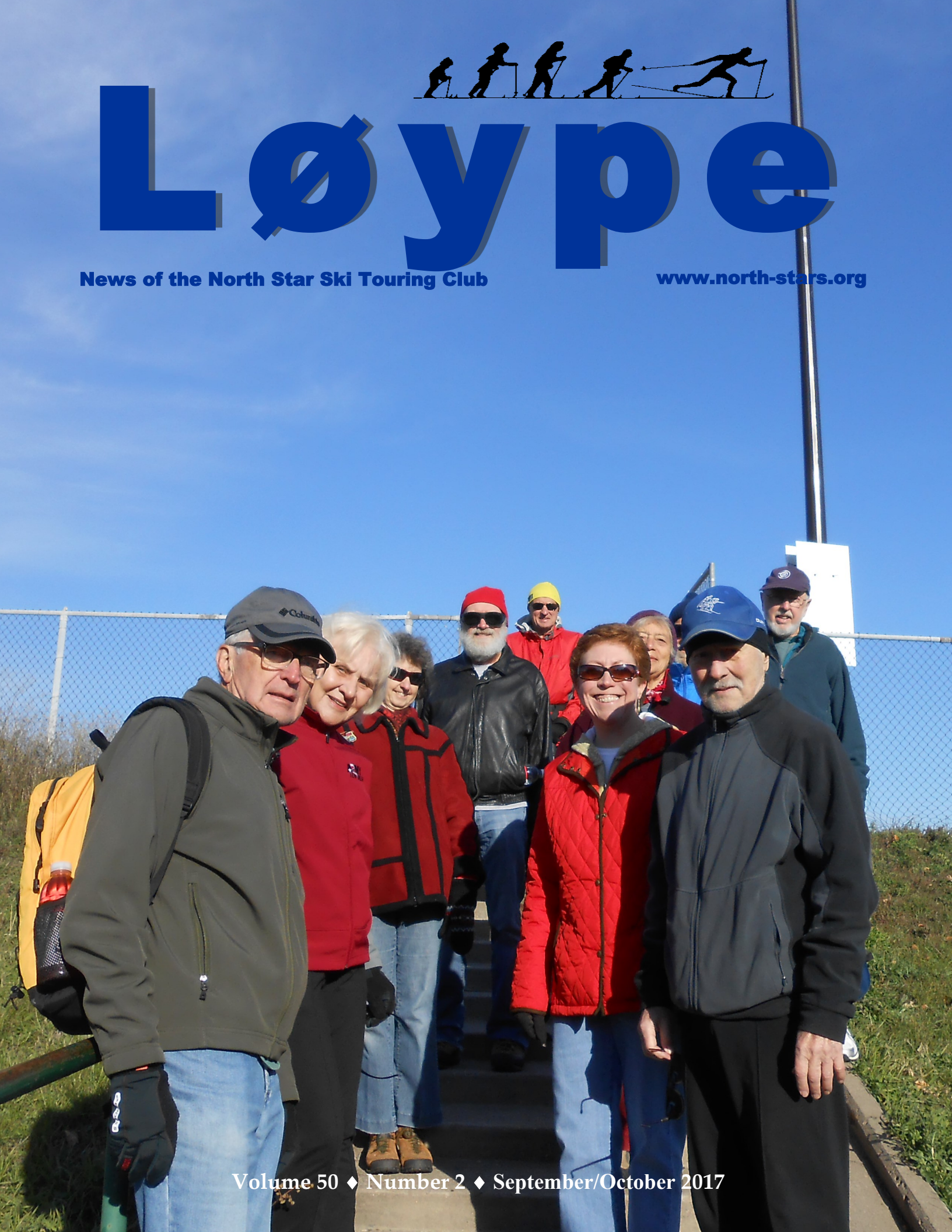
Løype

News of the North Star Ski Touring Club

www.north-stars.org



Volume 50 ♦ Number 2 ♦ September/October 2017

October Meeting

Tuesday, October 10, 2017
St. Peter's Catholic Church
6730 Nicollet Avenue, Richfield
(park in lot on west side of church)
6:30 p.m. - Social Time
7:00 p.m. - Business & Program

Program: "The Latest in Ski Technology and Innovation."

What's new in the ski industry? Greg Weier will discuss how manufacturers are changing/adapting to new weather, grooming, ski techniques, and overall use of ski equipment. While there have been quite a few new products in recent years, there has also been quite a lot that has remained the same. Manufacturers are even trying to bring back ski equipment from the past and calling it new. We'll try to sort is all out.

Greg has been working in the ski industry since 1974, the last 16 years or so at FinnSisu. Greg's other passion in the ski world is coaching. He's been coaching high school and masters-level skiers for over three decades. To Greg, there is nothing more satisfying than helping someone learn to love our sport. From the dedicated racer to the most casual of skier, if they are having fun and enjoying their time on skis, Greg feels he's done his job.

Cover photo by Lucy Osojnicki

North Stars on John Holmquist's Mississippi River Ramble in 2013. L to R: Rob Andersen, De Andersen, Marcy Otypka, Gary Follett, Roger Schumacher, Kathleen Keller, Jean Moede, Chip Treen (behind John), John Holmquist, Doug Peterson.

Back cover photo by David Siskind

North Stars trail clearing at Camp du Nord in November 1990.

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

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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
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Safety Coordinator: Maya Dahlberg, 651-500-6045

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e-Loype Editor: Fran Howley, 612-869-8971, eloype@north-stars.org
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Publicity: Open (looking for volunteer)
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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

Marketing Plan moves forward; new leadership team members

By Bruce Nelson

Bruce Nelson

Board Moves Ahead with Marketing / Communications Plan Implementation

The North Star Grant Program exists because of a generous bequest from club founder, long-time member, and Minnesota pioneer Nordic skier, Norm Oakvik. While Norm left no specific instructions, many who knew him well point to his genuine concern that his legacy support enhancing and ensuring the viability of the North Star Ski Touring Club. Over the two-year history of the Grant Program, the board has approved grants for several statewide ski trail development initiatives as well as hiring a professional marketing consultant to help develop the NSSTC Marketing and Communications Plan.

As readers of this column know, the Marketing and Communications Plan concludes that the solution to the club's declining and aging membership base lies in rebranding the club and presenting ourselves via social media. The purpose of rebranding and utilizing social media is to connect NSSTC and its members with the larger cross-country skiing community in hopes of recruiting new club members and revitalizing the club's mission.

Your board realizes that implementing major elements of the plan will be too much to ask of club volunteers. Following the lead of retaining a marketing consultant to develop the plan, the board is moving ahead on hiring a contractor to implement the plan. By the time this article is published there is a chance we will have already selected a contractor, but I'd encourage members who may be aware of anyone who is qualified or interested in this work to contact me. The contractor's responsibilities will include:

- Develop a brand identity for NSSTC. The brand identity (name, logo image, tone, tagline, typeface) will reflect the values of NSSTC and appeal to the audience identified above.
- Perform periodic reviews and corrections of NSSTC communications to maintain consistency with our brand. This will assist those of us who communicate through the club's website, other electronic publications, and print communications to insure consistency with our brand identity. We're also asking that the contractor produce a brief style manual and provide in-person training for club members to maintain consistent use of brand identity.
- Develop and set up an Internet social media presence for the club. This will include Meetup, Twitter, and enhancements to our Facebook page. The purpose of an updated social media presence is to connect the club and its members with the larger skiing community in hopes of attracting new club members. The contractor will also provide written guidelines and in-person training for trips coordinators to encourage members to host Meetup events.
- Develop advertisements and articles for targeted media outlets. Publications will include skinnyski.com, the Star Tribune Friday Outdoors section, Explore Minnesota, local newspapers, and other resources that the contractor might recommend.

New Leadership Team Members

I am pleased to announce that Susan Von Mosch has agreed to serve as our advertising chair, replacing Alberta Adams. Thank you for your years of dedicated service, Alberta! Also, Fran Howley has offered to organize the club's participation in the Outdoor Adventure Expo at Midwest Mountaineering in November. She will be looking for around twenty volunteers to staff our booth the weekend of November 17-19. We still need a member to step forth to organize volunteers for staffing a water stop at the City of Lakes Loppet on Sunday, February 4, 2018. And, lest I forget, we'd still like to find someone willing to coordinate singles activities for the club. This position has been open far too long. Contact me (info on the previous page) or email volunteer@north-stars.org.

Super Safety

Trail Clearing Keepers

By Maya Dahlberg

Trail clearing season is upon us and I want to update you on a few things to keep in mind in order to stay safe in the wilderness, on the trail, and on day hikes. I am calling them "Trail Clearing Keepers" because they are things to keep in mind when heading out for a day of hard work, fun, or when away from home or host site. The first thing I am going to address is utilizing the safety features that are already built into your mobile telephones. Secondly, I am going to include a list of things that the trail leaders should carry with on the trail.

Most of us own a mobile telephone these days. Some of us have smart phones that not only help us find our way to our next bike ride or North Star gathering but also enable us to keep in touch with our loved ones while out and about.

Did you know that Apple and Android systems come with a free health app? It is usually used to track sleep or count steps along with calories or activity level. But my last safety coursework taught me how much more useful the health app is. I learned how the health app not only allows you to specify the person to call when you are in need, but also enables you to specify the personal information a first responder may require in order to give you medical attention in an emergency.

If you don't have these two options set up on your mobile, I am going to walk you through how to create them.

Setting up your Medical ID - Apple

First, start by opening the health app on your iPhone (white square with a heart in the center). At the bottom of the screen you will see four different options. Tap on the bottom right option labeled *Medical ID* to get started.

On the next screen, you will be prompted to create your own Medical ID. Once you choose to do so, you will see the *Show When Locked* option, which will let anyone access your Medical ID in an emergency, even if your iPhone is locked.

Once that's done, start adding your relevant medical information into the app. There you will be able to add a photo, name, and date of birth as well as all the information you would want others to know about your medical condition. These include allergic reactions, medications, blood type if you are an organ donor, and even an emergency contact for your iPhone to display.

Once you finish this step, simply tap *Done* at the top right of the screen and your Medical ID will be ready to use.

Setting up your Medical ID – Android

A free Medical ID app is available on Google Play for Android phones.

Adding an ICE contact – Apple or Android

If you know how to add a new contact into your mobile telephone you are ready to go. Replace the person's first name with 'ICE' and in the "last name" section type the name of the person you would like contacted in case of emergency. Type in the person's home and mobile number along with address or email if you wish.

Trail clearing leader checkoff list

When trail clearing we often break up into small groups to conquer many trails and areas at a time. If you are a group leader for the day, here is a list of things that you (or members of your group) should keep in your first-aid kit / daypack:

* An EpiPen (if someone in the group has allergies, check to make sure they are carrying an EpiPen).
* A charged and powered-off mobile phone. Be sure to have the telephone number of the host site entered on your mobile.
* Rubber gloves for helping another person when there is blood involved.
* A red bandana to signal an emergency vehicle.
* A whistle that can be heard from some distance.

Final tip: You can dial 911 without unlocking your mobile phone. On the screen where you would normally enter a passcode, click on "Emergency" on the bottom left corner of the screen. Dial 911 on the next screen. For medical information, click on Medical ID at the bottom left corner of the next screen.

Kids Korner: What more could a kid want? by Elizabeth Scanlan and Dana Siskind

Reprinted from a 1990 issue of the Loype

ELIZABETH: One year when I was at Camp Northland, after skiing all day we had a dance and I bet you would not guess who was there. It was Smokey the Bear and I danced with him! What more could a kid want?

DANA: "Quality time" is a term often used to indicate that a busy parent is at least trying to do a good job of raising a child. Parenting has become more difficult as our world becomes busier and more threatening. Children learn how to work and how to play from adults—not only parents and teachers, but everyone they meet. Is there a better place to have some "quality time" with your child than with a group of friends who really know how to play?

ELIZABETH: Midnight hikes with Al Porter are lots of fun. We meet at Byerly's at midnight and walk for two or three hours in the moonlighted forest and have breakfast back at Byerly's. One night we even stayed over at his house and hiked Ernie's Run the next morning. To stay up all night, what more could a kid want?

DANA: Exercise is a must for a healthy child, another parental concern, but again "quality time" if you slow down and "shoot the toot" with a couple of ten year olds, or feed the birds at Northland, or come in at the end of the North Star Classic, but as the parent of a gold medalist. Whether skiing, biking, or hiking we are both developing a more positive feeling for nature and the environment and our own strengths. Life is not all play, however, and a few trail clearing trips have proven that even children can work hard.

ELIZABETH: Paul Smith made us do some HARD work both times we were up there sawing trees, clipping weeds, and just plain clearing the trails. One day of the first trail clearing my mom suggested we go swimming, but the water was ice cold. I was pretty doubtful. Then she said, "Inez (Wick) would do it." "But Mom," I said, "Inez is CRAZY!" And then we both dived in. It was fun too. Swimming any time of the year, what more could a kid want?!

DANA: A variety of opportunities enrich our lives in different ways. Elizabeth told me that night of dancing at Camp Northland was the "funnest night" of her whole life. I think perhaps in the two years since that wonderful evening she has had some to top it, but that was her first North Star weekend trip. Each event has brought us new friends, both young and old. We look forward to more adventures together; new experiences—canoeing, backpacking, who knows, but it will be "quality time."

ELIZABETH: Up at Maplelag it was fun to have Amy and Rachel Waldera there. We skied together every day and we even survived "Suicide Hill." The second night we danced 'til 1:00 in the morning (we were the hit of the show). The third night was the talent show. We played the piano and sang a song. In between all this we went in the hot tub, played games, and ate cookies. All the cookies you want any time you want! What more could a kid want?!!

Left: Elizabeth Scanlan dancing with Smokey the Bear at Camp Northland. February 1991 *Photo by David Siskind.*

Terrence Smith with daughters Anna and Laura provide music for the traditional dance at Camp du Nord while a young North Star looks on. March 1994.
Photo by David Siskind

A family trip for families with or without children by Janet and Craig Swan

Reprinted from the December 1979 issue of the Loype

We want to take this opportunity to do a little recruiting and expand upon the advantages of our family trip to Camp Mishawaka. Family trips have been offered so that, rather than leaving the kids at home for the weekend, the whole family can share in the adventure and excitement of a skiing trip. Our kids are five and seven and have been talking about the trip ever since we agreed to lead it in September.

Camp Mishawaka is an ideal location for the trip. Not only are the physical facilities excellent, but the camp has an extensive (14 km) set of trails that starts right outside the cabin doors. Choosing appropriate trails will meet the needs of all but the most expert skiers.

Besides the trails at Camp Mishawaka, Sugar Hills ski area is only 15 minutes away. Last year there were 25 km of trails at Sugar Hills. The word is that over the summer Sugar Hills has undertaken a major expansion of cross-country trails. They are currently advertising 80 km of groomed trails. That's right, 80 km. (Not surprisingly, they have also instituted a $5 trail fee.) We skied at Sugar Hills last year and were impressed with what we saw. If the same care has gone into the expansion, it should offer excellent skiing. Ours is the only club trip going to Grand Rapids. If you want to be one of the first to ski the new trails at Sugar Hills, this trip offers a relatively inexpensive way to do so. You might note that Grand Rapids offers even more alternatives for skiing, including a stop at Savanna Portage or Remote Lake on the way home Sunday.

The trip is designed to be especially attractive to families with children of all ages. Even families with very young children should not be deterred. Last year Sonie Larsen arranged for babysitting for these kids. She will do the same for those interested this year. At the same time we encourage others, families or singles without children but interested in skiing, to also sign up. Camp Mishawaka can comfortably sleep up to 50. There is enough room so that families with children can share cabins, and those whose views of children are more like those of W.C. Fields can share their own cabin.

Letters to the Editor

Reprinted from the November 1982 Loype

Something is happening in the North Star Ski Touring Club which I hate to see and which I feel has to be addressed. That is, more and more trips are becoming unavailable to children, either because of cost involved or the leader's choice to restrict the trips to adults. Isn't there a club policy which says all members are welcome on all trips as long as adults supervise their youngsters? Some of my most enjoyable trip experiences have occurred as a result of seeing people of all ages (I've had age ranges from 10-68) ski, dine, work, play, converse together and be able to enjoy each other because of their shared enthusiasm for cross-country skiing.

Each age group adds its unique contribution to the experience. Most groups are large enough that if anyone feels strongly about it, he/she doesn't even have to have contact with children. (I've never been on a trip on which there weren't some adults I've managed to avoid.) It especially bothers me to see our one "family camp" trip exclude children. Why not join the "geriatric bugaloo"? I'm sure kids won't be there. We do have choices. (Sorry, I kept telling myself not to get nasty but I'm quite intense on this issue.) Youth is beautiful! ~ *Lucy Grams*

Editor's Note: We couldn't agree more and are happy that our club offers so many family trips today—Kathio, Deep Portage, Maplelag, Camp du Nord, and many others through the years.

The families of Barb Wahman and Al Porter at Maplelag in 1998. L to R: Barb's daughter Sue Retterath, granddaughter, Katie McGough, Barb, Al, grandson Dane McGough, Al's daughter, Gail Crecelius, Al's grandson, Craig Crecelius, and Barb's grandson, Zach McGough.

Trip Coordinators Report by Ann Rhea and Jim Young

September 30 is the deadline for submission of winter trip notices!

NSSTC winter trip notices for the 2017-18 fall/winter season should be submitted to the trips coordinators no later than September 30 in order to insure that the events will be listed in the November/December issue of the *Loype*. Trip notices should be submitted via e-mail to **schedules@north-stars.org**.

A limited number of extended trips are on the schedule for this coming fall/winter, and a few of them already have wait lists. See the current list below.

Club members are encouraged to plan, organize, and lead both one-day trips within the greater Twin Cities area and extended multiple-day trips to more distant locations. Hopefully, this year's winter schedule will include both traditional trips (Suomi Hills, Maplelag, Giants Ridge, etc.) that have been offered annually for many years and new trips proposed by new leaders to new places. Day trips within the Twin Cities metropolitan area will be especially appreciated.

Although cross-country skiing is commonly the principal activity on winter trips, snowshoeing, hiking, and camping are also options. Additionally, notices for SNO (Singles Night Out) and other related events will be accepted for inclusion in the fall/winter schedule. Our goal as trips coordinators is to assemble a full schedule of trips and events that offers a wide range of choices for participation in club activities.

If you as a member of North Star have any interest or inclination to lead a club-sponsored trip or event or want a co-leader to help you, contact the trips coordinators. We'll be happy to assist and support you in any way we can. If you feel inexperienced in leadership of trips and events, consider being a co-leader in partnership with a more experienced trip leader. Being a co-leader is a great way to "learn the ropes" about leadership of trips and events.

Status of extended trips scheduled as of 8/1/2017 for fall/winter 2017-2018: Bearskin Lodge (February 4–9)—closed, join the wait list; Methow Valley (February 22–March 2)—closed, join the wait list; North Shore of Lake Superior/Silver Bay (February 23–26); Norway (March 10–19). Please see the activity calendar on our website, **www.north-stars.org**, for more detailed information about these trips.

Volunteer Spotlight

This month the spotlight shines on long time member, Dana Siskind. She isn't the volunteer of the month, nor is she the volunteer of the year. She is the North Star volunteer of all time.

Dana has been a member of the North Stars since 1986 and has been active in the club all 31 of those years. Her children grew up with the club and now her grandchildren are growing up with the club.

Just reading the list of all she's done (and is still doing) for the club will probably wear you out. Dana co-leads a trail clearing trip every year, co-leads two weekend ski trips every year, has co-led many extended trips, co-leads evening hikes one day each month, co-leads a Kids Explore event each month, proofreads the *Loype*, and mails the *Loype*, And those are just her regular volunteer activities. She has also served on the board and is always willing to step up and organize special events like the North Star booth at Open Streets and the Shining North Star Moments board at the spring banquet.

Yet she still has time to write (or co-write) regular columns for the *Loype*. This editor is especially appreciative of all of Dana's efforts (and wishes more members would follow suit).

Dana Siskind with Maya Dahlberg, Eric Ramstad, Thor Nordwall, and Dana's grandsons Sammy and Joey. Summer picnic 2017. *Photo by Lucy Osojnicki*

Wednesday Wanderer Words

Down the Rabbit Hole Hike with Al*ice*

By Al Mayer

Al Mayer

On Sunday, June 25, thirteen "Doubting Thomas" North Stars joined me in what I called my "Down the Rabbit Hole Hike with Al*ice*." As you can see from the pictures in this article, this fantasy hike wasn't as far-fetched as it sounded.

Entering the woods via a rabbit hole and following a path through the woods brought us to a trail which ran along the edge of a lovely, birch-lined lagoon.

We remained on this pleasant, lagoon-side trail until we came upon a vast, manicured lawn behind which lay a sunken garden adorned by two flowering circular gardens.

As we meandered through these gardens, someone asked, "When do we see the flying horse?" In response, I pointed skyward to the horse and its companion. All moved forward to read about the artists who created it.

No attempt was made to enter the palace, but we did wend our way to the rear of the palace where we came upon a magnificent amphitheater and rotunda backdropped by a languid pond which featured a giant fountain spouting columns of water skyward.

We left this idyllic setting by taking a footbridge onto a heavily wooded island and circling the island before taking a second bridge to the base of the rabbit hole where this fantasy began.

All of what is shown and described above is available to the public should you decide to actually experience this fantasy.

Back row: Brad Schlick, Al Weber, Steve Schmidt, Bill Lyon
Third row: Eric Ramstad, Connie Campbell, Lois Carlson, Sherry Schlick. Second row Marcia Switenki, Evie Schulte, Jane Norman. First row: Larissa Krioukova, Valerie Lloyd, Al Mayer.
All photos 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 Terrence Smith is also a tradition for this weekend. Leaders are Dana Siskind, 612-929-0205 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 David 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

See schedule for more details.

Open Streets reprise by Dana Siskind

We had so much fun setting up our "snow storm" in a tent on Lyndale Avenue in June and had such a good response that we are going to do it again! This time we will be on Nicollet Avenue somewhere between Lake Street and 46th Street, Sunday, September 24, 2017. We need to do a little touch up of our snowflakes, so watch the eloype for snowflake cutting parties. If you have ideas on how to improve our display, please let me know. This entire display evolved from adding on to the original idea. We will also need our fabulous volunteers again to promote our great club and invite people to our October meeting just a couple of weeks later. At the June event, we had enough volunteers that we could schedule one-hour shifts. I think that worked very well. Again watch the eloype for the call for volunteers.

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October 1st is the deadline for the November-December issue of the *Loype*. Please submit articles and photos to loype.news.editor@north-stars.org by that date. Articles about trips, activities, and events are MOST welcome.

Ski Tourer's Pledge

I will protect the land and the natural resources of the land on which I ski.

I will make it my personal business to leave the land in such a condition that, except for the tracks of my skis upon the snow, no one will ever know I was there.

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

Leo Hannan, Anchorage Alaska.

Ski touring in Minnesota: some hard realities by Mel Peterson

Reprinted from the November 1982 Loype

This is the time of year when you begin to get serious about the coming of winter and the new ski season. It's still early October as I sit here writing but the autumn season seems nearly over. It's rained and misted for about a week now and the temperature has not made it out of the fifties. The fall colors have peaked even here in the southern part of the state. With the pervasive northeasterly winds and the steady rain, the eternal falling of the leaves to the still fertile earth has begun.

So you learn to love the autumn but your thoughts begin to turn to winter. Meteorologists tell us that snowfall becomes a possibility here in the Twin Cities any time after September 19. I've got ten bucks at work that says we'll have a two-inch snowfall by October 22. Some of the guys became concerned (a number of them downright livid!) and suggested solitary confinement for me. By the time you're reading this you'll know whether I'm a sage or only a fool ten bucks the poorer.

As all our thoughts turn toward winter, so do the sensibilities of the North Star Ski Touring Club. There's excitement and a hurried movement these next two months as we rival the animal kingdom in our preparations for winter. Right now there's a lot going on with the 10K Run, the annual ski swap, and preparations for our big open meeting in November. There have been ski sales all over town the last few weeks and each of us is gearing up in his own way for the play season which winter offers. What I'd like to share for a moment with club members are a couple of issues and trends in ski touring that will determine how we play.

This club has been organizing trail work days and weekends for a number of years. This fall you've seen the efforts intensify to the point where we are sending work crews to Camp Northland, Bearskin Lodge, Grantsburg, Remote Lake, and possibly a number of different resorts along the North Shore of Lake Superior. We also openly encourage club members to assist in the Hennepin County Park Reserve's volunteer program of trail maintenance. And we've earmarked $1,000 from the club's Trail Development fund for work at Carver Park. You've read about this before but the point needs to be hammered home that now more than ever trail development done by volunteer workers will determine the growth and destiny of ski touring in Minnesota.

In these hard times the money is simply not there at the State level for the kinds of trail development we skiers feel is necessary. So we're taking things into our own hands and are pretty much building our own trails. I think of it as a grassroots movement with the growing support of this state's resort owners. They are numerous and are recognizing the fact that cross-country skiing is now a viable, popular form of winter recreation. Ski tourers need to be serviced by these resort owners—for their well-being as well as our own.

The NSSTC has been inundated with requests and inquiries from resorts throughout the state. We're attempting to make arrangements that will fully recognize and partially compensate these volunteers who give so willingly of their time to do some rather unglamorous work at a good time of the year when we'd all rather be playing. Trail development has become a priority with this club and members cannot be encouraged too strongly to become involved in our volunteer work weekends. It's heartening to see the response of renewing members as they donate to our Trail Development fund. Members seem to be increasingly aware of the political and economic realities of a strong development program. And that awareness bodes well for this club and ski touring in Minnesota.

There's another issue that directly concerns cross-country skiing in this state. I'm talking about the proposal of a trail user fee which is a matter of not 'if' but 'when' and 'how much'. The State recognizes the economic reality of imposing some sort of fee to continue and hopefully expand maintenance of Minnesota's ski trail network. Your NSSTC Board of Directors has discussed the concept of a trail user fee and concluded that it is worthy of consideration. We are going on record as offering our support for investigations at the State level into the concept of a user fee and considerations as to its form and contents. In no way is this club at this time offering any kind of blanket support for a proposed trail user fee. We simply feel that it's a concept meriting further study.

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."

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 6, Wed {WW} Bike or Hike. Fran Howley will lead this event at a time and location TBD. Watch for details in the e-Loype and WW weekly mailings.

Sept 8, Fri {A} Learn to Ballroom Dance. Meet at 7:00 p.m. at DanceLife Ballroom, 6015 Lyndale Ave S in Minneapolis, for a one-hour lesson followed by dancing from 8:00 -9:30. Everyone has fun, even first-timers! No experience necessary. Lesson fee is $10. Meet at 5:15 at Saigon Uptown, 3035 Lyndale Ave S, if group dinner before dancing is desired. FFI: Lois Laitinen, 651-714-1252 or laiti001@umn.edu.

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 13, Wed {WW} Theodore Wirth and West Bike Ride. ~25-mile bike ride from the Theodore Wirth chalet to the Luce Line Trail, then on to the Medicine Lake loop and back. Meet at 9:45 a.m. and begin riding at 10:00. Bring a bag lunch or purchase something at the chalet after the ride. FFI: Carol Krush, 612-229-5282 or carol.krush@gmail.com.

Sept 17, Sun {A} Bike the Northeast Suburbs. This will be a pleasant, not-very-hilly ride of about 38 miles that takes us past numerous lakes and along a couple of wonderful trails. Plan on averaging 12-13 MPH on this mapless, stay-together ride. We'll have a coffee/snack stop in White Bear Lake about 25 miles into the ride. Meet at 9:45 a.m. in the south end of the parking lot of the Maplewood Community Center, 2100 White Bear Ave (one-half mile south of Hwy 36); begin biking at 10:00. If it is raining at 9:00, the ride is cancelled. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone morning of ride).

Sept 19, 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.

Sept 20, Wed {WW} Bike or Hike. Dana Siskind will lead this event at a time and location TBD. Watch for details in the e-Loype and WW weekly mailings.

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.

Sept 27, Wed {WW} Bike Big River Regional Trail. Meet at Harriet Island Regional Park at 10:00 a.m., bike at 10:15. 22 miles on flat trails along the Mississippi River, past Lilydale Regional Park, the Pool & Yacht Club, the confluence of the Minnesota and Mississippi Rivers, the Old Mendota Jail built in 1834, then retrace our trail back to our cars. Eat at Joseph's Grill,140 S Wabasha St in St.Paul, after the ride. FFI: Sally Richards, 651-452-2247 or sallyrichards@gmail.com.

October 2017

Oct 4, Wed {WW} Bike or Hike. Jan Rupert will lead this event at a time and location TBD. Watch for details in the e-Loype and WW weekly mailings.

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 Finn Sisu will talk about the latest in ski technology and innovations, with emphasis on the popular skin-tech skis. Look for full meeting details on page 2.

Oct 11, Wed {WW} Bike or Hike. Lois Carlson will lead this event at a time and location TBD. Watch for details in the e-Loype and WW weekly mailings.

Oct 13, Fri {A} Learn to Ballroom Dance. Meet at 7:00 p.m. at DanceLife Ballroom, 6015 Lyndale Ave S in Minneapolis, for a one-hour lesson followed by dancing from 8:00 -9:30. Everyone has fun, even first-timers! No experience necessary. Lesson fee is $10. Meet at 5:15 at Saigon Uptown, 3035 Lyndale Ave S, if group dinner before dancing is desired. FFI: Lois Laitinen, 651-714-1252 or laiti001@umn.edu.

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 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 or Clare Fossum 612-721-9258.

Oct 17, 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.

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 18, Wed {WW} Hike Lebanon Hills. Meet at 10:00 a.m. at the Lebanon Hills Regional Park Visitors' Center on Schulze Lake, 860 Cliff Road in Eagan; begin hiking at 10:15. We'll hike the Voyageur Trek loop, which takes about two hours. Bring water and a bag lunch. FFI: Eric Ramstad, 612-721-7643 or ramstaderic@gmail.com.

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 25, Wed {WW} 'Searching for Heaven on Earth and a Big Fish' Ride. Meet at 9:45 a.m. at the Dakota Rail trailhead in Wayzata; begin biking at 10:00. Bike the Dakota Rail Trail, the Andrews Sisters Trail, and city streets past bays of Lake Minnetonka. Along the way we'll try to find heaven on earth and a big fish. Optional stop to see the sculptures at Big Stone Mini Golf. Mileage options from 19.7 to 24.7 miles. Directions: From 494 in Minnetonka, head west on US Hwy 12/394; go about 1.8 miles and take the Central Ave / North Hwy 101 exit; at end of ramp turn left on Central Ave, go about 0.4 miles and turn right on Wayzata Blvd; go about 0.8 miles and turn left on Barry Ave (just after the park & ride station); cross Lake St to Grove Ln, then cross railroad and turn right into parking lot. Optional meal at local restaurant after the ride. FFI: Gary Solberg, 612-401-7561 or gary_solberg@yahoo.com.

Oct 26-29, Thur-Sun {A} Trail Clearing on the Banadad Trail. The Banadad, which parallels the Gunflint Trail north of Grand Marais, is the only groomed x-c ski trail in the BWCAW. We'll be using hand tools to clear brush and deadfall from the trail. Work groups will be transported near to the wilderness boundary to hike into the work sites. On Saturday we'll be joined by members of the Banadad Trail Association (BTA) for trail work and the annual meeting potluck in the evening. Lodging, meals, and trail lunches will be provided by Boundary Country Trekking. Bring a backpack, spare clothing, rain gear, etc. for the trail. This trip is limited to nine participants. A trip waiver and a deposit of $25 (which will be refunded upon arrival) are required. FFI: Tom Rice, 612-567-2946, or David Siskind, 612-929-0205.

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 (payable to leader) 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 or fjanezich@gmail.com.

November 2017

Nov 1, Wed {WW} Bike/Hike/Ski. This event in the metro area will be determined by the weather and street and/or trail conditions. Please watch the e-Loype and the website calendar for details. Leaders are Jeanne Papin and Jane Laub.

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

Nov 1, Wed {WW} Metro Area Hike. Audry Nordwall will lead this event at a time and location TBD. Watch for details in the e-Loype and WW weekly mailings.

Nov 8, Wed {WW} Metro Area Hike. Frank Janezich will lead this event at a time and location TBD. Watch for details in the e-Loype and WW weekly mailings.

Nov 10, Fri {A} Learn to Ballroom Dance. Meet at 7:00 p.m. at DanceLife Ballroom, 6015 Lyndale Ave S in Minneapolis, for a one-hour lesson followed by dancing from 8:00 -9:30. Everyone has fun, even first-timers! No experience necessary. Lesson fee is $10. Meet at 5:15 at Saigon Uptown, 3035 Lyndale Ave S, if group dinner before dancing is desired. FFI: Lois Laitinen, 651-714-1252 or laiti001@umn.edu.

Nov 15, Wed {WW} Hike Nine-Mile Creek. Al Mayer will lead a hike that covers about three miles, half on dirt paths and half on paved trails. Meet at Moir Park in Bloomington at 10:00 a.m.; hike at 10:15. Sally Richards and Ann Rhea will extend the hike by continuing on to the Minnesota River, then heading west to where Nine-Mile Creek enters the river. If it's still in business, you will be able to ferry yourself across the creek and back again, making for a six-mile hike. We'll go to David Fong's on Lyndale Ave for lunch after the hike. Directions: Head south on 35W from 494, get off at the 106th St exit; go west on 106th, cross Nine-Mile Creek, then turn right at the next corner onto Morgan Ave; follow Morgan north for three blocks to Moir Park. FFI: Al Mayer, 612-817-6814 (cell) two hours before the hike.

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

December 2017

Dec 6, Wed {WW} Hike Louisville Swamp. Meet at the main trailhead parking lot, 3801 145th Street W in Shakopee, at 10:00 a.m.; begin hiking at 10:15. The trail is 6.9 miles long. Bring water and a bag lunch. FFI: Eric Ramstad, 612-721-7643 or ramstaderic@gmail.com.

Dec 19, 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

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Kids Korner by Lucy Osojnicki

Reprinted from the November 1990 Loype

Why am I writing *Kids Korner* this month since my "kid" just celebrated his golden birthday on September 23? Let's just call it a love and concern for children everywhere (and besides I'm looking forward to being a grandmother some day).

Chris Grengs, son of Rita Wetzel, is November's featured "kid." Fourteen year old Chris would like to be another Greg LeMond when he grows up—a goal he is likely to achieve. Although this is his first year of bicycle racing, he placed first in his junior class and fifth overall in the USCF race at Mora in September. He averaged 25 mph for the 45 mile course. Way to go Chris! A member of the Gopher Wheelmen, Chris is currently racing in the 15-18 year old category. He has earned enough points to move up from category 4 to category 3 racers. Keep up the good work, Chris. We are proud of you.

On a less happy note, another young man by the name of Chris was hospitalized in September because of a bicycling mishap. While bicycling on the bike path by my house, 13 year old Chris lost control and rammed his head into a bolt on a road sign. The mishap would not have resulted in a fractured skull had he been wearing a helmet.

A lot can be done to make it cool for kids to wear helmets, starting with advertising, television, and movies. If every child pictured riding a bicycle were wearing a helmet, helmets would become the "in" thing. Group Health is also doing something about the problem by offering discounts on bicycle helmets to members. It is likely other health plans will soon follow suit considering helmets reduce the risk of head injuries to bicyclists by 85%. For his golden birthday, my son asked for a mountain bike. "Guess what else I'm going to buy you along with a mountain bike," I said. "A helmet," he replied. Smart kid!

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

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

Editor's Note:

In the last issue of the *Loype*, we forgot to thank our Spring Banquet coordinators Fran Howley, Carol Wahl, and Florence Fadell. They did a tremendous job of planning and executing an enjoyable, well-attended event. Thanks also go to Mary Becker for the floral centerpieces, Marcia Switenki for coordinating the volunteers, and Kathy Kelly and John Driscoll for emceeing the show.

Also omitted from the last issue was acknowledgement and thanks to Gerry and Rita Manninen, Dana Siskind, and Ellen Watson for their contributions to the member profiles.

Special thanks to Dana Siskind for digging up historical information for these 50th anniversary issues.

North Star members posted some of their most memorable "Shining North Star Moments" with the club at our Spring Banquet. For the most part, these were wonderful memories that everyone enjoyed reading. However, there was one that could be considered a "not-so-shining" North Star moment. It was a poor attempt at humor with no basis in fact, and we're sorry that we did not catch it and omit it from the July-August issue of the *Loype*. We don't know who posted the comment, but we do hope that he or she will use better judgment in the future. And we will be sure to question anything submitted to the *Loype* that seems out of place. Thanks for understanding.

Member Profiles

We continue with profiles of members who have given much of their time to our club over the years. These four pages are profiles of members who joined in the 1970s. Look for more 1970s member profiles in subsequent *Loype* issues.

Bob Tokar

Bob Tokar joined the North Stars in 1970. He served as programs chair in 1973–74, trips coordinator in 1979–80, Minntour representative in 1981-82, president in 1982–83, and past president in 1983–84.

Julie Norwall, Jim Johnson, Jinny McWethy, and Bob Tokar in 1992.
Photo by Lucy Osojnicki

Bob began the tradition of the club president leading our annual Presidents' Day Weekend ski trip up north. Back then we usually went to YMCA Camp Northland outside Ely. Bob's trip offered the option of skiing late at night to the small island offshore and consuming Polish sausage and shots of vodka around a roaring bonfire. He no doubt got the idea on the trip he led to Poland in 1980.

Bob, along with Tim Knopp, served on a statewide ad hoc committee to promote the passage of a ski trail user fee bill in the state legislature in 1983. This bill passed and we now have a dedicated fund for the development and maintenance of cross-country ski trails in the state. Thank you, Bob and Tim.

For many years, Bob wrote a column for the *Loype* entitled "A Touch of Blue under the Foot." His writing was exceptional and we looked forward to every issue of the *Loype* in which his column appeared.

Bob led the Remote Lake and Camp Northland weekend ski trips for several years. He helped develop the trails at Remote Lake and also helped to build a shelter in memory of his good friend Howard Thornley.

In 1980 Bob led a memorable ski trip to the Tatra Mountains in Poland. Lucky participants still talk about that trip—from the emergency landing in Poznan (180 miles from their original destination of Warsaw) to the Polish guide who would brief them every morning on the day's skiing: "Today we will be skiing mostly on the flat. Just a little uphill and a little downhill. Not to worry, it will be no problem."

Bob had a great sense of humor and fun that he liked to share with others. He died in 2016, and will always be remembered for his wit and enthusiasm.

Connie Donnelly

Connie Donnelly joined the North Star Ski Touring Club in 1972 on the recommendation of a colleague at Hennepin County where Connie was employed as a social worker. The colleague happened to be a friend of Jacque Lindskoog (longtime NSSTC member and the first woman to ski the American Birkebeiner). Connie had never cross-country skied before that time. But because she had some downhill experience, she decided to give it a try. Connie's son Arny, a member of the Edina High School Nordic team at the time, took her to Burger Brothers on 44th and France to advise her on her first cross-country ski purchase.

Cal Schadel, Connie Donnelly, and Marcy Otypka at Camp du Nord in 1995.
Photo by David Siskind

Connie skied the second VJC in 1972. She remembers showing up at the parking lot of Chaska High School and seeing "all these guys waxing their skis." Connie may have wondered what she had gotten herself into, but she did survive her first VJC.

As our first publicity chair (an appointment by then-president Jinny McWethy), Connie produced our first club brochure—that blue and white one that existed for decades

Connie was president of our club twice (1983–1984 and 1991–1992), and served as club historian for many years. When Bob Tokar was North Star president in the early 1980s, he instituted the policy of the club president leading the Presidents' Day trip every year. Connie led the trip to Camp Northland when she was president in 1984. She also remembers leading a trip to Thistledew, a correctional facility that had challenging trails (and accommodations that left much to be desired). For many years, Connie led a beginners' ski outing at Pike Island between Christmas and New Year's Day.

Connie has fond memories of the many trips she took with the North Stars over the years—like the 1980 Poland ski trip led by Bob Tokar, the Norway hiking trip led by Solveig Olson, and the many western ski trips.

Barb Wahman and Al Porter

Barb and Al joined the North Star Ski Touring Club in the 1970s and married in 1995. Like Norm Oakvik, Al is a former ski jumper. Al has served on the board as trail development chair, and Barb has served on the board as trips coordinator. They have both volunteered in many capacities over the years including safety education chair and volunteer coordinator. They also volunteered with the Gateway Trail Association for many years.

Al Porter and Barb Wahman in June of 2009. *Photo by Lucy Osojnicki.*

Don Youngdahl and Al led the ski trip to the Nemadji Hilton for 27 years. It was a Spartan hunting shack, but the skiing was great and the trip was very popular. Al led ski trips to the Duncan's cabin outside of Two Harbors for about 15 years.

Barb led the ski trip to Maplelag Resort for over 30 years. In addition, Barb and Al have led many day bike and ski outings. Lake Elmo was a favorite starting point, with lunch at Gorman's after the event. One year, Al fell through the ice on his skis at Lake Elmo. (There is an entire book about Al's skiing adventures.)

Their families also enjoyed many North Star trips and events. Al's daughter, Cindy, has many stories to tell. She introduced her husband John to the club, and their daughter Emily grew up in the club.

John Holmquist wrote an article for the October 1985 *Loype* entitled "The Bushwhacker." Yes, he was thinking of Al Porter when he wrote the following:

"Elsewhere in our midst is the Bushwhacker—the pathfinder who scoffs at trails. The aim is to break new trails over as much ground as possible in one day while skiing over rock ledges, stirring up the deer herd, and trampling smaller trees in the forest. He and his followers start the day by consuming everything on the breakfast table including fresh flowers. In their pockets are compass and map. In their packs, extra clothes and lots of water. They depart in eagerness, a distant look in their eyes, a thin line of gorp marking the snow in their tracks. They will get lost many times this day and will not be seen again before nightfall."

Chet and Donna Mirocha

Chet and Donna Mirocha joined the North Stars in 1972 after reading an article about the club in the newspaper. They became more active in the club in the 1980s, leading overnight weekend ski trips for the club. They started leading extended ski trips in 1989 with a trip to Kwagama Lodge, Ontario. This was followed by three extended trips to Windy Lake Lodge, Ontario—in 1991, and again in 1995 and 1998.

Chet and Donna Mirocha at Windy Lake Lodge in 1995.
Photo by David Siskind

Chet was an excellent back-country and Telemark skier. He went on many of the club's hut-to-hut trips in Colorado where he provided avalanche training to the group. Chet also gave cross-country ski lessons to North Star members. His tips were invaluable.

Donna served as club secretary in 1988–89 and 1989–90. In 1992, she began doing data entry for the *Loype* and continued to do so for the next twenty years. Members who had not yet moved into the digital age sent handwritten articles to Donna, who would then enter them on the computer and e-mail the articles to the *Loype* Editor. This position has since been eliminated—almost every member owns a computer now.

Before retirement, Chet was a professor of plant pathology at the University of Minnesota and Donna was a teacher. They now divide their time between their Como Park home, their cabin up north, and a place near their son's home in Arizona.

They also stay active in their community. Chet was placed on the Como Park Neighborhood Honor Roll, a citywide award to honor people who improve the quality of life in St. Paul. Chet also volunteers with Little Brothers Friends of the Elderly. Both Donna and Chet volunteer with home hospice respite care (giving caregivers a break) and Loaves and Fishes.

Sam Meddaugh

Sam joined the North Stars in 1979 and became active almost immediately. He served as club treasurer for more years than any other member—1983–84, 1984–85, 1986–87, 1987–88, 2009–10, 2010–11, 2011–12, and 2012–13. Let's just say he was very good with numbers, not to mention honest, reliable, and detail-oriented. He also served on the board as trips coordinator in 1996–97, 1997–98, 1998–99, and 1999–2000.

Sam Meddaugh in August 2014.
Photo by Lucy Osojnicki

Sam loved skiing, bicycling, canoeing, kayaking, and hiking. He led many winter and summer overnight weekend trips for the club as well as local bicycle rides and ski outings. Sam also participated in many trips and events including several European ski trips and the Colorado hut-to-hut trips.

A member of the Minnesota Orienteering Club, Sam served as their treasurer and membership chair for many years. The club's annual Members Meet has been named in his honor.

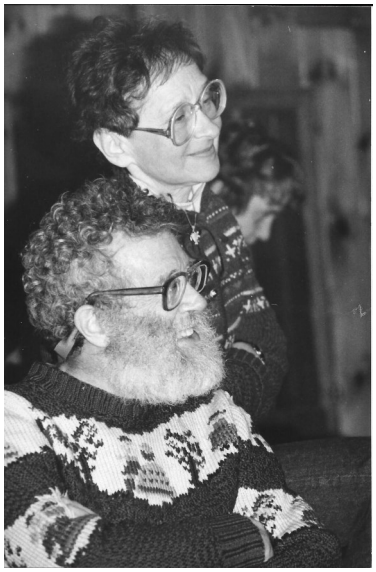
A quiet fellow and deep thinker, Sam never sought the limelight but was always willing to help out whenever needed. Sadly, he died in October of 2014 of a rare heart disorder. He was only 78 years old.

A memorial bench was installed at Moonshine Park on Lemay Lake in Eagan, 1321 Jurdy Road. It's a little park tucked into a neighborhood and is a beautiful spot. The bench is located to the right of the playground when looking at the lake.

Sam Meddaugh Memorial Bench
Photo by Lynne Meddaugh

Ted Cardozo

Ted Cardozo joined the North Star Ski Touring Club in 1977, served as trail development coordinator in 1985–86 and 1986–87, and as president in 1988–89. Along with Roger Geis, Ted supervised trail construction and maintenance in the BWCA, near Ely. He organized multiple fall trail clearing projects while serving as trail development chair.



Ted and Joyce Cardozo at Camp du Nord February 1989.
Photo by David Siskind

Ted led many Colorado hut-to-hut ski trips, as well as weekend overnight trips (both winter and summer), and organized several Birkebeiner weekends. He led a memorable ski trip to Leutasch, Austria in 1987 and a ski trip to France and the Czech Republic in 1995.

Ted helped resurrect our 10K run in 1987–88 and turned it into a memorial to the late Ernie Engemoen. Also that year, he helped organize a massive ski swap and the North Star's participation in Winterfest. In 1990–91, Ted helped organize the North Star Classic ski race, held at Aamodt's Apple Orchard that year.

And if all that isn't enough, Ted also gave cross-country ski lessons to North Star members over the years. It was he who instituted formal, scheduled cross-country ski lessons for the club while he was president.

Although Ted has a sight disability, he does not let that stop him from doing what he loves best—skiing, both back-country and in-track. His enthusiasm for the sport is contagious. According to Don Youngdahl, "Ted was fearless in his skiing endeavors, refusing to let his sight handicap stop him from contributing to our sport. He skied well and he skied fast."

Tom Rice

An outstanding member of the North Stars, Tom has been instrumental in guiding the club through numerous growth spurts over the years. As winner of the prestigious Tim Knopp Award, Tom's contributions have been well-documented but here are just a few highlights of his past 40 years of participation.

Tom Rice riding across Wyoming in July 1997.
Photo submitted by Tom Rice

He has served on the board as secretary, schedule coordinator, and trail development chair. Tom has also served in non-board volunteer positions such as *Loype* cover designer and computer consultant.

Tom led many summer and winter midweek and weekend overnight trips for the club, including a bicycle ride in Colorado and Wyoming. A strong bicyclist, he has ridden in many "across the state" tours such as RAW (Ride Across Wisconsin), RAGBRAI (Register's Annual Great Bicycle Ride Across Iowa), and Tour de Wyoming.

As a ski instructor he has enriched the sport for many novice skiers. As an experienced bicyclist, he taught North Star cyclists the finer points of bicycle maintenance and safety.

To Tom we owe the excellent condition of many of our remote trails and wooded wonderlands—maintained in many cases without the use of power equipment. He continues to lead trail clearing trips every fall.

His many talents have covered all aspects of club operation. In 1987 his computer skills were a prime component in bringing the North Stars into the digital age when computers were fledging tools for the club. An excellent photographer, Tom's photos have often graced the covers of the *Loype* over the years.

His quiet, self-effacing demeanor speaks loudly about this man of action, creativity, and dedication. North Stars are fortunate to have him as a stalwart member of the family.

Bruce Jacobson and Ann Morrissey

Bruce joined the North Star Ski Touring Club in 1978, and Ann joined in 1982. They met on a North Star ski trip to Cragun's Resort and married in 1992.

Ann and Bruce at Deep Portage in 2008.
Photo by David Siskind

Bruce has held numerous board positions, including president (2002–2004), vice president (2000–2002), and trips coordinator (1997–1999). But mostly he works quietly behind the scenes, contributing his talents and knowledge. He headed the Tim Knopp award committee from inception until recently and has served on other committees including the constitution and by-laws committee, which involved several months of negotiation. As trips coordinator, he promoted more winter trips by starting an "if there is snow, we will go" category. He made sure there was an event every Saturday and Sunday. He also offered leadership training seminars to help our trip leaders be more aware of safe practices and leadership skills.

Ann served as membership chair in 1987–88 and 1988–89, and as special projects chair in 2003–2004.

Ann and Bruce led the ski trip to Stokely Creek, Ontario, for several years, and the Telemark weekend ski trip for over 25 years. Their trips are well organized, well attended, and very enjoyable. They have hosted an annual bike ride and barbecue at the Morrissey family home on Forest Lake for more summers than anyone can remember.

Avid skiers, Bruce and Ann have both skied the American Birkebeiner and other ski races. They have skied with the North Stars in western United States, in Canada, and in Europe.

Although skiing is their passion, they have also led and participated in other activities over the years, especially bicycling.

Both Ann and Bruce enjoy attending operas and classical music concerts. They also enjoy traveling, with Italy being one of their favorite places to visit. Ann and Bruce have volunteered as ESL instructors for many years, a rewarding experience for both of them.

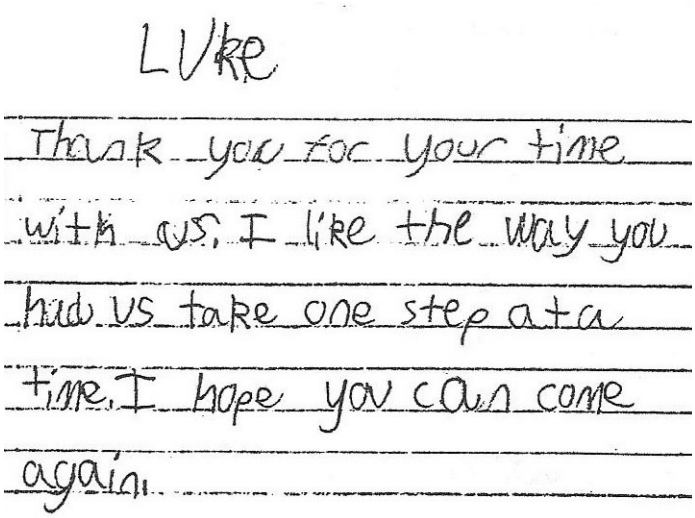
Kids Central by Dana Siskind

Reprinted from the March 2001 Loype

It was another great day of skiing and scooping children out of the snow January 15, 2001. Twelve fun-loving North Stars came out to help the children of the Kids Central daycare learn to ski, or to at least stand up on skis. We had new snow the night before and the kids were ready to hit the trails. Most of them had never been on skis before, and those who had skied before had only one day of skiing under their belt. Before long they had all paired up with a North Star and were on their way.

We were off to find the hill that some of the kids remembered from the past year. Some of them bombed the hill in the tuck position, others worked on their turning techniques, and still others just tried to get back up the hill after going down it backwards. Some of them skipped the hill all together and stayed on the flats. Whatever their preference was, they all had fun thanks to the wonderful North Stars who chose to volunteer their time on their day off.

Special thanks to Chet Mirocha, Donna Mirocha, Audry Nordwall, Judy Crew, Ruth Pfaller, Greg Fangle, Nancy Sjoquist, Molly Reko, Sam Meddaugh, Jan Rupert, David Siskind, Elizabeth Scanlan. The kids loved it and they hope to see you all again next year.


LUke

Thank you for your time with us. I like the way you had us take one step at a time. I hope you can come again.

Reprinted from the March 2002 Loype

Even though the North Stars are lamenting the lack of snow and cold weather, the Kids Central annual "Learn to Ski" event at Wirth Park was a great success.

Linda Thunselle and I brought 14 of our daycare children and a friend of one of the children, ages 5-12; Audry Nordwall brought her grandson Billy; Chet and Donna Mirocha brought their grandson Nate; and Liz Scanlan invited her friend Joanne Gonzalez with her two boys Andres and Jacko—19 children in all! They all thought the snow was just fine and the temperature was mild and comfortable. Fortunately, 14 wonderful North Stars came to help these eager new skiers learn to stand up on those things.

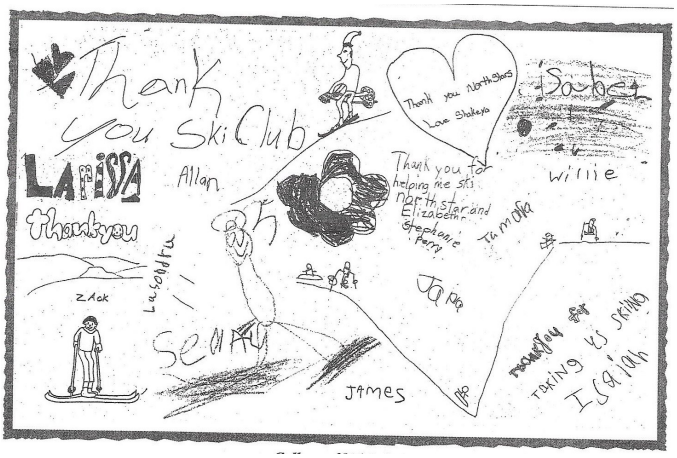
When I came out to join the group, the veterans who have skied the last few years were already heading for the 1.6 km loop with Audry Nordwall and Billy close behind. After a quick survey of the situation, most of the children were doing a great job of getting their ski legs and were anxious to move; all but two followed Audry's group.

Lisa Nilles and I stayed with two kindergarten girls, and by the time we met the rest of the group everyone was bombing the big hills.

A few of the children are very excited and are looking into the Minneapolis Youth Ski League. Future North Stars!

We want to give our biggest, warmest thanks to Greg Fangel, Keith and Nancy Sjoquist, Audry Nordwall, Marcy Otypka, Lisa Nilles, Jackie Slivko, Jane Plumhoff and Air (her foreign exchange student from Thailand), John Klinger (a new member), Rhonda Lorenz, Chet and Donna Mirocha, and Elizabeth Scanlan and her two friends Jen and Jill.

Mark the date on your calendar for next year; we will be there and will have new children who want to try skiing! It's a great way to honor Martin Luther King, Jr. in his dream for equality and freedom—and to have fun as well.



Making Tracks

by Jinny McWethy

Reprinted from the February 1989 Loype

I was glad to see Rita Wetzel's new column, "The Kids Korner," that began a few months ago. It reminded me of the many great families that have skied together in our North Star club. To name a few: The Mercredeys with their three boys (who gave us back rubs at dinner), the Maloneys (making hot cocoa along the trail for their girls), the Esnoughs (trying to make a skier of their daughter Kim), the Lindskoogs (bringing their youngest son Eric, who slept in the women's dorm at Telemark at age four), Lucy Grams and son Paul, enjoying weekend trips and trips to Lone Mountain Guest Ranch, and many others. Now, Jean and Terry Dick have a son on the Edina cross-country ski team.

I have always felt that the diversity of our membership is one of the great things about our club. Young singles, older singles, young marrieds, older marrieds, families, and everyone in between. You'll notice I don't mention names here. Who is "old"? Who is "young"? And what difference does it make? The New Year's resolution for each of us should be to keep North Star a vibrant and ongoing club with so many facets that we will all want to keep being a part of it.

Wow! When I sat down to write this column I couldn't think of anything to say. Now, it's done!

Growing up with the North Stars

by Nora Brand

I have many positive memories of family skiing trips with the North Stars. Our family had the opportunity to go to Kathio State Park for many years. My sister and I enjoyed skiing through the wooded trails and drinking hot cocoa in the warming hut. We loved skiing at night on candlelit trails. We slid on the sledding hill and wore mittens connected by a thread through our coat sleeves. Our parents tell us that they even took us skiing as infants, riding in backpacks. My parents had many kind North Stars friends. They spoiled us with piggy back rides, games, and attention. Both my sister and I continue to enjoy skiing today. We now take our own winter trips and love to escape to Minnesota's beautiful ski trails.

Above: Eric Rasmussen at Camp du Nord in 1976. Eric and Maija were good little skiers at almost six and three years old, skiing at such places as Grand Portage, Olympia Village, Maplelag, and local parks. They even skied from our house to their grandmother's house about two miles away along Minnehaha Creek. Eric really did enjoy skiing; endurance was greater than his style. *Photo by Paul Rasmussen*

Left: Nora Brand with her mother Gail in June 1992. *Photo by Lucy Osojnicki*

Kids Explore

A day at the lake by Dana Siskind

Our July explore was a day at the lake hosted by Jan Rupert and her grandson Cameron. It was a perfect day (warm and sunny) for jumping off the dock. Sam and Cameron liked to see how big a splash they could make, then float on plastic inner tubes. Joey preferred following the small frogs in the algae near the shore. It was fun, but unsuccessful, trying to catch them in a bucket. All this water play made us hungry, so we enjoyed our lunch in the screen porch on Jan's "boat house." Sam said "This is the BEST Kids Explore ever." I think he likes the water!

Harriet Island by Audry Nordwall

Sticks, stones, bugs, water, and kids—a perfect combination for fun. The North Stars "Kids Explore" June 3rd event was led by Robert, Leonardo, and Nana (Dana Siskind). Eight young people plus assorted adults (parents, grandparents, and great-grandparents) enjoyed exploring the trails along the Mississippi River at Harriet Island Regional Park. We tried skipping stones on the water but decided that it would work better on a lake. But throwing stones to make a big splash was fun.

We measured a very large tree by holding hands and circling the tree. It took eight people of assorted sizes to circle the tree. Bugs, dead or alive, were also found and examined by this curious group. A picnic lunch concluded this special day. Thor and I came with our great-grandson Elias Crawford (3) and his grandmother Mary Huddle. We have been waiting to join this group of North Stars for a few years and look forward to more adventures with "Kids Explore."

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 from a different angle.

L to R: Back row: Dana, Audry, Thor, Sam, Bob, Leonardo, Robert, Eric, Karla. Front row: Mary, Joe, Elias, Kanara, Uma
Photo by David Siskind

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

By Dana Siskind and Inez Wick

March/April 2013. The 25th annual Camp Hiawatha ski trip drew almost 50 North Star skiers. Pete and Kathy Hawkins led this trip all 25 of those years. Every year the group has been able to ski somewhere in the area despite a few years with challenging ice and/or lack of snow. The camp cook even baked a sheet cake for the group with "25 years of North Star Ski and Camp Hiawatha" written on the top.

September/October 2013. In recognition of their 18 years of service on the Gateway Trail Association board, Al Porter and Barb Wahman were in the "volunteer spotlight" in the latest issue of the association's newsletter, *Through the Gateway*. It all began back in 1995. They were both very active, used the trail often, and decided it was time to give something back to this resource for the future and for their grandchildren. They have biked thousands of miles together, quite a few on these trails. They have skied, snowshoed, and walked on these trails. If you include all the volunteer work they have done for the North Stars, one wonders how they had any time to ski and socialize. What a great tribute!

January/February 2014. Wednesday Wanderers blazed new trails at the St Croix Savanna near Bayport with Audry Nordwall and Ken Pomeroy as the leaders. With no hiking trails to speak of, they followed easily discernible footpaths, cow paths and game trails. After a bit, some retraced their steps back towards the parking lot while the rest took a grassy path down into a deep ravine. Bob Clift identified a rusty blue '52 Ford Fairlane that lay at the bottom of that ravine. The group bushwhacked (are we sure Al Porter wasn't one of the leaders??) along a dry gully, climbed a steep narrow ridge, pushing through buckthorn, sumac, and over some old fences to get back to the prairie. The two groups met up and headed for Perro Creek Tavern for a well-earned lunch.

Winter fun

Left: Ed Waldera and daughter Amy at Maplelag, 1998.

Below: Barb Wahman's grandson Dane McGough at Maplelag, 1998.

Right: Ellen Watson's granddaughters Molly and Andrea with Sammy Dittrich in center at Deep Portage, 2014.

Dana Siskind's granddaughter Riya Milan at Camp du Nord, 2005.

All photos by David Siskind.

Below: Dana Siskind's grandson Sammy Dittrich learning to ski at Deep Portage, 2013.

Photo by David Siskind.

Right: Dana Siskind's daughter Lizzie Scanlan enjoying the sledding hill at Torsbacke,1994.
Photo by David Siskind

Above: Thor Nordwall also enjoying the sledding hill at his cabin, Torsbacke, 1994.
Photo by David Siskind.

North Star trail workers spruce up the Gunflint by Mary Redding

Reprinted from the December 1985 Loype

Where can you go in the fall of the year to enjoy the company of fellow cross-country skiers and improve ski trails in Minnesota? For many of us, it was off to the Gunflint Lodge for trail clearing! The North Stars came with a crew of 42 enthusiastic workers the weekend of October 17–20.

Fifteen of us set out Thursday for the six-hour drive to Gunflint Lodge. The first stop for many, of course, was the town of Hinckley and Tobies where willpower often breaks down. Darlene LaFontaine was found with a caramel roll in one hand and an ice cream cone in the other. Carolyn Rusch made another important stop in Duluth in search of moose lips, but none could be found. We finally arrived at the lodge and were greeted warmly by the Kerfoots and their employees. We settled into our cabins overlooking Gunflint Lake in preparation for a full day's work Friday.

After a hardy breakfast Friday morning we proudly headed out to rebuild the five-mile North Star Trail. Our crew leaders, who operated the chain saws and brush kings, were employees from Borderland, Gunflint, and Heston's. While setting out on the trail Carolyn found a matched set of moose antlers not more than a foot or two off the trail. She carefully tucked them away in the woods to take out that evening. They were still oozing a few drops of blood and in great condition. Bruce Kerfoot and his son Lee delivered our lunch to us that day, with Duluth packs on their backs. How's that for service? After working a full day we arrived back at the lodge to enjoy a relaxing dinner and an evening of socializing. The evening entertainment began as we waited for the Friday arrivals. Part of the group went on a moonlight pontoon ride, enjoying the beauty and stillness of Gunflint Lake. Ken and Shirley Anderson explained many of the spectacular star formations. The rest of the group could be found playing bridge next to a crackling fire in the lodge.

The remaining 27 people arrived that evening. One carload saw three moose along the Gunflint Trail. Carolyn, of course, was quick to ask if the moose had antlers. Some of the midnight arrivals, Dale Weihle and Paul Kothrade to be exact, decided to check in with the trip leader on what the weekend agenda was. They cheerfully came to my cabin with their flashlight to wake me up. Oh, such enthusiasm!

Saturday morning the full crew of 42 divided into twelve groups, each of them with leaders from the three sponsoring lodges, to begin a full day of trail clearing. Eleven of the groups set out to trim branches, cut and remove brush, move sectioned trees, and move rocks. Our specialists in rock moving were Charlie Evenson and Rick Decker. The scenery was spectacular as we worked along the trails. Vicki Chelgren, Jill Adams, and Alberta Adams spotted a bald eagle.

The remaining group set out to build a bridge on the old railroad ski trail. The bridge crew stopped three times across a thirty foot gap, notched and wedged the ends, debarked the logs, put on wood preservative, and laid the planks. The finished product was a well-constructed thirty foot bridge. The group named the bridge the "Redding Railroad Bridge." And I wasn't even there to coach them in coming up with such a great name for this new bridge!

We arrived back early enough to enjoy canoeing, hiking, a sauna, or just plain sleeping before dinner. And what a dinner it was! We celebrated Thanksgiving early with a huge turkey dinner and all the fixings. We were not about to show how tired we all were Saturday night. So the dancing started. We danced ballroom, polka, modern, sixties, and the famous Telemark chicken dance. The Minnesota Rovers, who were staying at Borderland Lodge, and the Gunflint employees all jumped in for the festive evening.

The Sunday weather was warm and dry for the third straight day with temperatures climbing into the upper fifties. Crews went out Sunday morning for a half day's work. Dale Weihle seemed to be taking trail clearing much too seriously when he picked up Lucy Osojnicki to clear her off the trail. No obstacles were to be left on our trails! We arrived back at the lodge for a noontime lunch, loaded all our gear, and made the long trip home. What a weekend

Carolyn Rusch displays her moose antlers while North Star and Gunflint crew members look on.
Photo submitted by Mary Redding Munkholm.

we had. We came, we saw, we cleared!

Let me say that Gunflint Lodge went out of its way to make us feel welcome. In return, we accomplished a tremendous amount of work. The statistics read like this: the North Star trail rebuilt, one essential bridge built from scratch, and fifteen miles of trails upgraded and cleared.

Gunflint Lodge, Heston's, and Borderland Lodge maintain 80 miles of cross country ski trails. There will be plenty of work to do again next year when we return. Before leaving I asked Bruce if he would like 42 North Stars back again next year. His response was, "No, next year we'd like 80!" Borderland has offered to host half the group next year if we can get 80 workers. We did ourselves proud. Justine Kerfoot, in her article in the *Cook County News Herald*, summed it all up by saying, "The work accomplished by the North Stars was PHENOMENAL".

I will be co-leading this trail clearing trip next October with Mike Carlson. If you couldn't come this year you will get another chance. A very special thanks to the North Stars and the resort employees who worked so well together to improve these wonderful ski trails along the Gunflint Trail.

The Kids Korner—

-Illustration by Gary Gumble

Our Future Leaders

by Rita Wetzel

Reprinted from the November 1988 Loype

Since families were declared a "minority group" in the September *Loype*, we've decided that a column devoted to our younger members is in order. Each month our active little ones will be featured in the "Kids Korner."

Angela Grengs, daughter of Rita Wetzel, is one of our active kids. You may remember her from Ernie's Run last year as she finished third in the one-mile run. She then completed the 10K hike with Holly Churchward, the one-mile first place winner.

Angela is a Tuesday night "C" bike rider, although her enthusiasm, like most other "C" bikers, waned this year with the hot weather. But on one of the rides she was overheard chiding the other riders for being too slow—"A" bikers beware! Angela attended several events this summer. She and Charlie Evenson had a heated "puppet" debate regarding the musicians at the Lake Harriet Bandstand the evening of Charlie and Jeanine's BBQ in June. She'd like to publicly thank Ann Morrissey for teaching her how to water ski at Ann's Forest Lake bike, water fun, and picnic in July. Angela, as did everyone else, fell in love with the Peterson twins at Joyce and Ted Cardozo's bike ride and picnic in August. Chris, her older brother, also went sailing with Ted that afternoon.

Did you know that kids can trail clear too? Four hardy souls joined the adults at Gunflint Lodge for trail clearing on the weekend of October 7–9. Kelly, 11, and Brian, 13, Munkholm (Mary and Gary Munkholm), Jeremy LaBore, 12, (Tim LaBore) and Chris Grengs, 12, (Rita Wetzel) nipped and whacked the brush, trudged through the swamps, and fought off the bugs right along with the adult crew. The kids worked hard, enjoyed the company of the adults, and certainly earned their meals every day. All four have made reservations with Mary Munkholm for next year's trail clearing!

There are some activities planned this winter in which the younger generation would more than "fit in." In January, Linda Weber is leading a trip to Kathio. Linda describes her trip as one where "families with children of all ages are welcome, as well as adults and singles." The annual Maplelag trip, led by Audrey Delano Nordwall and Barb Wahman, is another fine family trip. And on February 12, Rita Wetzel is leading a WINTER FUN FOR KIDS day trip to French Regional Park where cross-country skiing, sledding, skating, and snowshoeing are available.

Watch this column for news on the younger generation. If you have photos or news stories about your favorite little ones, contact either John Holmquist, the editor, or Rita Wetzel. If you don't contact us, we'll be contacting you! Remember, these kids are our future!

Lizzie Scanlan trail clearing at Camp du Nord in 1990. *Photo by David Siskind*

Summer Picnic 2017

Maybe it was the ongoing celebration of our 50th anniversary, or the delightfully comfortable weather, or the North Stars love of eating and socializing. Maybe it was a combination of these things that brought nearly 65 people to Hidden Falls Regional Park for this year's summer picnic.

Whatever the reasons, we gathered to enjoy the usual good food and camaraderie. It was a lively and hungry group that devoured most everything in sight. While we could have used a few more entrees, no one went home hungry, and there was much acclaim for the wide and sumptuous variety of desserts. Carolyn Rusch's rhubarb cobbler and Lois Laitinen's pear and amaretto cake deserve special mention. We have some talented bakers in our ranks.

While it rained before the picnic and again lightly during the last half hour, most everyone stayed dry and seemed to enjoy the cooler weather. Spirits were high, conversation lively, and many in the group said how important this gathering is to them each year. It allows them to connect with old friends whose lives often take them in different directions.

Many thanks to Eric Ramstad for leading the pre-picnic hike and to Dana Siskind for leading youngsters on a Kids Explore adventure that preceded our gathering. These are our North Stars of the future! And special thanks to Mel Peterson and his committee of Barb Wahman and Ann & Charles Rhea for organizing and setting up the picnic. They are already working on some new ideas for next year.

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 ☐
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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
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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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