



Løype

News of the North Star Ski Touring Club

www.north-stars.org



Volume 50 ♦ Number 4 ♦ January/February 2018

January Meeting

Tuesday, January 9, 2018

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: Hut-to-Hut Skiing in
Colorado*

Hear about North Stars skiing hut-to-hut in Colorado and elsewhere: skiing in the high country with packs and skins, carving turns on virgin snow with wilderness all around, and 13,000 foot peaks piercing the clouds. Sharing this with friends over a homemade meal and pouring over maps for the next day's tour are all part of the adventure.

Join us as George Vania shares his experiences with us. He has been hut-to-hut skiing since 1983, has visited 23 different huts, and is still adding more. He'll share some highlights of those years including how he got started. If you want to know how to get involved in this sport, George is the man to ask!

February Meeting

Tuesday, February 13, 2018

St. Peter's Church - Same Time

Program: "Getting Seniors Outdoors: Our Active Lifestyles." Randy Thoreson. See page five for details.

Cover photo by Craig Freeman

Germaine Hall at Sun Valley, 2015.

Back cover photo by David Siskind

North Stars trail clearing the Banadad Trail, October 2017. Tom Rice, Dana Siskind, Craig Freeman and Mel Peterson with members of the Banadad Trail Association.

Løype

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

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

2017-2018 Board of Directors

President: Bruce Nelson, 651-647-4326, club.president@north-stars.org

Vice President: Mel Peterson, 651-776-4330

Secretary: Ellen Watson, 763-473-4021

Treasurer: Chip Treen, 651-429-2412

At-Large Members: Laura Baker, 651-429-2412;

Mark Lystig, 651-452-1133; Marcy Otypka, 651-447-3532;

Kathy Kelly, 612-418-4668; David Siskind, 612-929-0205

Trips & Events Teams

Trips Coordinators: Ann Rhea, 612-709-8992; Jim Young, 612-483-0466

Wednesday Wanderers Coordinator: Al Mayer, 952-545-4232

Trail Development & Tools Supervisor: David Siskind, 612-929-0205

Programs: Laura Baker, 651-429-2412; Jean Iwen, 651-690-2900

Programs Hospitality: Rita & Gerry Manninen, 612-789-2503

Safety Coordinator: Maya Dahlberg, 651-500-6045

Communications Teams

Løype Editor: Lucy Osojnicki, 952-882-7918

Løype Mailing: Dana Siskind & Friends, 612-929-0205

e-Løype Editor: Fran Howley, 612-869-8971, eloype@north-stars.org

Website Administrator: Ron Brand, webmaster2@north-stars.org

Advertising: Susan Von Mosch, 651-488-2139

Membership & Publicity Teams

Membership: Sally & Bryce Richards, 651-452-2247

Publicity: Al Fox, 651-777-2859, ahfox@minn.net

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-Løype 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 *Løype* 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 *Løype* (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 *Løype* are not necessarily those of the North Star Ski Touring Club or its editors.

Volunteering and leadership, Tim Knopp Award, Winter Trips Schedule

By Bruce Nelson



Bruce Nelson

Volunteering and leadership

Since our beginning more than 50 years ago, what keeps this club going (in addition to snow) is volunteers. Scores (maybe hundreds) of our fellow members, some no longer with us, have stepped up to contribute their time and energy to keep the North Star

Ski Touring Club going. Please think about taking your turn. On the facing page are listed most of the leadership whose work sustains this organization. While most will serve another year, some will need to take a break. Please send a note to volunteer@north-stars.org with your questions or offers to contribute. In the coming weeks, we will be contacting members asking for help. If you are contacted, remember the club's future depends on each of us pitching in from time to time.

We are very pleased to welcome Al Fox as the club's new publicity chair. Al has been a member for about 20 years and is eager to try a few new things. See his article on page 10.

The Tim Knopp Award recognized leaders for 15 years

Tim Knopp left a legacy of leadership for NSSTC with his untimely death in 1989 (read more about Tim on page four of our 50th anniversary publication). The Tim Knopp Award was established in 2003 to recognize members for making significant contributions to the club and/or to cross-country skiing. These contributions include leading trips, serving as club officers and on various committees, and working on activities that support and promote the club and cross-country skiing. Each recipient has been an active and enthusiastic volunteer over many decades of membership in the North Star Ski Touring Club. The Tim Knopp Award will take a one-year hiatus in 2018. Tim Knopp Award recipients are:

2003 - Inez Wick
2004 - Norm Oakvik
2005 - Al Mayer
2006 - Pete Hawkins
2007 - Greg Fangel
2008 - Connie Connelly
2009 - Bob O'Hara

2010 - Thor & Audry Nordwall
2011 - Tom Rice
2012 - John Holmquist
2013 - Bruce Jacobson
2014 - Fran Howley
2015 - Kathy Kelly & John Driscoll
2016 - David & Dana Siskind
2017 - Mel Peterson

Winter Trips Schedule

Many weekend trips still have either openings or a short waiting list. Don't miss these great opportunities to enjoy the ski season. Contact the trip leader if you find a trip that sounds interesting. And watch for updates to the trip schedule and last minute trip postings in the eLoype and in the calendar posted on our website.

Membership Roster on Club Express

In the past, the January/February *Loype* contained the membership directory. Now the up-to-date roster is available to our members at www.north-stars.org, under Membership, Roster. A limited number of printed copies will be available at membership meetings or by contacting the membership team.

If you have questions about establishing your login, contact Ron Brand at membership@north-stars.org or ron2132@gmail.com. Ron will be doing a website demo and Q&A session at the January 9 membership meeting.

Board business and budget approval

Also on our website are minutes of recent board meetings and financial reports. Once you've logged in as a member, go to Resources, then Document Library, and Board Meeting Minutes. Board meetings are generally held on the third Tuesday of each month, and the agenda (including meeting location) is posted the weekend before. All members are invited to attend board meetings.

The fiscal and calendar year 2018 club budget will be presented to the membership for approval at the January membership meeting. It will be available to members prior to the meeting on Club Express, with a link published in the eLoype. Printed copies will be available at the meeting.

North Shore trail clearing 2017

by Frank Janezich

Sixteen North Stars braved snow and ice the last weekend of October while driving to the North Shore for our annual ski trail clearing. Out on the ski trails early Saturday morning with loppers, hand saws, pole saws, shovels, and Pulaskis, our trail workers, along with North Shore local volunteers, hiked three different areas in the Superior National Forest stretching from Lutsen Mountain to Cascade River. One crew encountered eight to ten inches of snow near the Sugarbush Trails. Those workers who brought waterproof boots were rewarded with dry feet as they worked.



Having limbed this large windfall with hand saws, Harald Jensen, Greg Fangel, Janet Jensen, and Chris Shaffer await arrival of a chain saw to complete the job.
Photo by Diane Boushek.

A second crew trimmed back evergreens and dead windfalls on the Connector Trail and Whitesides Trail. A third crew removed hundreds of overhanging branches on the Deeryard Trail and repaired sunken trail areas. All three crews widened the trails, which will allow trail grooming machines to set the track and make for a more enjoyable ski trip. Now, all we need is more snow!

Saturday evening we attended a buffet dinner party at Solbakken Resort along with North Shore locals in appreciation of our volunteer effort. Food and beverage was donated by local businesses.



Do anything fun with the North Stars since the last issue of the *Loype*? Bicycling, hiking, skiing—we'd love to hear about it. Or perhaps you took a trip worth talking about—something that would make a great North Star trip in the future. We know you have many interesting stories just waiting to be committed to paper and shared with a larger audience. And don't forget the photos.

The deadline for submission of articles and photos for the March-April 2018 issue of the *Loype* is February 1. Please be sure to send all material to loype.news.editor@north-stars.org by that date.



**"Enjoy the Beauty of the
Heart of the North Shore"**



Pool with 110 ft. Figure 8 Waterslide
Enhanced Continental Breakfast with Waffle Bar
Rooms and Suites with Whirlpools and Fireplaces
High Speed Wireless Internet
Near State Parks and National Forest
Three Miles from Superior Hiking Trail Access
Three Mile from Silver Bay X-Country Ski Trails

AmericInn of Silver Bay
150 Mensing Drive
Silver Bay, MN 55614
877-254-1827
218 226-4300
silverbay.mn@americinn.com
www.americinn.com

Tenth anniversary Elm Creek hike by Kathy Kelly

It was a potentially drab day—no sunshine, quite coolish, and the slightest spritz of rain in the air. A hiking day? It didn't seem so; but hey, John was the leader, so off we went. With great pleasure we found another ten North Stars ready and excited to hike! The weather hadn't slowed any of us, and we all felt so much better after the damp hike.

The purpose of the hike was to celebrate the tenth anniversary of the NSSTC tree planting, which was done in 2007 as part of our club's 40th anniversary. Our planting looks fabulous; the great variety of trees and shrubs has grown into a thick, variegated wind-block. Have a look yourself the next time you hike or ski the park. Our planting is high on the ridge on the trail between Goose Lake and Mud Lake.



Thanks to Kathy Hawkins for getting us all to pose, and pose again, for this nice picture!



Photo at left: North Stars hike Elm Creek, November 2017. L to R: Gary Solberg, Pete Hawkins, Chip Abernathy, John Driscoll, Susan Von Mosch, Sharon Grose, Doug Peterson, Diane Boushek, Chris Shaffer, Florence Fadell. Kathy Kelly in front.
Photo by Kathy Hawkins.

February program features active lifestyles

Come meet Randy Thoreson, Outdoor Recreation Planner for the Rivers, Trails and Conservation Assistance program of the National Park Service. He will discuss the outdoor experience in relation to communities, multi-generational connections, active lifestyles, and health principles.

Randy has worked in the Mountain West and the Midwest in many capacities—from director, administrator, to project director. He was involved as coordinator for the Lower St. Croix National Scenic Riverway. Having worn many hats in both the private and public sector, and being an avid outdoorsman, he brings a wealth of experience to the idea of "Seniors Outdoors."

See page two for time and meeting place.

Favorite North Star Ski Areas

SilverStar, British Columbia, Canada
Korkki Nordic, Duluth, Minnesota
Methow Valley, Winthrop, Washington
Bearskin Lodge, Grand Marais, Minnesota
Camp du Nord, Ely, Minnesota
Murphy Hanrehan, Savage, Minnesota
Palisade Valley, Tettegouche State Park, Minnesota
North Shore trails, Minnesota
Izaak Walton Inn, Essex, Montana
Hut-to-hut skiing in Colorado
Lebanon Hills, Eagan, Minnesota
Camp Menogyn, Grand Marais, Minnesota
Galena Lodge, Sun Valley, Idaho
Cascade Lodge, Lutsen, Minnesota

Say “thank you” to our loyal North Star supporters

I'm sure you've all noticed advertisements from sporting goods stores, hotels, ski resorts, and other outdoor activity-related businesses in the *Loype*, *eLoype*, and on our website. The NSSTC is fortunate to partner with and have the support of AmeriInn in Silver Bay, Gear West, FinnSisu, Joe's Sporting Goods, Midwest Mountaineering, and the Loppet Foundation, among others. This winter as you are checking into the AmeriInn, purchasing your new ski clothing and equipment, and/or registering for the City of Lakes Loppet events, be sure to mention that you are a member of the North Star Ski Touring Club* and say "thank you" to them for their years of loyal support of the Club.

~ Susan Von Mosch, Advertising Manager

**For Loppet events, type in "North Star Ski Touring Club" for club affiliation.*



A WINTER FESTIVAL AT WIRTH PARK, MPLS JANUARY 27 - FEBRUARY 4, 2018 LOPPET.ORG



Trips Coordinators' Report

Openings still exist on many winter 2018 ski trips

By Ann Rhea and Jim Young

If you have interest in any of these trips, see the full trip description in the Activity Schedule in this newsletter. For the most current information, check the North Star website at www.north-stars.org.

As of early December, the following winter trips still have openings:

- Deep Portage: Jan 5–7, includes youth
- Stokely Creek: Jan 5–12
- Maplelag: Jan 12–15, includes youth
- Laurentian Environmental Center: Jan 21–24
- Suomi Hills/Camp Hiawatha: Jan 26–28
- Kathio State Park: Jan 26–28, includes youth

- Camp du Nord: Jan 29–Feb 1
- Cloquet Forestry Center: Feb 2–4
- Timm's Hill: Feb 16–19
- North Shore/Silver Bay: Feb 23–26

The following trips are full and have wait lists. Contact the trip leader for availability:

- Bearskin Lodge: Feb 4–9
- Minocqua: Feb 9–12
- Wolverine/ABR: Feb 16–19
- Methow Valley: Feb 22–March 2
- Ski Norway: March 10–19

Recruit a new member today. Here's how:

Spread the word. You get together with friends and coworkers for lunch or dinner, right? Well this is the perfect opportunity to let them know what a great club we have. Tell them how much fun you had on your last ski trip, hiking trip, or bike ride.

Give the gift of membership. What a perfect gift for that hard-to-please relative or friend; the gift that keeps on growing and never wears out.

Bring those lost sheep back into the fold. Ever wonder what happened to that nice person you used to bike and ski with? Give them a call, ask them what they've been up to, update them on the activities of our club, and bring them along on the next club outing.

Bring North Star business cards with you when you bike or ski. Hand them out to people you talk to on the trail.



Greg Fangel clearing the Sugarbush Trails, October 2017.
Photo by Jim Young.



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.

Wednesday Wanderer Words

My 89th and final column

By Al Mayer



Al Mayer

On Wednesday, November 15, eighteen Wednesday Wanderers showed up to hike the Nine Mile Creek trails in Bloomington. When I first started leading hikes for the club, someone would invariably ask, "How far is the hike today, Al?" I would never have to answer, for someone in the group would always reply, "seven miles." In those days, all my hikes were seven miles long (some a long seven, some a short seven). So with this in mind, Gary Solberg led a seven-mile hike down to the Nine Mile Creek ferry crossing while Sally Richards and Ann Rhea took notes to facilitate their leading this hike in the future. The park's natural beauty and diversity are what make this creek hike so popular and also its distance options. I led the three-mile hike.

My first Wednesday Wanderer Words (WWW) article appeared in the *Loype* in 2003. This article is my 89th WWW submission. When I first undertook the task of writing these articles, I thought I might have enough material to cover a dozen or so topics. But with such interesting adventurers as Jerry Hall leading us on a bike ride through St. Cloud where we saw "Welcome North Stars" on a bank billboard, a triumphant hike down Ramsey Hill into downtown St. Paul to see its magnificent ice palace, Tom Gabor leading us into the wilds of Kinnickinnic State Park, and Al Porter taking us hiking on land that would become Bruce Vento Nature Sanctuary (which included climbing through a hole in a river bluff), I realized I would have enough material to write hundreds of articles.

These articles were followed by John Holmquist relating VJC Ski Race memories, Terry Quam spearheading an annual Trempealeau bike ride, Audry & Thor's fun Halloween hikes, a continuation of Jinny McWethy's annual Root River overnights led by numerous North Stars, Norm Oakvik reliving his ski jumping experiences at Theodore Wirth Park, and North Stars taking the train to Long Lake followed by a bike ride home. Added to these and other adventures were articles in which North Stars recommended places to hike, bike, or ski, such as the shores of Lake Erie to Niagara Falls, Manitoulin Island and the Bruce Peninsula, Stokely Creek, the Mesabi Trail, and the great trails of Tulsa, Oklahoma.

With all these things going on and with my being in the center of many of them, it was relatively easy for me to come up with a topic of interest for a WWW article. Now, however, due to physical limitations I attend only a few WW events and no longer embrace the pulse of what transpires on Wednesdays. Therefore, I feel I can no longer write meaningful WWW articles. I will still attend some Wednesday Wanderers events, but I now take great joy in exploring little known parks that in the past were not challenging enough. I also don't hike anymore—I saunter, which means I walk at a slow pace with camera in hand and stop frequently to take pictures. If sauntering appeals to you, watch for my emails and join me when you can.



Above: North Stars at Nine Mile Creek, November 2017. Photo by Sally Richards.



Left: Nine Mile Creek ferry crossing then. L to R: Al Porter, Thor & Audry Nordwall, Al Mayer. Photo submitted by Al Mayer.

Right: Nine Mile Creek ferry crossing now. L to R: Sally Richards, Jane Laub, Ann Rhea, Carol Krush, Gary Solberg. Photo by Sally Richards.



Trail development news by David Siskind

NSSTC again ran three October weekend trips to work on trails up north: Camp du Nord led by Dana Siskind and Inez Wick, North Shore led by Frank Janezich, and Banadad led by Tom Rice and me. A big thanks to all who participated. As with last year, none of the trips were full to overflowing, but nonetheless, participants put in good



North Stars clearing the Banadad Trail, October 2017. L to R: Tom Rice, Dana Siskind, David Siskind, Craig Freeman, and Mel Peterson. Photos by Craig Freeman.

efforts to prepare the trails for winter activities. Weather was a challenge this year—like the eight inches of new, wet snow we encountered at Banadad on the Gunflint Trail. Much of the effort there was knocking snow off of limbs and drooping trees.

This is my last year as trail work coordinator. It's not a big job as the individual trip leaders know what to do and who to contact. Still, someone coordinating the process is a good idea. That job and tools custodian are open to



anyone willing to take them on. Without helpers on this and other club administrative/organizational efforts, there wouldn't be a North Star Ski Touring Club.

Editor's Note:

Many thanks to Al Mayer for 15 years of enjoyable Wednesday Wanderer Words columns. They were interesting, inspiring, and informative. Most of Al's columns were a recap of hikes and bicycle rides that he or other Wednesday Wanderers led. Many of us would not have known about these places had Al not written about them. The WWW column in the July-August 2017 issue of the *Loype* featured some of the more interesting bicycle rides the Wednesday Wanderers participated in.

Yes, Al, I certainly hope that another Wednesday Wanderer (or two) will pick up where you left off. Perhaps it could be a shared responsibility, with the leader of the event writing the column.

We'll miss your columns, Al, but hope to join you on a hike or two in the future.



finnsISU

WE'RE SMALL, BUT WE KNOW A LOT!

- NORDIC SKIING
- SAUNAS
- TRAIL RUNNING

SKI PACKAGES FOR UNDER \$300!

2436 LARPENTEUR AVE, LAUDERDALE, MN 55113
651-645-2443 | FINNSISU.COM

To be or not to be by Al Fox

"To be or not to be, that is the question: Whether 'tis nobler in the mind to let the North Stars suffer the fate of demographics, or take arms against the sea of declining membership and by opposing end them." (Apologies to the Bard.)

Hearing that a marketing consultant was hired to take on the issue of declining membership, I made the mistake of opening my mouth and asking what happened. The answer from the board was: "Thank you for volunteering to be the new publicity person." HUH!? "Don't panic, you can write your own job description." I have been waiting forty years for that phrase, so I said yes. My definition of "publicity" is NOT advertising our club at shows like the Expo or the Loppet, but instead finding out if there are creative avenues to follow in the quest for new members.

"Publicity" is sort of like "marketing," so I tried to remember catchy marketing slogans. "Raid kills bugs dead" and "Please don't squeeze the Charmin" were the first ones that came to mind. After a good nap, "What's in your wallet?" and "Don't leave home without it" came to mind. Yes! North Star business cards are in your wallet (or backpack or panniers or glove box), and you can take them anywhere.

The thought of a business card came to me this summer when I was at County Cycles, waiting for the shop to open. A guy about my age rode up on a nice bicycle. When I complimented him on his bike, he told me that he was recently retired, had taken up bicycling, and was meeting a riding group. He continued by saying he was pondering taking up cross-country skiing. There I was, on the spot without preparation, giving a sales pitch for the North Stars. After my sales pitch, I wished I had a brochure, or a business card, or even a scrap of paper and pencil. Nothing! I hoped he would remember what I told

him after his bike ride, but that seemed unlikely. It would have been great if I had left him with a card that had our website address on it.

When I got involved in publicity recently, I asked why we did not have "business cards" for the North Stars. I was told that we DO. Unfortunately, very few of us know this or carry them. As I write this, I am on my way to Kinkos to print a few thousand of them.

I ask every North Star to carry several business cards in their wallet, pocket, purse, pack, or car so that we can leave prospective new members with a card that lists our website address. Word-of-mouth still seems to be one of the best advertising techniques. After chatting with people you meet while skiing, hiking, or biking, you should give them a card.

We plan to have business cards at all club functions, and ask every member to take some. If you cannot get them at club functions, please contact me and I will mail some to you. My contact information is in the masthead.

In addition to business cards, I am seeking ideas on new creative ways to reach prospective new members. Send ideas to me, please. Otherwise "their currents turn awry and lose the name of action."



Editor's Note:

On the subject of "publicity"

I like the idea of publishing another "Ski the Metro with the North Stars" booklet and distributing them to local ski shops (see page 24). With all the information provided in that booklet plus a membership form, we should attract many new members.

Advertising our club with a booth at local ski events IS a good way to let skiers know about our club. I especially

like Dana Siskind's idea of promoting the club at summer events like Open Streets. We are a year-round club, after all.

A fun run, open to the general public, is another good way to advertise our club. Many people, young and old, participate in these. Some try to do as many as possible in a year. And there are many places to advertise, especially on the Internet. The t-shirts included in the entry fee will have the North Stars name and logo on them, of course.

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

December 2017

Dec 31, Sun {S} Singles New Year's Eve Dinner. Once again enjoy a New Year's Eve dinner at Ol' Mexico Restaurant and Cantina, 1754 Lexington Ave N in Roseville. Meet at 5:00 p.m. to enjoy a social hour before ordering your favorite item off the menu (about 6:00). New members and guests are especially welcome. A parking lot is in front of the restaurant. **Please RSVP by noon on Thursday, Dec 28** to Jean Iwen, 651-690-2900 or jean2011i@yahoo.com.

January 2018

Jan 1, Mon {AK} New Year's Day Ski and Soup/Potluck. Join us to celebrate the New Year with fun and friends. Meet at 2:00 p.m. for an easy ski with soup and conversation afterwards at 4:00. The skiing will be at Crosby Farm Park with soup at the Nelson home, 1918 Portland Ave in St. Paul. Soup will be provided; bring a potluck dish/ dessert to complement the soup. Choose both the ski and potluck, or come to either. Happy New Year! FFI: Bruce Nelson, 651-647-4326.

Jan 3, Wed {WW} Ski, Snowshoe or Hike. Mel Peterson will lead this outing at a venue with the best snow conditions, hopefully in the east metro. As always, he's in search of natural snow and some quietude. Watch the e-Loype and WW email the week of the outing for detailed information. FFI: Mel at 651-776-4330 or aphamel52@comcast.net.

Jan 5-7, Fri-Sun {AK} Ski Deep Portage Conservation Reserve. Please join us for our 29th annual North Star trip to

the north woods near Hackensack, Minnesota, north of Brainerd. With more than 18K of groomed ski trails just outside the door, including a short loop in easy terrain, Deep Portage provides perfect conditions for children and beginners just getting started, with plenty of challenges for more experienced skiers. Enjoy a full weekend of forested hills, good food, an indoor climbing wall, and, on Saturday night, music and dancing with Terrence Smith. Comfortable accommodations include dorm rooms with showers and toilets, plus plenty of common spaces for socializing and/or relaxing with a book. Cost is \$137 per person for two nights and five meals (\$112 for children 13 and under, no charge for kids 5 and under). To reserve your place, send check for the total amount/person, along with a signed trip waiver, to Margie Schally, 1619 Hague Ave, St. Paul, MN 55104. FFI: Margie Schally, 651-642-9755, mlschally@gmail.com; or co-leader Dave Siskind, 612-929-0205, dsiskind@earthlink.net.

Jan 5-12, Fri-Fri {A} Ski at Stokely Creek. Join a group of North Stars back to Stokely Creek, January 5-12, 2018. There are many reasons many North Stars return to Stokely Creek again and again. Ski miles and miles of beautifully groomed trails, beginner to expert, in the scenic, rolling, wooded wilderness Algoma Highlands of Ontario near Lake Superior. No cars, traffic, or even roads in sight for a whole week! The estimated cost for room, food, trail fees, taxes and gratuities is \$1,000 plus your travel expenses. We currently have four couples and four singles for a group of 12. We need 10 rooms to get a 10% discount. Stokely has offered a free breakfast upon arrival. Cancellations and refunds will be according to Stokely policy. (See website at www.stokelycreek.com.) We will take registrants until Stokely no longer has rooms. Send \$500/person deposit

(check payable to Lee) and your waiver to Lee Wenzel, 8666 Westwind Circle, Eden Prairie, MN 55344. Call or e-mail with questions. Trip roster available. FFI: Lee Wenzel, 952-944-2699 or Lee@WenzelAnalytics.com

Suggested travel choices:

* Driving. It looks like there will be two and maybe three cars driving up, with some folks skiing across the U.P. and visiting relatives.

* Commercial bus to Sault Ste Marie and limo or shuttle to Stokely. The bus leaves here about noon on Jan 4, and Duluth at 7:45 p.m., with a 10-hour ride to Sault Ste Marie, MI, followed by a shuttle to Stokely. We could carpool to Duluth. Bus and shuttle cost is about \$100 depending on ticket options. Return bus leaves at 12:15 a.m. on Jan 13. Details from Lee but you are responsible for your own tickets.

* Flying to Sault Ste Marie and a limo to Stokely. Looks like about \$500 round-trip through Detroit. Or you can charter a private plane if you wish!

Jan 9, Tue {A} January Club Meeting. Meet at St. Peter's Catholic Church, 6730 Nicollet Avenue in Richfield. Social hour begins at 6:30 p.m. with business and the program starting at 7:00. Program: "Colorado Hut-to-Hut Skiing with North Stars" presented by George Vania.

Jan 10, Wed {WW} Ski Outing. Watch the e-Loype and WW weekly mailings for details closer to date of the event. Leader is Fran Howley, franmhowley@gmail.com.

Jan 12-15, Fri-Mon {AK} Annual MLK Maplelag Weekend. Ski, snowshoe, and other activities. North Stars have been going to Maplelag for more than 45 years. Barb Wahman is back as co-leader...so watch out! Al Porter can't be there but he is always with us in spirit on the trails. Barb's friend, Tammy Lambas, will again co-lead this year's trip. Enjoy the camaraderie, hos-

pitality and gourmet meals (including the never-empty cookie jars). There is superb skiing on impeccably groomed trails right out your door – with over 70K of trails, including more than 15K of skating trails. They also have many kilometers of snowshoe trails. This will be a carpooling trip with NEW MEMBER PRIORITY. There is a hot tub that accommodates up to 30 people, plus a steam room and both an indoor and outdoor sauna. Massage therapists are also available and are very popular. There will be a Saturday night dance and a variety show on Sunday night. Cost: \$340 for adults, \$135 for kids 8-14, \$99 for kids 4-7, and kids 3 and under go free. The trip includes nine meals if you arrive in time for supper on Friday. Send trip waiver with a \$100/person deposit (check payable to Tammy Lambas) to 5644 Sheridan Ave S, Minneapolis, MN 55410. There will be no refund of the deposit once the down payment has been mailed to Maplegag around mid-December. If you have lodging buddy preferences, please let us know. Upon arrival on Friday, please give Tammy a check (payable to Maplegag) for you or your group's remaining balance. *Online registrations and payment are not being accepted.* FFI: Barb Wahman, 651-483-0327 or barbwahman@gmail.com; Tammy Lambas, 612-913-4227 or tblambas@gmail.com.

Jan 16, Tue {A} Food Group Volunteers. We are looking for volunteers to work one day a month at the Food Group facility in New Hope, 8501 54th Ave N. We usually volunteer from 9:30 a.m. to noon, packaging produce. Directions: I-94/694 to Boone Ave exit, south on Boone to 54th Ave N, turn left; the Food Group building will be on your right. From MN 100 head west on CR 9 (42nd St), then go north on Boone to 54th and turn right. From US 169 take the 49th Ave exit and head east to Boone; north on Boone to 54th, turn

right. FFI: Al Mayer, 952-545-4232, or on my cell phone (612-817-6814) one hour before we are scheduled to work.

Jan 17, Wed {WW} Ski Lebanon Hills. Watch the e-Loype and WW weekly mailings for details closer to date of the event. Leader is Jeanne Labore, jeannelabore@gmail.com.

Jan 18, Thur {WW, A} Ski, Snowshoe or Hike -- and Lutefisk Dinner. Ski, snowshoe or hike at Wm O'Brien State Park, followed by a lutefisk dinner at Christ Lutheran Church, 150 5th Street in Marine on St. Croix. Meet at 10:15 a.m.; ski from 10:30 to 12:15. Drive to the nearby church and meet at 12:30 for the delicious lutefisk dinner. They have Swedish meatballs for the timid. Join us for both events or just one. No reservation necessary, just show up! Cost is \$20/person for the dinner. A state park sticker is needed for Wm O'Brien (\$7 daily, \$35 annual). FFI: Audry Nordwall, audlee564@hotmail.com, 651-968-6748 (cell phone day of event).

Jan 20, Sat {AK} Kids Explore Hyland Park. How many of our little people have tried skiing? Sam and Joey are both learning and they love it! Hyland Park in Bloomington makes its own snow and has ski rentals down to toddler sizes. Meet in the visitor center at 1:00 p.m. and join us for some great fun. Be sure to bring water bottles and trail snacks since skiing takes lots of energy. Wear layers of clothing because skiing really makes you warm, too. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Jan 21-24, Sun-Wed {A} Ski Trip to Laurentian Environmental Center. The Laurentian Environmental Center (8950 Peppard Rd, Britt, MN 55710) is a wonderful facility north of Virginia, MN. The trip starts with Sunday lunch and ends with Wednesday brunch – otherwise, three meals per day (bag lunch

optional). Housing is spread out in several cabins with bunk beds, each with a toilet & shower. There is also a sauna. Skiing out the door and at several nearby areas. Cost is only \$175 per person. Additional LEC details at <http://laurentiancenter.org>. Deposit of \$50/person via Club Express, or mail your check (payable to the leader) and club waiver to Bruce Nelson, 1918 Portland Ave, St. Paul, MN 55104. FFI: Bruce Nelson, 651-647-4326 or brucen1918@gmail.com.

Jan 24, Wed {WW} Ski Lake Elmo. Watch the e-Loype and WW weekly mailings for details closer to date of the event. Leader is Jan Rupert, janrupert@aol.com.

Jan 26-28, Fri-Sun {A} Ski Suomi Hills from Camp Hiawatha. Join us for the 29th edition of this perennial favorite featuring the exceptional skiing at Suomi Hills and several other great trail systems in the Grand Rapids area. Although there is another small price increase this year, this trip is still very reasonably priced at \$126 for food and lodging for the weekend. The camp features a new dining hall, a hot sauna, and a retreat center to facilitate socializing. Due to the hilly terrain and remote trails, this trip is not recommended for novice skiers. Limit is 50. Deposit of \$35 per person due by Jan 19, after which it is nonrefundable without a replacement. Mail trip waivers and deposits (checks made out to Pete Hawkins) to Pete Hawkins, 3008 County Road I, Mounds View, MN 55112. PLEASE INCLUDE YOUR EMAIL ADDRESS ON THE WAIVER so I can send you the trip letter electronically about two weeks before the trip. FFI: Pete at pmh706@gmail.com or 763-786-3792.

Jan 26-28, Fri-Sun {AK} Ski at Kathio State Park & Candlelight Ski. This is a 30-year North Star tradition! Come to

beautiful Kathio State Park and ski through the park by candlelight Saturday night. Kathio is a perfect weekend getaway offering skiing at all levels as well as ski rentals, ice skating and snowshoeing. For the young-at-heart there's a super sliding hill, too. After the candlelight ski on Saturday enjoy stargazing with an astronomer, bluegrass music and hot cider. Then head back to the camp for socializing while the kids watch a movie. Lodging is at Camp Onomia, 14202 Shakopee Lake Rd, Onamia, MN 56359. The camp is close to the cities, cozy and comfortable, and offers single rooms. In the past we have visited the Mille Lacs Ojibwe Indian Museum and have done some geocaching with GPS units at the park. As always, bring a good book and/or your knitting! Don't forget the kids! The cost, which includes four meals, is \$101 for adults and \$80 for youths. Send trip waiver and deposit of \$50/person or \$100/family (check payable to leader) to Colleen Cavell, 6009 Wooddale Ave, Edina, MN 55424. FFI: Colleen at cavell.colleen@gmail.com or 952-927-4703.

Jan 27, Sat {AK} Kids Explore Maple Grove Ice Oval. Maple Grove's Central Park, at 12000 Central Park Way, has an ice oval with ice made smooth by a Zamboni. There are railings for little kids to grab and hockey or figure skates to rent for about \$6. The skating is free and there is a nice warming house with a fireplace and snack bar. We'll meet at 1:00 p.m. in the warming house. FFI: Corliss O'Donnell, 763-559-8945, or Dana Siskind, 612-929-0205.

Jan 29 - Feb 1, Mon-Thur {A} Ski Camp du Nord. We are doing another mid-week trip to YMCA Camp du Nord near Ely. Ski the North Arm Trails (the ones we worked on in October) near camp or venture into the BWCAW on skier-groomed trails (we may need to

break these open). These trails are classic skiing only, but if skating is important you can drive into Hidden Valley in town. We have reserved two of the new cabins in Northland Village. Limit of 14, with an option for additional cabins if we have enough trippers. Each cabin has a fully equipped kitchen, a fireplace in the living room, and a bathroom with shower. We will be cooking our own meals since the camp requires a minimum of 30 for their food service. Total cost is about \$150 (last year's trip was quite a bit less than that). Send a signed waiver and deposit of \$100/person (check payable to the leader) to David Siskind, 5812 Thomas Circle, Minneapolis, MN 55410. FFI: David or Dana Siskind, 612-929-0205.

Directions from Ely: Go east on 169 out of Ely one mile (just east of the entrance to the International Wolf Center) and turn left onto Grant McMahan Blvd (Cty Rd 88). Go 2.3 miles to the Echo Trail (Cty Rd 116). Turn right and go 8.6 miles to the North Arm Rd (Cty Rd 644), which is less than one mile past the Fenske Lake Campground. Turn left onto the North Arm Road and drive three miles to YMCA Camp du Nord. Go past the registration office and continue to the log Lodge Center on your left. Your cabin assignment will be in there. Keep driving about two blocks, then take the next road on the left into camp. The cabins are arranged in a U-shape. Park to the left, next to the shed, and unload your things. To park your car for the weekend, go back to the road, turn back to the right and park in the big lot on the left.

Jan 31, Wed {WW} Ski Afton State Park. Meet at 10:00 a.m. at the trail center; ski/snowshoe/hike at 10:15. Bring a bag lunch, we'll eat in the trail center. A MN Ski Pass and state park vehicle permit are required. Both are available

at the park office. To get to the park head east of St. Paul on I-94. Exit Manning Ave/S Hwy 95 and go south. Take Hwy 95 to County Rd 20/70th St S and go east. The road ends at the park. FFI: Jean Moede, 651-227-4763 or moede001@umn.edu.

February 2018

Feb 2-4, Fri-Sun {A} Weekend at Cloquet Forestry Center. Stay at the Cloquet Forestry Center and ski or snowshoe on trails at the center; or drive to groomed cross-country trails at nearby Jay Cooke, Boulder Mountain, Spirit Mountain, Magney-Snively, and After Hours in Brule, WI. There are many ski options to choose from. Cabins at the center are comfortable dorm-style (two people per room) and delicious meals are served in the center's dining room. Limit of 40 people. Cost of \$122 per person includes two nights' lodging, two breakfasts, a bag lunch for Saturday, and Saturday night dinner. To register send your trip waiver and deposit of \$61/person (check payable to trip leader) to Dan Jacobson, 1803 Princeton Ave, St. Paul, MN 55105-1918. Final payment of \$61 is due when you arrive at the Forestry Center. FFI: Dan Jacobson, 651-698-2925, or Martha Hoffman, 651-696-1089.

Feb 4-9, Sun-Fri {A} Ski Trip to Bearskin Lodge on the Gunflint Trail. *This trip is currently full but you are encouraged to add your name to the waiting list. Send an email to Fran Howley, franmhowley@gmail.com, to join the list.* Enjoy five days in two townhouse units and one cabin. Lodges and cabin have full kitchens and are located pretty close to the sauna, wax room and hot tub. Ski on 70K of groomed trails designed for beginner to advanced skiers; many trails are groomed for diagonal and skate skiing. It is also possible to drive to the Banadad Trail or the Gunflint Lodge trails for variety. Cost of

\$375/person includes four dinners, two people per room with shared beds for couples and twin beds for singles, trail passes, and all the fun we can pack in! Cost does not include breakfasts, lunches and snacks/drinks. Please send check for full amount (payable to Fran Howley) and signed waiver to Fran at 5753 Pillsbury Ave S, Minneapolis, MN 55419. PLEASE indicate food restrictions on the waiver form. Limit 15 people. Full refund before Dec 20, 2017; after that date, full refund only if replacement is found. FFI: Fran Howley, 612-869-8971 or franmhowley@gmail.com.

Feb 7, Wed {WW} Ski Outing. Watch the e-Loype and WW weekly mailings for details closer to date of the event. Leaders are David & Dana Siskind, 612-929-0205.

Feb 9-12, Fri-Mon {A} Ski Minocqua, Wisconsin. *This trip is currently full. To add your name to the waiting list, send an email to susanvm099@gmail.com.* Skiing options include Winter Park Nordic Center with both classic and skate-ski trails, Escanaba, Raven, Razorback, Madeline Lake and Schlecht Lake ski areas. This long weekend, arriving Friday and departing Monday, will give us time to explore multiple ski areas in this wonderful location. Lodging is at Black's Cliff Resort (10223 Lower Kaubashine Rd, Hazelhurst, WI 54531), 7 miles south of Minocqua. We have two four-bedroom, two full-bathroom lodge units. Each lodge has a variety of king, queen, and single beds, a shared living area with sofas, dining area, fireplaces and full kitchens. Each day we will drive to ski areas in and around Minocqua. Trip costs, estimated at \$170, include 3 nights' lodging, 3 breakfasts, and dinners on Saturday and Sunday nights. Participants will be asked to help with meal preparations and to bring an appetizer to share. Alcoholic beverages, Friday night dinner,

Saturday and Sunday trail lunches, and ski passes at some areas are not included in trip costs. The group size is 14-16 people. Your signed trip waiver and deposit of \$150 per person (check made payable to Arne Stefferud, 1780 Frank Street, Maplewood, MN 55109) are due starting November 1 or at the trip sign-up meeting. Balance of trip costs will be collected in Minocqua. FFI: Arne Stefferud, alstefferud@gmail.com or 651-332-3872; Susan Von Mosch, susanvm099@gmail.com or 651-488-2139.

Feb 10, Sat {AK} Kids Explore Elm Creek Park. How many of our little people have tried skiing? Sam and Joey are both learning and they love it! Elm Creek also makes its own snow and has ski rentals down to toddler sizes. Let's see which trails we like best. Meet in the visitor center at 1:00 p.m. and join us for some great fun. Be sure to bring water bottles and trail snacks since skiing takes lots of energy. Wear layers of clothing because skiing really makes you warm, too. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Feb 13, Tue {A} February Club Meeting. Meet at St. Peter's Catholic Church, 6730 Nicollet Avenue in Richfield. Social hour begins at 6:30 p.m. with business and the program starting at 7:00. Program: "More Seniors Are Using Parks and Trails: Here's What They Do" presented by Randy Thoreson of the National Parks Service.

Feb 14, Wed {WW} Ski/Snowshoe/Hike. Ski with Carol Krush or hike/snowshoe with Clare Fossum at Fort Snelling State Park (101 Snelling Lake Rd, St. Paul, MN 55111) in an annual remembrance of John Holmquist, who led this trip for many years. Meet at the visitor center at 10:00 a.m. Lunch at Cap's Grille after the hike. FFI: Carol Krush, 612-229-5282, or Clare Fossum,

612-721-9258

Feb 15, Thur {AK} Hike Centennial Lakes. Join us for a brisk walk around Centennial Lakes Park in Edina (76th St and France Ave S). Meet at 6:30 p.m. in or near the warming house (pavilion). This is also great place to ice skate if you want to come early. We'll end the evening sitting by the fireplace with hot chocolate or other treats from the concession stand. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Feb 16-19, Fri-Mon {A} Ski Central Wisconsin at Timm's Hill. Join us for our 20th annual trek to Wisconsin's highest point. The lodge, High Point Village at Timm's Hill, is located 200 miles from the Twin Cities in gently rolling hills and forests of north-central Wisconsin. Ski directly from your cabin (www.highpointvillage.com) or drive to one of two nearby exceptional ski areas. All levels of skiing are available for both skating and diagonal stride. Snowshoes also available for a change of pace. Cost of approx. \$200 includes three nights' lodging, breakfasts Saturday thru Monday, and a Saturday social gathering and dinner. Sunday dinner will be a potluck served in the hand-built log lodge, where Julie will also prepare the Monday group breakfast. Saturday and Sunday breakfasts are served on-site at the Hill of Beans Coffee Shop/Cafe. Lunches and Friday dinner are on your own. Each cabin has a fully-equipped kitchen and the cafe offers soups and sandwiches until 3:00 p.m. (and is open until 7:00 on Fridays). Limit of 16 people. Send signed waiver and \$100/person deposit (check payable to trip leader) to Julie Holmen, 1341 N St. Albans Street, St. Paul, MN 55117. Balance due Jan 15, 2018. We have routinely had excellent snow but trip will go regardless of snow conditions. FFI: Julie Holmen, 651-489-1173, julie-holmen43@centurylink.net, or

Carol Krush, 612-822-5282,
carol.krush@gmail.com

Feb 16-19, Fri-Mon {A} Ski Wolverine/ABR. *This trip is currently full. To add your name to the waiting list, please contact MK Burmesch at 612-247-5793 or mkbskis@gmail.com.* Join us for four great days of skiing & snowshoeing in the U.P. during President's Weekend. We will stay at Wolverine Village (www.wolverinevillage.com) in Ironwood, MI. Wolverine Nordic Center is across the street and ABR is about a 10-minute drive. Wolverine Village has several cabins, a dining hall, a separate bathroom/shower building, laundry facilities and a waxing room. Share cooking and cleanup in the dining hall. Cost of \$150 includes three nights' lodging and all meals from Friday dinner through Monday lunch. Ski passes are not included. Limit of 24 people. No refunds after February 2, 2018 unless your spot can be filled. Send waiver and check for \$150/person to Mary Kay Burmesch, 5920 Christmas Lake Rd, Excelsior, MN 55351. Please include your e-mail address on the waiver. FFI: MK Burmesch, 612-247-5793; co-leader is Jean Abelson.

Feb 20, 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. See the January 16 notice for details.

Feb 21, Wed {WW} Ski/Snowshoe at Lebanon Hills Regional Park. Meet at the Schulze Lake Visitor Center, 860 Cliff Rd in Eagan, at 10:00 a.m.; on the trails at 10:15. To ski here you must purchase a Dakota County ski pass at the center. Bring a bag lunch. FFI: Bryce & Sally Richards, 651-452-2247 or 651-210-3807 (cell), or sallyrichards@gmail.com.

Feb 22 - Mar 2, Thur-Fri {A} Methow Valley in Mazama, Washington. *This trip is currently full but you are encouraged to add your name to the waiting list. Send an email to Craig Freeman, freemancraig@hotmail.com to join the list.* This will be the club's third trip to the Methow Valley, located in Washington's North Cascades. 200 kms of groomed skiing and bounteous, home-cooked meals. Cost of \$1,850 is pretty much all-inclusive. Full details can be found on the club website, www.north-stars.org. FFI: Todd Mongrain, todd_mongrain@msn.com, or Craig Freeman, freemancraig@hotmail.com.

Feb 23-25 or 26, Fri-Sun or Mon {A} Ski the North Shore of Lake Superior/Silver Bay. The North Shore has all the skiing you could want with a number of trail systems within 15 miles of Silver Bay. We'll be staying at the AmericInn in Silver Bay, where we have a block of rooms (approx 14) set aside at group rates. Skiers must make their own reservations with the hotel by Jan 23; call 218-226-4300 and tell them you are with the North Star Ski Touring Club. The room rate for Friday and Saturday is \$119.95 plus tax per night and \$89.95 plus tax for Sunday night. Each room has two queen beds with a small refrigerator. You will need to find your own roommates in advance. We again have a meeting room (with a bigger fridge than in the rooms) in which to gather, have meals and play games. It's a real plus. Amenities included in the price: warm breakfasts (coffee and hot water are always available in the lobby), a pool, hot tub and sauna. We'll cater a Saturday night pizza/salad dinner, with a program yet to be decided. This is a NEW MEMBER PRIORITY TRIP so 20% of the spots are reserved for these folks. Please send a signed waiver, with any food restrictions clearly stated on the form, and a deposit of \$25 (check made payable to Corliss O'Donnell) to

Corliss at 6679 Kingsview Lane, Maple Grove, MN 55311. FFI: Inez Wick, 612-825-3596, or Corliss O'Donnell, 763-559-8945.

Feb 28, Wed {WW} Ski Outing. Watch the e-Loype and WW weekly mailings for details closer to date of the event. Leaders are Bruce Jacobson and Ann Morrissey, brucejannm@gmail.com.

March 2018

Mar 7, Wed {WW} Ski/Snowshoe/Hike. Watch the e-Loype and WW weekly mailings for details closer to date of the event. Leader is Gary Solberg, gary_solberg@yahoo.com.

Mar 10-19, Sat-Mon {A} Ski Norway (with pre- or post-trip options). *This trip is currently full but you are encouraged to add your name to the waiting list. Send an email to Solveig Olson, solveigjolson@gmail.com, to join the list.* Solveig Olson has been leading this annual trip since 1996. The destination, as always, is Sjusjoen -- the "#1 cross-country skiing destination in Norway." Optional participation in the Norwegian Birkebeiner with more options for adding a week before or after the trip. Estimated cost of \$2,800 for the ten-day trip. Full details can be found on the club website, www.north-stars.org. FFI: Solveig Olson, solveigjolson@gmail.com.

Mar 13, Tue {A} March Club Meeting. Meet at St. Peter's Catholic Church, 6730 Nicollet Avenue in Richfield. Social hour begins at 6:30 p.m. with business and the program starting at 7:00.

Mar 20, 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. See the January 16 notice for details.

April 2018

Apr 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.

Apr 19, Thur {AK} Hike the Hare to the Turtle. Meet at 6:30 p.m. at the big bronze rabbit at Minnehaha Pkwy and Portland Ave S in south Minneapolis. We will walk along Minnehaha Creek enjoying the spring flowers before heading to the Turtle Bakery on 48th St and Chicago Ave S for refreshments. After this it is a short walk to return to our cars. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

September 2018

Sept 10-24, Mon-Mon {A} Bike the Danube River. *This trip is full! To add your name to the waiting list, send an email to Chip Treen, ctreenmn@gmail.com.* Join us for two weeks of relaxed cycling in the fall along the lovely Danube River. Experience castles, lovely overlooks, a bit of sobering history, great food, world famous vineyards and great company. We leave the Twin Cities on Monday, September 10 and return from Vienna on Monday, September 24. Starting in Straubing, Germany, we will cycle about 30 miles per day, stopping in comfortable lodging each night. Cities visited include Passau, Linz, Krems and Vienna. Our

two layover days are in the cultural and historic cities of Passau and Vienna. The trip ends in Bratislava, Slovakia. There are several biking options each day, most of them flat along the river. However, options for longer days or hill climbing are available by visiting the many towns and sites along the way. For most days a train is available for anyone wanting a day off the bike. E-bike upgrade is available. Approximate double occupancy price of \$2,450 includes airfare, bike rental, lodging, luggage transfer, breakfasts, and transfer to the airport from Munich and back through Vienna. Single supplement, add \$370. We will try to match folks in rooms as much as possible. Dinners, lunches, incidentals, trip insurance and bakery stops along the way are extra. Some price change is possible due to currency fluctuations and price changes. Deposit of \$500 due by Oct 30, 2017 to keep current pricing. Later sign-ups may incur additional costs. Limit of 22. Send a check (payable to either Chip Treen or Laura Baker) and your signed trip waiver to 1044 Park Ave, Mahtomedi, MN 55115. We will also accept registrations via credit card on the NSSTC website, though these will incur an additional fee. FFI: Chip Treen or Laura Baker, 651-429-2412 or email ctreenmn@gmail.com.



SKI SEASON IS HERE...
**READY, SET,
SNOW!**
WE'RE HERE FOR ALL
YOUR SKIING NEEDS



ATOMIC

S
salomon

FISCHER

ROSSIGNOL



ST. PAUL, MN | 651.209.7800
JOESSKISHOP.COM

Advance notice from the new *Løype* editor by David Siskind

Lucy's position as *Løype* Editor is ending with the May-June 2018 issue. I have tentatively agreed to take the editorship position. Pending board approval, and someone better qualified not coming forth, I will start in July 2018. There will be some major changes to our beloved *Løype*, and some will be felt to be unfortunate and short sighted. I agree, but because of the work involved, technical problems, and costs, the board agreed that these changes are needed. One is fewer issues, and we plan to start with four per year. Another big change is a smaller publication. We will still have trip and event listings, but they will be shortened to essential information only. Members will be

directed to our website for details with an alternative to contact the leaders directly as phone numbers and email addresses will still be included. We'll have a section for announcements, and as editor I will make them precise and brief. We'll also continue to have ads. Other materials like trip reports and biographical articles will be found on the club's website. The only photos will appear on the front and back covers. As of now, November 2017, all this is tentative. If anyone is really unhappy with this, please suggest a better way to do this and help us find someone more experienced, able, and willing to do it.

A brief history of the *Løype* by Lucy Osojnicki

Tim Knopp founded the NSSTC's newsletter in 1971 and gave it the evocative Norwegian name *Løype*, which means both a literal ski trail and also a path through life based on love of outdoor recreation, respect for nature, and mental and physical toughness. He designed the club's logo with five skiers in a row showing various abilities and interests and was the club's first *Løype* editor. Liz Rasmussen typed it up and had it mimeographed (or photocopied). The first issue was all of six pages long.

The *Løype* began accepting advertising in 1974, and in 1975 a new *Løype* was born. It now included photographs and was commercially printed and mailed. In 1978, the *Løype* was chosen runner-up in a nationwide rating of ski club publications by the USSA, with article content and journalistic style receiving high marks. The 1979 *Løype* featured, for the first time, Bob Tokar's column, "A Touch of Blue under the Foot."

In 1984, the job of mailing the *Løype* was taken over by the North Stars' publicity chairperson who, along with a group of dedicated volunteers, saw to it that our newsletter arrived on time. In 1985, a new, pre-season *Løype*, published in late August, reminded members that it was time to renew their membership.

A mid-summer *Løype* was published for the first time in 1988 to promote our expanded summer schedule. 1988–89 NSSTC president, Ted Cardozo, had this to say about the *Løype* editor position: "Some positions require special skills, others a lot of time; the position of *Løype* Editor needs both." Although he was praising John Holmquist, the same could be said of Mel Peterson, who by that time had taken on the role of *Løype* editor at least five times. John was the first editor to use desktop publishing to produce the *Løype*.

Although we were moving into the computer age by the early 1990s, many members did not yet own home computers. Thus, Donna Mirocha typed up all handwritten articles that were submitted to the *Løype*. She was our data entry person for at least 20 years.

In 1993, the club purchased a high resolution laser printer to enable the editor to proof the layout at home. By the late 1990s, most members owned a home PC and were able to submit articles via email or computer diskette (remember those?). And the decision was made to print the schedule in every issue of the *Løype* rather than the November and May issues only.

In 2000, *Løype* cover designer Jack Bohnhoff started adding four-color photos to our *Løype* covers. Prior to this, the *Løype* was printed in black and white.

Responding to budget concerns in 2004, the number of *Løype* issues was reduced from ten to eight per year. In 2007, the number of *Løype* issues produced was reduced from eight to six per year, making it a bimonthly newsletter. Other decisions made in 2007 included: posting the electronic version of the *Løype* on our club website starting with the July-August 2007 issue, using all-digital technology for printing the *Løype*, and printing all-color covers for our November-December and May-June issues.

In 2016, David Siskind's son, Dan, took over *Løype* printing. This allowed us to print all-color issues of the *Løype* as his printing costs for all-color were not much more than other printers charged for color covers only.

The *Løype* has undergone many changes over the years, and we foresee the day when communication will be all electronic.

(continued on page 22)

Member Profiles

We continue with profiles of members who have given much of their time to our club over the years. Many thanks to Ellen Watson for taking over this time consuming task. Look for more member profiles in subsequent issues of the *Loype*.

Lee Mayer

Early North Star member, Lee Mayer, served as an at-



Lee Mayer at Isaac Walton Inn, 1988.
Photo by Jinny McWethy.

large member on the NSSTC board in 1973–74 and 1974–75, as treasurer in 1978–79 and 1979–80, as president in 1980–81, and as past president in 1981–82.

In 1988, Lee led a train trip to Izaak Walton Inn in Essex,

Montana, where the skiing was always great. It was so popular that he repeated the trip in 1990 and 1992. He also led the first Lone Mountain Ranch ski trip for the club.

An enthusiastic volunteer, Lee was active in trail clearing and led the Camp du Nord (Camp Northland) trail clearing trips in the 1980s. Inez Wick remembers the 1984 trail clearing trip because it was her first outing with the club. Lee led that trip for several more years and then turned it over to Inez and Dana.

In addition to cross-country skiing, Lee enjoyed hiking, backpacking, cycling, fishing, and canoeing. Lee passed away in November of 1999 at the age of 74.

Julie Holmen

Julie Holmen has a unique story about how she got



Julie Holmen at Thor's 90th birthday party, 2011. *Photo by Lucy Osojnicki*

involved in North Stars. In 1970, this Missouri native had just returned from a tour of duty with the Peace Corps in the Caribbean. Having moved to St. Paul for a teaching position, she was determined to make winter a worthwhile season.

With this in mind, she

purchased a pair of second-hand downhill skis and proceeded to Wirth Park to teach herself how to cross-country ski. As she was pulling the skis from her car, a kindly gentleman stopped to ask what she was planning to do. Julie replied, "Learn to cross-country ski, of course." "Not with

those you're not," he replied. That kindly gent was Norm Oakvik who took the time to educate this young lady on the differences and invited her to join his fledgling ski club where she learned the finer elements of the sport.

Throughout the years, Julie has served the club as a frequent trip leader. She has led the Timm's Hill ski trip in central Wisconsin for the past ten years and was the co-leader on a hiking trip to the Italian Dolomites in 2009. She is also an avid biker and willing volunteer on club trail clearing trips. She leads an annual bike ride from her home in St. Paul, cycling for a couple of hours and returning for lunch and her celebratory birthday cake.

Eric Ramstad

Eric joined North Stars in 1972 with the goal of racing in



Eric in Vietnam, November 2017.
Photo submitted by Eric Ramstad

the second year of the VJC event. Those were the early days of cross-country ski racing, and the VJC was the only citizen Nordic ski race in the country. Eric's new father-in-law had taught him to ski while he was courting his daughter.

After their first baby was born, the ski rac-

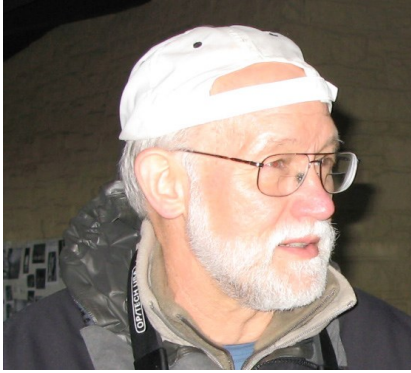
ing slowed a little as it did with many of his generation, but he is still skiing and enjoying the sport with a lot of like-minded people.

Eric recalls skiing the 54 km Norwegian Birkie in 1996 as being one of the major highlights of his life. This Birkie is unique in that it crosses two mountains, and participants are required to carry a backpack weight of at least 3.5 kg throughout the race. The feeling of accomplishment was overwhelming, as was receiving the medal. Eric's favorite North Star trips over the years have included Stokely Creek, Silverstar, and Snow Mountain Ranch in Colorado.

Eric has served on the board as trips coordinator and schedule editor, led and participated in trail clearing trips, and assisted the club in many other ways. He is an excellent photographer and writer whose contributions to the *Loype* are always welcome.

Chuck Holst

Chuck Holst joined the North Stars in 1977 where he



Chuck Holst in June of 2009. *Photo by Lucy Osojnicki.*

found companionship with those who shared his love of outdoor activities—camping, canoeing, and the BWCA. However, a more specific love was that of winter camping, and he frequently found a few takers for these adventures.

During his long tenure with the club he applied his skills honed from editing newsletters for the Single Sierrans and the Minnesota Canoe Association to the editing of our *Loype* from 1993 to 1995. In fact, he was such a dedicated editor that he was up late editing the November 1994 issue the day before his wedding, dropping it at the printers the morning of the big day. A honeymoon in the BWCA with a six-day, 60-mile paddle from Moose Lake to Lake One solidified the union of wilderness adventurers, Chuck Holst and Linda Campbell.

Chuck led many camping/canoeing and ski trips for the North Stars in the 1980s and 1990s. Winter camping and quinzee building were favorite activities on the winter trips.

Linda Johnson and Bob Julian

Linda joined the North Stars in 1979 with the goal of



Linda Johnson and Bob Julian at the 2017 Spring Banquet. *Photos by David Siskind and Lucy Osojnicki*

getting into the sport of cross-country skiing and finding ski partners. Within a few years, she met her husband Ernie Engamoen, also an active skier, hiker, and lover of silent sports. Sadly, Ernie passed away much too young in 1986. As a memorial, Ted Cardozo and Al Porter solicited funds to develop a trail in Ernie's honor at Sunfish Lake Park in Lake Elmo. The trail, constructed and dedicated in 1987, serves mainly hikers today.

As time passed, Linda met Bob Julian, also a North Star. They proved to be good buddies who eventually started dating in 1994 and married in 1995. Both have been on the board but never at the same time. This partnership of skiers has served on membership, trips coordinator, trail development, hospitality, special projects, *Loype* mailing, and nominating committees. They have led both winter and summer trips for the North Stars.

Linda has skied the Birkebeiner and the Kortelopet, while Bob skied the Mora Vasaloppet. In addition to skiing, they also enjoy bicycle touring.

Mike and Nancy Carlson

Mike and Nancy joined the North Stars in 1978 and immediately



Mike and Nancy Carlson in Grand Marais, August 2014. *Photo courtesy of Cook County News Herald.*

became actively involved in the club—leading trips, serving on the board, and organizing events. Over the years they served not only as frequent hike, bike, and ski trip leaders, but also as special event facilitators, including an annual member-catered dinner at the Sons of Norway Hall. Among their favorite trips were four to Lone Mountain Ranch in Montana and another four to Isaak Walton Inn in Essex, Montana. For many years they hosted an annual New Year's Eve potluck dinner for North Star friends who enthusiastically made the long jaunt up Highway 61 to celebrate. Mike continues the tradition today.

Sadly, Nancy passed away in September of 2014 but not before she and Mike were honored for their many years of generous service to the North Shore community in Grand Marais, where they relocated following retirement from jobs in education and computer systems. Volunteer programs reaping the benefit of their talents included sewing, gardening, and writing projects, and the Workers on Wheels program, which provides loaner bikes to international students working in the Grand Marais area.

North Stars are indeed fortunate to have had such a strong, talented, and generous pair to guide us during active years of club growth.

Member Profiles Continued

Don Youngdahl

Don joined the North Stars in the late 1970s and became active almost immediately. He led the first Nemadji Hilton trip in 1979 and continued to lead it for 27 years with co-leader Al Porter. The Nemadji Hilton was a hunting cabin (deluxe by north woods deer shack standards, Spartan by North Star standards) that could accommodate only 10 people. Someone convinced Don that women would not feel comfortable in the cramped, one-room quarters, so initially only men were allowed on the trip. When the strong women on the North Star board got wind of that, Don dropped that sexist policy.

Don was one of a group of five North Stars (led by Ted Cardozo) who went out to Colorado in 1982 to cross-country ski. It was there that they found out about the Fred Braun hut system in the mountains of Colorado. Thus began the annual hut-to-hut ski trips. The group stayed in the Fred Braun huts the first couple of trips, then moved on to the more spacious Tenth Mountain Division Huts. See George Vania's article in the 50th anniversary publication for more information on those trips.

Don served as membership chair in 1994–95 and 1995–96, and treasurer in 1996–97. In addition to skiing, Don also enjoys road and mountain bicycling.

Rita and Gerry Manninen

Rita and Gerry Manninen were originally downhill skiers



Rita and Gerry Manninen at the 2017 Spring Banquet. *Photo by Mark Lahtinen.*

We can thank Rita for leading a couple of ski trips to Duluth with dinner at the Glensheen mansion (for a special Valentine's Day celebration). Rita, along with co-leader Jerry Norris, also led nine New Year's Eve trips to Itasca State Park where participants rang in the coming year with potlucks and celebrations at the famed hostel. Gerry said he was so impressed with Rita's organizational skills that he married

her in 1989.

For added challenges, they have each completed at least ten of the Worldloppet Masters' races in ten different countries and two continents. They are Loppet Masters in the true sense. Rita confines herself to the short races, earning a silver medal, while Gerry has completed both the long and short events for silver and gold, completing one or two a year. They have skied in Europe, Australia, Canada, and many other locations worldwide.

While not having served on the board, this couple has led many trips and worked behind the scenes to help build the organization. Today they oversee the coordination of volunteers who generously provide desserts for our monthly meetings.

Chip Treen and Laura Baker

Chip Treen and Laura Baker are a keenly involved couple



Laura Baker and Chip Treen in June 2009. *Photo by Lucy Osojnicki.*

who have contributed extensively to the NSSTC. Chip joined the club in 1980 and through the years has served in at least four board positions, including trips coordinator, programs, treasurer, and schedule editor. He is currently serving a second term as treasurer. His technical expertise has enabled him to serve the club on several financial and technical issues. As a strong and avid biker, skier, swimmer, canoeist, and kayaker, he has led many winter and summer trips for the North Stars.

Laura Baker joined North Stars in 1988 after moving to the Twin Cities from Milwaukee, Wisconsin. She too has served in several board positions and provided needed expertise on a number of special projects. For the past 15 years, this pair has led the Bayfield Ski Trip which continues in popularity today. In addition, they have coordinated trips to Telemark and numerous local ski and bike excursions. As if to confirm their love of the outdoors and winter, Laura and Chip got married in 1997 while on a hut-to-hut ski trip in Colorado.

To wrap up 2017, this couple is preparing to depart on a long-anticipated trip to Antarctica where the winter ambiance will be in full display despite the flip of seasons from the Northern Hemisphere.

Inez Wick

Inez Wick signed up for the North Stars in 1982 and over



Inez Wick, NSSTC picnic 2014. *Photo by Lucy Osojnicki*

the years has proven to be a tremendous asset to our club. So valuable in fact that she was honored as the first recipient of the newly established Tim Knopp Award in 2003 for extraordinary service. This was an inspired choice because Inez has met so many challenges, influenced the level of adventure for club members, and provided strong organizational skills. Inez has initiated and led many trail clearing trips to

the Banadad, Ashawa, A Place in the Woods, and many other ski venues in northern Minnesota. Not to be limited to trail preparation, she has also guided skiing, canoeing, hiking, and biking trips from one-day to week-long adventures both domestically and internationally. The adventurer in her has prompted her to try helicopter skiing in the Purcell Mountains of British Columbia and take up whitewater rafting. That's adventure!!

When not travelling, she has found time to serve several board positions—trips coordinator, vice president, trail development, programs chair, president, and past president. She works hard behind the scenes to ensure that NSSTC stays true to its founding principles. Assisting regularly with the *Loype* mailing and staying in touch with members who are no longer active are just some of the ways she helps out. North Stars are fortunate to have her participation and support.

Ron and Gail Brand

Ron and Gail joined the club as singles in 1982 and it



Gail and Ron in June 2009. *Photo by Lucy Osojnicki*

wasn't long before they found common interests in addition to skiing. Both enjoyed white-water kayaking, and they found others in the club

who shared their love of the sport. They organized singles events for the club and led singles overnight trips.

They married in 1986 and started a family in 1989. Their girls were active in the club from the time they could sit in a baby backpack carrier. Ron and Gail instilled a love of skiing in the girls and led the Kathio family trip for many years.

Gail served as publicity chair in the mid-1980s and co-led the Camp Menogyn trip (along with Lucy Grams) for several years. Ron served as publicity chair in the late 1980s and as president in the late 1980s and early 1990s. He took on the publicity position again in 2015–2017. Ron also served on various state advisory committees on the issue of trail development during the years when trails were being designated for use.

In recent years, Ron has put his computer expertise to use leading a team in the design and implementation of our new website. Thanks to Ron's persistence and patience, the website is hopefully attracting the attention of the upcoming generation of skiers.

Marcy Otpyka and Gary Follett

Gary Follett and Marcy Otpyka both joined the North



Marcy and Gary at the 2017 Spring Banquet. *Photo by Lucy Osojnicki*

Stars in 1984 as singles. Gary served as editor of the *Loype*, which was his first encounter with an Apple Macintosh computer.

Coming from the PC world, the conversion involved a steep learning curve, but he became an Apple fan in the process.

As trips coordinator in 2012–2014, he introduced the “if there's snow we'll go” concept for spur-of-the-moment ski trips. He also worked with Lee Wenzel in recent years to review the club's future goals and the means to accomplish them. As an inveterate trip leader, he led trips to Camp Northland/du Nord.

Marcy Otpyka has served the club in many roles including president (2003–2005), past president (2005–2007), vice president (2007–2008), and is currently serving as an at-large board member. While she was president, membership had been declining, so under her direction the board started attracting younger skiers with the introduction of the e*Loype* and a bulletin board for last-minute additions to the schedule.

In addition to her fine governing skills, Marcy, one of many medical professionals in the club, has used her expertise to educate members on health-related issues and injury prevention. In 2017 this talented pair continue to share their knowledge to make this a better organization.

A brief history of the Loype *(continued from page 17)*

The following members have served as *Løype* editor over the years. The club owes these folks a debt of gratitude, as their job is much more difficult and time consuming than that of an editor of a large newspaper or magazine. This was especially true in the early days before desktop publishing when everything had to be laid out by hand. Even now, however, the editor's job takes a lot of time. The editor must solicit material, edit material, write material, scan photos (if not submitted digitally), adjust photos, add photo captions, position articles, photos, and ads, and proofread everything once it's all put together. And let's not forget to give credit to others involved in producing the *Løype* over the years—members who did the proof-reading, cover designing, schedule editing, data entry, and mailing.

1971–74 Tim Knopp
1975–76 Pat Richards
1976–78 Judy Rykken
1978–79 Carol Jahoda
1979–80 Gary Gumble
1980–81 Judy Rykken
1981–83 Mel Peterson

1983–84 Judy Rykken
1984–85 Gary Gumble
1985–86 Gary Gumble & Mel Peterson
1986–88 Mel Peterson
1988–90 John Holmquist
1990–91 Rita Wetzel
1991–93 Gary Follett
1993–95 Chuck Holst
1995–96 Rita Abrahamson & Jack Bohnhoff
1996–98 Jim Garrity & Gene Kremer
1998–2000 Jim Garrity
2000–2001 Rebecca McPeck
2001–2003 Anne McKinsey
2003–2004 Rebecca McPeck
2004–2007 Mel Peterson
2007–2009 Lucy Osojnicki
2009–2012 Russ Lowthian
2012–2015 Margie Schally
2015–2017 Mel Peterson
2017–2018 Lucy Osojnicki

Note: The information in this article came from the NSSTC History, which can be found on our website.

Members who donated to the NSSTC Trail Fund in 2017

| | | | |
|------------------|---------------------|-------------------|-------------------|
| Carol Krush | Carol Jean Peterson | Jani Wagner | Ellen Held |
| David Levitt | Ginny Halloran | Kevin Gregerson | Jill Mithun |
| John Driscoll | David Miller | Doug Duncan | Kathleen Billings |
| Robin Brooksbank | Theresa Quigley | Jim McWethy | Mac McCullough |
| Karen Buggs | Dan Burke | Leslie Everett | Pam Meyer |
| Ella Mogilevsky | Jim Lynden | Deb Erickson | Lois Carlson |
| Lorraine Brasket | Tom Flynn | Ralph Fernandez | Pat Nelson |
| Irene Jensen | Karin Grossman | Bob O'Hara | Edward Dike III |
| Glen Olson | Margaret McCreary | Bonnie Palmquist | Cathy Odell |
| Evie Schulte | George Vania | Bob Rudolph | Alice Ressler |
| Chip Welling | Dick Stardig | Susan Fuller | Emily Kittleson |
| Nancy Duncan | Richard Perry | Lucy Osojnicki | Ken Epstein |
| Kristi Linder | Paul O'Brien | Nancy Abernethy | Jerry Hall |
| Frank Janezich | Elger Lorenzsonn | Donald Eddy | Bruce Jacobson |
| Jane Norman | Kem Pomeroy | Madeleine Kerr | |
| Mary Weber | Pete Hawkins | Lydia McAnerney | |
| Paul Brown | Carl Conney | Doug Ritzinger | |
| Sandra Lundgren | Clare Fossum | Doug Peterson | |
| Linda Treeful | Denise Perry | Dan Miller | |
| Amy Lewis | Shawn O'Laughlin | Barbara Stelmasik | |
| Brad Schlick | Gregg Kelley | Sharon Grose | |

A touch of blue under the foot by Robert D. Tokar

Reprinted from the January 1979 Loype

A number of trip leaders have included night skiing in their trips this year. If you have never skied at night, you should take advantage of these trips. Too many of us have never skied at night, either because it never occurred to us, or the darkness seemed to be an obstacle.

Assuming a cloudless sky, there are about eight to ten nights each month when moonlight is more than ample for safe skiing. These eight to ten nights are the four or five nights on either side of the full moon. Even without the moon, starlight with sufficient eye accommodation can provide a soft light that is enough for skiing at night. Best results with starlight are achieved when you stay out in the open, such as frozen lakes or open fields and meadows. On overcast nights, a battery-operated head lamp can provide a different kind of experience but nowhere near as rewarding as moonlight or starlight skiing. In his essay on nature, Emerson said "If the stars should appear one night in a thousand years, how would men believe and adore; and preserve for many generations the remembrance of the city of God which had been shown! But every night come out these envoys of beauty, and light the universe with their admonishing smile." Do any of us modern skiers smile back?

My first experience with starlight skiing came about eight years ago. In those days, I had a small hut near the shore of my present lake cabin. It was my pleasure to spend many nights there cuddled around a pot-bellied stove. One particular night after a day of slow falling, fat snowflakes, the sky cleared for the night. As I looked out the window at the frozen bay with about six inches of new untracked snow, I noticed the star filled sky and I smiled back. All that untracked snow led my thoughts to skiing. Why not, I thought! Where does it say "Thou shall not ski at night"? Even though it was near midnight and the temperature near 0°, I stepped out of the hut to admire the sky. After about ten minutes, my eyes became used to the dim light on the frozen bay. Slipping into my skies, I softly slid down the slight incline to the shore. As my ski tips carved their way thru the fresh snow, I began to break from the traditional touring glide and went into a set of broad skating turns around the bay. As individual snowflakes parted on either side of the ski tips, they caught faint rays of light and bounced back in quick little flashes of red, blue, and yellow. I was becoming intoxicated with my own private world of white twinkling snow. Like the wood chopper in Thoreau's "Walden Pond," I felt like

whooping for joy and doing cart wheels on skis if I could. There are places to be with someone and places to be alone. A romantic night alone.

Night skiing should always be done out in the relative open or on trails you or the trip leader know very well. Small groups work best. Large groups should be broken up into several smaller groups. Seen by moonlight or starlight, groups skiing far enough apart can provide a memorable sight for future memory feedback. Groups of skiers with head lamps seen from a distance present an especially appealing sight. Little bobs of light bounce up and down as the skiers dip into valleys then appear on the hill again. The final touch to a night tour is to meet midway on the tour for a huge bonfire. Each skier brings one piece of wood he has carried. Hot mulled wine warms the heart for the trip back. Silently the skiers leave in small groups from the fire's glow. They disappear down the darkened trail. The last few skiers heap snow on the now smoldering fire, and they too are swallowed up by the darkness.

Later, when all have returned to the lodging area and gather around the fire to recount their impressions of night skiing, each one knows in his own heart that his experience was unique. It really was unique as we all perceive things differently. That, my friends, is what night skiing is all about. It's a personal, highly individual perception of snow, stars, moon, and the night. So go forth and perceive the winter night.

The next full moon will appear on Saturday, January 13, 1979 at 5:40 p.m. See you there!



1980 Poland trip, Bob Tokar in blue jacket and black cap.
Photo submitted by Lucy Grams.

Kids Explore Minnehaha Park by Lucy Osojnicki

Eight kids and 10 adults showed up at Minnehaha Park on a chilly Saturday morning to explore the area between Minnehaha Falls and the Mississippi River. After descending 108 steps to get down below the falls, the kids gathered around Dana Siskind to learn about the possibilities for exploration. Our eager learners checked out every one. They first climbed up an embankment to look for caves and fossils. There were many opportunities for that on our way to the Mississippi River. Some of the kids took chunks of sandstone and pulverized them by pounding



Dana Siskind gathers the kids together to inform them of the possibilities for exploration along the creek. *Photo by Lucy Osojnicki*

them against a rock. Further on they found beaver activity along the creek, explored more caves, and found more fossils. Dana made sure that every kid had at least one fossil to bring home. We never did make it all the way to the river because we were hungry. Not everyone brought a picnic lunch so we satisfied our appetites at a nearby Burger King.

We explore a different park each month and would love to have you and your young person (child, grandchild, friend) join us.



In front, facing away from camera: Solomon; 1st row, L to R: Olive, Kanara, Francisco, Leonardo; 2nd row, L to R: Charlie, Robert, Maya, Sean; 3rd row L to R: Max, Sam, Dana; 4th row L to R: Doug, Elizabeth, Karla, Bob; in back: David.
Photo by Lucy Osojnicki

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

By Dana Siskind and Inez Wick

From the September/October 2011 issue of the *Loype*

I recently got a call from a co-worker's sister. I have spoken with this co-worker often about my adventures with the North Stars and other outdoor recreation clubs, so she told her sister to give me a call. Her sister left a message on my phone, lamenting that all her friends were "old ladies who just want to sit around." She was longing for a circle of active friends who would share her love of the outdoors.

~ Kate Fitzgerald, singles chair

From the September/October 2000 issue of the *Loype*

Stokely Creek ski trip 2000. The cost was \$850 US per person and included lodging for seven days, food, and transportation by bus. (Trip was led by Ann Morrissey and Bruce Jacobson.)

From the November/December 2000 issue of the *Loype*

This month, the North Star Ski Touring Club will be introducing a new booklet to the cross-country ski world. *Ski the Metro with the North Stars* will have listings of the cross-country ski trails within a one-hour drive of the Twin Cities. There are listings of over 1100 km or 700 miles of trails in the book. Also included in the booklet will be a brief history of the NSSTC, winter safety and ski waxing tips, Ski Pass information, and an NSSTC Membership form. There will be about 1000 of these booklets throughout the metro area at participating ski shops. They are a great bargain at \$3.00 each. Jack Bohnhoff, NSSTC member, artist, and *Loype* cover designer, created the great cover design for the book. *~ Greg Fangel, president*

Ask Professor Snoose

This month Dan S. of Cromwell, Ontario, writes: "At the start of the season I find, once more, that I've lost a ski. My mother-in-law is always ragging me for all of the skis we have laying about, eh? But I don't think even she would be taking just one ski. Where do they go?"

Dear Dan: The old "orphan" ski syndrome, eh? We all know about the sock-eating dresser drawer, where you put away socks in pairs but there's always an odd one left when you take them out. Well, this is different. Take a close look at that odd ski, Dan. It may look familiar, but I'm willing to bet that you've never really owned a pair exactly like it. Chances are it's a "Thule-Pippa" ski (pronounced: toolie-peepa).

It all began at least 4,000 years ago in a place we now call Scandinavia, with Bo, son of Stun, grandson of Aksl. Bo Stunsson, like his father, Stun Akslsson before him, carved his skis from solid hickory. During the short, sunlit summer they would store them in dark forest litter at the site of the tree they had felled to make them. They believed this would keep the skis strong and supple and make them run fast and true for many seasons. However, in digging them out from under the first snow there was often one ski missing; the work of the wood-sprite, Thule-Pippa. They say he only needed one ski because he prided himself on excellent balance, and used them only for running downhill. Too lazy to carry it back up, he would just steal another one when he felt the need. They called it "Thule's price," but Bo got tired of paying it.

Bo Stunsson was quick. He could pick a fly out of the air. Other men could do this, and not a few women, usually showing the prize as a dark wet smudge in their palm or between their fingers. Bo would catch the fly by a wing and let it go again. More than that, he would say beforehand which wing—right or left. Bo counted also on his long arms and wide reach. Everyone knew that wood-sprites were not only small and fast, but stayed close to the ground. Sure enough, one day Thule-Pippa, careless and insolent, wound up in Bo's onion sack with a frightful hissing and thrashing about, like the time when Bo as a boy had caught a wild kitten by its tail. Gradually Thule tired and they set off at a lope. As Thule peered through the loose weave of the sack, his rage turned to wonder and he said, "We are climbing the mountain." "Yes," said Bo, "I wish to cool my feet in the summer snow." "But that's above the timber-line!" Thule screamed. "In the bright sun, away from my trees, I will turn to pollen and be scattered by the wind!"

They struck their bargain then: thereafter, for every ski that Thule-Pippa took, he would have to leave a whole pair. At first the skis he left were sorry things. They either broke, or would warp and run crooked. Finally it stung his pride so to make shoddy things

that, rather than take one ski and leave a poor pair, he would simply leave one good used ski. And that is what he's been up to ever since.

As for today's skis, made more from synthetics than from wood, Thule-Pippa takes his raw material from wherever he finds it. Most people think, for instance, that our modern toys and gadgets wear out from normal use. If you think they tend to break or wear out before their time, then you're beginning to separate the bear doo from the buckwheat. Thule-Pippa takes a bit of kevlar from a canoe, some carbon fiber from somebody's ski pole, shaves a bit of glass from a window or a boat hull, a layer of paint here and there, and presto—he has enough for the odd synthetic ski. The effect is hardly noticeable until the canoe takes water or the pole snaps, and the wood sprite is miles away sipping maple sap aquavit and munching deep-fried mushrooms.

Take your mother-in-law to a bunny hill, Dan, put her on the Thule-Pippa ski and holler, "Surfs up!"

John Holmquist wrote this column for many years in the 1980s and 1990s. We all enjoyed his writing and wonderful sense of humor. This column is reprinted from the November 1989 Loype.



Members who joined NSSTC between November 2016 and November 2017

| | | | | |
|-------------------|------------------|--------------------|----------------------|---------------------------------|
| Albin, Pam | Erickson, Deb | Lewis, Linda | Norris, Beverly | Smith, Terrance |
| Benton, Steven | Godden, Sandra | Ley, Sonia | O'Brien, Mike | Smith, Tim |
| Brooksbank, Robin | Halloran, Ginny | Luthy-Clay, Verena | O'Connor, Tess | Sopeth, Laura |
| Browne, Kay | Hanley, Michael | Lynden, Jim | Ophus, Paul | Stelmasik, Barbara |
| Bryan, David | Hanson, Suzanne | Mannie, Tim | Pellegrini, Tony | Thews, Teresa |
| Cogbill, Tom | Holst, Chuck | Marsh, Karen | Peterson, Carol Jean | Ulmer, Jeanne |
| Conway, Janet | Huhn, Linda | Martin, Lynn | Polakowski, Jim | Wait, Cathy |
| Deckert, Steven | Hyatt, Tana | Mattson, Joyce | Ponte, Donna | Wiesel, Jonathan |
| DeSota, Denise | Jensen, Irene | McAnerney, Lydia | Reinertsen, Jim | Woelfl, Robert |
| Duffy, Donald | Johnson, Julie | McCreary, Margaret | Rhude, David | Wood, Lauren |
| Duncan, Nancy | Johnson, Karen | Meister, Tom | Ritzinger, Doug | Woods, Stacy |
| Eger, Paul | Kittleson, Emily | Mulawka, Steve | Rykken, Anne | Plus 112 free trial memberships |
| Ellen, Mary | Kos, Alice | Nelson, Jeff | Scott, David | |
| Erickson, Darlyne | Levitt, David | Nienstaedt, Mark | Seleen, Patt | |

Rev 12/15/16

NORTH STAR



SKI TOURING CLUB

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



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."



Box 4275, St. Paul, MN 55104

Presort Standard
U.S. Postage
PAID
TWIN CITIES, MN
PERMIT No. 1726

TIME SENSITIVE MAIL!

Address Service Requested



Printed on recycled paper