



# Løype

News of the North Star Ski Touring

[www.north-stars.org](http://www.north-stars.org)



Volume 50 ♦ Number 5 ♦ March/April 2018



## March Meeting

Tuesday, March 13, 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: The State of Bees in  
Minnesota and Beyond*

How are bees doing in Minnesota? How important are they really? What role do they play in our food chain? If you've ever been curious about bees, and even if you haven't been, come hear Brooke Sommerfeldt and discover what a big role these little creatures play along with what threats they face.

Minnesota is home to over 400 species of bees. They face several challenges, including pathogens, parasites, pesticides, and lack of pollen and nectar-rich flowers. University of Minnesota Bee Squad's Brooke Sommerfeldt will speak about the current issues facing bees as well as opportunities to keep bees healthy.

## Spring Banquet

Sunday, April 22, 2018

12:30 p.m. Hike

2 p.m. Cash bar and socializing

3:30 p.m. Dinner and program

Full details and registration form on page 19

### Cover photo by David Siskind

Sammy Dittrich learning to ski at Elm Creek Park, February 2015, with coaching by Nana Dana Siskind (in background).

### Back cover photo by Lois Carlson

Lois Carlson, Sharon Grose, Rita and Gerry Manninen enjoying the skiing at Stokely Creek, January 2018

# Løype

North Star Ski Touring Club  
P.O. Box 4275, St. Paul, MN 55104  
[www.north-stars.org](http://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](mailto:club.president@north-stars.org)

*Vice President:* Mel Peterson, 651-776-4330

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*Treasurer:* Chip Treen, 651-429-2412

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

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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](mailto: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](mailto: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.

## **Marketing/communications, club leadership, e-Loype, spring banquet**

By Bruce Nelson



Bruce Nelson

### **Marketing/Communications contractor**

The next step in the North Star's ongoing marketing / communications plan is underway. A contract has been signed with freelance writer Louis Dzierzak with LKD Media. Louis will be rewriting the "About Us," "Membership," and "Why Join?" pages on our website. He will also rewrite our member-recruiting brochures. The changes will place increased attention on the club's work to develop ski trails and advance the sport of cross-country skiing. You should soon begin seeing the changes to our website.

Mr. Dzierzak will also redraft our marketing messages for better appeal to specific audiences. He will lay groundwork for future press releases promoting the club's value to silent sports in Minnesota and highlight the benefits of belonging to NSSTC. This contract work is consistent with the mission of the North Star Grant Fund, which is being used to fund this work, of enhancing the sport of cross-country skiing in Minnesota while supporting membership growth and assuring club viability.

### **Club leadership**

The March NSSTC meeting will be an opportunity for membership to vote on new board members for two-year terms. The slate is still being assembled and will be announced prior to the March meeting. Thanks to retiring board members Chip Treen (treasurer) and David Siskind (trails coordinator) for their service. David will become our new *Loype* editor starting with the July-August 2018 issue of the *Loype*.

Important appointed positions serving on our teams and committees are noted on the facing page. Space has not permitted recognition of two very important committees. Our Investment Committee makes recommendations to the board on the management of funds in the North Star Grant Program account. Members are Chip Treen, Bob O'Hara, Bob Julian, and Lowell Johnson. The Grants Committee reviews and makes recommendations to the board on proposals we receive for ski trail projects around the state and associated buildings and equipment. Members are Arne Stefferud, Kathy Kelly, Diane Boushek,

and Cathy O'Dell.

### **Time to start thinking about spring and summer trips**

The NSSTC is a club for all seasons. Share your planned adventures with club members! Submit your day or week-end trips to the trip coordinators. Your trip coordinators are also soliciting proposals for next year's extended trips. See page 7 for details on how to submit an extended trip proposal. Club policy is that extended trips need board approval. Extended trips for the 2018-19 winter season will be announced in the May-June *Loype* for member sign-up. Trip leaders can begin accepting sign-ups as soon as the trip is posted on the website and in the e-Loype.

### **e-Loype distribution list is now located in Club Express**

The e-Loype distribution list has changed and is available only to club members. Previously, non-members could also receive it. Members should be sure to update their profile on our website, [www.north-stars.org](http://www.north-stars.org). Once you've logged in, just hover on your name and 'Profile' will appear in the dropdown window. If you have questions about establishing your login, contact Ron Brand at [ron2132@gmail.com](mailto:ron2132@gmail.com) or [membership@north-stars.org](mailto:membership@north-stars.org).

### **Sign up for the April 22 Earth Day Banquet**

This year's spring banquet, to be held again at Keller Golf Course in Maplewood, will have a new, less formal format with a lower cost to members. Social hour will begin at 2:00 p.m. followed by a late lunch/early dinner. Look for full details and a registration form on page 19. You can also register on our website and mail your check to the organizers. More information will be available at the March membership meeting.

## North Star business cards, don't leave home without them by Al Fox

Alas, my attempt to get all North Stars to carry business cards and use them in word-of-mouth membership recruitment seems to be falling short. After my plea in the last issue of *Loype*, a grand total of ONE person requested business cards from me. Granted, the cards have been given out at our monthly meetings, and I gave them out at the New Year's Eve Singles event. Even so, it does not seem like the average member is all that interested in chatting up the club with potential new members. What does that say about our club? Is it only the board and hardcore members who are interested in recruitment?

I have twice (as of the publication deadline) met with REI beginning cross-country ski classes at Lake Elmo Park Reserve. The first time was by accident; fortunately I had North Star business cards with me. The instructor took the cards to hand out after class, and I was allowed a 30-second sales pitch to the class. Age of the students appeared to be mostly about 25 to 30.

My next meeting with the REI beginner's cross-country ski class was planned, since the REI lesson schedule is online. Again, the instructor took the business cards to hand out after class. The instructor told me that all ages are taking the classes. I looked around and estimated student ages at between 20 and 60. The snow had turned icy that morning, so I hope the conditions did not dampen the enthusiasm of new students.

Once again, snow is an issue, especially for beginning cross-country skiers. Our great one-foot January snowfall made for perfect skiing conditions and lasted for about three days before the temperature rose to 45 degrees. This caused extremely icy conditions and made it difficult for beginning skiers to practice and take lessons. Hopefully

there is enough base that the groomers can help the trails a bit.



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*Skiing is our passion but we have fun all year.*

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 May-June 2018 issue of the *Loype* is April 1. Please be sure to send all material to [loype.news.editor@north-stars.org](mailto:loype.news.editor@north-stars.org) by that date.



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## Stokely for the hardy by Ann Morrissey

At 11:35 a.m. on Thursday, January 4, seven bold and hardy North Stars, led by intrepid leaders Lee Wenzel and Carolyn Krampe, boarded a Greyhound bus for Sault Ste. Marie, Michigan via Duluth, Ironwood, and Escanaba. Following a tour of the fascinating railroad museum in Duluth (Lincoln's funeral train, the gigantic Mallet No. 227, and the William Crooks—first steam engine in Minnesota), a delightful Indian dinner, and an all-night ride, we disembarked in the "Soo" around 7 a.m.—just in time to see our shuttle to Ontario pull out of the station. An hour wait, two more shuttles, and we arrived to a warm welcome at Stokely where breakfast had been held and kept hot for us. With the thermometer at 35 below Fahrenheit, all but Cindy and Larry elected to wait until after another hearty meal (lunch) to head out to ski. And what a ski! The snow was six feet deep, the trails magnificently groomed, and we hit them running. During the day, the rest of our group dribbled in by car or plane—Lois Carlson, Sharon Grose, Gerry and Rita Manninen, and Cecily Harris. With John Symchych, Greg Kelley and Linda Grieme, and Bruce and I, we made a tight-knit and fun group of 14.

Stokely was at its best. With green the wax of the day for several days, we covered all the trails—the bravest even did the Suomi trail! Bas' Bypass, Hakon Lien, and Belleau Lake were fast and awesome, and McGuffin, with its snow-laden trees, was a winter wonderland; people skied it over and over. After six days of "around zero" skiing, we watched in amazement as the thermometer climbed steadily overnight to 40 the next day, accompanied by a steady rain. Lacking rain gear (who brings Gore-tex to Stokely?),

most of us (Lee had a wet but beautiful 4.5 hour ski out to Pickard Lake) enjoyed a lazy day of reading, conversation, ping pong, and eating. On the eighth day, we again watched in amazement as the temps dropped steadily overnight to below zero. Were the trails frozen solid? Yup! Were they skiable? Yup! The awesome machines roared out before dawn and by 10:00 a.m. they had a fabulous loop all prepared for us; by noon they had most of the trail system done. Thank you groomers! We skied hard that last day, enjoyed a wonderful halibut supper, and by 11 p.m. were on our way back to the customs bureau and bus station in Michigan. We arrived unscathed but exhausted at 3:40 p.m. the next day at the Greyhound depot in Minneapolis.

If you look closely at the photo, you'll see a couple of North Stars you may not recognize. Howard Feit is from Michigan and has skied with us several times now at Stokely; he enjoyed our company and joined the club! Gaylen Byker and his wife Susan (not pictured) have been the owners of Stokely since 2007. They joined the North Stars a couple of years ago and traveled with them to Norway. Gaylen and Susan are enthusiastic skiers, wonderful lodge masters, and clearly enjoy welcoming and socializing with their guests. Thanks Susan and Gaylen, it was a pleasure to stay with you again. For fellow North Star skiers, if you haven't experienced Stokely yet, don't miss an opportunity to go. If you love to ski, fast or leisurely, there are trails for you and you'll be delightfully surprised.



Above: Icicle man Gerry Manninen

Left: Front row: Howard Feit, Rita Manninen, Cecily Harris, Lois Carlson, Gerry Manninen  
Back row: Gaylen Byker, Carolyn Krampe, Ann Morrissey, Bruce Jacobson, Larry Koehler, Cindy Koehler, Sharon Grose, Greg Kelley, Linda Grieme, John Symchych, Lee Wenzel.

*Photos by Rita Manninen*

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## Deep Portage 2018 by Dana Siskind

What a great weekend! There could have been more snow, the trails were not as well-groomed as they usually are, and it was very cold on Saturday morning. But there were at least nine new members, Sally and Bryce Richards brought their entire family, and my family played tag on skis out on the pond!

We started our cold Saturday morning with a session on the climbing wall followed by a tour of the alternative heating systems that Deep Portage is testing and improving—solar, wind, and wood gasification where 90 percent of the wood is transferred to energy (amazing to say the least). We did some skiing in the afternoon and, of course, enjoyed the dance on Saturday evening.

As for the new members, I think all of our publicity efforts are working! There was a family—a couple with their sons and a niece and nephew (the kids all in their 20s), who had met us at Camp du Nord a few years ago on trail clearing weekend and decided to check out our trips. There was a single woman who was looking for people to ski with, googled "cross-country skiing" and found us, another who kept our brochure until she was ready to get

involved, and finally a man who joined at the Elm Creek ski opener on December 9. I hope they all had a good time and will try our other trips and activities.

Sometimes the snow is great; sometimes we have to find joy in what is available. It is always fun to get away and meet new people.



Above: Terrence Smith, Andrew Hyatt, and Denise Perry enjoying the dance at Deep Portage, January 2018. *Photo by Sally Richards*



Above, top: Samantha Beaty on the climbing wall at Deep Portage, January 2018.

Above, bottom: Joshua Hyatt skiing on the lake at Deep Portage, January 2018.

*Photos by Sally Richards*



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## ***Trips Coordinators' Report***

### **It's not too early to start planning ski trips for the 2018–2019 season**

*By Ann Rhea*

Thank you to everyone who organized or helped with all of the great winter trips we have been enjoying this winter season. Now that our winter season is coming to a close, it is not too early to think about next winter, 2018–2019. We are looking for submissions of extended trips and ideas for shorter ones for the coming North Star seasons.

Members who are planning to lead an extended trip of five days or longer need to submit their trips to the trips coordinators by March 25th so the board can approve them and publish them in the April e-Loype. Your trip write-up should include at a minimum the activity, dates, destination, cost, lodging arrangements, and trip leader

contact information. You can find planning information on the website under Resources, Trip Planning Info. If you do not have all of the information, please send us the dates and location so we won't have two trips scheduled at the same time.

If you are thinking about a short trip (under five days) or a day trip, send an email with your thoughts and possible dates. That way we can stay on top of all events as we go through the spring and summer months.

FFI: Ann Rhea [acrhea@gmail.com](mailto:acrhea@gmail.com)

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## **Camp du Nord 2018** by David Siskind

Dana and I had an unscheduled and important event that impacted this trip, making us late arriving up north to lead this midweek ski trip. Frank and Roxy got things started with Monday's dinner and Tuesday's breakfast. We arrived at noon to find that nobody had been skiing yet on that very cold morning. The North Arm Trails were not good with a little new snow on top of hard, old, icy snow.

The group skied the inter-camp trail, and the next day they skied the Hegman Lake / pictograph adventure. Slush and ice prevented two of our group of eight from making it all the way. We had a problem on the return as Frank had taken off his skies and then couldn't get one of his step-in bindings to take hold. After about 20 minutes of trying, we managed to get him going by my swapping one ski with him. He had my manual-binding ski, and my boot worked on his ski as they were both NNN. One of our skiers (unnamed here) managed to mount a ski back-

wards. That is, the curled tip of the ski was in the back. We didn't know that was even possible but would be a good way to ski circles in place.

Only eight persons signed up for this trip with room for 14 in two cabins. We were able to cancel one cabin at the last minute but were warned by YMCA staff that we couldn't expect this exception to their rules in the future. Because of limited interest, I may not offer to lead this trip next year.

*Editor's Note: The important event that caused a late arrival at Camp du Nord was David's induction into the Explosives Industry Hall of Fame at the International Society of Explosive Engineers annual conference in San Antonio. Forty years ago, David did research into vibrations and came up with a formula that would minimize damage to nearby residential and other structures during blasting. Congratulations, David.*



The Twilight cabin at Camp du Nord kept all eight North Stars warm even though the outdoor temperature was –23F. *Photo by Frank Janezich*

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## Wednesday Wanderer Words

### Dedicated to Al Mayer

By Al's Followers—the Wednesday Wanderers



Al Mayer

Al Mayer's 89<sup>th</sup> and final Wednesday Wanderer Words column was published in the last issue of the *Loype*. We dedicate this column to Al with thanks from his many admirers.

"I have many happy recollections about my time spent with Al Mayer, a true leader and good friend. Al led many road bicycle

trips in the Twin Cities, showing us how to interconnect bike trails city to city and making them seamless. Sometimes he made it seem as though we were going downhill more than uphill. Al showed us ways to squeeze in more bicycling with his after-work Monday evening rides. We biked until dark, and then we ate supper together at a favorite nearby restaurant. He brought North Stars together with common interests in leading many group activities. Al is a great neighborhood historian. As we wound through Lake Calhoun, Lake of the Isles, and Lake Harriet streets on our bicycles, Al told tales of local intrigue about neighborhoods and majestic homes. He also taught us about the early history of North Star monthly meetings, which for a long time were held in the lovely Prudential Auditorium west of downtown Minneapolis on Highway 12." ~ Frank Janezich

"Al, with your encouragement I went from a "Sherman Tank" Schwinn bicycle to a Cannondale and had the pleasure of biking so many of your wonderful rides. Especially those Monday nights and early Friday mornings. Some of the best. Thanks for all of it." ~ Ella Mogilevsky

"Well, Al, it has been and will continue to be an awesome time with such a friendly, accepting, organized, loving (hmm, we are running out of adjectives to describe such a great guy) person. We love you." ~ Bryce & Sally Richards

"Al, you've provided amazing leadership for Wednesday Wanderer outings, and I've always enjoyed your Wednesday Wanderer Words as it reflects your great interest in others and the world around you. Thanks for being the caring human being that you are!" ~ Carol Krush

"Al has been a wonderful leader for over 35 years. I've always admired his leadership "style" and found it a good one to copy. Al always led by example. He would plan a hike or bike event, let people know what he was planning,

and then invite us to join him. If someone suggested a different route, he would smile and say "fine, you can do that but this is my route today." I'm sure this is why he was so successful for so many years. His column was a good reflection of his love of the outdoors with friends. Al's "seven-mile" hikes and legendary bushwhacking hikes are among my fondest memories." ~ Audry Nordwall

"Al Mayer is a true NSSTC legend who has set a high standard for any and all who try to follow. Thank you, Al...for not only setting a memorable standard, but for helping others follow in your wake." ~ Nick Mavrogenis

"Al has a special talent for describing adventures in great detail. Thank you, Al." ~ Rob and De Andersen

"To Wonderful Al. Your columns have been a highlight of the *Loype* for many years, and your trips and events have been the highlight of many of our lives for years. Thank you for contributing so much enthusiasm to your written columns. Thank you for being you—generous, fun, creative, dedicated, and much more!" ~ Fran Howley

"As a longtime member of North Stars, I will really miss Al's column. I really appreciated his last column in which he referred to my late husband's trips along the Kinnickinnic River. Al's column was the first thing I turned to in the *Loype*. Reading that column was almost as good as the many adventures that I went on with Al. Thank you." ~ Janet Gabor

"Dear Al, I appreciated your friendship and commitment to the community when I spent time in the Twin Cities and continue to appreciate from the "Great Steak of O-pie-o". Long may you wander, on Wednesdays and every other day. Cheers!" ~ Melodee Kornacker

"Al, thank you so much not only for the Wednesday Wanderer Words columns that you wrote over all these years, but thank you as well for all you have done for the North Stars and for all of the Wednesday Wanderers. You are an inspiration to us all!" ~ Judy Dickerson and Sanford Bettcher

"Al, thank you for the trips you've planned and led! I so enjoyed accompanying you on the trip to Mexico. You're a constant inspiration with your big smile and encouragement. Thanks for writing about our trip to Mexico. It's a treasure. And thank you for your years of columns in the *Loype*. They are a monthly treat." ~ Barbara Mahowald.



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"Al, I have always enjoyed your columns; hopefully some will be reprinted from time to time." ~ *Pat Nelson*

"When I first joined the North Stars, my amazement at Al Mayer's talents grew and grew, but when I received the *Loype* and read his Wednesday Wanderer Words, I thought WOW, that man can write too! Thank you, Al, for being the voice of the Wednesday Wanderers all these years."  
~ *Ellie Hands*

"Of all the North Stars who have appreciated Al's dogged commitment to conceiving of and creating those 89 Wednesday Wanderer Words columns, probably no one is more appreciative than the editor of the *Loype*. Only when you serve as editor, as I did for three years, do you fully understand the importance of that commitment. I always knew I could count on Al to come through with his column, on time, and with a new and interesting slant for each issue. As most of you know, Al's love of exploring new trails and adventures led him to many new venues for us all to enjoy, and that came out in his approach to his *Loype* column. So, a big thanks to Al from me; we will miss your unique take on our Wednesday wanderings." ~ *Margie Schally*

"Well said, Margie. I couldn't agree more. This is my third year as *Loype* editor (the first two being 2007–2009), and I've always enjoyed receiving a new article from Al—well written and very interesting. Many thanks, Al."  
~ *Lucy Osojnicki*

"Al Mayer's literary and sporting leadership in the last 30 or more years has been unbelievably generously spectacular for untold numbers of followers, including many who have been lost and replaced. He has been unbelievably selfless and open hearted." ~ *Herb Lauritzen*

"Al Mayer has a vast command of knowledge and a variety of places to ride a bicycle. His rides were always a pleasure to be a part of. He took us to places we would never find on our own. He created rides in several categories: for the novice or social rider, there were the Monday night rides. The Wednesday rides were a bit longer and challenging and allowed the Wednesday Wanderers to do rides in Wisconsin—River Falls, New Richmond, Osceola, and beyond. Do you remember Al arriving with his VW van with other riders carpooling?

As we aged, the group was looking for rides with a bit less rigor, and he even helped create alternative activities for those who were no longer active riders. The Friday morning rides were more adventurous and challenging, but one never felt that they were in danger of being left behind. There were even extra rides on weekends for those who worked during the week. His hikes, of course, were legendary and didn't spare the challenge of steep or muddy terrain. The hikes to Standing Cedars on the St Croix River with Jim Johnson were always special. We wish Al a happy, fulfilling, and well-deserved "retirement." We hope that others can continue to carry on a great tradition." ~ *Jerry Hall*

"Al, you are the one who really got me interested in the North Star Wednesday Wanderer hikes and bike rides. Your knowledge about trails and history is incredible. To read about club history—places we have been or might go to in the Wednesday Wanderer Words articles—is icing on the cake and a constant reminder of how much fun the group has. Thank You, Al!" ~ *Ann Rhea*



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## Great skiing weather + SNOW + so much more = FUN by Rhonda Lorenz

The Laurentian Environmental Center (LEC) offered a "Young at Heart" trip Sunday, January 21 to Wednesday, January 24, 2018. The center is located north of Virginia, Minnesota on Arrowhead Lake and is owned and operated by the Mounds View Public Schools.

Only 12 North Stars signed up for the trip, so trip leaders Bruce Nelson and Barb Watts opened the trip to friends from Tapestry Folk Dance Center and other acquaintances for a group of 25. We weren't strangers long as we shared morning yoga (led by Rosemarie Carodenuto), many meals, knitting and reading by the lodge fireplace, laughing and conversing and playing board games. We were told Barb Watts "lost control" after one rousing game! We won't mention the football game that some trip participants watched at a local bar. Two new North Stars who were on their first NSSTC trip said they were "in" as they had a good time.

Even with a federal government shut-down, North Star skiers enjoyed the well-marked trail system of Superior National Forest's Big Aspen trails groomed for classic skiing for all levels of skiers just miles from the LEC. You could say we skied with the wolves as their paw prints were plainly seen between the two groomed ski tracks. One morning, under beautiful blue skies, some of

us summited the Laurentian Divide's Lookout Mountain while others snowshoed back at LEC.

The chef and kitchen staff kept us well-fed, which contributed to a very enjoyable stay. Bobbie Zenner, the naturalist at LEC, offered an array of activities to choose from each day. These included soup-and-pasty-making, ice fishing, a movie with fresh popcorn, evening saunas, nature trivia, and an evening of music trivia with songs sung and played on guitar by LEC staff member, Wayne. The winner of this fun contest was a group calling itself, presciently, The Winners. They excelled because a North Star named Mel was a walking encyclopedia of musicology.

If you missed this opportunity, LEC took suggestions for next year. The LEC also offers weeklong "Young at Heart" trip/camp the last week in August. For more information, visit: <https://www.moundsvIEWSchools.org/>



Top: Rhonda Lorenz, Lee Newman, Rosemarie Carodenuto, Beverly Norris, and Sonia Ley at the top of Lookout Mountain on the Laurentian Divide, January 2018.

*Photo by John Orrison*



Left: Alberta Adams, Jeannie Inglehart, Beverly Norris, and Rhonda Lorenz skiing at the Laurentian Environmental Center, January 2018.

*Photo by Madeleine Kerr*



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

## **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](mailto: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, [solveigolson@gmail.com](mailto:solveigolson@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 our website, [www.north-stars.org](http://www.north-stars.org). FFI: Solveig Olson, [solveigolson@gmail.com](mailto:solveigolson@gmail.com).

Mar 11, Sun {S} Architecture Tour. An architectural gem is in Minneapolis and available to tour. Christ Church Lutheran was built by internationally acclaimed Finnish-American architect and industrial designer, Eero Saarinen. He designed the Gateway Arch in St Louis and Dulles International Airport in Washington, D.C. He and his son are responsible for this church now listed in the book, "25 Buildings that Changed the Way We Live." Meet at 11:00 a.m. for a guided tour: 3244 34th Ave S, Minneapolis 55406. RSVP

if interested in lunch afterwards. FFI: Jean Iwen, [jean2011i@yahoo.com](mailto:jean2011i@yahoo.com) or 651-690-2900.

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 14, Wed {WW} Hike. Carol Krush and I plan on leading a hike around Normandale Lake in Bloomington. My two-mile hike around the lake will be conducted at a leisurely pace—a saunter. Carol will lead a faster hike around the lake and take a spur route that will make it about a four-mile hike. If interested, meet us in the Normandale Lake Park band shell parking lot at 10:15 a.m. so we can start hiking at 10:30. We'll go to Poor Richard's Commonhouse restaurant for lunch after the hike; it is located nearby at the NE corner of Normandale Blvd & 84th St, behind the Holiday Station. Directions: From the corner of 494 and Hwy 100 in Bloomington, go south on Normandale Blvd to 84th St; turn right (west) and go .4 miles to the band shell parking lot. FFI: Al Mayer, 952-545-4232 or on my cell phone (612-817-6814) one hour before the hike.

Mar 15, Thur {A} Food Group Volunteers. We are looking for volunteers to work one day a month at the Food Group facility in New Hope, 8501 54th Ave N. We usually volunteer from 9:30 a.m. to noon, packaging produce. Directions: I-94/694 to Boone Ave exit, south on Boone to 54th Ave N, turn left; the Food Group building will be on your right. From MN 100 head west on CR 9 (42nd St), then go north on Boone to 54th and

turn right. From US 169 take the 49th Ave exit and head east to Boone; north on Boone to 54th, turn right. FFI: Al Mayer, 952-545-4232, or on my cell phone (612-817-6814) one hour before we are scheduled to work.

Mar 21, Wed {WW} Hike or Bike. A trip leader will lead either a hike or bike ride depending upon weather conditions. Details will be sent out via email as we get near the event. FFI: Al Mayer, 952-545-4232 or [ahmjlm@gmail.com](mailto:ahmjlm@gmail.com).

Mar 24, Sat {AK} Kids Explore Como Park. Join Sam, Joey and their Nana to explore springtime at Como Park. Baby animals? Spring flowers? Who knows? At 2:00 p.m. we'll check out the gorillas and other primates as they interact with one of the naturalists. Join us at 1:00 at the entrance to the visitor center, 1225 Estabrook Dr, St. Paul, MN 55103. Bring a snack to share after our adventure. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Mar 28, Wed {WW} Hike or Bike. A trip leader will lead either a hike or bike ride depending upon weather conditions. Details will be sent out via email as we get near the event. FFI: Al Mayer, 952-545-4232 or [ahmjlm@gmail.com](mailto:ahmjlm@gmail.com).

## **April 2018**

Apr 4, Wed {WW} Hike. Larissa Krioukova will lead a hike for the Wednesday Wanderers. Details will be sent out via email as we get closer to the event. FFI: Larissa at 651-699-6265.

Apr 11, Wed {WW} Hike or Bike. A trip leader will lead either a hike or bike ride depending upon weather

conditions. Details will be sent out via email as we get near the event. FFI: Al Mayer, 952-545-4232 or ahmjlm@gmail.com.

Apr 18, Wed {WW} Hike or Bike. A trip leader will lead either a hike or bike ride depending upon weather conditions. Details will be sent out via email as we get near the event. FFI: Al Mayer, 952-545-4232 or ahmjlm@gmail.com.

Apr 19, Thur {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.

Apr 22, Sun {A} Annual Spring Banquet. Save the date! Same location as last year: Keller Golf

Course in Maplewood. This year's banquet will be held on Earth Day so look for something special (including a pre-banquet hike). Details and registration form on page 19.

Apr 25, Wed {WW} Hike or Bike. A trip leader will lead either a hike or bike ride depending upon weather conditions. Details will be sent out via email as we get near the event. FFI: Al Mayer, 952-545-4232 or ahmjlm@gmail.com.

Apr 28, Sat {AK} Kids Explore Como Park Conservatory. Robert, Leonardo and Kanara are leading this one with their parents and Nana. They are leading us on an exploration of the tropical rain forest and all the other plants found in the conservatory (there might be a scavenger hunt involved). Meet us at 10:00 a.m. at the entrance to the conservatory (the big circular steps), 1225 Estabrook Dr, St. Paul, MN 55103. Bring a bag lunch to eat after our adventure. FFI: Dana Siskind, 612-929-0205, or Karla Graham, 651-338-5187.

## May 2018

May 12, Sat {AK} Kids Explore Whitetail Woods Regional Park. Olive and her grandmother are leading an exploration of Dakota County's newest park. We'll check out the animals in the forest and on the lake. Which ones stay active all winter long? Which ones hibernate? Which ones leave for warmer climates and return in spring? After our hike, we'll play in the natural play area and gather around the fire pit to roast marshmallows. Bring your own water bottle and snacks. Marshmallows and roasting sticks will be provided. Meet at the park building at 1:00 p.m. The address is

17100 Station Trail, Farmington, MN. Directions: Take 35W or 35E south to County Rd 46 (just after the two merge); go east on Cty Rd 46 to Station Trail (the second right turn after you cross Highway 3); continue on Station Trail until you see the sign for Whitetail Woods Park; take a right and continue all the way to the end where you'll see the park building and a spacious parking lot. Event is cancelled in case of rain. FFI: Lucy Osojnicki, 952-882-7918.

May 17, Thur {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.

## June 2018

June 21, Thur {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.

## 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.

### USFS Crosscut Saw Certification

Friends of the Border Trail  
Sunday, April 15, 2018  
8:00 AM to 4:00 PM

Bunker Hill Regional Park visitor center  
13101 County Parkway B  
Coon Rapids, MN 55433

FFI Contact David Siskind at 612-929-0205



Roxy Knuttila returning from her snowshoe trip to Slim Lake, Camp du Nord 2018. *Photo by Frank Janezich.*



Above: Gregg Kelley getting ready to ski across Hegman Lake, Camp du Nord, January 2018. Knickers are in again! *Photo by Frank Janezich.*

### For Sale

I'm reluctantly culling ski equipment which I will no longer use. Not looking to sell in the traditional sense. I will provide these items for a very moderate donation pledge to my favorite charity, or yours, with the amount intended to be far below "fair market value" whatever that might be.

1 pair Fischer mountaineering skis, w/ steel edges, 210 or 215 cm

1 pair heavy mountain ski boots, about size 13

1 set telescoping ski poles

1 set Black Diamond skins, with tube of renewal stick-um

1 avalanche shovel

These items are all in good condition, having seen no more than 4 or 5 one-week western trips.

Don Youngdahl, dmy@visi.com, Cell 651-786-9951

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## 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*.

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### Jean Moede

Jean Moede joined the North Stars in 1983, having started



Jean Moede, April 2011.  
*Photo by Lucy Osojnicki.*

cross-country skiing with her husband and children but wanting more. She had been a downhill skier and had skied as a child in rural southwestern Minnesota where kids brought their skis and sleds to the country school for outdoor recess.

Jean's father, a former ski jumper, gave his daughters skis with which they clumped

around in the farm fields. That's how skiers were born.

When time came to offer her services to the club, Jean was customarily generous and worked with the Wednesday Wanderers over a period of some nine years organizing summer and winter events. She co-led ski trips to the ABR Trails in Ironwood, Michigan and to Itasca State Park. Jean has served on the North Star board and as a non-board volunteer in many capacities, including the nominating committee, special projects, programs, and hospitality.

Jean's motive for joining the club was the opportunity to visit unique areas throughout the Twin Cities and the state and in the process make good friends who have endeared her to the club over the years.

### Pat Lawrence

Pat Lawrence has enjoyed membership in the North Star



Pat Lawrence, April 2017. *Photo by Lucy Osojnicki*

Ski Touring Club since the early 1980s, when she was seeking to adjust her life after a divorce. In the North Stars, she found new friends, new skills, and new knowledge of our state park system. It started with the Wednesday Wanderers group which was known as the "Idle Rich" at that time. With the guidance of Jinny McWethy, Norm

Oakvik, and others, Pat picked up the skiing skills and waxing techniques essential to enjoying the sport. She was a complete novice and eager to learn.

It didn't take long for Pat to become a productive contributor to the club. Pat has served on the board as trips coordinator, singles trips coordinator, singles chair, and she is

currently serving as club historian. Additionally, she has hosted many parties for singles including wine tastings, tapas parties, and Fourth of July bike rides / potlucks. Pat has also led overnight trips including a multi-week houseboat excursion to follow the Mississippi paddle wheeler. It was Pat who designed the ubiquitous gold North Star biking shirts that keep us cool on the summer trails.

Maplelag was one of Pat's first ski trips and today it remains one of her favorite ski destinations. Pat advises newer skiers and participants to embrace the overall "après-ski" activities that make our relationships so enriching. Pat remains a creative and enthusiastic individual who continues to give of her time and talents while maintaining our treasured historical documents.

### Fran Howley

A native of the Boston area, we are fortunate that Fran



Fran Howley, April 2017.  
*Photo by Susan Von Mosch*

transported herself to Minnesota and found the North Stars. She served as club president from 1996 to 1998 and in numerous other board positions and special projects before and after that time.

These include new member coordinator, trips coordinator, past president, spring banquet coordinator, and safety

education chair. She also served on the constitution revision committee.

A North Star member since 1988, Fran has been key to the communication systems as technology evolved. She was the voice of the Nordic Connection telephone message system from 2000 to 2006. Fran then took over as e-Loype editor in 2009, a position she has held ever since.

Fran can always be counted on to lead weekend and/or weeklong ski trips for the club and has led many weekend summer trips as well. Her annual trip to National Forest Lodge was always popular as is her weeklong trip to Bearskin Lodge. She frequently leads bicycle rides and ski outings in the Twin Cities area.

And as if all that isn't enough, Fran also volunteers with Ski for Light (coaching and guiding blind skiers), the City of Lakes Loppet Ski Festival, and North Star promotional events. Her creative eye, leadership skills, and overall support have enriched our club immensely.



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## Al Mayer

There is very little to add to a profile of Al Mayer. He is, by most accounts, the preeminent Wednesday Wanderer, hiker, biker, and trip organizer. In the 29 years he has enriched the club with his involvement, he has grown to be loved and admired by almost everyone. Nobody has led more trips than Al, guided more bikers on trails throughout the area, and pointed out more interesting historical



Al Mayer, June 2014.  
Photo by Lucy Osojnicki.

sites and natural phenomena on the hiking trail than Al. And, it's not just the outdoor activities—he has put his other talents to good use authoring a column for the *Loype*, recapping adventures and motivating members to get and stay active.

Now in his 90th year, he recently wrote his last regular piece for the *Loype*—his 89<sup>th</sup> Wednesday Wanderer Words article. We will miss reading the sagas, but for many the memories of those casual Wednesday wanderings and easy social bike rides will stay with us for a very long time. Al admits to moving into what he calls his “sauntering phase”—cutting back on the physicality of life but remaining a force to be reckoned with on the mental side. He is encouraging those he mentored over the years to now take the lead.

It is Al's unique and treasured knowledge of our bike trails that make it fun to cycle with him. Al looks at his contributions to the club with a humble heart and clear head accented with a joyous smile and hearty laugh. One North Star once said he would like to download the maps in Al's head. Maybe Google is in the process of trying to do that. In any event, we are indeed fortunate to have Al setting the benchmark for quality, enthusiastic leadership. Thank you, Al.

## Florence Fadell

Many North Stars associate Florence as the force behind the annual singles bowling events. These events, co-chaired with Mike Fredericks and others, provided memorable fun times between ski and bike season—too warm to ski, too cold to bike, hike, or canoe.



Florence Fadell, April 2017. Photo by Lucy Osojnicki

Florence became a North Star member in 1989 after hearing friends talk about the club. She thought this might be the key to learning how to

ski better—by doing it more often and with competent companions. She was right. Having taken lessons at local parks, she had a good foundation.

She has fond memories of a North Star trip to Quebec which included a stop at the famous and unique Hôtel de Glace where overnight and dining accommodations were available for the “ultra-hardy.” Everything is made of ice—everything! For Florence, participation in trips to favored locations such as Stokely Creek and Lake Tahoe supplemented local ski outings at places like Lake Elmo and Hyland Lake Park Reserve.

Through the years, Florence has served as vice president, spring banquet coordinator, holiday party chair, and has supported the club in other ways. She also led summer overnight trips in the 1990s.

## Jane Norman

Jane joined the North Stars in 1989 after she and her good



Jane Norman, February 2015. Photo by Lucy Osojnicki

friends Jo Beth (Woody) Woodward and Trish Cullum met a passel of North Stars at Maplelag. These ladies, fresh off the rigid skis, high boots, and chairlifts of downhill skiing, launched into what would become a marathon of fun, adventure-filled cross-country ski trips.

A Duluth area native, Jane is no wimp when it comes to cold weather. On several trips, temperatures hovered around –30 degrees, but that did not deter the group from getting outside to ski in the beauty of the north woods. Members constantly checked each other for frostbite (this was before hot packs became common and cell phones were novelties at best).

Trips to the North Shore dominated her list of destinations, but she and Woody also led ski trips to Canada, Michigan's Upper Peninsula, and Wisconsin. Jane was known for organizing progressive dinners on these trips. She also used her creativity to develop a plan to feed everyone when the group was snowed in on the North Shore.

Jane's contributions to the board include stints as program chair and singles chair. She has served on the nominating committee and the spring banquet committee. Jane has travelled to almost every country in the world and has accumulated thousands of hiking miles. Hiking is her first love and, as anyone who has traveled with her will attest, she leads the pack in more ways than one.

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## Anne McKinsey

Anne learned to cross-country ski in the early 1980s while living in Washington, D.C., where learning to ski meant a bus trip to the Appalachian foothills. Upon returning to Minneapolis in 1983, she was thrilled to be able to ski in the immediate area and far more frequently. She had been doing outings with the Sierra Club when she met several North Stars who suggested she sign up. That was in 1989. From then on, Anne has been a major contributor to some of the most notable club trips. Along with Al Volkers, she put together five trips to Europe over a span of ten years. *See the 50th anniversary publication on our website for details of these trips.*

Throughout her years with the club, Anne has served as *Loype* editor, e-*Loype* editor, constitution revision committee member, and assistant editor for our 50<sup>th</sup> anniversary publication. A warm and welcoming host, Anne often hosts a Summer Solstice bicycle ride and potluck and a Christmas caroling gathering at her home in Bryn Mawr. She has also hosted events near her second home on the North Shore. A few guided canoe excursions into the BWCA complemented the summer biking / hiking outings. Anne and her four-legged companion were excellent bushwhacking guides on the Superior Hiking Trail, for which Anne helped to write the guide while serving on their board. Anne is a font of knowledge about the North Shore, her favorite place. She especially enjoys what she terms the “early days” of single-track trails through the woods, some of which still exist along the Shore.

## Jane Batcheller

Jane joined the North Stars in the late 1980s because she wanted to lead a trip. By way of explanation, this environmentally-minded sixth grade teacher discovered the beautiful terrain in the Minocqua Winter Park area and felt compelled to share her discovery. While biking in the area, she found a flyer on her car windshield advertising a local resort focused on silent sports. She decided it would be a perfect spot for a ski trip, reserved the entire resort, and then had to find 24 skiers to fill the cabins. To solve the problem, her friend suggested she join the North Stars. That was the start of a 13-year tradition of ski trips to



Anne McKinsey, August 2014. *Photo by Lucy Osojnicki*

Minocqua, Wisconsin.

Jane bought her first pair of skis in 1975—natural hickory wood with three pin bindings. Bundling her infant daughter into a pack, she set out to explore the fields around Mount Vernon, Iowa, honing her self-taught skills. It would be another 30 years before she took lessons.

Jane served as vice president on the North Star board for a brief time before being accepted for a year-long teacher exchange program in Australia. She also served on the board as publicity chair, co-led a ski trip to Methow Valley, led several summer weekend trips, and volunteered with Ski for Light.

She is an avid kayaker, canoeist, and hiker, sharing her love of these activities with other North Stars. Her favorite locale for these adventures remains the Minocqua area of north central Wisconsin.

## Margie Schally

The decade of the 1990s ushered in a number of enthusiastic, skilled, and volunteer-oriented North Star members. Among this notable group is Margie Schally who has contributed her many talents to the ongoing success of the club. When asked why she joined, her answer was classic: “I wanted to ski more and ski better.”



Margie Schally, May 2013. *Photo by Lucy Osojnicki*

She had been skiing with friends who were North Star members and who told her about the terrific skiing opportunities offered by this ski touring club. Margie, seeing fun times on the horizon, signed on.

During her tenure she has brought her editing skills to the *Loype*, having served as editor of that publication from 2012 to 2015. For the past five years, Margie has organized the Deep Portage trip with help from the Siskinds. This trip in central Minnesota hosts many ancillary fun activities including a climbing wall (in case the ski hills aren't steep enough) and the ever popular folkdance party which keeps the circulation going in the feet once the ski boots are yanked off. Margie also co-led the midweek trip to Carlton which included skiing at Jay Cooke and Eileen Schantz-Hansen's beautifully groomed 300 acres.

Margie's favorite trip is Stokely Creek in Ontario—a solid week of embracing skiing in a beautiful, restful environment, amplified with great food. She advises future skiers not to get too wrapped up in technology and equipment—there is so much more to enjoy.



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## Elizabeth (Lizzie) Dittrich

Lizzie joined NSSTC when her mother Dana married



Lizzie with husband Nick, sons Sam and Joe, and mother Dana, June 2017. Photo by David Siskind.

David Siskind in 1986. She was six years old and learned to ski that first winter. When she was eight, Lizzie wanted to go trail clearing with her parents at Camp Northland (du Nord). She had a blast and skied those trails the next President's Day trip.

For her 16th birthday, we put an invitation in the *Loype* to join us for a "surprise birthday hike" around Lake Harriet with treats at Sebastian Joes. Forty North Stars showed up for that hike! Connie Donnelly nicknamed her "Daughter North Star."

Lizzie was trails coordinator with Inez Wick from 2003 to 2005 and met her husband Nick Dittrich during this time. When he called one night to make a date, Lizzie told him she couldn't make it because she had to go to the ski club picnic. She invited him to come but warned him that there would be lots of old people. He came to the picnic, was grilled by all of those old people who thought of Lizzie as their own, and came away saying they were "awesome" and he wanted to join!

She now has two boys—Sam, age eight, and Joe who is five and a half. Both boys started learning to ski when they were three years old. Lizzie now co-leads Kids Explore events with her mom and is looking forward to introducing her boys to trail clearing.

## David Miller

David Miller recalls his initial introduction to cross-



David Miller at Sun Valley, Idaho, 2015. Photo by Craig Freeman

country skiing coming from friends in Northern Indiana. Not your typical locale, but for David it was his college pals at Purdue who triggered his interest. His first skis, a pair of Rossignol Caribou backcountry skis, provided the "excuse" and means to ski between cut corn stalks on a two-inch snow base. In

1979, arriving in Minnesota and still intrigued with skiing, he was advised to get better skis, which he promptly did. FinnSisu became and still is the magnet for David's recreation funds.

In 1994-95, he took a Master's ski course on technique and conditioning where, unlike most of his cohorts, he spent the bulk of the time unlearning bad habits, eventually curing the bad and perfecting the good. Fortunately, skate technique was mastered on his initial training and remains his preferred technique in warmer temperatures, whereas classic dominates on the colder, harder snow. Throughout the decade 1996–2006, he enjoyed participating in the Worldloppet marathons.

During his learning curve to master ski technique and become a proficient skier, David found time to serve the club as vice president and later as president. He is also fondly remembered for leading fun-filled trips to Vermont, New Hampshire, and Quebec. Closer to home, he favors the North Shore for the long downhills and beautiful scenery of the northern Minnesota terrain.

## Al Volkers

Al Volkers joined the North Stars in 1991 after relocating



Al in Switzerland, 2009. Photo by Patrick Gearheart.

from Alabama. He was an avid cyclist, avid enough to be participating in the TRAM when Jane Batcheller suggested our club as a means to maintain fitness through the Minnesota winter. He liked the idea, took lessons locally, and signed up for a few weekend trips to develop his new-found sport. Starting with no -wax skis, he found them beneficial for climbing hills, but they also created drag going downhill, which for a novice skier is a good thing!

Al is perhaps best known as the guy on the ground searching out scenic and spectacular locations for a series of five very popular European ski trips between 2005 and 2014. As a frequent business traveler to Europe, he had the familiarity needed for the task. His philosophy, "If you want to ski a specific area, lead a trip to that area." Al and his co-leader Anne McKinsey were a well-functioning team. See the 50<sup>th</sup> anniversary publication on our website for details of these trips. Al also co-led a ski trip to Switzerland with Liz Wagner in the 1990s and has served on the North Star board as liaison to the Midwest Ski Council.

During the summer Al continues to lead cycling trips throughout the state, always setting a tall example (yes, he's the tallest guy in the club).

A 15-year veteran volunteer for the Ski for Light program, Al is justifiably proud of the work of this organization, which trains and pairs visually impaired skiers with volunteer guides. The teams spend a week skiing at various venues throughout the United States.

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## Thirty-one years at Maplelag by Barb Wahman (with Jay Richards and Cindy Darby)

My very first Maplelag trip was led by Jinny McWethy (Mother North Star) and Bryant Dunshee. I later led many trips there, this year being my 31<sup>st</sup>. The first trips were by bus, as were many NSSTC trips back then. On this particular trip there were 45 people on the bus, with pickups in both Minneapolis and St. Paul. Bus trips were always fun with junk food being passed up and down the aisles. We would sing, and sometimes a trip participant would bring a guitar. On the way home, we were usually too worn out from all of the skiing to sing and play.

In the early days, Maplelag was more primitive than it is now, with only one cabin having a bathroom. Most of us had to go to the main lodge for bathroom facilities. Before they built the large 30-person hot tub in the main lodge, the hot tubs were large wooden barrels—outdoors. The main lodge burned to the ground along with a couple of nearby cabins in 1999. The lodge was rebuilt to more than twice the size of the original one.

Maplelag has always had snow, and they do a spectacular job of grooming. One year, there was no snow anywhere in the state, even on the North Shore. I was getting very nervous when we were 50 miles away and the landscape was still brown. But there was skiable snow as the owners had promised. Another year, the wind chill was -90 degrees. The bus did not heat up because it was simply too cold for the bus heater to warm up the bus. We ended up digging into our suitcases to put on all of the extra warm clothes that we had with us.

Maplelag also had many pleasant, lovable dogs over the years. One dog would actually run up and down the hills with the skiers and stay out as long as the skiers were out.

If you dropped a glove, the dog would take off with the glove until you could catch him and retrieve the glove. Cindy Darby remembers the dog Laddie nipping at her ankles as she was ice skating.

We had many fun skits over the years. The most laughable ones were with the kids and the dogs. In one skit, the players grabbed an unsuspecting new member to participate with a group of North Star women who were going to the North Pole in the skit. When the John Suisse band performed a song as chickens, they laughed all the way through the skit. We had a North Star band that played for many years with an odd assortment of musical instruments, including wine bottles. It didn't matter whether you could play the instrument or not. We got so bad that you couldn't tell what song we were playing. North Star members were greatly relieved when we finally disbanded, but it was fun when we did it. I even talked Bonnie Palmquist into being band majorette one year using ski poles as batons.

We had some snorers on the trips in the past with many complaints. We solved the problem by putting them all in the same unit.

Cindy Darby always enjoyed the nice people she met on the trip. She admires Ed Waldera and his group who go out to ski before breakfast. Ed and his family have been going to Maplelag almost as long as I have. Leading the trip has been a tremendous experience for me because of the tremendous group of North Stars who have gone on the trips all these years. We are especially grateful to the Richards for their warmth and hospitality.



At left: Julie Andrix leads a group of North Star skiers at Maplelag. Photo by Maplelag Resort. Reprinted with permission.

At right: Sally and Bryce Richards, Ann and Charles Rhea snowshoeing at Maplelag. Photo by Ann Rhea.





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## NSSTC Earth Day Celebration Banquet

Sunday, April 22, 2018

Keller Golf Course

2166 Maplewood Drive

Maplewood, MN 55109

12:30 p.m. Hike leaving from front door of Keller Golf Course

2:00 p.m. Socializing with cash bar

3:30 p.m. Early light dinner of wraps/salads followed by program

**Cost:** \$20/person with check. \$20.70/person with credit card on website.

### To Register

1) To register and pay online, follow this link:

[http://www.north-stars.org/content.aspx?page\\_id=87&club\\_id=402040&item\\_id=768130](http://www.north-stars.org/content.aspx?page_id=87&club_id=402040&item_id=768130)

or

2) Complete the form below and mail the completed form with your check for \$20/person, payable to NSSTC to:

Florence Fadell

4360 Brookside Court #105

Edina, MN 55436

NOTE: Registrations are required by Monday, April 16. No walk-ins or late registrations and no refunds. FFI: Fran Howley, [franhowley@gmail.com](mailto:franhowley@gmail.com), 612-869-8971.

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### MENU

**Buffet choice of 3 different wraps which are cut in half so you can have 1/2 of 2 different kinds of wrap.** (GF wraps available upon request).

California Veggie (spinach/avocado/tomatoes/cucumbers/red onions/red pepper hummus)

Turkey (Baby greens/swiss cheese/tomatoes/red onions/cranberry aioli)

Chicken Caesar (Romaine lettuce/parmesan cheese/croutons/caesar dressing)

All wraps are accompanied by regular and decaffeinated Colombian coffee, Numi tea, kettle chips, pasta salad and fruit salad. Family-style platters of brownies and bars included.

Please print your name(s) and indicate if you are on a vegetarian or gluten free diet.

Name\_\_\_\_\_ Veg\_\_\_\_\_ GF\_\_\_\_\_

Name\_\_\_\_\_ Veg\_\_\_\_\_ GF\_\_\_\_\_

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## Kids Explore Elm Creek Park and Maple Grove Central Park by Corliss O'Donnell

There were two Kids Explore events in January. One was a cross-country ski event at Elm Creek Park Reserve on a very warm Saturday. The snow was soft but the tracks were icy from the thaw/freeze cycle. Skiing was a little difficult but that did not deter the crowds at Elm Creek from enjoying the day. All the trails were open. Eight-year-old Lexi took her skis off, sat on them, and zipped down the biggest hill, named Cowabunga, with a "YAHOO."

The other event was skating at Maple Grove Central Park. The skating is free and they rent hockey or figure skates for \$6.00. The ice is groomed by a Zamboni, so it is great for kids just learning and for old-timers who need to get their skating legs back. The kids played tag, ate snow, and played at the nearby park afterward. A fun time!

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



Left: Lexi and Sam having a snow snack at Maple Grove Central Park ice rink.

Right: Lexi skiing Elm Creek with her Aunt Jenna and friend Mike.

*Photos by Corliss O'Donnell*



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

*By Dana Siskind and Inez Wick*

### **From the March/April 2012 issue of the *Loype***

Trip to Sun Valley, Idaho led by David Siskind and Todd Mongrain. Anne McKinsey was interested in finding out about the beautiful snow-covered trees on the mountain-side. She thought that the folks at the remote Galena Lodge would know precisely what they were. Anne asked one of the staff, who had no idea and referred her to another, who didn't know either but said "I'm pretty sure one is a pine and another is an evergreen." Galena has stupendous food, snow, and even dog loaners, but tree identification does not seem to be their thing.

### **From the November/December 2011 issue of the *Loype***

On August 25, 2011, volunteers of the North Star Ski Touring Club and friends were recognized for their out-

standing contribution to the Emergency Foodshelf Network (EFN) of the Twin Cities. The North Stars started volunteering for EFN in the spring of 2009. Throughout this time over 1000 hours had been donated and dependable service had been provided to EFN.

### **From the March/April 2015 issue of the *Loype***

Comment on the Carlton ski trip from an article written by Margie Schally and friends. "We made the best of the snow shortage. We skied, hiked, snowshoed, hot tubbed, chatted, ate yummy homemade potluck food, and caught up on the club members' lives, hopes, fears, plans, and joys. WE ARE COMMUNITY!" ~ Frank Janezich.



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## Becky and Mark Lystig: skiers, birders, volunteers extraordinaire by Alberta Adams

Becky (Rockwell) Lystig joined the NSSTC in 1970, and she has shared her enthusiasm and friendship with dozens of skiers for almost 50 years.

Becky saw an article about the club in the Minneapolis Star and Tribune in 1970 and went to the meeting at Theodore Wirth Chalet where the room was so packed that she sat in a windowsill to see the demonstration on ski preparation using pine tar. She was so taken that she immediately joined. Her early memories include meeting two welcoming exemplars, Jinny McWethy and Bob Larson, and skiing at the Jonathan Farmstead. There she had her first ever taste of Scandinavian Fruksoppa (fruit soup).

Becky's first pair of skis were Madshus without hard edges. They lasted about a year. Then she saw a pair of metal-edged Fishers at REI in Seattle that she "had to have" and somehow got them home. Becky skied miles of backcountry farmland and woods before ski trails became predominant, learning to cross fences with her skis on. She loved the feeling of gliding and the speed in skiing. She expressed that joy flying down hills with the well-known "Becky's hill scream."

Many North Star trips in her 48 years with the club stand out, such as skiing Bruce Nelson's Banff trip at which the group climbed and climbed and climbed, shedding clothes as they went up. At the chilly top, they redressed and took off downward, controlling speed with carved turns. Becky felt like she was a flying Jean-Claude Killy. On a club trip to Austria, she and her friends tore down the Olympic luge run on a sled. It was EXHILARATING!

Supporting the club she loves, Becky volunteered two years as publicity chair, developing the club's trifold display for the Midwest Mountaineering Expo. She has been the new member coordinator since 1996. Becky and her husband Mark led the hawk migration weekend in Duluth for 10+ years. She and another member have led a North Star birding outing annually at the Old Cedar Bridge area, sharing her expertise on this silent sport too.

In 1984 Becky and Mark Lystig met on a Single Sierran Cascade River State Park ski trip. Becky was smitten and gave Mark, an attorney and a Norwegian-American, a North Star membership. They married in 1986.

Mark has volunteered on the nominating committee and is currently an ad hoc member of the club's board, sharing his financial expertise picked up as treasurer for the Minnesota Ornithology Union (MOU). When one of them

is not volunteering at the Raptor Center, MOU, The Society for the Blind and Dyslexic, the Minnesota River Valley Audubon Society, the food shelf, the vegetable seed trials as a Master Gardener, or gardening their own beautiful yard, they love to ski at Stokely Creek and Soumi Hills, and locally at Murphy Hanrehan Park Reserve and Lebanon Hills Regional Park.

What has the club provided for 48 years? Lots of incredible ski experiences and friendships with people who hold common values such as environmental stewardship, and beyond skiing, common interests in birding, folk dancing, and music. Becky and Mark deeply appreciated the love and support of their North Star friends during Becky's hospitalization and rehabilitation after an aneurism. They hope that the North Star club continues to be a strong organization that offers friendships and (except for hill screams) silent sports opportunities to members into the future.



Becky and Mark Lystig at NSSTC summer picnic, August 2017.  
*Photo by Lucy Osojnicki*



### 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.*

## 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.



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](http://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](http://www.north-stars.org).**

**Click on the "Resources" tab at the top of the page, then click on "Document Library."**



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