



Løype

News of the North Star Ski Touring Club

www.north-stars.org



Volume 50 ♦ Number 6 ♦ May/June 2018

Trip Leader & Volunteer Appreciation Picnic

Sunday, July 15, 2018
Brookview Park, Golden Valley
5:00 p.m. to dusk



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

to the North Star Ski Touring Club.

The picnic will be held at Brookview Park, 100 Brookview Pkwy N, Golden Valley, MN 55426. Same location as last year. It is easy to get to. Take Hwy 55 west of Minneapolis to Winnetka Ave; go south on Winnetka to Brookview Pkwy, then turn right (west) on Brookview Pkwy and follow it to the small picnic shelter on your left.

The club will provide the healthy meal and non-alcoholic beverages. **Beer and wine are permitted this year!** Bring your own. We will have ice and coolers available. Parking and restrooms are close to the shelter.

Reservations are mandatory for this event! We need to know in advance how many people will be joining us. Please RSVP by Wednesday, July 11 to Ann Rhea, acrhea@gmail.com.

Cover photo by Chuck Holst

North Stars approaching a portage landing on Rowe Lake, BWCA, 1984. Mary Furth, Peggy Roser, Chip Treen, and Diane Brion Bublitz.

Back cover photo by Sally Richards

North Stars posing for a photo on the Rock Island Swing Bridge, August 2017

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.

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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.

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.

President's Corner

Get connected, new *Loype* format, club leadership, spring and summer trips

By Bruce Nelson



Bruce Nelson

Time to get connected

If you're not yet connected to the club's website, the time HAS ARRIVED to do so. After two years of phasing in our Club Express membership database and web platform, we're ready to take another big step to modernize the presentation of club information.

For those members who prefer the old ways or are unable to access the website, all information about club events will still be available but you will need to take the extra step of calling the event leader.

Detailed login information is given below. Detailed first-time login instructions are available by clicking on the "Resources" tab at the top of the web page, then "Document Library." If you still have questions about establishing your login, contact Ron Brand or Sally Richards (see facing page for their contact information).

New *Loype* format

The future of publishing fewer and smaller issues of the *Loype* is discussed in David Siskind's article on page 20. This change is not really driven by a desire to save money. It is the result of the stark reality that it has become more and more difficult to find a member or two with the skills and time needed to publish our familiar newsletter. David has done us a huge favor by offering to take a shot at editing a streamlined *Loype*. There will be some growing pains and we expect that some members will be unhappy with this board decision. We're crossing our fingers that it all works out.

You've read many times in this column of calls for assistance with NSSTC projects and leadership. It takes a lot of people to keep the North Star Ski Touring Club going. All members are encouraged to take their turn. Contact any of our leadership teams listed on the facing page and ask how you can help. Or send a note to volunteer@north-stars.org with your questions or offers to contribute.

Club Leadership

We welcome our new board members for the 2018-19 season, John Christensen and Barb Wahman. Both are longtime club members with good leadership experience. The Grant Fund Investment Committee has undergone

some change and now consists of Chip Treen, Gerry Manninen, Lowell Johnson, and John Christensen. Board meeting minutes and other documents relating to club business are posted on our website. You can view them by clicking on the "Resources" tab on the web page, then "Document Library."

Spring and summer Trips

As summer arrives we will again prove that North Star is a club for all seasons. Review the trip schedule beginning on page 11 for day or weekend events. Support our event organizers by participating in one or more outings. And members are encouraged to add events as the season progresses by listing them in the e-*Loype*.

Extended trips for the coming ski season are listed on page 24. These have been open for member signup for a couple of weeks since they were initially posted on the website and in the e-*Loype*. This is yet another reason to be connected online!

Login instructions to join or renew online. Go to our website, www.north-stars.org, and follow the menu prompts under the MEMBERSHIP tab: either Online Membership Signup (Join) or Renew Your Membership. If you prefer, a copy of the paper membership form can be found by clicking the same MEMBERSHIP tab. If you join as a new member you will receive an email that includes a temporary ID and password. You will also receive an email with more information on how to log into the "Members Only" part of the website and how to complete or update your personal profile.

Login instructions if you forgot your ID or password. Select the Member Login button (upper right of web page). This opens the login dialogue box. Select "Forgot my ID or password" and provide your email address. The system will send you a temporary ID and password; use this to log in. Then change the ID and/or password and update your personal profile.

Your Personal Profile includes the following: membership status, contact info (address, email, and phone), user name and password, interests (cross-country skiing, paddling, hiking, parents and kids), and additional member data (want the e-*Loype*, emergency contacts, dietary restrictions, volunteer activities). Updating your personal profile ensures that you will receive the e-*Loype*, the *Loype*, and other communications from the club or among members.

North Star Annual Picnic

Sunday, August 12, 2018

**Hidden Falls Shelter - 1415 Mississippi River Blvd. S.
in St. Paul; use north (Magoffin Ave.) entrance.**

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

Gather with North Star friends, both old and new, for an evening of great food and shared summer memories and conversation. The picnic is our way of catching up with club members we've perhaps not seen much of during the busy summer months.

To continue our tradition of reducing trash, please bring your own recyclable/reusable plates, napkins, utensils, and cups. This year the club will be providing two entrees: a meat dish (probably pulled pork or chicken) and a yet-to-be-decided vegetarian dish. We ask that you bring a potluck offering, preferably something homemade or a

quality deli item, to share with at least eight to ten people. Couples are asked to bring two items. Use your last name as a guide for what to bring: A-F, appetizer; G-L, entree; M-R, side dish or salad; S-Z, dessert. There are electrical outlets in the shelter for crockpots and warming plates. Non-alcoholic beverages are provided by the club.

Additional picnic details will be posted in the e-Loype and on our website, www.north-stars.org. Be sure to watch for these postings as we look for other ways to make this event both fun and memorable. FFI: Mel Peterson, 651-776-4330 or alphamel52@comcast.net.



Left: North Stars at Methow Valley in Washington, February 2018.

L to R: Joan Fittery, Heather Burns, Dana Siskind, Todd Mongrain, Duane Arndt, Cathi Gutfleisch, Jerry Jacobsen, Sara McGlynn.
Photo by Craig Freeman



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Reigniting my love for skiing in the Methow Valley by Amy Lewis

The stars were aligned for the 24½ of us who recently participated in the nine-day trip to the Methow Valley in Washington. Most, if not all, would agree that the factors that need to merge to create a fantastic North Star vacation coalesced perfectly,

The Methow Valley Trail System is a 200-kilometer network of trails in eastern Washington, a four-hour drive from Spokane (five hours for the return trip on snow-covered roads). The system encompasses trails for all levels of ability, ideal for a diverse group like ours. Each trail is a gem in its own, making it difficult for each of us to choose our favorite. Perhaps my favorite day was skiing with three others from Mazama to Winthrop along the 30K Methow Valley Community Trail. All but 7K was flat, very slightly downhill in the direction in which we chose to ski. We wound through a variety of ecosystems including floodplains, crossed the shimmering Methow River more than once, enjoyed rolling hills midway through, and a heated warming hut tucked into the hills with wonderful views. I think we all felt rather giddy and gleeful as we completed what felt like an effortless day of skiing under an increasingly bright blue sky as the day wore on.

The Rendezvous Trails were more challenging, with black diamond runs crisscrossing the system. The Sun Mountain section offered a lovely set of undulating trails along with the somewhat lengthy uphill Thompson Ridge Trail, which didn't present any great difficulties for anyone but only big smiles from the skiers. All the trail systems are interconnected so it is possible to ski forever, and some of the more fervent and tireless members practically did.

One of the best parts of the trip was that we could ski straight out the doors of the cozy Mazama Country Inn, our home and source of really good family-style meals for eight nights. This allowed us to get ready at a more leisurely pace and ski as little or as much as we wanted without having to coordinate pickups or drop-offs. When we chose to venture farther from the inn, we broke into small groups and traveled in our vans to the various trailheads. Enough thanks cannot be given to the drivers who went out of their way to get us where we wanted to go. Several of us got well acquainted with The Bakery, a coffee shop in Winthrop that became our meeting place,

How can I write a trip report without mentioning the snow and weather? Once again, I think we would all agree that it couldn't have been better. Temperatures ranged from upper teens/lower twenties on our first day to mid/upper thirties several other days. The impeccable

daily midnight grooming of the trail system allowed us to ski every day in spite of those warmer temps. If only our park trails here in Minnesota were groomed as well as those in the Methow Valley. Several hours of gently falling snow, accumulating to several inches on two days, made things a bit more challenging, but the beauty of the area made it all so worthwhile.

Speaking of the beauty of the area, the Methow Valley is surely a dreamscape. The Methow River meanders and gurgles as it spreads its way from the northwest to the southeast. Stunning views of sun-dappled water, lined by pristine snowbanks, frequently greeted us. Three to seven-thousand foot mountains on both sides of the narrow valley stood guard and seemed to prevent the strong coastal winds from reaching and chilling us. Although Mazama means goat, I regret to say that none of us saw one. Of course, the snow-covered landscape would certainly have camouflaged them.

Last, but definitely not least, was the camaraderie and sheer joy of being with one another. Despite having been a club member since the 1980s, I have to admit that I have never been on a weeklong trip with the club and can't think of the last time I joined a weekend one. WOW, what a mistake! It was so much fun to connect with those members I rarely see these days and to meet many others for the first time. From waking up early in the morning and sipping strong locally roasted coffee in front of the fireplace while chatting quietly with other early risers TO skiing with different folks each day TO being regaled with jokes and poetry by Kevin one evening and sung to by a local musician another evening could not have made me happier. I was told that Methow Valley means 'gathering place' — a perfect description of this trip.

By the way, why 24½ souls? We were joined for part of the week by a long-standing member who has lived in Bellingham for several years, loves to ski these trails, and came to ski and hang out with us, helping us to figure out which of the 200K of trails would be a good fit. Much appreciated, Con.

As the years elapse and the club faces certain issues, I can only hope that we find a way to endure. I know it is the buzzword for our times, but I can only feel gratitude for having had the opportunity to be part of this trip. Thank you trip leaders Todd and Craig and the North Star Ski Touring Club.

Great skiing found on eighth annual Cloquet Forestry Center trip by Martha Hoffman

Fifteen North Stars braved the cold weather on the first weekend of February for our eighth annual Cloquet Forestry Center trip. I can't believe it has already been eight years since this trip started! Once again the snow gods smiled on us and we found some excellent skiing! We were blessed with two inches of fresh snow on Saturday, which made for fantastic skiing on the Afterhours ski trails in the Brule River State Forest in Wisconsin.

Afterhours ski trails offer a mixture of gently rolling wooded trails, several of which are designated for classic only. Best of all are the scenic views of the Brule River! Afterhours recently built a nice new warming house with more picnic table space, providing a great place for us to congregate and enjoy our bag lunches.

After a full day of skiing on Saturday, we returned to share stories over happy hour and a delicious dinner at the center's dining hall, prepared as always by Jim-N-Jo's Katering. The evening's entertainment was provided by Jane Norman, who gave us a slide presentation of her trip to Africa.

We awoke on Sunday to some very cold temps, -14°F, but that didn't stop our group! After a hearty breakfast, about 8-10 of our group skied the trails at the Cloquet Forestry Center. Forest manager Kyle Gill grooms their large system of trails, and with the fresh snowfall from the day before, skiing was easy and fun.

Most of the trails at the center are fairly flat with the exception of a slight hill on the trail to the fire tower. The best feature of the trails at the center are the large stands of old-growth pines lining the trail. They are magnificent! These dark, wooded trails always make me think of *Little Red Riding Hood* or *Hansel and Gretel*. I didn't leave a trail of bread crumbs or see any witches, but Pete Hawkins did find the spine of a deer, well-cleaned by the wolves—so I know they are out there! The Cloquet Forestry Center trails provide a great skiing opportunity for a leisurely Sunday ski and great picture-taking opportunities with those dramatic tall trees.

My co-leader Dan Jacobson and I can't wait until next year's trip!

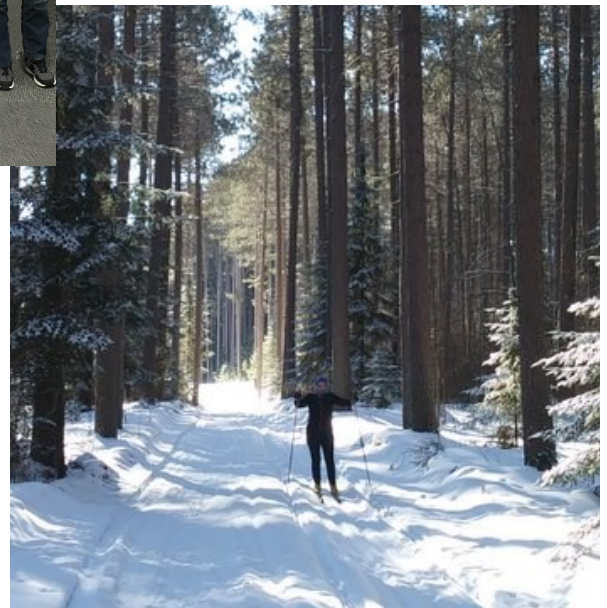


Above: the group at Cloquet Forestry Center. Front row, L to R: Trish Cullen, Kathy Hawkins, Karen Wolner, Larissa Krioukova, Jill Mithun, Sally Richards, Bryce Richards. Back row, L to R: Richard Miller, Cal and Joyce Schadel, Jane Norman, Pete Hawkins, Dan Jacobson, Jerry House, Martha Hoffman.

Photo by Sally Richards

Below: Skiing through the old-growth pine forests at the Cloquet Forestry Center.

Photo by Martha Hoffman.



Awards to attendees of the 2018 tiny Timm's Hill trip by Carol Krush

This year's attendees were Kris Felbeck and Carol Krush (co-leaders), Steve Williams, Jan and John Rupert, Les Everett, Lois Braun, Liz Rasmussen, and Timm's Hill owners Kathy and Lyle Blomberg

- Most missed trip leader: Julie Holmen
- Rookie of the year trip leader, new member, AND co-leader of the year: Kris
- First co-leader mistake: Kris for putting her home-made cookies, coffee, and half & half in the wrong cabin
- Best "failed" cookie: Kris for making delicious crispy oatmeal-craisin with crumbs that were like granola
- Best didactic lecture: John on why the calculation of the trajectory of a shuttle is different from the calculation of the trajectory of a rocket (and guess who figured that out for NASA)
- Best audience for this lecture: the scientists in the group—Les, Lois, and Steve
- Least appreciative audience (eyes glazed over): Jan, Carol, and Liz
- Biggest pranksters in the group: John and Steve were tied for this award. They tried to pass the award to Liz, but no one agreed because they were pranking as usual.
- Most critical of John: Carol (especially for salting his food before tasting it)
- Highest endurance: Les and Lois for skate skiing around and between Camp Forest Springs AND Rib Lake on Saturday and traditional skiing a similar stretch on Sunday
- Most creative first aid practitioner: Kathy and Lyle's son Joe who made a splint for Lois' dislocated finger with a toothpick and electrical tape
- Best downhill cross-country ski form: Jan
- Best conversationalist: Liz
- Best snowshoers: Liz and Steve (and Kris, who skied AND snowshoed)
- Best coincidence: Kris and Lois having spent time in the same African country, Lesotho, a tiny mountain kingdom surrounded by South Africa
- Second co-leader mistake: Carol for skiing the Highway to Heaven in reverse—going down the uphill is much more exciting than going in the designated direction, and meeting snowmobilers on that hill adds to the excitement
- Best salads: Liz' broccoli salad and Jan's greens/strawberry/nut/feta salad
- Most confused: Either Carol or Kathy (Timm's Hill co-owner) regarding the bill
- Most leftover food: With only eight on the trip (great for new co-leaders) and three leaving early (Sunday night), we had only five for breakfast Monday morning. Fortunately we started dividing items up on Sunday so ALL shared the extra food.
- Most appreciative of quaint Timm's Hill and its owners: those experiencing Timm's for the first time—Kris, John, and Jan
- Most appreciative of ski conditions: all of the skiers
- Most appreciative of the return of her snowshoes: Kathy
- Hardest working and best chili: Kathy
- Most friendly with persistent twinkle in his eye: Lyle
- Most thanks to: Julie who could not attend her own trip this year due to convalescence from hip replacement surgery, but who instructed her proteges well so that we could attempt to carry out her tradition of hospitality



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Wednesday Wanderer Words: celebrating Al Mayer's 90th birthday

On Wednesday, March 14, 45 North Stars showed up at Normandale Lake Park in Bloomington to celebrate Al Mayer's 90th birthday. The day started with a hike around Normandale Lake followed by lunch at Joe Senser's in Bloomington. The original plan of lunch at Poor Richard's Commonhouse had to be scrapped because they couldn't accommodate that many people (including additional people who showed up for the lunch only). The North Stars provided a free lunch for Al, and everyone sang 'Happy Birthday' as Al was served a slice of cheesecake with chocolate sauce (and a candle that the restaurant was able to scrounge up for the occasion). Ella Mogilevsky wrote (and read) this little ditty for Al:

*How many birthdays does a man really need
To make him a really great guy?
Well, only a few will certainly do
And Al has shown us why.
He is the leader par excellence
Of hikers and bikers,
A writer for the Loype for 29 years.
He knows his way and led us many a mile.*



*Some were short and some were long,
But always with a smile.*

Ella credits Bob Dylan for the inspiration for this poem.

Al had this to say about his party:

"When people arrived, they were ushered into a private room that could easily accommodate us. They also had a large enough staff on hand so that they could take food and drink orders as people arrived. The food was very good. It really worked out great. Even my wife Jeanne's surprise appearance, which really pleased me, brought a smile to everyone's face. It was overwhelming and really made me feel appreciated, especially after reading all the wonderful cards I received and was presented an envelope of money to pay for my dinner. The tables were set up in such a way that people, including myself, could drift from table to table to exchange pleasantries and renew acquaintances with members who are no longer active with the club. It was wonderful and I want to thank everyone involved in making this great day happen. Jeanne and I will never forget it."

Al Mayer is front and center in these two photos of North Stars who hiked around Normandale Lake with him on March 14. *Photos by Lucy Osojnicki*

"Thanks, Al, for the many WW adventures and being consistently positive and welcoming. You've improved the health of many." ~ *Jean Iwen*

"Dear Al, You are the best possible leader. Your attention to each person in the group, your understanding, help, your kindness, your perfect knowledge of any trails in the chosen area are above all expectations. You created an atmosphere of welcoming, help, friendliness, and respect in the WW group. Hiking or biking with you and your group was the most enjoyable time in my life. Thank you, Al."
~ *Larissa Krioukova*

"...expressing joy riding with Al on WW events and other days like early Fridays. Of course, Al's writing the WWW column and other entries in the *Loype* were enjoyed when

I retired from biking. Thank you, Al, for leading us on many interesting adventures." ~ *Marion Stief*

"I would love to say thank you soooo very much, Al, for all you have given us from all your trips. They are very special. I hope you still do events with us. I will miss you."
~ *Jan Rupert*

"Al, I have enjoyed many of your day trips, weeklong trips, and trips to Mexico over the years. They were all well planned and executed except for the trip across Michigan where it rained for five days! I have many great memories of rides and hikes with you and look forward to many more, at a slower pace!" ~ *Bill Lyon*

Beautiful Snow and Ski Trails in Minocqua, Wisconsin by Susan Von Mosch

Weather forecasts cooperated this year and provided fresh, deep snow for the February 9–12 Minocqua, Wisconsin trip. A hardy group of 16 North Stars stayed at two large cabins at Black's Cliff Resort. We skied Winter Park on Saturday and Sunday, enjoying 100K of well-groomed ski trails, trailside shelters, and a tea house that provided refreshments. The adventurous drove the back road (aka snowmobile trail) from the resort to the ski area.

Only one group, including an unnamed trip leader, got lost on the way to Winter Park. Several groups stopped and skied at other of Wisconsin's plentiful trails on the drive to or from Minocqua on Friday and Monday. In a word, the skiing was terrific! Relaxing and sharing the outdoors with long-standing and new North Star friends made for a thoroughly enjoyable weekend.



Above left: Gail Brand, Jane Laub, Susan Von Mosch, Florence Fadell, and Susan Elsner enjoying the skiing at Minocqua.

Above right: Arne Stefferud, Gail and Ron Brand, Jane Laub, and Gerry Manninen relaxing in the lodge.

Photos by Chuck Griggs



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Chills, thrills, and no end of great skiing were highlights of the Bearskin trip in February by Margie Schally

As it turns out, I was probably one of the least active members of Fran Howley's trip to Bearskin Lodge on the Gunflint Trail in February. But that doesn't mean I didn't enjoy it just as much as everyone else; just with less enthusiasm for the chilly weather and the thrills of the more challenging trails.

The weather was quite frigid, which did not deter most of the hardy group of North Stars on this trip. I eased into the day more slowly than most of the group, watching the thermometer until it got up closer to 0. While Bruce Jacobson and Ann Morrissey relished skiing the Bear Cub World Cup Trail for the first time, which they described as "a roller coaster that was impeccably groomed and safe," I took a more (well, much more) cautious approach. I, along with my cabinmate and relatively new North Star member, Retta Griffin, usually started our days with a leisurely late morning ski, followed by lunch and then a leisurely snowshoe excursion in the afternoon. Admittedly less "thrilling," but when you are on the Gunflint Trail there are no bad days.

Shawn O'Laughlin described his Bearskin experience this way: "I really had a blast at Bearskin! Plentiful snow and well-groomed trails were a delight. It was cold every morning (-16 on two mornings) but by 10 a.m. or so it

always zoomed up to a balmy -8 or so; I think the warmest temperature we encountered was 11 or 12 above... positively sweltering! The company was also a delight. I think everyone wore a smile most of the time, and boy, were the evening dinners scrumptious!"

Besides wearing himself out on the ski trails by day, Shawn turned out to be quite the troubadour, serenading the group through our lively happy hours each night. Shawn said: "I enjoyed playing some music during pre-dinner appetizers, especially when no one threw any overripe vegetables at me! I especially enjoyed Fran doing a groovy dance while I sang 'City of New Orleans'."

For her part, Fran said what she enjoyed most was watching all the animated dinner conversations, the incredible beauty of ALL the surroundings when skiing, and Shawn's background music during the appetizers.

Of course, key to this success was Fran's leadership. Ann and Bruce put it this way: "A highlight for us was the wonderfully planned happy hours and dinners, giving us all a chance to intermingle and chat with people we hadn't seen on the trail or shared a cabin with. The leadership, the skiing, and the camaraderie made for a great trip!"

Thank you, Fran.



From left: Cindy Koehler looks on while Shawn O'Laughlin plays; cabin five selfie: clockwise from bottom center: Joan Benner, Kathy St. Peters, Retta Griffin, Fran Howley, Margie Schally; Ann Morrissey and Bruce Jacobson. *Photos by Craig Freeman & Joan Benner*

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."

May 2018

May 2, Wed {WW} Bike or Hike the Northeast Metro. Meet at Boatworks Commons in White Bear Lake, in the front yard next to the marina, at 10:00 a.m. We will hike or bike depending upon the weather. Watch for more info in a future WW email. The address for Boatworks Commons is 4495 Lake Ave S, White Bear Lake, MN 55110. FFI: Jan Rupert, 612-388-0037 or janrupert@aol.com.

May 9, Wed {WW} Lotsa Lakes Ride. Let's bike Dick Stardig's popular 24-mile route through some of the scenic northeast metro lake country. We'll roll past Lake Phalen, Vadnais Lake, and Snail Lake and explore some bike trails along the way. Generally rolling terrain although there is one big, short climb after our rest stop at Snail Lake. We'll do our best to keep the group together on this relaxed, fun ride. Meet at the Phalen Park Beach House parking lot on the west side of Lake Phalen in St. Paul; it's the first large lot on your right after making the turn onto Phalen Blvd from Wheelock Pkwy. Meet at 10:00 a.m. and begin riding at 10:15. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

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 55044. Directions: Take 35W or 35E south to County Rd 46 (just after the two merge); go east on Cty 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 16, Wed {WW} Bike and Hike. Both options will be offered at a metro location. Watch the e-Loype and WW mailings for details as we get closer to the date. FFI: Fran Howley, franmhowley@gmail.com.

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.

May 18-20, Fri-Sun {A} Hike Fest at Wolf Ridge ELC. I reserved a room in Summit Lodge which can accommodate up to four additional women. Who's interested? Get the word out! FFI: To reserve your place in the room call Jeanne LaBore, 612-386-2329. To register: <https://shta.org/event/hike-fest/>

May 23, Wed {WW} Bike Cannon Falls to Red Wing. We'll bike secondary roads from Cannon Falls to Red Wing, where we'll have a bite to eat, then return on the Cannon Valley Trail. This 45-mile ride will offer a few fairly challenging hills in the first seven miles. After that, the ride is easy going with a long downhill run into Red Wing. A shorter option is to bike the trail both ways for a slower-paced ride and to avoid the hills. A trail wheel pass is required; passes can be purchased at either end of the trail, or online at <https://cannonvalleytrail.com>. The cost is \$4 for one day or \$25 for the year starting April 1st. Meet at the Cannon Valley Trailhead, 500 Main St W in Cannon Falls, at 9:45 a.m. and begin riding at 10:00. Directions: Hwy 52 south from St. Paul to the Hwy 19 exit in Cannon Falls; left (east) on Hwy 19 to the parking lot on your left. FFI: Jani Wagner, 651-447-3642 or jan.wagner64@yahoo.com.

May 27, Sun {A} Annual Memorial Sunday Bike Ride. Let's explore northern Washington County on a route that is a favorite of many North Stars. This 39-mile route will start in beautiful downtown Withrow and head north to Scandia, returning via Marine on St. Croix and secondary roads north of Stillwater. Expect numerous, mostly moderate hills with one big climb out of Marine after our break. Average riding speed of

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

around 13 MPH. Meet at Sal's Angus Bar & Grill, 12010 Keystone Ave N in Withrow, at 10:00 a.m. and begin riding at 10:15. Please park in the large lot behind Sal's. Lunch at Sal's, hopefully on the sunny patio, after the ride. A steady morning rain cancels the ride. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

May 30, Wed {WW} Big River, Creeks, and Ponds Bike Ride. Meet at 10:15 a.m., bike at 10:30 from Al Flynn Park in Coon Rapids. Mileage options of 23.1 or 25.1 miles. Bike city streets and trails of Coon Rapids and Blaine. Bike thru Coon Rapids Dam Park along the Mississippi River, thru Bunker Hills Park and thru other parks. Bike the Coon Creek/Sand Creek Trail. Bike trails past the many ponds in Blaine. Optional lunch at a local restaurant after the ride. Directions: If heading north on I-94 follow signs for MN 252, or if you are on 694, pick up MN 252 going north; follow signs for East MN 610; after crossing the river take East River Rd exit; turn left on East River Rd (turns into Coon Rapids Blvd), go about 1.2 miles and turn right on Avocet St (1st stop light); follow street to parking lot at end of road. If heading north on US 169 turn right on East MN 610 (stay on MN 610). After crossing the river take East River Rd exit and follow the directions above. FFI: Gary Solberg, 612-401-7561 or gary_solberg@yahoo.com.

June 2018

June 6, Wed {WW} Bike 22 Miles in the Hopkins/Edina Area. Meet at 10:00 a.m. at the Hopkins Depot Coffee House, 9451 Excelsior Blvd, near the corner of Hwy 169 and Excelsior Blvd in Hopkins. Ride at

10:15. FFI: Sally Richards, 651-210-3807.

June 10, Sun {A} Wisconsin Bike Ride. This will be about a 45-mile tour from Hudson with an average riding speed of approx. 13 MPH. We'll ride into the farm country and river valleys around Somerset and New Richmond. Expect rolling terrain with a few good hills to test your conditioning. Bring snacks and plenty of water although there is a planned rest stop in Somerset about 30 miles into the ride. Meet at 9:15 a.m. at Riverside Park (corner of 1st & Vine) in downtown Hudson; begin riding at 9:30. Directions: I-94 east to the first Hudson exit (Hwy 35 north); follow Hwy 35 through town, take a left at the stoplight on Vine St and drive one block to the park. There will be a dining option after the ride. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

June 13, Wed {WW} Golden Valley Roundabout. Meet at 9:45 a.m. and begin riding at 10:00. Park in the northeast corner of Hwy 55 and Winnetka Ave. This 30-mile ride will be on the many connecting trails and bike-friendly roads in the Hopkins, Minnetonka, Wayzata, and Medina areas. Rest stop will be at the Starbuck's in Wayzata. We'll average 12-13 MPH and there will be some rolling hills. At the end of the ride there are many options for lunch at D'Amico's, Noodles & Co, DQ, and others. FFI: Lois Carlson, 763-540-0749 or emilia1943@aol.com.

June 20, Wed {WW} Bike or Hike. Watch the e-Loype and WW mailings for details as we get closer to the date.

June 21, Thur {A} Food Group Volun-

teers. 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 27, Wed {WW} Bike from Coon Rapids Dam to Elm Creek and back. Meet in the parking lot to the left of the visitor center at Coon Rapids Dam Regional Park/Three Rivers Park District (on west side of the river). Meet at 9:45 a.m., ride at 10:00. The ride will be 28-30 miles with a shorter, less hilly option possible. Bring a bag lunch. FFI: Carol Krush, 612-229-5282, or Ann Rhea, 612-709-8992.

July 2018

July 4, Wed {WW} Happy 4th of July! There is no Wednesday Wanderers event scheduled due to the national holiday.

July 11, Wed {WW} Bike or Hike and BBQ. Meet at 9:15 a.m. at the Morrissey home on Forest Lake, 8959 North Shore Trail; bike or hike at 9:30. There will be 30- and 40-mile options with a snack stop. BBQ after the ride with swimming available. Brats/Polish sausage and beer are provided; bring other beverages plus an appetizer, salad, or dessert to

share (also coolers and lawn chairs). Directions: I-35 north to Hwy 8, east on Hwy 8 to Greenway, then right to North Shore Trail (Cty Rd 2); left on CR2 approx. four miles to 8959 (Morrissey's Back Acher) on the right. Carpool if possible due to limited parking; park by the garage at the brick house. FFI: Ann Morrissey or Bruce Jacobson, 651-698-4210, or Ann's cell phone (day of ride), 651-352-8117. The Forest Lake landline phone number is 651-464-6575.

July 15, Sun {A} Trip Leader & Volunteer Appreciation Picnic. If you have led a trip or day activity, or volunteered in any capacity for the club during the past year, let us treat you to a catered picnic. This is our way of thanking you for your contributions to North Stars. We'll meet at 5:00 p.m. at the same venue as last year: Brookview Park, 100 Brookview Pkwy N, Golden Valley, MN 55426. The club will provide the healthy meal and non-alcoholic beverages. Beer and wine are permitted. You must e-mail Ann by Wednesday, July 11 to reserve your spot. FFI: Ann Rhea, acrhea@gmail.com.

July 18, Wed {WW} Fall Trips Planning Meeting and Bike Ride. Meet behind Minnehaha Park's main pavilion at 9:30 a.m. Bring ideas and suggestions for rides and events you might be interested in leading in September, October and November. After the meeting, at about 10:15, Carol will lead a 20- to 25-mile bike ride while Al will lead a short hike through the park. FFI: Carol Krush, 612-229-5282, or Al Mayer, 952-545-4232.

July 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.

July 25, Wed {WW} Bike or Hike. Watch the e-Loype and WW mailings for details as we get closer to the date.

August 2018

Aug 1, Wed {WW} Golden Valley Meander to Fish Lake. Meet at 9:45 a.m. and begin riding at 10:00. Park in the northeast corner of Hwy 55 and Winnetka Ave. This 32-mile ride will be on the many connecting trails (including the new Three Rivers Plymouth Greenway) and bike-friendly roads in the Plymouth and Maple Grove area. There will be some rolling hills. Rest stop will be at Fish Lake Regional Park, where they have restrooms and water but a limited amount of food to purchase -- so bring extra snacks. We'll average 12-13 MPH. At the end of the ride there are many options for lunch at D'Amico's, Noodles & Co, DQ and others. FFI: Lois Carlson, 763-540-0749 or emilia1943@aol.com.

Aug 8, Wed {WW} Shoreview Views Bike Ride. Meet at 10:00 a.m., bike at 10:15 from Vadnais/Sucker Lake Park in Vadnais Heights. Mileage options

of 22.1 or 25.3 miles. Bike streets and trails of Shoreview, Roseville and Vadnais Heights. Bike thru Vadnais/Sucker Lake Park, Island Lake County Park, Tony Schmidt County Park, Langton Lake Park, Central Park, Acorn Park, and Vadnais/Snail Lake Park. Bike past Sucker Lake, Lake Vadnais, Snail Lake, Grass Lake, Island Lake, Lake Shoreview, Lake Johanna, Langton Lake, and Bennett Lake. Optional lunch at a local restaurant after the ride. Directions: From 694 between 35W and 35E, take the Rice St exit; head north on Rice St for about 1.2 miles and continue on Rice St at stop light (Rice St veers to the right); go about 1 mile and turn right into Vadnais/Sucker Lake Park; at roundabout in park turn right to parking lot. FFI: Gary Solberg, 612-401-7561 or gary_solberg@yahoo.com.

Aug 12, Sun {AK} Annual Summer Picnic. Gather with North Star friends for an evening of great food and shared summer memories and conversation. This popular event will be held again from 4:30-7:00 p.m. at Hidden Falls Park, 1415 Mississippi River Blvd S in St. Paul. Be sure to use the northern, Magoffin Ave entrance to the park. Meet at 4:30 with food being served at 5:00. The picnic is our way of catching up with club members we've perhaps not seen much of during the busy summer months. To continue our tradition of reducing trash, please bring your own recyclable/reusable plates, napkins, utensils and cups. This year the club will be providing two entrees: a meat dish (probably pulled pork or chicken) and a yet-to-be-decided vegetarian dish. We ask that you bring a potluck offering, preferably something homemade or a quality deli

item, to share with at least eight to ten people. Couples are asked to bring two items. Use your last name as a guide for what to bring: A-F, appetizer; G-L, entree; M-R, side dish or salad; S-Z, dessert. There are electrical outlets in the shelter for crock pots and warming plates. Non-alcoholic beverages are provided by the club. Additional picnic details will be posted in the e-Loype and on our website, www.north-stars.org. Be sure to watch for these postings as we look for other ways to make this event both fun and memorable. FFI: Mel Peterson, 651-776-4330 or alphamel52@comcast.net.

Aug 15, Wed {WW} Bike Ride. Julie Holmen will lead a ride in the metro area. Watch for details in the e-Loype and WW mailings closer to the date. FFI: Julie at julie-holmen43@centurylink.net.

Aug 16, 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.

Aug 16-20, Thur-Mon {A} Canoe or Kayak while Car Camping at Fall Lake near Ely. Fall Lake is an entry point to the Boundary Waters. Vary-

ing length of day paddles on BWCAW lakes for beginner to experienced paddlers. Optional excursions to Ely for Blues Fest, Wolf and Bear centers, etc. Cost of campsites and first night's dinner included in the \$30 trip fee. Bring your own breakfasts and lunches; option to share rest of dinners. Boats and camping equipment not included. Send club waiver, size of tent footprint, food restrictions, and check for \$30 (payable to the leader) to Joan Fittery, 16099 Goodview Way, Lakeville, MN 55044. Registration deadline is Aug 12. FFI: Joan Fittery, 612-306-7204 or fitteryj@hotmail.com.

Aug 19, Sun {A} Cycle Hudson to River Falls (and beyond). This is a nice, moderately hilly 45-mile country ride along quiet secondary roads. There are a few decent climbs but no backbreakers along the route. Expect an average riding speed of approx. 13 MPH. Be sure to carry snacks and plenty of water since we pass through no towns. There is a truck stop/convenience store at the 30-mile mark. Meet at 9:15 a.m. at Riverside Park (corner of 1st & Vine) in downtown Hudson; begin riding at 9:30. Directions: I-94 east to the first Hudson exit (Hwy 35 north); follow Hwy 35 through town, take a left at the stoplight on Vine St and drive one block to the park. Dining option in Hudson after the ride. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

Aug 22, Wed {WW} Bike the Northeast Metro. 25- to 30-mile ride. Possible routes include the Gateway Trail, the Bruce Vento Trail, and the White Bear Lake area. Wind direction and speed may determine the route selection. Meet at 9:30 a.m. in the south end of the parking lot of the

Maplewood Community Center, 2100 White Bear Ave (one-half mile south of Hwy 36); begin riding at 9:45. FFI: Mel Peterson, 651-776-4330 or 612-867-2192 (cell phone day of ride).

Aug 29, Wed {WW} Bike Ride: 3 Lakes & a Creek. Ride 23 miles thru Apple Valley, Farmington, and Lakeville. Meet at 10:00 a.m. at Quarry Point Park, 15725 Pilot Knob Rd in Apple Valley; ride at 10:15. Directions: Head south on Cedar Ave S/Hwy 77, then east on 150th St W, then south on Pilot Knob Rd; turn right (west) on 157th St W, then an immediate left turn into the park. FFI: Sally Richards, 651-210-3807.

September 2018

Sept 10-25, Mon-Tue {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 e-mail ctreenmn@gmail.com.

Sept 18-21, Tue-Fri {A} Midweek Hike on the Wisconsin Ice Age Trail. Spend three nights at Highpoint Village at Timm's Hill. Enjoy fall color hiking in scenic central Wisconsin. The Ice Age Trail weaves through the Timm's Hill, Rib Lake, and Camp Forest Springs trail systems where North Stars have enjoyed cross-country skiing for many years. We have reserved three fully equipped, four-person cabins. Breakfasts at the Hill of Beans Restaurant are included. Tuesday evening is dinner on your own at Hill of Beans or elsewhere. Lunches are on your own. Wednesday and Thursday dinners are potluck, with co-leaders providing the main dish and participants providing appetizers, salads or desserts. Trip accommodates 12 people.

Estimated cost is \$155. Send club waiver and check (payable to leader) by August 15 to Julie Holmen, 1341 N Saint Albans Street, St. Paul, MN 55117. FFI: Julie Holmen, juliefholmen@gmail.com, or Carol Krush, carol.krush@gmail.com.

Sept 20, 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.

October 2018

Oct 4-7, Thur-Sun {A} Fall Colors North Shore Hiking Trip. Enjoy fall colors from spectacular vistas on the ridgeline overlooking Lake Superior. Hikes will be on the Superior Hiking Trail with opportunities available for both casual and aggressive hikers. Join us for the 22nd anniversary of this long-running North Star trip. Limited to 12 participants. We will be staying at Superior Ridge Resort in Schroeder, MN. The approximate cost will be \$160 plus food and gas. Mail deposit of \$50/person (check payable to the leader) and club waiver to Kathy St. Peters, 716 Everett St S, Stillwater, MN 55082. Deposit and waiver must be received by Aug 1 to ensure your spot on the trip. FFI:

Kathy St. Peters, 715-441-7345 or kathystp28@gmail.com.

Oct 18, 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.

A note from your trip coordinators

It's time to plan summer and fall trips and events. We have three new ones so far: a hiking trip at Wolf Ridge ELC in May, a canoe/kayak/camping trip near Ely in August, and a hiking trip at Timm's Hill in September. We encourage you to organize and lead some different and interesting activities in the next six months. It can be one day or more. If you have questions or ideas contact Carol Krush and Ann Rhea at schedules.trips.coordinator@north-stars.org.

Member Profiles

Greg Fangel

Greg Fangel joined the club in 1991 after attending a singles dance. He promptly jumped right in and started on his long list of notable contributions. It was Greg's expertise with publicity and his much needed media savvy that helped expose our club on television segments, full-page articles in local newspapers, and booths at conferences and other outlets. To Greg we owe the Nordic Rendezvous, a joint trip of seven clubs to Telemark Lodge, and the North Star Ski Festival which introduced the club to people wanting to try out the sport at minimal cost.

We can thank him for developing the dryland training program to help get 60+ optimistic skiers in shape for the season. He compiled the "Ski the Metro" booklet to inform skiers of the many cross-country ski venues in the community. It was Greg who expanded our website, adding photos and trip reports. In 2002, Greg led a group of ambitious North Stars to Switzerland for the international Engadin Skimarathon, an annual cross-country ski race and part of the Worldloppet Circuit. He also led trips to Quebec and other locations, and even found time to serve as singles president, president, vice president, and past president.

Greg and his wife Liz built their "retirement home" in Tofte in 2002 and moved to Tofte permanently in 2015. They've been having a great time hiking, cross-country skiing, picking blueberries and mushrooms, biking, trail clearing, and volunteering in the Tofte area.

Cal and Joyce Schadel

Cal and Joyce Schadel were living in North Carolina when they joined the North Stars in 1991 at the encouragement of Joyce's friend Joan Calof. They moved to Minnesota in 1992 and went on every ski and trail clearing trip in that first year. Cal and Joyce have fond memories of the adventures and the friends they met on those trips. They liked the friendliness of the North Stars and their willingness to help beginners.

Their favorite ski trips over the years were the train trips to Essex, Montana, western Canada, Windy Lake Lodge,

and the European trips led by Anne McKinsey and Al Volkers. They also enjoyed the fun bus trips to Camp du Nord, Camp Menogyn, and Maplelag. Cal and Joyce did eight Worldloppet with fellow North Stars.

Joyce and Cal restarted the trail clearing trips at Gunflint Lodge and led numerous trail clearing trips to National Forest Lodge and Savannah Portage State Park. They led weekend ski trips to Elbow Lake and Savannah Portage State Park and an extended trip to Lone Mountain Ranch in Montana. Cal served on the board as trail development chair and helped develop trails at Battle Creek Park. Joyce served on the board as programs co-chair along with Dan Goldblatt and served three years as special projects chair.

Joyce and Cal volunteer with Inner City Tennis in Minneapolis, and Joyce is involved with the Social Justice group at their church. When not volunteering with the North Stars or other organizations, they enjoy tent camping, fly fishing (Cal), hiking, snowshoeing, tennis, watercolor painting (Joyce), book club (Joyce), and traveling.

Marcia Switenki

Marcia learned about our club through fellow ULLR Bill Handsaker. Because she liked being outside so much, Bill told her she should join the club he belonged to—the North Star Ski Touring Club. He signed them both up for a trail clearing weekend one year, neglecting to tell the co-leaders they were not a couple. Imagine her surprise when they arrived to find they were assigned a cabin with only one double bed (and no other accommodation available)!

Marcia led several overnight ski and bicycle trips to Kavanaugh's Resort in Brainerd. She also led singles' Memorial Day weekend trips to Garmisch in Cable, Wisconsin for a few years. Marcia served on the board as trail development co-chair in 2000-2001, served as hospitality co-chair for three years, and as advertising manager for six years.

What Marcia likes best about our club: all the great travel friends she has met—friends who enjoy the same activities she does. Other activities she is involved in include volunteering at the Arboretum and with the Minnesota Herb Society. She is a member of several other clubs and loves hiking, biking, kayaking, snorkeling, and dancing.



Bob and Elaine Smith

Bob and Elaine Smith have been North Star members



since the 1980s. Well, at least Elaine has; Bob joined a little later. Elaine was yet another protégé of Mother North Star, Jinny McWethy. Elaine

served on the board as trail development co-chair for four years and led several weekend ski trips for the club.

Bob became truly involved in the club after retiring from Honeywell in 1999. He quickly transferred those keen assessment skills to the project of updating the inventory of trail clearing tools that had been in use for too long. We can thank Bob for knowing how to select the appropriate tools and for teaching volunteers how to use them! He served on the board as trail development co-chair for four years and led several trail clearing trips for the club. A self-proclaimed photography and PC nerd, Bob started posting photos on our website in 2007. He also began collecting vintage photographs from members. These became part of the 300+ photographs he assembled and displayed at the 50th Anniversary celebration last April. Today he continues his collection and organization of the club's photo gallery. Next time you peruse the photos on the website, thank Bob Smith.

Elaine and Bob appreciate the diversity the club offers in terms of activities, members, and shared experiences.

Jean Iwen

Jean Iwen joined the North Stars in 1995 with the encouragement of her brother, longtime



North Star member Keith Nelson, in an effort to boost her spirits following a divorce. She picked up some used skis, signed up for Bob O'Hara's ski classes, and a skier was initiated.

Jean brings a classy touch to the trips she leads and participates in. A historical exploration weekend at the Musser Mansion in Little Falls, Minnesota lives large in some memories. Some of her favorite venues include Korkki Nordic where the narrow single-track trails will have evergreens tickling your back as you ski along. She has fond memories of seasoned North Stars helping this novice not only build confidence and skill but have fun doing it. Being one for detail, Jean worked hard to discriminate between waxes by color when she was in her first year of

skiing. She found out a year later that kick wax was not to be applied to the entire length of the ski, unless you want to ski up a hill like a fly walking up a wall!

Throughout her tenure Jean has served the board as singles president, programs chair, and a member of the nominating committee. She has led both winter and summer weekend trips for the North Stars. Jean continues to lead singles events when skiing or biking are not in the offering. An enthusiastic fan of live music, dancing of all kinds, theater, architecture, and history, she knows all the good places and shares her treasures with other members who are so inclined. Jean adds colorful variety to our schedules and promotes the club at every opportunity. She encourages new members to go on an overnight trip. "Once you've had coffee with someone in their pajamas, you feel more connected," says Jean.

Carol Wahl

North Stars welcomed Carol in the fall of 2000, ready to



make the transition from downhill to cross-country skiing. Her goal was to ski with her high school aged kids who were on the cross-country ski team in St. Cloud. Carol made the long trek to the Twin Cities to participate in dryland training offered by

Greg Fangel that year and eventually figured out that waxable skis need wax! Life on the trails improved after that. Carol later made the move to Minneapolis when North Stars became a magnet for activities and friends.

Through the years, Carol has co-led at least 13 trips all over the United States and Canada. A favorite memory by many was watching her "negotiate" her way through Customs in Canada with a container filled with frozen beef bourguignon, planned to be the evening's dinner for 17 hungry North Stars. Did I mention that Carol has a reputation for being a chef extraordinaire?

Carol spent two years on the board as a singles trips coordinator. She has organized many of our banquets with exquisite detail, recognition picnics and garden parties for the singles crowd, biking weekends, and holiday parties. She is adept at dealing with logistics nightmares—feeding more people than planned while staying calm and efficient throughout. Some of her favorite venues include Silver Star, Methow Valley, and Snow Mountain Ranch. This year she again enriched her skills by volunteering with Ski for Light. Carol is also an avid cyclist.

Carol credits the club with providing great entertainment, wonderful friends, and the skills that keep us active and healthy.

Cindy Porter and John Christensen

One half of this North Star couple goes back to 1975, when



Cindy was introduced to the club by her intrepid father, Al Porter. Al, as you may know, is renowned for his adventurous spirit, and he shared that spirit with his daughter Cindy. She started out as a downhill skier

expecting to do ski jumping like her father. However, the fear factor took over and she eventually settled for the thrill of cross-country skiing. The other half of this pair, John, was pulled into the club by Cindy in 1993 when Cindy convinced him it was a great way to enjoy winter activities. She encouraged him, and he too improved his skills and learned to enjoy the sport.

Cindy served as programs chair for four years in the late 1990s; John has recently served as secretary and is slated to become treasurer for the 2018-2020 term. In addition to leading overnight family trips to Kathio State Park in the early 2000s, they have also assisted with the Maplelag trips which were led for many years by Al Porter and Barb Wahman. This venue remains a favorite because of the wonderful trail system, primo tracking system, and reliable snow. Other favorites over the years have included Windy Lake and Deep Portage.

Cindy advises new skiers to master the fine art of the glide to go farther, and to feel comfortable asking for help when needed. She and John continue as active members of the club, frequently enjoying family-oriented weekend trips. Together they are carrying on the fine tradition of Al Porter and Barb Wahman.

Colleen Cavell

Colleen, a Minneapolis native, has been a member of North Stars since 1998. Although she doesn't consider herself a skier, she does enjoy "gliding" along on the trails with the companionship of "real" skiers. And for Colleen, that's where the club shines—the friendships and group dynamics of motivated active adults and families that come together for good times.

Her contributions to the club have included several board positions including singles coordinator and publicity chair. The singles annual holiday party is another event aided by Colleen's competent skills. She also served as coordinator for the SNO (singles night out) group for several years and is the perennial leader of the annual family-oriented Kathio State Park Candlelight Ski week-

end, which takes place every February with or without snow. There are always fun games and events including a crash course in geocaching. A visit to the local Mille Lacs American Indian Museum in nearby Onamia is always a welcome educational/cultural addition to this ski trip.

Colleen's favorite trips have included many of Jane Norman's North Shore adventures, summer and winter, the Duluth area bike trip that included a dinner event at Glensheen Mansion, and the summer trips requiring a stay in the royal castle accommodations at the Garmisch Resort near Cable, Wisconsin.

Taking a cue from Colleen, one need not be an ultra-refined skier or even in training to be one. Just "gliding" along with friendly, helpful North Stars can make your day!

Sally and Bryce Richards

Members: all members, missing members, new members, old members—this is the purview of the team of Sally and Bryce Richards. They have been tracking the membership rolls since 2007. Their own membership began in 2002 when Sally picked up a North Star brochure at Lake Maria State Park Visitor Center. They had moved to Minnesota from California and quickly started investigating seasonal activities. Canoeing for the summer would work and possibly cross-country skiing for the winter, but they would need help. This couple had determined that downhill skiing in Minnesota just could not compete with Western mountain skiing, so they signed up for community education classes and learned the sport of cross-country skiing.



Sally began attending Wednesday Wanderer events and joined the club, later encouraging Bryce to join her on some of the Monday night social bike rides led by Al Mayer. After retirement, Bryce too became active in the club. Together they have led many local ski and bike outings, helped with trail clearings, and led summer weekend trips. Some of their favorite trips, in addition to all the Wednesday Wanderer events, have been to Switzerland, Methow Valley, Stokely Creek, Maplelag, and Deep Portage. They have taught their two daughters and five grandchildren to ski and bike, and the entire family gathers together on the annual Deep Portage ski weekend. Sally can be easily spotted on the trail by the bright green and yellow North Stars banner splayed across her pack—just in case she encounters potential new members.

Stephanie Croteau

Stephanie joined the North Stars in 2007, about the time the club was beginning to settle into the Internet age. Using her role on the board as publicity chair from 2010–2014, Stephanie launched us onto Facebook, made it possible to purchase our logo clothing online, and redesigned our brochures and business cards for distribution to potential new members.

It was her encouragement and expertise as webmaster for several years that enabled us to become fully immersed in the digital age.

Stephanie, a native of Connecticut, started as a downhill skier, eventually learning to cross-country ski from her mother. She and her sister would have the challenge of breaking the trail with the goal of seeking out the thrill of the hills, making it fun for all.

Challenges have always been a magnet for Stephanie. The first time she went to Stokely Creek, she challenged herself and Terry Quam to ski every trail in the system including back-country trails and trails that required trail breaking, a skill mastered in childhood. In recent years, this Gold Masters Worldloppet awardee has skied the Rajalta Rajalle-Hiihto, which is the border-to-border ski tour in Finland—420 km in seven days. And to add to her accomplishments she skied the six-day, 170 km Troll Loype in Norway which included back-country skiing through Rondane National Park, again breaking trail.

In addition to her extraordinary skill as a skier, Stephanie leads bike touring events around the Twin Cities and enjoys challenging hikes. She encourages everyone to continually work to improve technique so they can enjoy the ambiance of skiing—snow-covered trees, pristine snow-covered trails, animal tracks, and winter skies. All truly enriching experiences.

Editor's Note

Many thanks to Ellen Watson for taking over the member profiles starting with the January-February issue of the *Loype*. Thanks also to Dana Siskind and Rita and Gerry Manninen for their contributions.

This project got its start with the North Stars' 50th anniversary publication, *Portraits of the Past and Present*. Dana and I were trying to come up with ideas that related to the number 50. And we thought that publishing the profiles of 50 members who have done a lot for our club over the years would work well. Unfortunately, we soon realized that there would not be enough room for 50 profiles in

Portraits of the Past and Present. The problem resolved itself when I took over as editor of the *Loype* in June of 2017.

We decided to print eight or more profiles per issue but soon realized that the total would come to more than 50. Sixty-two profiles have been published thus far if we include the four published in *Portraits of the Past and Present*.

Many other members have contributed to our club over the years and I would like to honor them also. If you know of such members, please send profiles and photos to me at lucy@accompli.com. I will be putting together a single publication consisting of all the member profiles published thus far and any that you send me. This will be posted on our website eventually. Also, if you need to correct or add to the existing profiles or would like to substitute a better photo of yourself, please send that to me also.



Cathi Gutfleisch, Jerry Jacobsen, Sara McGlynn, Duane Arndt, Craig Freeman at Methow Valley 2018. Photo by Craig Freeman.



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.

Norway trip reflections: blue skies, blue wax by Kathy Kelly

Yes, many days were just that—blue skies and blue wax. It's hard to recall when I last skied two weeks with the ease and delight of using blue wax. Though many days held grayish white skies, some even flat white, we remember those clear blue ones most fondly.

It was a fabulous trip, one Solveig Olson has led for 20+ years. Her organizational and trip leading skills, along with her calm demeanor, gave us all an experience we couldn't have crafted on our own. She offered lots of options, beginning with a week at Vanabu Lodge near a national park, then a second week at Rustad's in Sjusjoen, and in-between the option to ski the Birkebeinerrennet (which they call the "Birken"), the Half Birken, the Skate Birken, and the Inga Lami. Of the 35 or so of us on the trip, about 15 did one of the races.

Some people came with a partner or small group of friends, some on their own. As one tripper said, "how wonderful that members are willing to include others in their skiing" and another that "nice people attract nice people" and that being part of the larger group was indeed "truly special." For me it was a great opportunity to build on existing friendships and start new ones.

I need to mention the snow. Oh, so much snow! Locals said it was the most since the 1930s. We all wondered what spring will look like there. We saw summer cabins with snow a few feet deep on the roof and the eaves nearly reaching the ground snow. Beautiful for sure. Someone said it reminded them of a snow globe—soft, gentle, pure white, untouched snow. Perfect for all that blue wax. If there is cross-country skiing in heaven, the snow condi-

tions and temperature will be very much like they were during our trip. And on all that snow, hundreds and hundreds of well-groomed ski trails, all right out the door from each of the two lodges. No need for a ski pass, as trail development and maintenance is provided to all through the Norwegian government. No matter how far we went, or how early in the morning, the trails seemed like they were just groomed. Wonderful kick-and-glide days. It was also possible to load an app which traced the groomer's route. One person had the good fortune of following the groomer and being the first to ski on freshly groomed trails twice in one hour.

We all know every trip seems to have an unusual story. We thank Tom for ours. We were all enjoying our final dinner together, wondering how and where he was. As he tells it, he never expected his final mode of transportation to be by ambulance! He was the last skier from his group to finish the Birken, and it was dark by the bar where the bus dropped him off. Much to his surprise, an ambulance pulled up and drove him to Rustad's. His wife Gail was very surprised to see him hop out of the ambulance smiling. He thanked the Norwegians for knowing how to take care of an aging, tired, American skier. His story reminds me that Norway is consistently listed as one of the "happiest" countries. Might that be due to stories like this? People helping people. Those ambulance drivers no doubt had a good story to tell too.

All in all, it was a trip John and I were gratified to be part of. Now home, with skis put away and spring still far from arriving, we really miss Norway! This is a trip we

recommend to everyone, from those who want just a couple hours on the trails to racers. There is something for everyone—great food (the breakfast and dinner buffets at Vanabu are legendary), evenings of socializing and good discussions at both lodges, and listening to piano music at Vanabu. It's never too soon to start dreaming of next year's ski season.



Left: Gerry Manninen, Rita Manninen, Susan Von Mosch and Pat Colburn skiing the Birken trail. *Photo by Arne Stefferud*

A message from your new *Loype* editor by David Siskind

This, the May-June 2018 issue, is Lucy's last. She deserves much appreciation for the great job she's done. I think we will all miss the quality of our club magazine under her watch, several watches actually. I will be the new editor. Board discussions have included the possibility of discontinuing the paper *Loype* entirely, one reason being the cost. I volunteered to take on the job thinking that we still really need a paper newsletter. I don't have the resources nor expertise to do the job as Lucy did it, so it will be a smaller, more concise, and less expensive version. The new *Loype* will come out four times a year, corresponding to the seasons. As a trial, the schedule will start out as follows:

Fall 2018: article & news deadline of August 1;
distribution by September 1

Winter 2018/19: article & news deadline of October 1;

distribution by November 1

Spring 2019: article & news deadline of February 1;
distribution by March 1

Summer 2019: article & news deadline of April 1;
distribution by May 1

Note that these aren't evenly spaced at 3-month intervals.

The new *Loype* will still have advertisers, an abbreviated event schedule, and a column for special announcements and news. Details on trips and articles of general interest will be referred to the website that will, hopefully, be kept up to date and accurate (and beyond my control). I consider this an experiment for the time being. Things could change, especially if a better qualified and/or better equipped candidate takes on the job. In the meantime, I will give it a try.

A message from your old *Loype* editor by Lucy Osojnicki

This is my final issue as *Loype* editor and I want to thank all of you who contributed in some way during the past year (and those of you who contributed during my first two years as editor, 2007–2009). The regular columnists were Bruce Nelson, Al Mayer, Ann Rhea, David Siskind, Dana Siskind, Inez Wick, and Al Fox. Ann Rhea and Mel Peterson kept our trip and event schedule up-to-date, Laura Baker and Jean Iwen submitted programs information, and Susan Von Mosch submitted ads from

our advertisers. Many thanks also to those of you who submitted articles and photos. And a special thank you to Ellen Watson for taking over the member profiles starting with the January-February issue. We were happy to get additional profile help from Dana Siskind and Rita and Gerry Manninen. Special thanks also to Margie Schally and Dana Siskind for proofreading. Without help from all of you, there would be no *Loype*.

New North Star display tent

The North Star board approved purchase of a new display tent for us to use at public events such as the Elm Creek Nordic Opener, Open Streets, and others. The tent has three removable walls and weights rather than sandbags to hold it down. Our name and the skier logo will be on the canopy for all to see.

Dana Siskind is looking into registering for Open Streets in Minneapolis and Richfield this summer. If your community offers similar events that would be a good place to recruit new members, check it out and let Al Fox know about it. Dana organized the Open Streets events last year and will be happy to help you get set up. You may use the "snowstorm" idea or come up with something else.

Let's be creative and welcome others into our great organization!



Kids Explore Elm Creek and Como Park Zoo by Dana Siskind

February 10th found us back at Elm Creek on the ski trails. Lexi had been the only kid there in January when it was icy and quite difficult to ski. This time was much better—it was a bit colder and the snow was not icy. The skis stayed in the tracks and it was a lot more fun! Lexi even made it down the Cowabunga hill on her skis. It's also more fun to ski with a friend, and she and Sam were creating their own course on the small hills. Joe took it upon himself to teach his younger cousin Dougie how to get started on his skis. The four kids and their adults had a great time!

On March 24th, we decided to explore a more urban setting. We went to Como Park Zoo to check out the animals in early spring. The Arctic foxes, caribou, and bison were outside enjoying the remaining snow. We

caught a gorilla program and a polar bear program where the zookeepers demonstrated how the animals are trained to let humans come close to feed or inspect them. They get lots of special treats when they cooperate. Seven boys from the age of four to nine enjoyed running between exhibits, seeing the animals, and climbing on the snow. Parents and grandparents kept a slower pace, but we were still faster than the sloth.

We try to explore a different park each month and would love to have you and your young person (child, grandchild, or friend) join us or lead an event to your favorite park. We would love to join you and learn about new places.



From left: Lexi and Sam make their own trails; Joe helps cousin Dougie get started on skis; Harry, Francisco, Joe, Sam, Max, Dougie, and Cameron hug the gorilla statue at Como Park Zoo.

Photos by Dana Siskind

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

By Dana Siskind and Inez Wick

July/August 2011 *Loype* - NSSTC Trip to Essex, Montana on the Amtrak Empire Builder.

Leaders are Ellen Watson and Joan Fittery. Leaving St. Paul Saturday, February 18, 2012 and heading back on Friday morning, February 24. A 21½ hour trip one way. Trip cost will be approximately \$900.00. Seniors will pay approximately \$32 less than the young 'uns.

January/February 2012 *Loype* - Wednesday Wanderer Words by Al Mayer

Prior to beginning this hike, we were advised to bring hiking sticks and wear good boots because the trail would be quite rugged in parts, but nothing was said about the need to have rappelling skills. This technique for getting down a steep bluff came into play about halfway through the hike.

A climber's rope tied to a tree at the top of the steep descent turned out to be the only practical way for wary hikers to continue following the riverside trail. All negotiated this descent successfully and were proud of the achievement. We still don't know what Good Samaritan left that rope there for the public to use. We thank you.

September/October 2012 *Loype* - North Stars in a nutshell (part of an article by Pat Lawrence)

- * 1990...as busy as ever!
- * Membership was 1,050, dues were \$12.00
- * Our 12th annual Maplelag trip took place in 1990, with no end in sight.
- * In 1995, helmets became mandatory on all North Star bike rides.

My Al Mayer story by Brad Schlick

It was wonderful to read all the stories and tributes for Al Mayer in the last *Loype*. I, being late to the party, have yet another Al Mayer story. Mine, however, is from a perspective outside the North Star family.

Al has unknowingly been a teacher and mentor to me since 1981. That is when I first met Al through a co-worker of mine who had worked and biked with Al at Prudential. Biking sounded like fun, but I didn't have a bicycle. So I bought a 30-pound Sekine from a small-time bike builder in a garage in Coon Rapids. With that, I started to bike in Al's Monday after-work rides.

The next year Al invited me on a weeklong group hiking trip to Red Lodge. A hiking trip in the mountains was an exotic and exciting new adventure to me! My family couldn't afford such vacations, nor could I as a young adult!

Since that first trip, Al invited me on 15 more hiking trips over the next 30+ years, and all to places I had never been! While the places and scenery were always fantastic, the best experience for me was the adventure and fun we had together as a group and as friends.

You wouldn't be surprised to hear that Al did all the planning for these trips. As you know, Al is a born organizer and leader. Still, the day-to-day activities were always discussed and decided upon by the group. Of course, Al had everything under control, down to the "rainy day" plans!

One "life lesson" I learned from Al was to learn from other people. Al is great at engaging people wherever he goes. We found that people were willing and excited to tell us their stories. With this experience I, as a lifelong introvert, have uncharacteristically assumed that role myself. I too can now easily strike up conversations with strangers. I've been greatly rewarded with fun and laughter. The people I meet are often the best part of a trip!

Another thing I've learned from Al: don't take freeways! Can you really say you've experienced a place if all you've seen is a freeway? The answer is, "No!" Take the small roads, stop in small towns, eat at local restaurants, and talk to people. This is a far greater experience than a freeway and a Subway sandwich!

One more part of Al that I have absorbed is to keep a daily journal on trips. Al would always give us a copy of his journal after a hiking trip. A journal provides the trigger to memories and events that you're able to vividly recall in no other way! It's amazing how much you don't re-

member if you don't write it down!

Well, there is much more to relate, but I think you get my point. And that is, Al has made a fundamental difference in my life, for which I am so grateful. I am just one of many people to have been so fortunate.

I look forward to more stories, friendship, and laughter! Thank You, Al!



Al Mayer's Great River Road bike trip, 1992. Left to right: Lucy Grams, Ed Waldera, Al Mayer, Art Erler, and Jerry Hynnek. *Photo submitted by Lucy Grams.*



Terry Quam's Many River Crossings bike ride, 2008. *Photo submitted by Al Mayer.*

The 2019 trip to Bearskin Lodge on the Gunflint Trail is scheduled for February 10-15, 2019

Drive up Sunday afternoon and leave on Friday. Enjoy five days in two lodge units and one cabin. The lodges and cabin have full kitchens and are located pretty close to the sauna, wax room, and hot tub. Ski on 70K of groomed trails designed for intermediate to advanced skiers; many trails are groomed for diagonal and skate skiing. It is also possible to drive to the Banadad Trail or the Gunflint Lodge trails for variety.

The cost of \$365 per person includes four dinners, one or two people per room with shared beds for couples and twin beds for singles, trail passes, and all the fun we can pack in! The cost does not include breakfasts, lunches, and snacks/drinks.

Registration for this trip begins on April 19, 2018. Please do not send in your registration before this date. Send a check for the full amount (payable to Fran Howley) and a signed club waiver to Fran at 5753 Pillsbury Ave S, Minneapolis, MN 55419. PLEASE indicate food restrictions on the waiver form. Limit of 15 people. Full refund before Dec. 30, 2018; after that date, full refund only if a replacement is found. FFI: Fran Howley, 612-869-8971 or franmhowley@gmail.com.

Return to Stokely! February 21 – March 1, 2019

There's a reason many North Stars return to Stokely Creek again and again. Really, there are many reasons.

- Miles and miles of beautifully groomed trails, beginner to expert, in the scenic, rolling, wooded Algoma Highlands of Ontario near Lake Superior.
- The lake effect snow, usually lots of it.
- The warm hospitality and comfortable accommodations.
- The sumptuous, healthy meals and appetizers.
- Trails right outside the door.
- A full, uninterrupted week of skiing, snowshoeing, eating, socializing and relaxing.

Dates and Cost

Leave on an early morning bus on Thursday Feb. 21 (arriving in time for dinner) and return on Friday morning, March 1. Estimated cost of \$1,600 per person includes the bus, seven days and eight nights of lodging, all meals and social hour appetizers, ski passes, taxes, and gratuities. (Cost may increase if fewer than 35 people, and will decrease if the USD to CAD exchange rate remains favorable.)

To reserve your place:

Send a \$300 deposit per person NOW (check made payable to Janet Jensen) along with a signed trip waiver to 6612 Humboldt Ave. S., Richfield, MN 55423. *This deposit is nonrefundable unless a replacement is found.*

Send second payment of \$650 by September 1, 2018.

Send final payment of \$650 by November 1, 2018.

After Jan. 21, 2019, no refund unless replacement is found. *Trip insurance is highly recommended.*

Questions?

Contact Janet at 612-861-7489 or harjan@msn.com, or co-leader Joyce Schadel at 952-831-8759. See the Stokely Creek web site (www.stokelycreek.com) for more photos and information.

Ski Norway: March 8 or 9 – March 19, 2019
Optional Participation in the Norwegian Birkebeiner *Worldloppet*
Pre- or Post-Trip Options

Come join us for our annual ski trip to **Sjusjøen**—*the “#1 cross-country skiing destination in Norway.”*

- Comfortable accommodations at our favorite fourth generation, family-owned Mountain Lodge
- Big buffet-style Norwegian breakfasts, “pack your own” trail lunches from the breakfast buffet, and three-course evening dinners.
- Several cozy lounge areas with beautiful antique furniture and two fireplaces
- Two saunas
- Indoor well-equipped waxing room
- Skiing right from the door on a network of 300+ km of perfectly groomed trails. There is a wide variety of trails suitable for *all levels of skiers*. Many of the trails are above timberline, offering spectacular views, while the forested trails in the lower areas provide shelter from the elements on cold and windy days.
- State-of-the-art grooming equipment
- Opportunity to ski the legendary *Norwegian Birkebeiner* races. See www.birkebeiner.no for more details. *Registration is now open!*
- Visiting Oslo: By popular demand we have added an extra night in Oslo for 2019.
- Transportation: Group flight Minneapolis-St Paul (MSP) -Oslo-MSP
- Add-on from other cities may be possible
- Group transfer OSL Airport-Sjusjøen-Oslo-OSL Airport

Please NOTE: Actual departure date may depend on the airline’s allocation of group space and may not be known till Sep/Oct, 2018.

Pre- or Post-Trip Options: Add a 2nd week to your Norwegian ski adventure

Option 1: *If enough interest, we will arrange for an additional week at a different ski resort or mountain hut in or near one of Norway’s National Parks. Cost will depend upon actual itinerary.*

Option 2: Ski hut-to-hut in one of Norway’s national parks. We will arrange for you to join a guided tour with the Norwegian Trekking Association (DNT). Exact itinerary to be determined when we know the interests and experience of the participants. *Cost will depend upon actual itinerary.*

Estimated Cost (Sjusjøen and Oslo):

Approximately \$2,800 -2900 double occupancy (+ taxes/ surcharges in effect at the time of ticketing). The *estimated* cost includes: airfare MSP-Oslo-MSP; group transportation to/from Sjusjøen; *seven nights’* accommodations (Sun to Sun) w/ big buffet breakfasts, trail lunches and dinners at Sjusjøen; and *two nights’* hotel accommodations w/breakfast at a centrally located hotel in Oslo.

Payment Schedule:

- Deposit: \$500/person due with registration
- \$1,000 installment due by 10/1/18
- Balance due by 1/10/19 (you will receive an invoice where the cost is adjusted to reflect the exchange rates in effect at that time)

Cancellation and Refund Policy:

- Cancellation prior to 10/1/18: Full refund
- Cancellation 10/2/18 - 1/10/19: \$1,500 is NON-refundable
- Cancellation after 1/10/19: No refund

FFI and to request a complete copy of the trip description/terms and conditions, please contact

Solveig Olson at 612-377-2483 (home), 612-770-7440 (cell), or solveigjolson@gmail.com.

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, 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."



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