Løype

News of the North Star Ski Touring Club www.north-stars.org

Volume 51 • Number 3 • Spring 2019





LØYPE North Star Ski Touring Club

P. O. Box 4275, St. Paul, MN 55104

www.north-stars.org

NSSTC 2017-2018 Board of Directors

President: Bruce Nelson, 651-647-4326, club.president@north-stars.org Vice President: Mel Peterson, 651-776-4330, vicepresident@north-stars.org

Secretary: Ellen Watson, 763-473-4021

Treasurer: John Christensen, 651-222-7786, treasurer@north-stars.org

At-Large Members: Laura Baker, 651-429-2412; Mark Lystig, 651-452-1133; Marcy Otypka, 651-447-3532; Kathy Kelly,

612-418-4668; Barb Wahman, 651-483-0327

Trips & Events Teams

Trips Coordinators: Ann Rhea, 612-709-8992, schedules.trips.coordinator@north-stars.org

Wednesday Wanderers: Carol Krush, 612-822-5282

Trail Development: Jon Clark 612-275-9556 Tools Supervisor: David Siskind, 612-929-0205

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

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

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Publicity: currently vacant

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Historian: Pat Lawrence, 612-209-6384

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Government Liaison: Arne Stefferud, 651-332-3872 (currently on leave)

Bookkeeper: Barb Watts, 651-647-4326

Loype submissions (messages, articles and photos): loype.news.editor@north-stars.org

or David Siskind: dsiskind@earthlink.net

The Løype is published seasonly. Deadlines are the first of the month before publication date.

Summer 2019 Deadline: April 1, 2019 Publication date: May 2019
Fall 2019 Deadline: August 1, 2019 Publication date: September 2019
Winter 2019/2020 Deadline: October 1, 2019 Publication date: November 2019
Spring 2020 Deadline: February 1, 2020 Publication date: March 2020

e-Løype submissions: eloype@north-stars.org, Published weekly. Deadlines: 6 p.m. Wednesdays

Trip submissions: Submit trip info for the master activities list via email with full event details to

schedules.trips.coordinator@north-stars.org.

World Wide Web: http://www.north-stars.org
Electronic mail: nsstc@north-stars.or

Front cover photo by Eric Ramstad (I think)

Rear cover photo by David Siskind.

CLUB NEWS AND MESSAGES

MARCH 12 PROGRAM AND MEETING 6:30 PM Social Time, 7:00 meeting

Program by Dorian Grilley, Executive Director of the Bike Alliance of MN. Dorian will discuss how the Bicycle Alliance of Minnesota strives to provide leadership and a unified voice for bicycle education, advocacy and safety in an effort to make MN more bike friendly so more people can and will ride.

Location: Immanuel Lutheran Church, 104 S Snelling Ave., St Paul

FROM OUR PRESIDENT BRUCE NELSON

Winter Trips

What a ski season it has been! No snow and warm temps in the Twin Cities followed by sub-extra green polar vortex cold. Those who participated in club trips did enjoy good skiing and the comradery which for more than 50 years have been the hallmark of NSSTC. Thanks to our many trip leaders for organizing another event-filled ski season.

Volunteering and leadership

The only thing keeping NSSTC running is the combined efforts of our many volunteer members. While most of these volunteers will serve another year, some will need to take a break. Please seriously consider taking your turn. Send a note to volunteer@north-stars.org with your questions or offers to contribute. The club's future depends on each of us pitching in from time to time.

World Cup to be held in Minneapolis

As another reminder the International Ski Federation plans to hold the World Cup cross-country race in March 2020 at the Loppet Foundation outdoor activities center at Wirth Park in Minneapolis. NSSTC members should be be looking forward to viewing and perhaps assisting with this grand event.

Annual Banquet: Sunday, April 28

Mark your calendar and get out your checkbook for the NSSTC banquet. It's a great time to see all our friends, if their skiing efforts have saved the season and reminisce about past trips. See page 11 for details.

Time to Start Planning Spring & Summer Trips

The NSSTC is a club for all seasons. Share your adventures with club members! Submit your upcoming day or weekend events to the trip coordinators (trips.coordinator@northstars.org).

ANN RHEA, TRIPS COORDINATOR

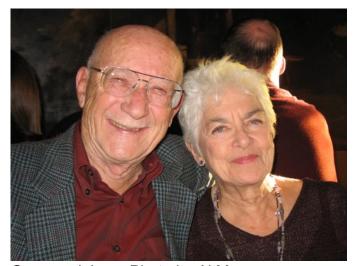
Thank you to everyone who organized or helped with all of the great 2018-2019 trips we enjoyed the past seasons. Now that our winter season is coming to a close, it is time to think about summer, fall and winter, 2019 –2020.

We are looking for submissions of extended trips and ideas for shorter ones. 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 26th 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 in a document to fill out on the website under Resources, Trip Planning Info, or let me know and I will send the document to you. 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.

We have been very successful not having overlapping trips this year. 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.

GERRY HYNNEK

Another loss for NS was Gerry on December 13, 2018. He was a long-time member who biked, skied and enjoyed his NS fellowship. It was especially so for his love, Joan Calof who preceded him in death in 2012. Gerry was 92.



Gerry and Joan. Photo by Al Meyer

PATTIE STEGER'S STEGER MUCKLUCKS AND SUE HENDRICKSON SCHURKE'S WINTERGREEN NORTHERN WEAR

Sue Lee wanted to clarify Maya's article of the last issue that the two women own and run the two clothing shops. Will Steger started the Steger Foundation and launched his Wilderness Center in 2014. Paul Schurke runs his dogsledding business out of Wintergreen Lodge in Ely. Contact Sue Lee for more details on any of these.

MINNESOTA YOUTH SKI LEAGUE Editor Dave

North Star has been active in this program this Winter. Dana and I have been assistant coaches at Elm Creek Park, where snowmaking saved the season. Their jobs were essentially picking up the pieces, that is, helping the kids get their skis on and making sure the slowest ones make it back to the trail center. Five of their grandkids are enrolled, Sam, Joey, Cisco, Robert and Leo. Dana's daughter Elizabeth Dittrich has also been helping with snacks and drinks as a mom-

volunteer. Dana says skiing with the Level 1 Group, not using poles, has strengthened her legs. It's amazing to see how well organized this program is and how quickly the kids learn. There are 36 MYSL groups in Minnesota.

LOOK AT ALL THE YOUNG PEOPLE! Laura Baker

December 1, Elm Creek Park. A few North Stars attended the MYSL Coaches Training and it was inspiring. You didn't have to promise you'd coach a club. You just had to soak up the energy, get some pointers on your own skiing, and play some of the games used to teach skiing to youngsters. There were 70 people in attendance, primarily young adults and high school Nordic team members. It was great to see. (It was also terrific to see a few hundred people of all ages skiing at Elm Creek.)

The day consisted of being out "on the snow" skiing and playing games for about 2 hours. We then had lunch followed by a discussion to learn the language & messaging of MYSL:

- 1. They don't give lessons. They are a "club". (So parents don't just drop off their kids)
- 2. Parents are needed to run the club so it becomes a family affair. (Parents can learn to ski, too.)
- 3. They use games so kids experience skills in a fun way, because if they have fun they are more likely to keep skiing.
- 4. They only classic ski, at least until age 10-12 and add skating only if the person wants it.
- 5. Their goal is to "create skiing families" (although all adults become part of the family.) What a great message. Let's get more of us to attend next year to share in the fun!

SKI SEASON NORDIC OPENER AT ELM CREEK THREE RIVERS PARK, 12-8-18

Like last year, NSSTC was there with its distinctive canopy and material to hand out to

interested skiers. The day was great and the attendance was also and so was the skiing. Many people took our info and appeared interested in the club. Thank you all NS volunteers who were there to share the word.

FOREST SERVICE VOLUNTEERING

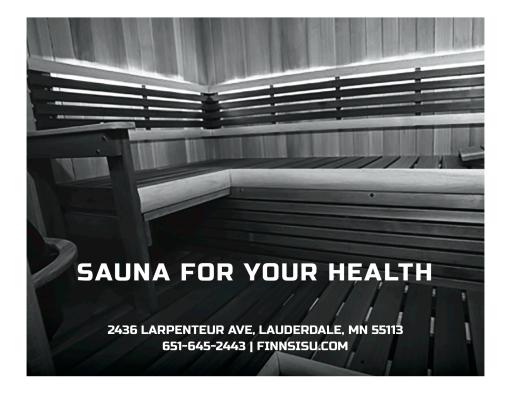
The Forest Service has opportunities for volunteers ranging from a few hours to the whole summer. Specifically identified for us are the Ely, Cook/Aurora and Tofte/Grand Marais areas. If interested, contact

me (your editor) at (<u>dsiskind@earthlink.net</u>) or the forest service at fs.usda.gov.

MEMORIAL SERVICE FOR CHRIS SHAFFER

Paul and Liz Rasmussen and your editor traveled to Racine, WI for her memorial service, 11-17-18. We met the family and shared memories of Chris. Some other former and possibly current NS were there too but I failed to record their names. Sorry guys.

finnsisu



PHOTOS WANTED

Need photos for the Loype. Particularly action ones and not so much groups posing. unless there is something especially interesting with them. I do have many that had been previously sent to Mel and Lucy and plan to use them too. I sometimes don't have the photographer's names so please include that info too. Thanks, the Ed.

It may be apparent to you computer nerds out there that your editor is sorely lacking in skills here. He is using Word to assemble the Løype and can't figure out why formats keep switching on him when he moves things around and vice versa. Anyone willing to come to his house and demonstrate how to better navigate this format? Otherwise, he'll continue to muddle along and waste valuable space, time and energy. Coffee can be provided.

March 2019

Mar 1, Fri {A} Last Day of Ice Skating. 11:00 a.m. to 12:15 p.m. Bring your skates and skate for free one last time at Aldrich Arena, 1850 White Bear Ave N, Maplewood, MN 55109. FFI: Audry Nordwall, 651-968-6748 (cell) or audlee564@hotmail.com.

Mar 2, Sat {AK} Kids Explore: Snow-tubing at Elm Creek. Hey, kids! Join Lexi and her grandma, Corliss, at the tubing hill at Elm Creek Park Reserve at 1:00 p.m. It costs about \$15 for two hours of tube rental. Of course, there is always the opportunity to practice your cross-country skiing before or after as well. Dress warmly in layers; tubing is colder than skiing. FFI: Corliss O'Donnell, 763-559-8945.

Mar 3, Sun {S} Jazz Concert.. 3:00 p.m. Professional musicians from the Twin Cities gather for a ('pre-Fat Tuesday') concert at the architecturally significant Christ Church Lutheran, 3244 34th Ave S in Minneapolis. No tickets or reservations required, but charitable donations are encouraged. FFI: Jean Iwen, jean2011i@yahoo.com.

Mar 6, Wed {WW} Hike, Snowshoe or Ski. Leaders are Ann Morrissey and Bruce Jacobson. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event. FFI: Ann or Bruce, 651-698-4210 or brucejannm@gmail.com.

Mar 8-19, Fri-Tues {A} Ski Norway. Please be sure to contact the trip leader (info below) for trip availability. If it is full, you are encouraged to add your name to the wait list. Come join us for our annual trip to Sjusjoen, the #1 cross-country ski destination in Norway. Skiing for all levels right from the door with a network of 300+ km of groomed trails, suitable for all levels of skiers. March is the best month for skiing in Norway -- longer days, warmer sun and dry snow (even with daytime temperatures in the 40s). Many trails are above timberline, with spectacular views, while the forested trails

in the lower areas provide shelter from the elements on cold and windy days. State-of-theart trail-grooming equipment. Accommodations are at our favorite 4th-generation, familyowned Rustad Mountain Lodge. Meals are big buffet-style Norwegian breakfasts, "pack-yourown" trail lunches, and three-course evening dinners. Cozy common areas with two fireplaces and beautiful Norwegian antique furniture -- great areas for evening conversations, games or curling up with a book. Well-equipped indoor waxing room and two saunas. Approximate cost of \$2,800-2,900 (double occupancy) includes two nights in Oslo with breakfasts. For full trip details see the club website, www.north-stars.org. FFI: Solveig Olson at 612-377-2483 (home), 612-770-7440 (cell), or solveigiolson@gmail.com.

Mar 12, Tues {A} March Club Meeting. Meet at our new location: Immanuel Lutheran Church, 104 S Snelling Ave in St. Paul (park in lot on north side of church). Social hour begins at 6:30 p.m. with a short business meeting and the program starting at 7:00. Watch the e-Loype and club website for program details closer to date of the meeting.

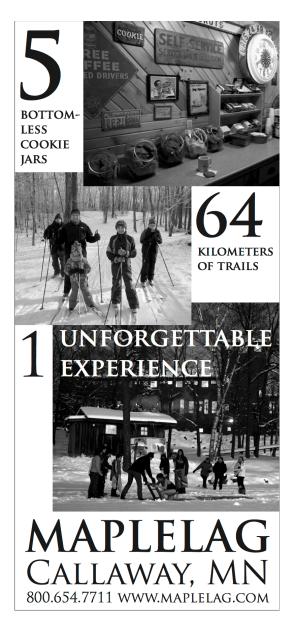
Mar 13, Wed {WW} Hike, Snowshoe or Ski. Leader is Fran Howley. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

Mar 20, Wed {WW} Hike, Snowshoe or Ski. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

Mar 27, Wed {WW} Hike, Snowshoe or Ski. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

Mar 21, Thurs {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.



Although this Spring Løype issue highlights biking and hiking, there is still good skiing in northern Minnesota. Maybe not May like last year, but certainly March. Maplelag is one of those places with great trails and great food. Maybe I'll see you there.

April 2019

Apr 3, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

Apr 10, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

Apr 14, Sun {A} Cross cut saw certification. See Notice on p. 10.

Apr 17, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

Apr 18, Thurs {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 24, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

Apr 24, Wed {A} Senior Health Living Fair at the Inver Grove Community Center, 9:00 a.m. to noon. Jerry Hall has offered to set up our NS canopy and is seeking volunteers to promote our club's activities. More info to follow in the e-Løype.

Apr 27, Sat (AK) Kids Explore Wood Lake Nature Center. Kids, bring your adults and let's look for signs of spring at Wood Lake

Nature Center (6710 Lake Shore Drive in Richfield). There could be flowers, birds nesting, the lake should be unfrozen, so maybe even frogs or turtles. We will meet at the entrance to the park at 10:30 a.m. and hike the trails and the floating bridge before playing at the "nature playground". Bring a picnic lunch to eat after our adventure. FFI: Dana Siskind, 612-929-0205 or Elizabeth Dittrich, 952-935-5153.

Apr 28, Sun {A} Annual Spring Banquet. Save the date! The venue will again be Keller Golf Course in Maplewood. 4:30-8:00 p.m. We plan to return to our traditional format of a social hour (with cash bar) beginning at 4:30, followed by a formal dinner and light program starting at 6:00. Cost is \$30 per person. Registrations required by April 15. No walk-ins or late registrations accepted. Look for full details and a registration form in the Spring 2019 issue of the *Loype* and on the club website. FFI: Fran Howley, franmhowley@gmail.com or 612-869-8971; Florence Fadell, ffadell@comcast.net or 952-920-2609.

May 2019

May 1, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

May 8, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

May 15, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

May 16, Thurs {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 22, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

May 29, Wed {WW} Bike or Hike. Activity and leader to be determined. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

September 2019

Sept 30-Oct 3, Mon-Thurs {A} Fall Colors North Shore Hiking Trip. SAVE THE DATE! More details to follow. Leader is Kathy St. Peters.



Membership Form

Name:	I'm Interested in:
Additional Name (s)	Singles
Address	Lead Trips
	Assist Trip Leaders
City State Zip	Trail Work
E-mail	Family/Kids
Telephone () -	Special Projects
Cell Phone () -	Lead Day Hike/Bike/Ski
	Other: Specify
I do not want my phone # listed in the printed membership roster	
☐ I already receive the Wednesday Wanderers weekly e-mail ☐ I wish to receive the Wednesday Wanderers weekly e-mail	, <u> </u>
Membership Type (please circle one)	Payment Information
E- Newsletter or Bulk Rate First-Class	Membership Amount \$
Individual/Solo Family/Household Solo Family/House	thold Trail Fund Donation \$
1 year \$20 \$20 \$25 \$25	Total Amount Enclosed \$
2 years \$38 \$38 \$48 \$48 \$48 \$48 \$48	We encourage a donation of \$5 or more to help support trail improvements (not tax-deductible)
3 years \$56 \$56 \$71 \$71 \$71	We encourage you to register and pay membership dues online at www.north-
Notes: First class receives the club newsletter via first class ma Membership fee covers all individuals at one address; it is not a per-pers cost.	on NSSTC, Inc. P.O. Box 4275
Do not mail me the hardcopy newsletter- save money & trees	St. Paul, MN 55104-0275

NSSTC Trip Reservation and Waiver Form – for scheduled multiday club trips

Trip date(s)	Destination	Numbe	er of places	
Membership expiration date	(Check the address label on your Loype.)			
	can be filled and no additi	onal cost is incurred b	er.) NOTE: Trip deposits will be refund y trip leaders or other participants. An pe applied to trip expenses.	
Name		Name		
Home phone	Day phone	This is my (o	ur) first trip	
Street address		This is a new membership		
City, state, zip				
Emergency Contact: Name		Relationship	Phone	
for its participants, including risk of successors, executors and subro child or ward of mine the North S to defend and indemnify NSSTC	of injury or death, and in orges to hold harmless for tar Ski Touring Club (NS) from any claim or injuries ollowing physical or medic	consideration of my pa r any claim for any dar STC), its members, trip s to said minor child or	, has inherent risks, hazards and dang articipation, I agree for myself, my heir mages or injuries to myself or any min- o leaders and officers, and further agre ward of mine. Ty needs the trip leader should be awa	s, or ee
Name, signature, and date are re		s) of party		
•	·		Date	
			Date	
Name(s) of minor children				
(Minors must have parent or gua	rdian sign			
Signed			Date	
Leaders: After trip, mail complete	d forms to NSSTC Safety	y Coordinator, P.O. Bo	x 4275, St. Paul, MN 55104.	
Rev 1/14/12				
"Document Library."			k on "Resources" tab and then on	

CROSS-CUT SAW CERTIFICATION

John Elliot, registrar for BRTA, has informed us that cross-cut saw certification classes for trail clearing will take place on April 14 at Rum River North County Park in St. Francis – located at 23100 Rum River Blvd NW, St Francis, MN 55070. The entrance to the park is immediately west of the high school and the building is straight west near the river. The outside activity will be at Lake George Regional Park, about two miles south. The classroom portion will begin at 8:00 am with field certification to follow. You should be all finished by around 4:30.

These classes are intended for those who will actually do work on public trails. If you are interested, please contact Jon Clark, at jrclark75@yahoo.com, (612) 275-9556, or Dana Siskind at 612-929-0205 with your name, address, e-mail, and phone number (preferably cell). John has also informed us that enrollment will be taken on a first come sign up basis, since they have limited spaces available. So please send us this information as soon as possible.

NSSTC SPRING BANQUET

SUNDAY, APRIL 28 2019 Keller Golf Course, 2166 Maplewood Drive, Maplewood, MN

4:30 PM Cash Bar and Socializing 6:00 PM Dinner and Program

Cost: \$30/person

1) To pay online follow this link: (small additional charge)				
https://north-stars.clubexpress.com/content.aspx?page_id=4002&club_id=402040&item_id=941885 O				
2) Complete the for Florence Fadell 4360 Brookside Court #3 Edina, MN 55436	m below indicating your meal choice(s). Mail the completed form to			
	are required by Monday, April 15 No walk-ins or late registrations will be s can be given. FFI: Fran Howley, franmhowley@gmail.com , 612-869-8971 or Carol net.			
MENU CHOICES Entrees are accompanie Sweet Butter, Coffee or	d by plated Salad(VV, GF), Chef's Choice of Vegetable, Artisan Bread Basket with			
Grilled Beef Medalli	ons with Bordelaise Sauce (GF) Herb Roasted Potatoes, Fresh Vegetable			
Grilled Salmon (GF)	Citrus Butter Glaze, Herb Roasted Potatoes, Fresh Vegetable			
Grilled <u>Portobella M</u>	Iushroom Stack (V, GF) Vegetable Risotto/Spinach/Balsamic Glaze			
Please print your name	e(s) and meal choice(s)			
Name	Entree choice			
Namo	Entrop choice			

OR

