

Løype

News of the North Star Ski Touring Club

www.north-stars.org

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

NSSTC 2019-2020 Board of Directors

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

Trips Coordinators: Ann Rhea, 612-709-8992, acrhea@gmail.com
Wednesday Wanderers: Carol Krush, 612-822-5282
Trail Development: Jon Clark 612-275-9556
Tools Supervisor: David Siskind, 612-929-0205
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Advertising: currently vacant

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Membership: Sally Richards, 651-452-2247, membership@north-stars.org
Publicity: currently vacant
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Administrative Teams

Strategic Initiatives: Kathy Kelly, 612-418-4668
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Volunteer Coordinator: Barb Wahman, 651-483-0327
Government Liaison: Arne Stefferud, 651-332-3872
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Loype submissions (messages, articles and photos): loype.news.editor@north-stars.org
or David Siskind: dsiskind@earthlink.net

The Løype is published seasonally. Deadlines for articles are the first of the month before publication date.

Winter 2019/2020	Deadline: October 1, 2019	Publication date: November 2019
Spring 2020	Deadline: February 1, 2020	Publication date: March 2020
Summer 2020	Deadline: April 1, 2020	Publication date: May 2020
Fall 2020	Deadline: August 1, 2020	Publication date: September 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 or acrhea@gmail.com

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

Front cover photo: Eric Ramstad and trail-work at Camp du Nord, 2010.

Rear cover photo: North Stars hiking on the Kinnickinnic River, 2013, Photo by Eric Ramstad

CLUB NEWS AND MESSAGES

FROM OUR PRESIDENT BRUCE

NS has two volunteer vacancies:

Someone to coordinate publicity. We owe great thanks for all the work that Dana Siskind and others have done for NSSTC to be at Open Streets and Minnesota Youth Ski League events. But there are additional opportunities that NSSTC could be capturing.

We also urgently need someone to be the contact for those who want to advertise with us. Thanks to Susan von Mosch for doing this for many years. Advertising income has been an important source of revenue from the Loype and a potential source of revenue from our website – all of which helps to keep our club dues low.

We need our members' help to keep this club going! Call me or Barb Wahman or send a note to volunteer@north-stars.org. NSSTC cannot go on without your help.

Time to plan fall and winter outings.

Members should consider leading or co-leading a club outing this fall or winter. The easiest outing is a day trip of a few hours – any day, but the Wednesday Wanders are always looking for new ideas. Or a little more work would be a multi-day trip. And remember, quite a few members of NSSTC are retired, so both weekends and mid-week events are popular. See the article by Ann Rhea (below) and be sure to check with Ann to be sure your event does not conflict with events already planned

FROM ANN RHEA, OUR SCHEDULE COORDINATOR

It's time to schedule fall/winter day and overnight trips! A diverse and event-filled trip schedule is the lifeblood of NSSTC. We especially encourage trips to new locations – both day and overnight trips or extended trips

(5 nights or more) – to keep our schedule interesting and exciting. There are innumerable hiking, skiing, and snowshoeing opportunities in Minnesota and western Wisconsin with nearby lodging. Remember, NSSTC has a lot of retired members and that means opportunities for midweek trips. Most of our trips have both a leader and a co-leader. If you are interested in becoming a new leader, or need help finding a co-leader, contact me.

The deadline for the Winter Loype, which is our big winter trips issue, is October 1st with distribution on November 1st. If you want to lead anything before November 1st we can get it posted in the weekly e-Loype. Also, please check with me on available dates for both daily and overnight events. We want to avoid conflicts of trips on the same dates. Email your questions or trip info to Ann Rhea - acrhea@gmail.com

NORTH STAR OCTOBER MEETING

IMMANUEL LUTHERAN CHURCH
104 SOUTH SNELLING AVENUE, ST. PAUL
(parking lot on north side of Church)
Tuesday, October 8, 2019
6:30 p.m. - Social Time
7:00 p.m. - Business & Program

Program: FIS WORLD CUP RACE IN MINNEAPOLIS!
Fastenal Parallel 45 Festival and FIS World Cup Race presented by COOP - Tuesday, March 17 - Theodore Wirth Park
The fastest cross-country skiers in the world will be competing in Minneapolis as part of the premier world cup tour March 14 to 17, 2020, at Theodore Wirth Park. The spectator-friendly sprints on March 17 offer an easy way for Minnesotans of all ages to watch Olympic medalists and elite skiers from around the world compete in the most important high-stakes racing of the year. Organized and planned by the Loppet Foundation staff and hundreds of volunteers in consultation with the International Ski Federation, this four day festival (March 14 to 17) will be the first time

since 2001 that a World Cup ski event has been held in the US. Come hear about the exciting events planned for the Festival including transportation, scheduling and entertainment, and what you can do to give Jessie Diggins and her USA teammates the home field advantage.

Our presenter, Mark Raderstorf is presently serving as Director of Community Engagement and Promotions for the Fastenal 45 Festival and FIS World Cup presented by COOP. He has been connected to the Loppet Foundation since its early days when the Loppet was a small race with several loops around Lake Calhoun. He served on the Board of Directors for the Loppet Foundation for 9 years. For the past 6 years, he has been a Coach for the Loppet Adventures program, where he has coached middle school students from Minneapolis Northeast Middle school. In his professional life, Mark is a rehabilitation psychologist, serving people with physical disabilities, through his private practice in St. Louis Park.

AL MAYER ON THOR'S 98th BD

On Thursday, April 25, a group of "Old Time" Wednesday Wanderers got together at Kohler Meadows Park to celebrate Thor's 98th birthday. It was a glorious re-union for many North Stars who participated in Wednesday Wanderer events over the years with Thor and gave us the opportunity to befriend each other again. It sure was fun to be with those we don't get to see as often as we would like.



CONSTANCE RUTLEDGE RE CHRIS

On a beautiful warm evening in late May that Chris Shaffer would have loved, a small group of her friends met at the Lake Harriet Bandshell to listen to music and dedicate this paver to her memory. Funded by the generosity of you who attended her memorial service in November, we were sure this would be a sweet, tangible reminder of the woman who lived near, biked, walked, enjoyed more than a few lattes, and listened to the music of Lake Harriet. You will find it towards the back of the concert area, appropriately positioned just left of center as you face the Bandshell stage.



TRAIL-WORK TRIPS – JON CLARK

It is the fall season. So time again to consider volunteering with other NS club members for ski trail clearing and maintenance activities up in the great outdoors of northern Minnesota. Over the past several years, there have been three different sites to choose from. And this year, the first is at Camp du Nord, on the North Arm of Burntside Lake near the BWCA. This is scheduled for Oct. 4 through Oct. 6. The dates for the Banadad site on the Gunflint trail are Oct. 25 through Oct. 27. The outing to the Cascade Lodge on the North Shore is scheduled for Oct. 27 through Oct. 29. Please refer to the master schedule and eloype for trip details and updates.

GARY FOLLETT & MARCY OTIPKA

These long-time North Stars were married at the Bakken Museum on July 20. They'd met on a canoe outing in 1986 on the St. Francis River in Big Lake, MN. Gary proposed to Marcy on Slim Lake (BWCA near Camp du Nord) in 1998 with your editor and wife Dana as witnesses. Needless to say, there were many NSSTC members present. Music, food, formal outfits, a beautiful ceremony and evening – everything perfect.

TED YOUNG, FROM TOM RICE

Ted Young at Boundary Country Trekking's Poplar Creek Guesthouse had a stroke last winter. Ted has been the driving force for the Banadad ski trail (on the Gunflint Trail) for decades and still organizes work trips and maintenance for the trail through the Banadad Trail Association (BTA). A GoFundMe program raised money to make modifications to the B&B to allow Ted to continue living at home. He has made significant progress recovering from the stroke and is continuing with rehab.

JEFF FAUCHIER (OR IS IT JESS AS THE NS DIRECTORY LISTS. NOTE THAT DAVID'S HEARING ISNT VERY GOOD)

This Rans recumbent biker was met by editor David while biking on the Luce Line east of Hutchinson. We talked biking, and when I mentioned skiing and North Stars, he said he's been a member since the mid-1970s. He bikes some with his wife Mary and 22-year-old son Jason. He is 72, about the NS average.

MINNESOTA YOUTH SKI LEAGUE (MYSL) AND THE WORLD CUP

Are you excited about the World Cup coming to Minneapolis? Looking for ways to be involved in this awesome event?


The World Cup Organizing Committee is looking for ambassadors who can get people excited to come to the World Cup Race on March 17 at Wirth Park.


They are looking for someone from the MYSL community who is energetic, sociable, and well-connected who would promote the World Cup race to families, especially to non-skiers that may enjoy attending the World Cup race. Some of this work would be in the fall, with the bulk of it in January and February leading up to the race in March. The main responsibilities are community outreach, emails, social media posts, etc. Meetings with the organizing committee take place at Wirth Park in Minneapolis.

Do you know someone who would be perfect for this unique opportunity? Perhaps its you! Let Chrissy (chrissy@mysl.org) know and she will get you in touch with the World Cup committee.

5

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DANA ON PROMOTING OUR CLUB

The NSSTC tent will be filled with it's famous "summer snowstorm" again on Sept 22 at Nicollet Open Streets. It's hard to estimate how many new members we actually get from these events, but a lot of people pick up our cards and seem interested. We need to provide these interested newcomers with activities that they can join us in. This Loype covers September and October (there will be another coming out on November 1). It is easy to add an event to our schedule - just think of your favorite activity and decide to open it up to others. Send Ann Rhea (acrhea@gmail.com) a description of your activity and she will put it on the master schedule and make sure it gets in the eLoype the week before the event. I remember the volume of events on the schedule when I was a newcomer and it was always fun to meet new people and try new things. Let's fill in these weekends and even week days with fun things to do!

ACTIVITY SCHEDULE

September 2019

Sept 4, Wed {WW} Cannon Falls Bike Ride. Leader is Jani Wagner. Watch for details in the eLoype, on the club website, and in WW mailings closer to date of the event.

Sept 19, 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.

Sep 21, Sat (AK) Kids Explore Veteran's Memorial Park in Richfield. We just discovered a great place to explore - fun playground, nature paths, trees to climb, mini-golf course and an ice cream shop, all at one location! Join us at 12:30 p.m. for an afternoon of fun at the Veteran's Memorial Park (6335 Portland Ave. S., Richfield, MN 55423). Mini-golf costs \$9 for adults, \$7 for kids and seniors. Check the web site (www.wheelfunrentals.com) for more details and prices of snacks, the playground and climbing trees are free! There is a farmer's market at this location in the morning until noon. We will meet in the parking lot near the playground. FFI: Dana Siskind - 612-929-0205.

Sept 22, Sun {AK} Open Streets Nicollet, 11:00 a.m. to 5:00 p.m.. We will be setting up the NSSTC tent and promoting the club at this event. Check the Open Streets website, www.openstreetsmpls.org, for more details. We'll find out a week or so before the event exactly where our tent will be located and the details will be published in the eLoype. We need lots of volunteers to help staff the tent so please check your calendars and save some time to promote our great club! FFI: Dana Siskind, 612-929-0205.

Sept 30-Oct 3, Mon-Thur {A} Fall North Shore Hiking - ONE PLACE LEFT AND ROOM ON THE WAIT LIST! Enjoy the fall colors from spectacular vistas on the ridge line overlooking Lake Superior. Hikes will be on the Superior Hiking Trail with opportunities available for both casual and aggressive hikers. Lodging at Superior Ridge Resort, 8041 Highway 61 in Schroeder. Condo #B has 2 two-bedroom units. Each bedroom has 2 queen beds plus bath. There is a kitchen (with stove, microwave and fridge) with a dining table and a small living area between the bedrooms. Towels, bedding and kitchenware basics are provided. Please see website, www.superiorridge.com, for more info.

Trip accommodates 8 people. Approximate cost of \$160 plus food and gas. Monday check-in after 4:00 p.m. Monday evening meal, all breakfasts, all trail lunches, snacks, and

beverages are on your own. Tuesday potluck dinner will be shared together in condo kitchen. Wednesday dinner will be at a local restaurant. Be sure to indicate dietary restrictions on waiver.

Mail deposit of \$50/person (check payable to Kathy St. Peters) and club waiver to Kathy St. Peters, 716 Everett St S, Stillwater, MN 55082. Deposit with completed waiver will be accepted until August 1 in the order received; once the trip is full a wait list will be maintained. FFI: kathystp28@gmail.com or 715-441-7345 (text message preferred).

*NOTE: This trip was changed to weekdays so as to not overlap the Camp du Nord trail-clearing weekend. You can hike with us and still have the option of enjoying the fall colors while working on the North Arm hiking/ski trails outside Ely.

October 2019

Oct 3-6, Thurs-Sun {AK} Trail Clearing at Camp du Nord. The North Arm trails near Ely, MN have been a favorite of the North Stars for many years. These are single-track ski trails through the woods into the BWCAW that we have helped develop and maintain. No machine grooming, except for a few km right around the cabins and outside the Boundary Waters. Join us as we hike into the Boundary Waters to clear these beautiful trails with hand tools provided by the US Forest Service. Camp du Nord provides meals Friday morning thru Sunday brunch and lodging in the Northland Village cabins.

Drive up Thursday, either eat dinner in Ely or bring something out to camp to fix (there are full kitchens in each cabin). We work all day Friday and Saturday and have the option to paddle or hike on Sunday before and/or after brunch. Gas reimbursement as per club policy for those who carpool. Terrence Smith will call a dance for us this weekend to help loosen our tired muscles (it really does help) and the sauna is ready and waiting for us. There is a limit of 20 people, so sign up early.

Send your signed reservation and waiver form with a check for \$35/person (payable to Dana Siskind to Dana at 5812 Thomas Circle, Minneapolis, MN 55410. You will receive a partial refund when you arrive at camp; the remaining money will cover the cost of the dance. FFI: Dana Siskind, 612-929-0205 or Laura Baker, 651-429-2412.

Oct 8, Tues {A} NS first meeting of the season. See announcement on page 3.

Oct 12, Sat (AK) Kids Explore Clifton French Regional Park. The playground at French Park has been rebuilt and is bigger and better than ever. Let's meet at the visitor center (12605 Rockford Road, Plymouth, MN 55441) at 10:30 a.m. to explore this new play structure. We can also explore the hiking trails throughout the park (we might be skiing on them come winter). Bring a bag lunch and a snack to share with our friends. FFI: Dana Siskind - 612-929-0205.

Oct 17, 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: see Sept 19.

Oct 25 to 27, Fri to Sun. Trail-work at Banadad. details will be in the eLoype. Leaders are Tom Rice, 612-562-2946, tjr@trhys.net and Dave Siskind, (612-929-0205, dsiskind@earthlink.net)

Oct 27 to 29, Sun to Tues. Trail-work on the North Shore. Details will be in the eLoype. Leader is Frank Janezich, 612-360-0068, fjanezich@gmail.com

November 2019

Nov 16, Sat {A} MYSL Ski Swap at the Boy Scout Base Camp. We will have our NSSTC tent set up for this event. There are many ways North Stars can help at this event - donate old skis or equipment for the sale; come shop for

great deals for yourself and your family; volunteer to help either with the sale or at the tent representing NSSTC. Base Camp : 6202 Bloomington Road, Fort Snelling, MN Check the Winter Loype or the eloype for more details. FFI: Dana Siskind at 612-929-0205, or www.mysl.org/events/skiswap.

Nov 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: see Sept 19.

December 2019

Dec 4, Wed {WW} Hike or ski William O'Brien State Park. Susan von Mosch. Watch for details in the e-Loype, on the club website, and in WW mailings closer to date of the event.

Dec 7, Sat (AK) Elm Creek Nordic Opener. This is the Third Annual Nordic Opener, a fantastic free event sponsored by Three Rivers Parks. It is a great opportunity to meet new skiers and promote our club while having lots of outdoor fun. Plans for this year are looking like even more fun than last year, with races, lessons, new equipment to try, etc. We will have our NSSTC tent set up to offer friendship and assistance to those who are interested in XC skiing. We would like to offer an opportunity for people who have just taken a mini-lesson to ski a bit more with an experienced skier (namely one of us). We will need volunteers for the tent as well as to be "ski buddies" for new skiers. More info to follow. FFI: Dana Siskind at 612-929-0205

Dec 18, Wed {WW} Hike or ski White Elephant Holiday party. Carol Crush. Watch for details in the eLoype, on the club website, and in WW mailings closer to date of the event.

Dec 19, 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: See September 19.

January 2020

Jan 24-Feb 1, Fri-Sat {A} Ski the Methow Valley in Washington. Please be sure to contact the trip leader (info below) for trip availability. If it is full, you are strongly encouraged to add your name to the wait list.

Join us on the fourth North Star trip to the Methow Valley, located on the eastern slope of Washington's North Cascades at 2,000 feet above sea level. The Methow Valley has more than 200 kms of groomed ski trails, many outside our door. There are trails for every ability. We'll stay at the Mazama Country Inn, enjoying their fabulous meals and accommodations. Ground transportation, ski passes, lodging, all meals and gratuities are included. We fly to Spokane, WA (purchase your own airline ticket) and drive minivans to Methow Valley, a 3- to 4-hour drive. There we'll enjoy seven days of glorious skiing and beautiful scenery. Cost is based on 24 club members. Estimated cost of \$1495 per person includes ground transportation, all food, lodging, gratuities and ski passes.

Registration & Payment: Begins April 18, 2019
\$500 deposit due with trip waiver form upon registration, accepted beginning April 18, 2019
\$500 payment due September 1, 2019
\$495 payment due November 1, 2019
Contact the trip leader about refund policies
Mail payments & waivers to Craig Freeman,
5805 Beard Ave S, Edina, MN 55410
FFI: Craig Freeman,
freemancraig@hotmail.com

March 2020

Mar 14-24, Sat-Tues {A} Ski Norway. Please be sure to contact the trip leader (info below) for trip availability. If it is full, you are strongly 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-the-art trail-grooming equipment. Accommodations are at our favorite 4th-generation, family-owned Rustad Mountain Lodge. Meals are big buffet-style Norwegian breakfasts, pack-your-own 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 \$3,000 (double occupancy) includes two nights in Oslo with breakfasts before flying home on March 24.

Post-trip Option: Mar 22-30, Ski at Venabu. By popular demand we have reserved space at Venabu for an additional six days of skiing. You will be going straight to Venabu from Sjusjoen and spend two nights in Oslo at the end of your trip. Accommodations at Venabu include traditional big buffet breakfasts, make-your-own trail lunches, and "out of this world" buffet evening dinners. Skiing is right from the door on a network of more than 140K of groomed trails. Additionally, it is possible to do tours into the Rondane National Park where trails are staked only (not machine-groomed). Venabu offers a number of optional activities (for a fee) such as guided "ski safaris," backcountry tours, and guided snowshoeing tours to the spectacular ice falls at Myfallet. Approximate total cost for this week as well as the week in Sjusjoen is \$4,000 (double occupancy). Cost includes two nights in Oslo with breakfasts before flying home on March 30.

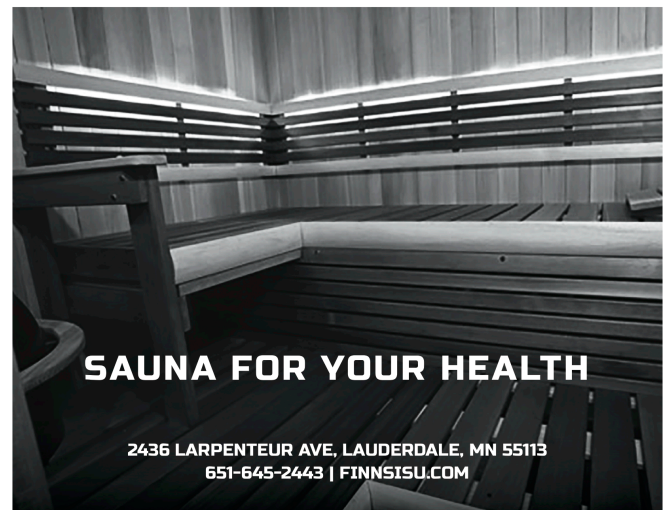
FFI and to request a complete copy of the Trip

Description/Terms and Conditions, please contact Solveig Olson at 612-377-2483 (home), 612-770-7440 (cell), or solveigjolson@gmail.com. Full trip details can also be found on the home page of the NSSTC website, www.north-stars.org.

WEDNESDAY WANDERER TRIPS

The above schedule only includes those WW events where some information has been provided. There will be a WW ride, hike, ski, whatever, every Wednesday. Check the eLoype and WW notices for details on these.

finnsisu



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

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 member(s) 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

Additional forms are available from the club's website, www.north-stars.org. Click on "Resources" tab and then on "Document Library."



NS Bikers
at Lake
Phalen.
Photo by
Sally
Richards
2017?



Membership Form

Name:		
Additional Name (s)		
Address		
City	State	Zip
E-mail		
Telephone ()	-	
Cell Phone ()	-	

I'm Interested in:

- ☐ Singles
- ☐ Lead Trips
- ☐ Assist Trip Leaders
- ☐ Trail Work
- ☐ Family/Kids
- ☐ Special Projects
- ☐ 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, or
☐ I wish to receive the Wednesday Wanderers weekly e-mail

- ☐ I **already** receive the weekly e-Loype, or
☐ I wish to receive the e-Loype (weekly e-news)

How did you learn about the North Star Ski Touring Club?

Membership Type (please circle one)

	E- Newsletter or Bulk Rate		First-Class	
	Individual/Solo	Family/Household	Solo	Family/Household
1 year	\$20 <input type="checkbox"/>	\$20 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$25 <input type="checkbox"/>
2 years	\$38 <input type="checkbox"/>	\$38 <input type="checkbox"/>	\$48 <input type="checkbox"/>	\$48 <input type="checkbox"/>
3 years	\$56 <input type="checkbox"/>	\$56 <input type="checkbox"/>	\$71 <input type="checkbox"/>	\$71 <input type="checkbox"/>

Notes: First class receives the club newsletter via first class mail. Membership fee covers all individuals at one address; it is not a per-person cost.

☐ **Do not mail me the hardcopy newsletter-save money & trees**

Payment Information

Membership Amount \$ _____
 Trail Fund Donation \$ _____
 Total Amount Enclosed \$ _____

We encourage a donation of \$5 or more to help support trail improvements (not tax-deductible)

We encourage you to register and pay membership dues online at www.north-stars.org You can also mail this form and a check to:

**NSSTC, Inc.
 P.O. Box 4275
 St. Paul, MN 55104-0275**

NORTH STAR

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Address Service Requested

Form area for address service request, containing fields for Name, Day phone, and Night phone.

