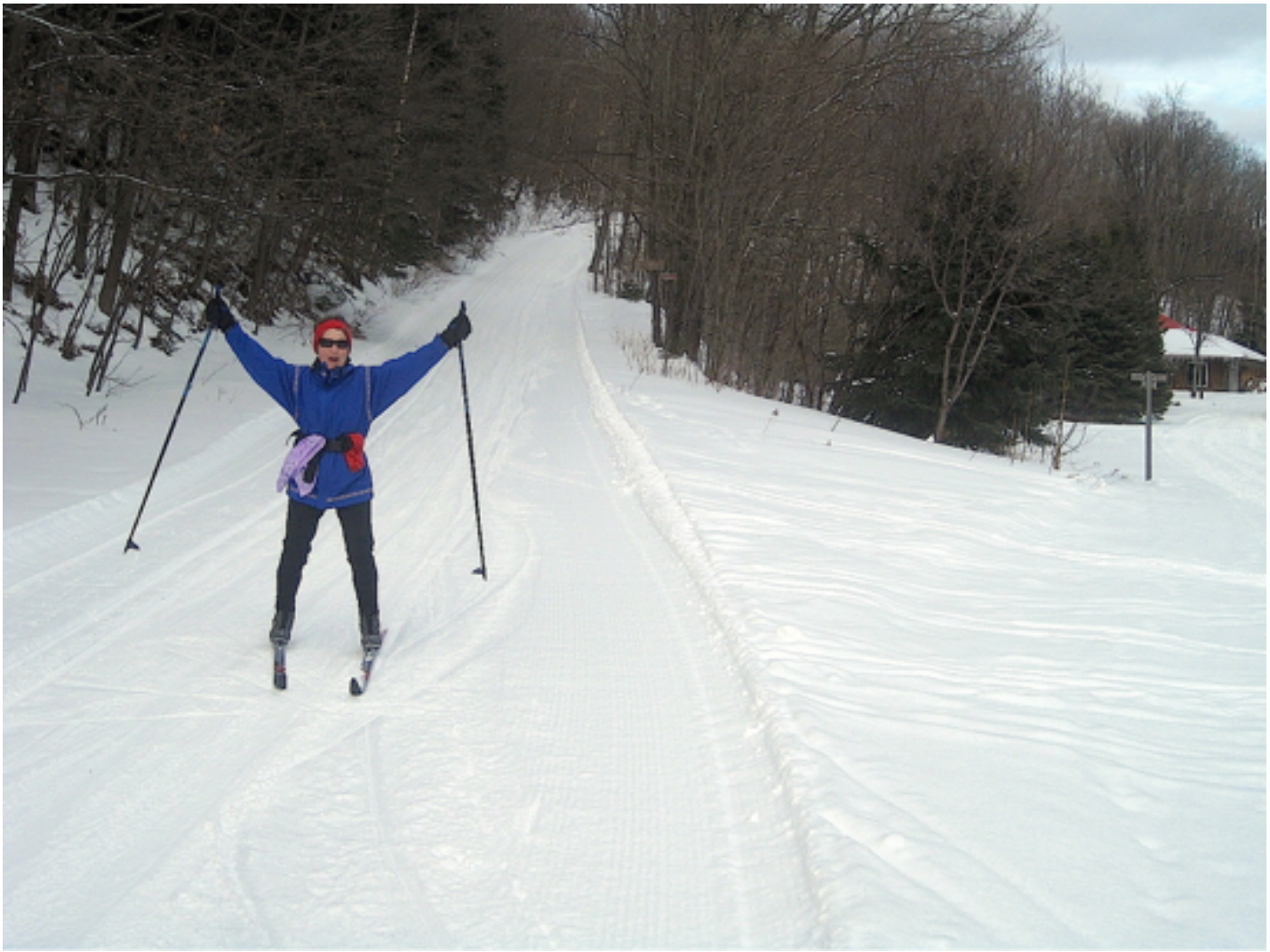
Løype

News of the North Star Ski Touring Club
www.north-stars.org
Volume 54 - Number 1 - Fall 2021



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

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Loype submissions (messages, articles and photos): editor@north-stars.org or David Siskind: dsiskind@earthlink.net

The Løype is published by seasons. Deadlines for articles & news are the first of the month before the distribution date.

Winter 2021/2022	Deadline: October 1, 2021	Distribution date: November 1, 2021
Spring 2022	Deadline: February 1, 2022	Distribution date: March 1, 2022
Summer 2022	Deadline: April 1, 2022	Distribution date: May 1, 2022
Fall 2022	Deadline: August 1, 2022	Distribution date: September 1, 2022

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

Trip submissions: Submit trip info for the Master Activities Schedule via email with full event details to Ann Rhea, Schedules@north-stars.org or acrhea@gmail.com

World Wide Web: http://www.north-stars.org
Electronic mail: nsstc@north-stars.org
Cover: Margie Schally celebrating a safe arrival down Stokely Creek's Home Run Hill, 2011.
Back page: NS Picnic at Wabun Park, Aug 1, 2021.
Page 11: Elizabeth on the Steps, Nov 1991 (age 11).

CLUB NEWS AND MESSAGES

LIKE THE MARY ELLEN CARTER, THE NORTHSTARS WILL RISE AGAIN

(Thank you Stan Rogers. If you don't know him, I suggest you get acquainted.)
Hard to say right now, it appears we'll be getting back towards normal, unless, the Delta variant (or Gamma or Epsilon...) sets us back. We had a club picnic. A rescheduled banquet and regular NS fall & winter meetings will occur. Trail work trips are in planning as are other events the North Stars have done in the past. Our three extended trips that didn't go last year are back for 2022. The editor's opinion as a doctor (not the kind that helps people, however) is to get those shots. Getting COVID is no picnic nor especially is it giving it to others.

CLUB PICNIC, AUGUST 1

Was a huge success according to Jane Norman. By the smiles, hugs and nearly non-stop talking you could tell that everyone was having a good time. For the sixty people present it was fun to see people thay hadn't seen in months. The weather couldn't have been better and the food was delicious. Thank you Sharon Mickelson, our new Vice President, for organizing this year's picnic.

WEDNESDAY WANDERERS, Carol Krush

WW outing leaders still needed for all of September and one Wednesday in October (October 20th). Gary Solberg has also volunteered to lead additional rides on some Fridays and Saturdays.

Wednesday outings:
August 4th--bike ride Gary Solberg
August 11th--hike Lois Laitinen
August 18th--bike ride Jim Ruhl
August 25th--hike or bike Fran Howley
October 6th--Lucy Osojnicki
October 13th--Fran Howley
October 27th--hike Lois Laitinen

Thanks to all the volunteers who've stepped up to the plate so far!!
Just a reminder----it's very important for volunteers to google and include an exact address of the meeting place in the description of your outing insofar as possible.

TRAIL WORK TRIPS

We'll be returning to du Nord (Sept 30 - Oct 3) and the North Shore (Nov. 2-4). Work on the Banadad trails is unlikely, mainly because of Ted Young's health issues. Tom Rice reported for Banadad: "The most I'd expect is, if the trail association schedules a work day this fall, I'd just put a note in the eloype if there was an opportunity for north stars to join

in. Which would beg the question whether North Star fuel reimbursement would apply for something like that. Trip details are in the Activities Section.

OPEN STREETS
Oct 10, Sun (AK) Open Streets Lyndale. See the Activities Schedule

SKI OPENER
This is a Heads Up. We'll have more info in the Winter *Loype*. The event will be back at Three Rivers Park's Elm Creek Park on December 11th. We expect to have our NS tent and display there again and some volunteer Ski Buddies to guide beginners who will have just completed their first XC lesson. Those who did this last time reported it was great fun and rewarding. To volunteer for the tent & display, contact Dana. For the Ski Buddy program, contact David. Both are still at 612-929-0205.

NS BANQUET
Our traditional "Spring" banquet will be October 17, returning to Keller Golf Course. The sigh-up form was in the Summer *Loype* and is also in this edition.

BAD NEWS
All the above is good news but we've had another NS member death. Jill Mithun died April 13 at age 79. Her obit reports her career teaching at the Sangamon State University in Springfield, IL and at State University New York-Old Westbury and later working for the State Dept. in Washington, DC. She had been an anthropologist and a social worker. Her busy travel and outdoor activities were mentioned including sailing, skiing and hiking. The Minneapolis Hiking club and North Star Ski Touring Club were mentioned.

This is a photo used for her obituary in the Mpls Star-Trib.

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Midwest Mountaineering:
www.midwestmtn.com

ACTIVITY SCHEDULE

August 2021

Aug 11, Wed {WW} Hike Maplewood Nature Center, Beaver Lake, and Beaver Creek. Meet at 9:45 a.m. in the parking lot at Geranium Park, 2568 Geranium Ave E, Maplewood, MN 55119. Begin hiking at 10:00, rain or shine. This is a 6-mile urban hike with a variety of scenery; it will be on asphalt, gravel, and dirt trails with connections through residential areas and a few busy streets. Usually lots of birds singing, pretty flowers, and wildlife to see. Bring a bag lunch and water for a picnic stop midway through the hike. FFI: Lois Laitinen, 651-802-1729.

Aug 14, Sat {A} Bike Rice Creek North Trail and View Antique Cars. Meet at 1:30 a.m. at the Long Lake Regional Park boat launch parking lot, Beach Road, New Brighton, MN 55112; begin biking at 1:45. Mileage is 23.5 miles. Bike city streets and trails of New Brighton, Arden Hills, Shoreview, and Circle Pines. Bike through 7+ parks. At end of bike ride, view antique cars (made from 1903-1915) as they finish their 120-mile ride from New London, MN. Directions: if heading east on I-694 from I-94, take the Long Lake Rd exit, turn left and go over I-694; take a quick right on Beach Rd and follow the road to the parking lot. If heading west on I-694 from I-35W, take the Long Lake Rd exit, turn right on Long Lake Rd and follow the directions above. FFI: Gary Solberg, 612-401-7561 or email gary_solberg@yahoo.com.

Aug 18, Wed {WW} Bike or Hike. Jim Ruhl will lead an outing. Watch for details in the eLoype and/or a WW email.

Aug 25, Wed {WW} Bike or Hike. Fran Howley will lead an outing. Watch for details in the eLoype and/or a WW email.

September 2021

EUROPEAN BIKE TRIP, 4 COUNTRIES AND 2 BIG LAKES. Sept 11 - 25, 2021. Openings are available for 2 women or 2 men or a couple on the extended bike trip, 4 countries and 2 big lakes. Starting and ending in Constance, Germany we'll spend 2 weeks biking along Lake Zurich and around most of Lake Constance. These are the biking dates and do not include transit time from the US. For more information, contact Chip Treen or Laura Baker at 651 429 2412 or ctreenmn@gmail.com. Confirm your spot with a deposit of $500 and a waiver. Send to Chip Treen, 2265 Luther Place, Apt 107, St Paul, MN 55108. Paypal is also an option, though please call before using.

Sept 27-30, Mon-Thurs {A} Hike the North Shore Superior Hiking Trail. Enjoy the fall colors from spectacular vistas on the ridgeline overlooking Lake Superior. Hikes will be of moderate difficulty, lasting up to six hours each day, on the Superior Hiking Trail. Lodging

will be at the Superior Ridge Resort, 8041 Highway 61, Schroeder, MN 55613. Drive up Monday, hiking along the way if desired. Group hikes both Tuesday and Wednesday. Leave after breakfast on Thursday for more individual hiking and home OR head to Ely to join up with Dana Siskind's Camp du Nord trail-clearing weekend (Sept 30-Oct 3). ***Meals:*** Dinner is on your own Monday night. Dinner provided at the resort on Tuesday. Group dinner at a local restaurant (your dime) on Wednesday. Farewell group breakfast provided Thursday morning. All lunches, snacks and breakfasts (Tuesday and Wednesday) on your own. ***Details:*** Cost is $185, due at registration. Mail club waiver and check (payable to the leader) to Craig Freeman, 5805 Beard Ave S, Edina, MN 55410. Check-in is after 4:00 p.m. on Monday afternoon. The trip accommodates eight people. ***Cancellation policy:*** Cancellations before August 20, 2021 - full refund. After August 20: no refund unless the spot is filled from the waiting list. FFI: Craig Freeman, 612-387-4589, freemancraig@hotmail.com; Carol Wahl, 651-338-2741, cjwahl@comcast.net.

Sept 29, Wed {WW} Hike Shady Oak Lake in Hopkins. Come check out the progress of the LTR. Meet at 9:45 a.m. at Jane Laub's house, 5421 Pompano Drive in Minnetonka (park on the north side of the street only). We will hike down Smetana, then through a residential area to a path around Shady Oak Lake. The route is approx. 4 miles with a shorter option. Bring a lunch to enjoy at Jane's after the hike. We'll have hot cider, tea, coffee and water. FFI: Jeanne Papin, jeapap@me.com, 612-309-9376; or Jane Laub, janelaub@gmail.com, 612-210-6581.

Sept 30- Oct 3, Thur-Sun {AK} Trail Clearing at Camp du Nord. Anyone up for a FREE weekend in the North Woods? The North Arm trails near Ely, MN have been developed and maintained by the North Stars for many years and they are adding a new trail this summer. These are single-track trails through the woods into the BWCA, so they are not machine-groomed. Join us as we hike into the Boundary Waters to clear these beautiful trails with hand tools provided by the US Forest Service. We work all day Friday and Saturday and have the option to hike or paddle on Sunday morning. Gas reimbursement will be as per club policy for those who carpool. Food and lodging are provided. There are still some COVID restrictions in place, so no dance this year and we may or may not get to eat together in the dining hall. There is a limit of 20 people, so sign up early. Send your signed reservation and waiver form with a check for $25/person (payable to Dana Siskind) to Dana at 5812 Thomas Circle, Minneapolis, MN 55410. This will be returned when you arrive at camp. FFI: Dana Siskind, 612-929-0205, or Sue Beltt, 763-551-9123.

October 2021

Oct 6, Wed {WW} Seven-Mile Hike in Mendota Heights/Lilydale/St. Paul. Meet at 10:00 a.m. at Valley Park in Mendota Heights, ready to start hiking at 10:15. Bring a water bottle and lunch. We'll eat in the park after the hike. Take Hwy 62 east to the first stoplight past 35E (Dodd Rd). Turn left and continue to first stop sign (Marie). Turn left and continue to park (821 Marie Ave W). Park in the parking lot or on the street. FFI: Lucy Osojnicki, 612-386-7664.

Oct 10, Sun {AK} Open Streets Lyndale. Open Streets is back (we think)! They have cancelled the July and August events but the September/October events are still scheduled. By setting up the NSSTC tent with its snowstorm this close to ski season, perhaps we can interest some new people into trying out our great club. There will be more information in the eLoype closer to the time of the event. We'll need volunteers to staff the tent for an hour or two -- so save the date and come help us promote our favorite winter activity. FFI: Dana or David Siskind, 612-929-0205.

Oct 13, Wed {WW} Bike or Hike. Fran Howley will lead an outing. Watch for details in the eLoype and/or a WW email.

Oct 17, Sun {A} North Star Banquet. Our delayed 'spring' banquet is returning to Keller Golf Course in Maplewood. Details and a registration form are on the club website and in this *Loype.* Note that the link button won't likely work on the paper Loype. For that, use the club website.

Oct 27, Wed {WW} Hike Markgafs Lake and Powers Lake in Woodbury. Meet at 10:00 am in the parking lot and start hiking at 10:15, rain or shine. This is a 4-mile urban hike on asphalt trails with brief connections along busy streets and through residential areas. Nice trees, lots of water, and beautiful to see. Bring a bag lunch and water for fall picnic at covered shelter after the hike. The address for Powers Lake Park is 10000 Brookview Rd, Woodbury, MN 55129. Directions: take I-94 east from St. Paul, go south on Woodbury Dr, turn left at Fox Run Rd, take next right on Brookview, go one block to the parking lot on right. FFI: Lois Laitinen, 651-802-1729.

November 2021

Nov 2-4, Tues –Thurs {A} Trail work on the North Shore. Frank reported: I am pleased to report that NSSTC is invited to do North Shore Trail Clearing this Fall in the Tofte/Lutsen/Cascade River area. I have agreement for up to 20 North Stars to arrive on Tuesday November 2 to "check in" at our assigned resorts, to clear trails on Wednesday November 3 and a half-day on Thursday, November 4. Food and Lodging are provided. Fuel reimbursement will be per club policy for those who car-pool. All North Stars on this trip are expected to be fully COVID vaccinated and adhering to MN Department of Health COVID guidelines. FFI: Frank Janezich, 612-360-0068.

Nov 13, Sat {A} Minnesota Youth Ski League ski swap. Info in the Winter *Loype*.

December 2021

Dec 11, Sat {A} Nordic Ski Opener at Elm Creek Park. NS tent display and volunteers. Ski buddies helping new skiers. More info will be in Winter *Loype.*

January 2022

Jan 28-30, Fri-Sun {A} Ski trip to Cloquet. Reserve the date on your calendar if you are interested. Details and registration to follow.

February 2022

Feb 7-14, Mon-Mon {A} Ski the Methow Valley, Washington. Join us on the fifth 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 kilometers of groomed ski trails, many outside our door. There are trails for every ability.

We'll stay at the newly remodeled Inn at Mazama, formerly the Mazama Country Inn. Ground transportation, ski passes, lodging (2 per room), and all meals are included. We fly to Spokane, WA (purchase your own airline ticket) and drive SUVs to Methow Valley, a 3- to 4-hour drive. There we'll enjoy six days of glorious skiing and beautiful scenery. The Ski to the Sun marathon is held on February 13 and is open to individuals and teams.

Cost: Cost is based on 16 club members. Estimated cost of $1700 per person includes ground transportation, all food, lodging, and ski passes. Airfare is extra.

Registration & Payment: $500 deposit due with trip waiver form upon registration, $600 payment due October 1, 2021, and a $600 payment due December 1. Mail payments & waiver to Craig Freeman, 5805 Beard Ave S, Edina, MN 55410

Cancellation Policy: Full refund if cancelled before November 1, 2021. No refund after November 1 unless your spot can be filled from the wait list.

FFI: Contact Con Rigas, conrigas@me.com, or Craig Freeman, freemancraig@hotmail.com or 612-387-4589.

Feb 20-27, Sun-Sun {A} Return to Stokely Creek in Ontario, Canada. The total estimated cost of the trip is $1,650, includes round-trip bus fare, room and board, ski (also snowshoe) passes, taxes and gratuities. To sign up now, send a club waiver and $350/person check (payable to Janet Jensen) to 6612 Humboldt Ave S, Richfield, MN 55423.
This deposit is nonrefundable unless a replacement is found. Second and third payments are due Sept 15th, 2021 and Nov 15th, 2021. Trip insurance is recommended. ***COVID-19 Vaccination Record Card may be required to enter Canada. Please bring it.*** FFI: Janet Jensen, 612-861-7489, harjanj@msn.com; or Marcy Otypka, 651-447-3532, wellpro@comcast.net.

NSSTC "SPRING" BANQUET

SUNDAY, OCTOBER 17, 2021

***Keller Golf Course**, 2166 Maplewood Drive, Maplewood, MN*

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

Cost: $34/person

There are two ways to Register:

1 Complete the form below indicating your meal choice(s), then… **Mail the completed form and your check for $34/person payable to NSSTC to:**

Florence Fadell
4360 Brookside Court #105
Edina, MN 55436

2 **Online reservations:** $35/person (includes $1 processing fee).
Link here to pay by credit card

NOTE: **Reservations are required by Monday, Oct 4.** No walk-ins or late registrations will be accepted and no refunds can be given.

FFI: Carol Wahl at cjwahl@comcast.net, 651-338-2741 or
Fran Howley, franmhowley@gmail.com, 612-869-8971

MENU CHOICES

Entrees are accompanied by plated Salad(V, GF), Chef's Choice of Vegetable, Artisan Bread Basket with Sweet Butter, Coffee or Tea, and Dessert (V=Vegan; GF=Gluten Free)

Grilled Beef Medallions with Bordelaise Sauce (GF) Herb Roasted Potatoes, Fresh Vegetable

Grilled Salmon (GF), Citrus Butter Glaze**,** Herb Roasted Potatoes, Fresh Vegetable

Grilled Portobella Mushroom Stack (V,GF) Vegetable Risotto/Spinach/Balsamic Glaze

Please **print** your name(s) and meal choice(s)

Name_____Entree choice_____

Name_____Entree choice_____

Note that the credit card payment Link won't work here. It's beyond the editor's skill level.

Methow Valley in a snowstorm, 2018

Dana & Becky on King Mountain Trail at Stokely Creek, 2017

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NORTH STAR SKI TOURING CLUB

North Star Ski Touring Club

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
- ☐ Volunteer for 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 emai

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

Membership Type (please select one) *(1/1/2020)*

	Newsletter via online only		Newsletter via 1st Class Mail	
	Individual/Solo	*Family/Household*	*Individual/Solo*	*Family/Household*
1 year	$20 ☐	$20 ☐	$30 ☐	$30 ☐
2 years	$38 ☐	$38 ☐	$58 ☐	$58 ☐
3 years	$56 ☐	$56 ☐	$86 ☐	$86 ☐

Notes: The club newsletter (Loype) is published quarterly and is available online to all members. Online saves money and trees
Membership fee covers all individuals at one address; it is not a per-person cost.

Payment Information

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

We encourage a donation of $5 or more to help support trail improvements.

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

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 at the Minnesota Youth Ski League ski swap in 2019. In 2021, it'll be Sat, Nov13.

Hiking Fort Snelling, 4-14-21. Photo by Sally Richards.

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