

June

Jun 2, Wed {WW} Bike Around Minneapolis. Bike around Minneapolis mostly using trails. Long route is about 33 miles and short route is about 24 miles. Meet at my house at 9:45 AM and be ready to start the ride at 10 AM. Lunch at Longfellow Grill after the ride. Directions: from West River Parkway (south of Lake St.) turn west on 32 St., and immediately turn left onto Edmund Blvd. My house is 4th house, 3212 Edmund Blvd. Stephanie Croteau 612-354-2025 sl13pc@aol.com

Jun 5, Sat A Bike Trip SW Metro. For the ride Saturday, June 5, be at Eden Prairie's Purgatory Creek Park just south of Southwest Station at 9:00 so that we can leave at 9:15 am. Purgatory Creek Park is at the intersection of Prairie Center Drive and Technology Drive. Coming from the Crosstown (212) or 494, it is the first exit off of 212 west of 494. We will take the HCLRTA to Shakopee, ride on river bike trails and low-traffic industrial streets east to the Bloomington Ferry Crossing, and back to Purgatory Creek Park via Staring Lake. For those interested, lunch will be at Chipotle by SW Station. Lee Wenzel will lead (Lee@WenzelAnalytics.com, 952-944-2699, Mobile 952-220-2558).

June 7, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Jun 9, Wed {WW} Meandering Trails to Hopkins. French Visitors Center, Plymouth. Meet at 9:30. Directions from Hwy 169 take Rockford Rd (Co Rd 9) west 1 1/2 miles to park entrance on left. Go south into park to Visitors Center Parking Lot. This is a scenic 30-35 mile bike ride using connecting paved trails and bike-friendly roads. Rest stop at Wendy's in Hopkins and optional lunch stop after ride. Lois Carlson, 763-540-0749 - cell at ride 612-805-1632 Lois Carlson 763-540-0749 emilia1943@aol.com

Jun 12, Sat A Bike Details will be in the e-Loype the Thursday before this ride. Garry Quam 612-964-6703

Jun 13, Sun A Kayak Watch for more details in the e-Loype right before the 13th. Fran Howley 612-869-8971

Jun 13, Sun A Bike Dakota Rail Trail & Potluck. Meet Sue and Ed 1pm at the Dakota Rail trail head parking lot (192 Grove Lane) in Wayzata for a 27 mile bike ride to St. Bonifacius. Optional 36 mile route includes some additional county roads for the 12 to 16 mph bikers. Plan for a potluck dinner afterward in Plymouth at Sue's condo pool house with full kitchen amenities. Swimming pool available if interested. Call or email to confirm: Sue Noskey 763-553-2043 or suenosk@q.com. Link to Wayzata trail head parking map: <http://dakotarailtrail.com/parking>

June 14, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Jun 16, Wed {WW} Afton Bike Ride. Meet at 9:45 a.m. and be ready to ride at 10:00 a.m. from Ojibway Park in Woodbury. The ride will be about 30 miles and there will be some hills! We will stop in Afton for a short break. Optional dining afterwards. Directions: Take 494 to Valley Creek Road exit, go east 1 block. At Woodlane Drive (a stoplight) go right (south) about 3/4 mile to Courtly Rd (4 way stop). Turn left (east) and go a few blocks to

Wyndham Way/Ojibway Dr, turn right (south) into the park. FFI: Pat Colburn 651-739-3113 (hm) 651-402-1017 (cell) or Sam Meddaugh, 651-454-8256 (hm) 952-381-1345 (cell). pcolburn@q.com smeddaugh@usfamily.net

June 17, Thu AK Velodrome Spectator Event. ONE GEAR. NO BRAKES. PURE SPEED. Join us for a evening of outdoor bicking track racing at the National Sports Center Velodrome in Blaine. Bring a picnic supper to eat in the bleachers as we watch these amateur racers in many different types of races. Racing begins at 7 and lasts till about 9. Five dollars donation suggested. NSCSports.org for directions and an update in case of rain. Eric Ramstad, 612-721-7643 ramstaderic@aol.com or Bob Julian 651-484-9414 julan.robert10@gmail.com

Jun 17, Thu AK Hike - Lake Harriet. Join us for a hike around Lake Harriet starting at the band shell at 6:30 p.m. We'll walk around the lake (possibly including the bird sanctuary) and stop at Sebastian Joe's for treats on the way back to our cars. There may be a concert to enjoy as well. Remember if you park in the lot there is a fee for parking, but free if you can find a spot on the street. Inez Wick 612-825-3596 Dana Siskind 612-929-0205 danasiskind@ureach.com

Jun 19, Sat A Bike Minneapolis / St. Paul / Ft. Snelling. 'Three Bridges, a Cemetery and a Park. 35 miles. Meet at 9:30 am, bike at 9:45am at Parking Lot North of Minnehaha Falls Pavillion and South of Minnehaha Parkway. Park in lot for .50/hr or for free on neighborhood streets nearby. Route will follow Mississippi River on both sides, historic Summit Ave. and go into Mendota Heights via the High Bridge. Rest stop in Mendota Heights. We'll bike across the 494 bridge and into Ft Snelling State Park and return via Lake Nokomis / Minnehaha Parkway. Route map available on message board www.north-stars.org/phpbb under "Maps". This may be the last year for this ride. FFI: John Schorer, 651-227-6406, john.schorer@gmail.com or cell: 651-335-3876.

June 21, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Jun 22, Tue A Volunteering for the Emergency Foodshelf Network. One day a month a group of North Stars volunteer for the Emergency Foodshelf Network in New Hope. We usually work on the third Tuesday of each month and work for three hours stating at 9:00 am. Directions to the EFS facility: If heading toward New Hope via 1-94/694 take the Boone Ave exit and head south on Boone to 54th Ave N. Turn left onto 54th, the building will be on your right. If coming via MN 100, head west on CR 9 (42nd St) go north on Boone to 54th and turn right. If coming via US 169, take the 49th Ave N exit and head east to Boone, go north to 54 th and turn right. FFI: Al Mayer 952-545-4232 or on my cell 1-hr before 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Jun 22-24, Tue-Thu WW Mid-week Getaway Midweek Getaway. Escape the city for a few days and head up to Paul Bunyan Country! We will be biking on parts of the Heartland and Paul Bunyan Trails as well as some roads. First and last days will be 30 to 40 miles with some hills and middle day will be around 45 flat trail miles with an additional optional road loop. Make your own reservation by June 1 at the Country Inn and Suites in Walker, MN, at 1-218-547-1400 be sure to mention Wednesday Wanderers. Email Jeanne or Ella to let us know you're coming. We'll send final details to participants the week before the ride. Ella Mogilevsky 612-922-2623 ellamo1@msn.com Jeanne Papin 952-285-2817 jeapap@gmail.com.

Jun 25, Fri A Surprise Breakfast Ride. This "B" ride covers approximately 30 miles. Meet at 6:45 am and ride at 7:00 sharp, leaving from the Marriott Inn, northwest corner of US 169 and I-394 in St. Louis Park. Breakfast will be at a surprise location at about 9:00. FFI: Al Mayer 952-545-4232 or on my cell one hour before the ride 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Jun 26, Sat A Bike to Delano. Join us for a bike ride to Delano, where we'll stop for lunch in a local restaurant. Round trip distance approx. 40 miles. Check the e-loype for meeting time and location. A great way to enjoy countryside and quiet roads! Fran Howley 612 869 8971 Franhowley@aol.com Julie Nelson 612 927 8423 jujnelson80@msn.com

Jun 27, Sun A Cycle Hudson to River Falls (and Beyond). Back by popular demand! This is the same fun 45- to 50-mile route from Hudson to points east of River Falls and back. A nice, rolling country "B" ride with little traffic -- and the hills really ain't all that bad. Trust ol' Mel. Be sure to bring along food and plenty of water since we pass through no towns the last 30 miles of the ride. We'll meet at Riverside Park in downtown Hudson (at 1st and Vine) at 9:15 a.m. and leave at 9:30 sharp! Dinner options after the ride. FFI: Mel Peterson, 651-776-4330 melpeterson52@att.net

June 28, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Jun 30, Wed {WW} East Metro Lakes, Parks and Trails Bike Ride. Meet at 9:45 am ready to ride at 10:00 am at Julie's for our annual ride into Roseville, Shoreview, White Bear Lake and back to St. Paul for lunch at Julie's. We'll pass many local lakes and enjoy riding regional parks and trails. Only one humorous bike portage Bring a bag lunch and Julie will offer mineral cold water, beer and dessert. She lives two blocks west of Dale Street and two blocks north of Maryland at 1341 North Saint Albans Street. (Two miles north of Interstate 94, A mile and a half south of highway 36, about two miles west of 35E and perhaps three miles east of 35W) Phone: 651-489-1173 Julie Holmen jholmen@ties2.net Will Short 612-728-1911

July

Jul 3, Sat S Minneapolis Bike Tour & Pot Luck. Join North Star singles for a city bike ride and pot luck on Saturday, July 3rd. Come dressed to celebrate July 4th. Meet at Pat's house, 5015 Bruce Ave, Edina 55424, at 9:30am for coffee and rolls, and then we'll start biking at 10am sharp! Our usual route: Minnehaha Creek to the falls, our 1st rest stop. We'll then continue along the Mississippi to St. Anthony on Maine and the Stone Arch bridge for our 2nd rest stop (and maybe a refreshing cervaza!). The last leg is along the Cedar Lake and Greeway trails and city lakes for a total of approximately 32 miles. Pat will provide brats and chips. Bring a salad, side dish, or dessert to share, and your favorite beverage (I'll have coolers). To RSVP, call Pat at 952-922-3090, or Patlawrence@visi.com no later than Friday morning July 2nd. See you then! Pat

July 5, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Jul 7, Wed {WW} Bike Cannon Falls-Red Wing. Meet 9:30 a.m.(ride at 9:45) at the Cannon Valley Trail access parking lot on highway 19 in downtown Cannon Falls. For this 45 mile round trip we will bike along county roads, eat lunch at the Bierstube in Red Wing and return to Cannon Falls via the scenic Cannon Valley Trail. A \$3.00 trail pass, which can be purchased at the trailhead is required. FFF: Kem Pomeroy, 651-452-4491 pomer001@umn.edu

Jul 10, Sat A East Side Biking and Swim. Join Chip and Laura for an east side tour, perhaps 40 miles to include Marine on St. Croix and Scandia. Swim and pot luck afterwards. Meet at 10 AM at Chip and Laura's, 1044 Park Ave in Mahtomedi. Park in the beach parking lot across from their home. Contact Chip or Laura at 651-429-2412 or ctreenmn@gmail.com.

July 12, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Jul 14, Wed {WW} Forest Lake Bike Ride and BBQ. Meet at 9:15 a.m. (begin biking at 9:30) at the Morrissey home on Forest Lake, 8959 North Shore Trail. There will be 30 and 40 mile options with a snack stop. BBQ after the ride with swimming available. Burgers, beer and potato salad 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, right to North Shore Trail (Cty Rd 2); left on CR 2 approx. four miles to 8959 (on the right). Carpool if possible due to limited parking space; park by the garage at the brick house. FFI: Ann Morrissey or Bruce Jacobson, 651-698-4210. Ann Morrissey 651-698-4210 brucejandannm@msn.com

Jul 15, Thu AK Hike - Lake Harriet. Join us for a midsummer stroll at Centennial Lakes Park in Edina (76th and France Ave. S.) at 6:30 p.m. Gather at the park pavilion (near the Chucky Cheese entrance). Hopefully we will see the remote control boats on the lake or a concert at the band shell. Opportunities exist for a ride on the pedal boats or a round of lawn bowling. Of course there will be a treat stop after. See you there! Inez Wick 612-825-3596 Dana Siskind 612-929-0205 danasiskind@ureach.com

Jul 16, Fri A Surprise Breakfast Ride. This "B" ride covers approximately 30 miles. Meet at 6:45 am and ride at 7:00 sharp, leaving from the Marriott Inn, northwest corner of US 169 and I-394 in St. Louis Park. Breakfast will be at a surprise location at about 9:00. FFI: Al Mayer 952-545-4232 or on my cell one hour before the ride 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Jul 16-18 Fri-Sun A Wind, Weeds, and Waves Weekend. Weekend of camping, kayaking, canoeing, swimming, campfires, games, music and just plain fun at my cabin on Platte Lake located about 100 miles from the Twin Cities near Brainard. Join other NorthStars for a laid back old fashioned summer weekend. Biking and golf options are also available. Participants will be assigned meals to prepare and food costs will be reimbursed. Accommodations will be either tent or cabin. Cost \$40 Limit of 12 people. Reservation deadline July 7. Contact Ellen Watson for further information. 763-473-4021, ELWATSON4@GMAIL.COM

June 19, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Jul 20, Tue A Volunteering for the Emergency Foodshelf Network. One day a month a group of North Stars volunteer for the Emergency Foodshelf Network in New Hope. We usually work on the third Tuesday of each month and work for three hours starting at 9:00 am. Directions to the EFS facility: If heading toward New Hope via 1-94/694 take the Boone Ave exit and head south on Boone to 54th Ave N. Turn left onto 54th, the building will be on your right. If coming via MN 100, head west on CR 9 (42nd St) go north on Boone to 54th and turn right. If coming via US 169, take the 49th Ave N exit and head east to Boone, go north to 54 th and turn right. FFI: Al Mayer 952-545-4232 or on my cell 1-hr before 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Jul 21, Wed {WW}Trips Planning Meeting & Grand Rounds Bike Ride. Meet at the Minnehaha Falls Park Pavillion at 9:30 am with ideas and suggestions for rides you might like to lead in September and October. After the meeting, about 10:15, we will bike a modified version of the Grand Rounds Route. The Grand Round ride is listed as a 50-mile ride, but my route will be shorter. We'll stop for lunch somewhere along the route. FFI: Al Mayer 952-545-4232 or on my cell 1-hr before the event. a.h.mayer@att.net.

Jul 22, Thu A Lotsa Lakes Ride. "B" ride, 24 miles. Explore some of the scenic north metro lake country. We'll roll past Lake Phalen, Vadnais Lake, and Snail Lake. Generally rolling terrain. Meet at 6 PM at the Phalen Park Beach House parking lot on the west side of Lake Phalen in St. Paul just North of Wheelock Parkway. Dick Stardig 952-236-0731 dick_stardig@hotmail.com Denise Stardig 952-236-0731 denisedesota@hotmail.com

July 26, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Jul 28, Wed WW Rosemount Ramble. Dakota County bike ride beginning in Eagan rambling in the direction of Rosemont. About 30 miles with some hills. See the E-Loype for details. Sam Meddaugh, smeddaugh@usfamily.net, 651-454-8256. Sam Meddaugh 651-454-8256 smeddaugh@usfamily.net

August

Aug 2, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Aug 4, Wed WW Looking for the Trail of the Alleygator. Meet in the parking lot of the now defunct Alleygator's Nite Club in Maple Grove and bike scenic trails to Elm Creek Park. Meet at 9:30 am so that we can begin riding at 9:45. Most of the ride will be on paved trails. Since this is a "no map" ride, we will ride together as a group. A major rest stop is planned in Elm Creek Park. We will go out to eat after this 30-35 mile ride. Dir: Take exit 26 off I-494 in Maple Grove, head east on CR 10 (Bass Lake Road); turn left at the first traffic signal onto Sycamore Lane; after one block turn left in front of McDonald's onto 62nd Place which ends in the old Alleygator's parking lot.) FFI: Al Mayer 952-545-4232 or on my cell 1-hr before the ride 612-817-6814 a.h.mayer@att.net

Aug 6, Fri A Surprise Breakfast Ride. This "B" ride covers approximately 30 miles. Meet at 6:45 am and ride at 7:00 sharp, leaving from the Marriott Inn, northwest corner of US 169 and I-394 in St. Louis Park. Breakfast will be at a surprise location at about 9:00. FFI: Al Mayer 952-545-4232 or on my cell one hour before the ride 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Aug 9, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Aug 11, Wed WW Bike from Hudson to Riverfalls & Back. Meet at Weikent Park in Hudson. Take 94 to top of hill and turn right at the second exit Carmiecal. Go 1/2 mile to Hanley and turn left. Go another 1/2 mile and turn left again on Oneal. Go to park. There will be a longer ride and a shorter one. Meet at 9:45 AM and leave at 10:00 AM. Bring lunch or eat out if you prefer. Glenn Olson 612-340-1105 GWOlson@AOL.com

Aug 16, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Aug 17, Tue AK Hike - Lake Cornelius. Join us at Lake Cornelius in Edina for a nice shady hike. Meet at the parking lot near the playground on the north side of the lake (Hwy 62 side) at 6:30 p.m. Take 66th St. to just west of Valley View Rd., turn right on Southdale Rd. (a sign points to the Edina Art Gallery), go past the pool and you will find the parking lot and playground. Toward the end of the hike we will cross Hwy 62 on the pedestrian bridge for ice cream at the Neighborhood Ice Cream Store. Inez Wick 612-825-3596 Dana Siskind 612-929-0205 danasiskind@ureach.com

Aug 17, Tue A Volunteering for the Emergency Foodshelf Network. One day a month a group of North Stars volunteer for the Emergency Foodshelf Network in New Hope. We usually work on the third Tuesday of each month and work for three hours starting at 9:00 am. Directions to the EFS facility: If heading toward New Hope via 1-94/694 take the Boone Ave exit and head south on Boone to 54th Ave N. Turn left onto 54th, the building will be on your right. If coming via MN 100, head west on CR 9 (42nd St) go north on Boone to 54th and turn right. If coming via US 169, take the 49th Ave N exit and head east to Boone, go north to 54th and turn right. FFI: Al Mayer 952-545-4232 or on my cell 1-hr before 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Aug 18, Wed {WW} Dakota County Roads Ride. This 30 mile "B-" ride will be on Dakota County Roads, with a few hills. About half-way into the ride we'll stop at Bryce & Sally's home for lemonade. Meet at 9:45am and depart 10am from the Mendota Heights Shopping Plaza Parking Lot. Lunch afterwards at the Sage Market. Directions: Take the Mendota Bridge south/east across the river, then east on Hwy 110 to Dodd Road; the shopping plaza is on the SE corner of Hwy 110 & Dodd Rd in Mendota Heights. FFI: home 651-452-2247 or Sally's cell 651-210-3807 one hour before the ride. Bryce Richards 651-452-2247 Bryce.a.richards@comcast.net Sally Richards

Aug 23, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

Aug 25, Wed A bike and pot luck supper. Join us after ride which will be in WBL area at our house on white bear Lake. Jan Rupert 651-426-7631 janrupert@aol.com

Aug 27, Fri A Surprise Breakfast Ride. This "B" ride covers approximately 30 miles.

Meet at 6:45 am and ride at 7:00 sharp, leaving from the Marriott Inn, northwest corner of US 169 and I-394 in St. Louis Park. Breakfast will be at a surprise location at about 9:00. FFI: Al Mayer 952-545-4232 or on my cell one hour before the ride 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Aug 28, Sat A Bike Hudson - River Falls 40-mile "B/B+" ride. Meet in Hudson in the Home Depot parking lot, which is west of Carmichael Road and Center Drive (south of I-94) and across from Denny's, at 10 a.m. Enjoy the roads east of Hudson. Eat lunch at Glens Park in River Falls (bring lunch or buy one in town). Shorter option of 35 miles or the possibility of a "Classic Mel" (without Mel) longer option. Note: no water or facilities for a 17-mile stretch between Hudson & River Falls. A route map/cue sheet is available on the North Star message board, www.north-stars.org/phpbb under "Maps". FFI: John Schorer, (651) 227-6406, or on my cell phone (651) 335-3876, the day of the ride. john.schorer@gmail.com

Aug 30, Mon A Easy, Social Bike Ride. See Monday May 3 for details.

September

SEPT 13-15, Mon-Wed 2010 ITASCA BIKE AND HIKE. Join the Wednesday Wanderers to hike or bike or canoe in and around Itasca State Park. We have reserved space at the hostel for Monday and Tuesday nights, the cost will be \$23.00 per night and the cost of food will be shared by total group. Cooking and final clean-up is done by participants. We will assign meals to those attending - a letter will be sent out with instructions prior to the date of trip. Leaders are Jean Moede, 651-227-4763, moede001@umn.edu with co-leaders Audry Nordwall 651-766-5857 and Larissa Krioukova, 651-699-6255. Please send \$50.00 deposit by August 10 to Jean Moede, 749 Fairmount Avenue, St. Paul MN, 55105. For more information, contact Jean.

Sep 16-19, Thu-Sun AK Trail Clearing at Camp Du Nord. Join all the hearty workers in their fall colors to help clear ski trails in the North Arm system near Ely, MN. Lodging and food are provided by the U.S. Forest Service and YMCA's Camp Du Nord. Terrence Smith will call the dance for us on Fri. or Sat. evening, and don't forget the fabulous sauna to ease our aching muscles! We are limited to only 20 people and it fills quickly, so send your trip reservation/waiver form and a check for \$35 (payable to Dana Siskind) to Dana Siskind, 5812 Thomas Circle, Minneapolis, MN 55410. You will receive a \$25 refund when you arrive at camp, with the remaining \$10 covering the cost of the dance. Inez Wick 612-825-3596 Dana Siskind 612-929-0205 Danasiskind@ureach.com

Sept 21, Tue A Volunteering for the Emergency Foodshelf Network. One day a month a group of North Stars volunteer for the Emergency Foodshelf Network in New Hope. We usually work on the third Tuesday of each month and work for three hours starting at 9:00 am. Directions to the EFS facility: If heading toward New Hope via 1-94/694 take the Boone Ave exit and head south on Boone to 54th Ave N. Turn left onto 54th, the building

will be on your right. If coming via MN 100, head west on CR 9 (42nd St) go north on Boone to 54th and turn right. If coming via US 169, take the 49th Ave N exit and head east to Boone, go north to 54 th and turn right. FFI: Al Mayer 952-545-4232 or on my cell 1-hr before 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Sep 23-26, Thu-Sun A Hike North Shore. Enjoy fall colors from spectacular vistas on the ridgeline overlooking Lake Superior. Hikes will be on the Superior Hiking Trail and cover 6-10 hilly miles per day. Estimated cost of \$140 plus food and gas. Lodging at Superior Ridge Resort near Schroeder. Limit 12 people. Send \$50 deposit and waiver to: Terry Quam, 5356 Beachside Drive, Minnetonka, MN 55343. Terry Quam 952-933-8052 terryquam@msn.com Kathy St. Peters 715-549-6287 kathystp28@gmail.com

October

Oct 19, Tue AK Hike - From the Hare to the Turtle. Meet at 6:30 p.m. at the big bronze rabbit statue at Minnehaha Pkwy. and Portland Ave. So. in South Minneapolis. We will walk along Minnehaha Creek, checking out the fall colors. We'll eventually make our way to the Turtle Bakery on 48th St. and Chicago Ave. So. for refreshments and will take the short route back to our cars. Inez Wick 612-825-3596 Dana Siskind 612-929-0205 danasiskind@ureach.com

Oct 19, Tue A Volunteering for the Emergency Foodshelf Network. One day a month a group of North Stars volunteer for the Emergency Foodshelf Network in New Hope. We usually work on the third Tuesday of each month and work for three hours starting at 9:00 am. Directions to the EFS facility: If heading toward New Hope via 1-94/694 take the Boone Ave exit and head south on Boone to 54th Ave N. Turn left onto 54th, the building will be on your right. If coming via MN 100, head west on CR 9 (42nd St) go north on Boone to 54th and turn right. If coming via US 169, take the 49th Ave N exit and head east to Boone, go north to 54 th and turn right. FFI: Al Mayer 952-545-4232 or on my cell 1-hr before 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

November

Nov 16, Tue A Volunteering for the Emergency Foodshelf Network. One day a month a group of North Stars volunteer for the Emergency Foodshelf Network in New Hope. We usually work on the third Tuesday of each month and work for three hours starting at 9:00 am. Directions to the EFS facility: If heading toward New Hope via 1-94/694 take the Boone Ave exit and head south on Boone to 54th Ave N. Turn left onto 54th, the building will be on your right. If coming via MN 100, head west on CR 9 (42nd St) go north on Boone to 54th and turn right. If coming via US 169, take the 49th Ave N exit and head east to Boone, go north to 54 th and turn right. FFI: Al Mayer 952-545-4232 or on my cell 1-hr before 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

Nov 18, Thu AK Hike - Wood Lake Nature Center. Join us again for a fall hike at Wood Lake Nature Center in Richfield. Meet at 6:30 p.m. at the entrance to the park. Take either

Lyndale Ave. or 66th St. to Lakeshore Drive; this will take you to the nature center. We will be walking on paths through the woods, so bring a flashlight. We will enjoy hot chocolate at the Caribou Coffee Shop on Lyndale after the hike. Inez Wick 612-825-3596 Dana Siskind 612-929-0205 danaiskind@ureach.com

December

Dec 21, Tue A Volunteering for the Emergency Foodshelf Network. One day a month a group of North Stars volunteer for the Emergency Foodshelf Network in New Hope. We usually work on the third Tuesday of each month and work for three hours starting at 9:00 am. Directions to the EFS facility: If heading toward New Hope via 1-94/694 take the Boone Ave exit and head south on Boone to 54th Ave N. Turn left onto 54th, the building will be on your right. If coming via MN 100, head west on CR 9 (42nd St) go north on Boone to 54th and turn right. If coming via US 169, take the 49th Ave N exit and head east to Boone, go north to 54 th and turn right. FFI: Al Mayer 952-545-4232 or on my cell 1-hr before 612-817-6814 Al Mayer 952-545-4232 a.h.mayer@att.net

2010-11 EXTENDED NSSTC SKI TRIPS

Ski Thunder Bay, Ontario. January 30 to February 4, 2011. Car pooling trip to this ski-crazy "foreign" city on the Lake Superior North Shore. Motel stay and two dinners included. Trip fee is \$75 and total cost to be about \$475 based on double occupancy, plus most meals. Info from David Siskind, 612-929-0205, dsiskind@earthlink.net

Feb 24-Mar 4, Thu-Fri A Return to Stokely Creek, Ontario, 2011. Enjoy the 136 plus K of beautifully groomed, beginning to expert trails in the rolling, wooded terrain of the Algoma Highlands in Ontario, Canada. Traditionally good lake effect snow. Cost of \$1,185 includes overnight bus, 7 days/nights lodging, 3 sumptuous and healthy meals per day plus appetizers, ski passes, taxes and gratuities. Deposit: \$170 due now to reserve place on bus (nonrefundable unless replacement found); \$508 due Oct. 1; \$507 due Dec. 1. Cancellation: up to 30 days out (Jan. 24), full refund less deposit and \$25.00 cancellation fee. No refund after Jan. 24 unless replacement found. Trip insurance recommended. Send deposit (made out to Ann H. Morrissey) and waiver to Ann Morrissey, 372 Mississippi River Blvd. S., St. Paul, MN 55105. FYI: Ann or Bruce, 651-698-4210; brucejandannm@msn.com