

April 2012

Apr 16, Mon {AK} The Turtle and the Hare Hike Meet at 6:30 p.m. at the bronze rabbit statue at Minnehaha Pkwy. and Portland Ave. in South Minneapolis. We will walk the path along Minnehaha Creek, hopefully finding spring flowers in bloom. We will stop at the Turtle Bakery on 48th and Chicago before heading back to our cars. Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

Apr 17 Tues {A} Volunteering for the Emergency Foodshelf Network One day a month North Stars do volunteer work for the Emergency Foodshelf Network in New Hope. We usually work a three hour shift running from 9 a.m. until 12 p.m. All North Stars and friends are welcome to participate in this activity. Directions to the EFN facility: If heading toward New Hope via I-94/694 take the Boone Ave exit and head south 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.} and then head north on Boone to 54th. If coming via US169, take the 49th Ave exit and head east to Boone, go north to 54th and turn right. For further info call Al Mayer at 952-545-4232 or on my cell 1-hr before we are scheduled to begin work. ahmjlm@gmail.com

April 18, Wednesday {WW} Hike/Bike

Conditions will determine what this day's activity will be. Details will be sent out two to three days prior to the event to those North Stars on the Wednesday Wanderers' email listing. If you are not on the WW listing and would like to have your name added, please contact either Al Mayer ahmjlm@gmail.com or Sally Richards sallyrichards@gmail.com

April 20 Fri {A} North Star Annual Banquet, Officers Club at Fort Snelling Details will follow. Save the date.

April 25, Wed {WW} Hike/Bike

Conditions will determine what this day's activity will be. Details will be sent out two to three days prior to the event to those North Stars on the Wednesday Wanderers' email listing. If you are not on the WW listing and would like to have your name added, please contact either Al Mayer ahmjlm@gmail.com or Sally Richards sallyrichards@gmail.com

April 27, Fri {SNO} Eighth Annual Wine Tasting A visit to Greece and Turkey: Please join Pat Lawrence and Jim Ruhl as they take you on an exciting adventure to Greece and Turkey. Each sip of wine will conjure up visions of ancient sites and architectural treasures, as well as tavernas and delicious food. Your wine expertise will be challenged with blind tastings from both countries. Local cheeses and olives will accompany each wine, followed by a buffet dinner with foods typical of the region. The event will take place at Pat's home, 5015 Bruce Ave, Edina 55424. We'll start the festivities at 6:30pm. Cost will be approximately \$16.00 per person. Participants limited to 24. As always, we would enjoy the company of a few more good men - but you need to act fast! The women are always a little more nimble at replying. Email Pat at: patlawrence@visi.com or call Jim Ruhl at: 651-702-9030

Apr 28, Sat {A} Bike the Gardens. Join us for Saturday garden-view bike-rides. Our bi-monthly rides will feature one or more gardens and change with the seasons. Some of you may remember Julie's past garden bike rides, where the focus was the gardens and less on the ride. These are different - we'll see a variety of gardens throughout the season, but the focus will be on riding - with a break typically at the mid-point of the ride. Distance approximately 30 miles at a B/C pace. Check the e-loype for up-to-date ride info. Limit 15; call or email trip leaders to sign up for current month's ride. FFI: Jeanne Papin - 952-285-2817, jeapap@gmail.com; and Julie Nelson - 612-927-8423; jujnelson80@msn.com

Sunday, April 29. {A} "Rustman" and celebration of 30-Days-of-Biking. We'll do the southern half of Grand Round from Lynnhurst Recreation Center, West 50th St. and Minnehaha Parkway in Minneapolis.

Start at 10:00 a.m. for 20-mile ride on River Road, Greenway and Lakes Calhoun and Harriet. And for those who want, a snack break at the Tin Fish. An easy pace, no-map ride. Leader is Dave Siskind, 612-929-0205, dsiskind@earthlink.net

April 30, Mon {A} Easy Social Bike Ride

Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. Meet at 5:00 P.M. and ride at 5:15. Since these rides start at various locations each week an email is sent out with details several days prior each ride. If you are not on the Wednesday Wanderers' email list and wish to participate in these rides, contact me at ahmjlm@gmail.com or Sally Richards at sallyrichards@gmail.com These "no map" rides are conducted at a leisurely pace while riding as a group. A major rest stop is built into each ride. For more information on these ride contact Al Mayer

May 2012

May 2, Wed, (WW) Minneapolis Trails Ride 23 miles. Depart from Sunrise Cyclery, 3031 2nd Ave, Minneapolis (very near Lake and 35W). Parking on streets in area. Ride is mostly on trails in Minneapolis to include St. Anthony Falls, Wirth Park, Cedar Lake and Lake Calhoun. Meet at 9:30, depart at 9:45. Possible lunch after ride.

May 4, Fri (WW) Birding at Old Cedar Ave Bridge Join us for our annual spring migration birding morning at the Old Cedar Ave Bridge in Bloomington. Meet in the parking lot at 7 a.m. Bring a pair of binoculars (let us know if you need to borrow a pair). Trails are sometimes quite wet, so dress accordingly. Also bring water and a snack if you like. We will bird until about noon; you can leave anytime because we won't ever be far from our cars. Directions: Driving south on Cedar Ave. (Hwy 77) from 494, take the Old Shakopee Rd exit, turn right (west) and go to the first traffic light, which is Old Cedar Ave. Turn left (south) and drive to the bottom of the hill, where there is a parking lot on the right. FFI: Becky Lystig 651-452-1133 markbeckylstig@comcast.net, or Molly Henke 651-695-0421 mmhenke@comcast.net

May 6, Sun {A} Bike to Afton. A leisurely, early season ride from Mahtomedi to Afton. This will be a 35- to 40-mile "B" ride exploring some of the quaint, rolling roads and pleasant scenery of eastern Washington County. It will also be a "mapless" ride with an emphasis on group riding at about a 13-14 MPH pace. There are many route options and the leader will make road choices as the ride progresses. Please remember that he is never lost, only occasionally confused. There will be a coffee/snack stop in Afton and a dining option after the ride. Meet at 10:30 a.m. at Mahtomedi High School. Directions: East on Hwy 36 from the 36/694 interchange to your first stop light at Hilton Trail; turn left and head north until Hilton Trail ends at Cty Rd 12; turn right (east) and drive two blocks to the school on the north side of the road. FFI: Mel Peterson, 651-776-4330.

May 7, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. Meet at 5:00 P.M. and ride at 5:15. Since these rides start at various locations each week an email is sent out with details several days prior each ride. If you are not on the Wednesday Wanderers' email list and wish to participate in these rides, contact me at ahmjlm@gmail.com or Sally Richards at sallyrichards@gmail.com These "no map" rides are conducted at a leisurely pace while riding as a group. A major rest stop is built into each ride. For more information on these ride contact Al Mayer

May 9, Wed {WW} St. Paul/Mendota River Ride Approximately 28 miles with a shorter option of about 18 miles led by Larissa Krioukova. Meet at 10 am at Mississippi River Blvd. and Hartford Avenue in St. Paul, across from the Temple Aaron. Ride at 10:15. Lunch after the ride at Cecil's, 651 South Cleveland

Ave., between Scheffer and Bayard. For information, contact Margie at 651-642-9755; cell:612-875-5212; mlschally@yahoo.com or Larissa at 651-699-6265; klara22@msn.com.

May 14, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjlm@gmail.com.

May 14, Mon {AK} Hike Lake Nokomis Meet at the main beach on the west side of Lake Nokomis at 6:30 p.m. Free parking is available in the street. We will stop at Tom's Popcorn Shop on 47th and Cedar {delicious popcorn or ice cream} on the way back to our cars. There is also a Grand Ole Creamery and Caribou Coffee shop nearby. Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

May 15, Tues {A} Volunteering for the Emergency Foodshelf Network One day a month North Stars do volunteer work for the Emergency Foodshelf Network in New Hope. We usually work a three hour shift running from 9 a.m. until 12 p.m. All North Stars and friends are welcome to participate in this activity. Directions to the EFN facility: If heading toward New Hope via I-94/694 take the Boone Ave exit and head south 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.} and then head north on Boone to 54th. If coming via US169, take the 49th Ave exit and head east to Boone, go north to 54th and turn right. For further info call Al Mayer at 952-545-4232 or on my cell 1-hr before we are scheduled to begin work. ahmjlm@gmail.com

May 16, Wed {WW} Bike the Lakes Meet at Glenn Olson's at 9:45 a.m. to start biking at 10 a.m. 1201 Yale Place in downtown Minneapolis. Park in the visitor ramp and register your car as you enter the building. Bring a bag lunch to enjoy in Glen's party room after the ride. FFI: 612-920-3401

May 21, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjlm@gmail.com.

May 23, Wed, {W}. Dam, Rivers, Creeks and Some Bunker Hills Bike Tour Bike through Coon Rapids Dam Park across Coon Rapids Dam, bike Coon Creek/ Sand Creek Trail, bike through Bunker Hills Park, bike Rum River Trail past Rum River Dam, take a break at Peninsula Point Two River Hist Park where we'll bike from Elk River to Hastings, bike neighborhood streets and trails back to Coon Rapids Dam Park. Meet at west side Coon Rapids Dam Park at 10:00. bike at 10:15. Eat at 5-8 Grill And Bar after ride. Mileage: 26.3, 27.6, or 30.0 miles. DIR: Go north on MN Hwy 252 off of I-694 or I-94 in Brooklyn Center. Stay on MN Hwy 252 to 85th Ave(about 2.8 miles). Turn right (east) on 85th Ave. Turn left on West River Rd and go about 2.2 miles. Turn right on Russell, this brings you onto West River Rd again. Continue north on West River Rd for about 0.7 miles and turn right into park. Stay straight on road to parking lot. If you are heading north on US Hwy 169 take MN Hwy 610 east exit and follow MN Hwy 610 east. Exit on Noble Pkwy. At end of ramp turn left on Noble Pkwy. Turn right on 97th Ave. Turn left on Russell (this turns into West River Rd). Go about 0.7 miles and turn right into park. Go straight on road to parking lot. FFI: Gary Solberg, 763-494-0699

May 26, Sat {A} Biking in Western Wisconsin A pleasant ride from Hudson into the farm country and river valleys of western Wisconsin. This will be about a 50-mile "B" ride on the rolling, sometimes hilly back roads around Somerset and New Richmond. A shorter ride option of 35 miles is possible. Outdoor dining overlooking the St. Croix River in Hudson after the ride. Meet at Riverside Park in downtown Hudson at 9:45 a.m. and begin riding at 10:00. Directions: While heading north through downtown on Hwy 35, turn left on Vine St and proceed to the park. If it is raining in the morning, call the leader by 8:30 for a trip update. FFI: Mel Peterson, 651-776-4330.

May 27, Sun {A} Pizza Luce Lunch Ride to Hopkins Start from the Lake Harriet parking lot at 10:00 a.m. Another easy pace, 20-mile, no-map ride. Leader is Dave Siskind, 612-929-0205, dsiskind@earthlink.net

May 28, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

May 30, Wed. (WW) Bike Cannon Falls-Red Wing Meet 9:30 a.m. at the Cannon Valley Trail access parking lot on highway 19 in downtown Cannon Falls. For this annual 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. Note that in the first 7 miles there will be a few fairly challenging hills. After that the remainder of the ride is easy going with a great downhill run into Red-Wing. A \$4.00 trail pass, which can be purchased at either end of the trail, is required. An option to use only the trail and avoid the hills will also be available. FFI: Kem Pomeroy 651-452-4491

June 2012

June 2, Sat {A} Mississippi Trails Ride {A} This C-level social ride will be an 18-20 mile loop along both sides of the Mississippi River from Minnehaha Park in south Minneapolis to Harriet Island in downtown St. Paul and back. Option to shorten route to about 14 miles will be available. Meet 10:00 AM at the Minnehaha Falls overlook near the main pavillion and be ready to start riding at 10:15 AM. Optional lunch afterwards at Sea Salt Restaurant in Minnehaha Park. FFI contact leaders Jim Ruhl (651-702-9030) jfruhl90@msn.com or Tom Stranc (651-994-6747) tstranc@gmail.com

June 4, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

June 6, Wed (WW) Ride and Pizza Meet at LaTuff's Pizzeria, 10820 Hwy 55 at 9:45, so we can start the ride at 10AM. From Hwy 169 take Hwy 55 1 mile west to South Shore Drive and take a right, then another right on to the frontage road north of the Holiday Station. They want us to park in the back of the restaurant. This will be a 25-30 mile bike ride using connecting paved trails and bike friendly roads. Rest stop at Wendy's in Hopkins. Plan on having lunch at LaTuff's - they have the best pizza in Plymouth. Lois Carlson 763-540-0749. Cell at ride 612-805-1632.

June 10-11, Sun-Mon {A} Overnight Girls Bike to Afton Depart from South Minneapolis near Minnehaha Falls on Sunday 6/10 around 1 PM. Ride 40 miles to Afton State Park and overnight in one of the lovely camper cabins at the Park. Enjoy a light birding hike Sunday evening. Return ride to Mpls. Monday, including picnic lunch stop at Battle Creek Park. Each camper is responsible for their own food and gear. The cabins have bunk beds, table and benches, AND electric lights and heat! Deposit \$30 for cabin rental to Jeanne LaBore. Guys invited to join us if interested in renting an additional cabin (or tenting at the campgrounds.) For more info: jeanne.labore@state.mn.us

June 10, Sun {2011/2012 Trip Leaders} LEADER APPRECIATION EVENT Schaar's Bluff, Spring Lake Park Reserve, Hastings. We'll meet at 3 p.m. at the East Shelter parking lot to enjoy each other's company on a choice of a hike or a social bike ride at a moderate pace exploring the Hastings area (20-25 miles). At 5 p.m. we'll gather for a social hour and picnic at the East Shelter on the bluff overlooking the beautiful Mississippi River, where the club will provide the food and non-alcoholic beverages. (Feel free to bring your own beer or wine to enjoy.) We hope you'll come if you have led one or more trips or single day events last season so we can thank you for the work you do to make the North Stars the great

club that it is. So we know how much food to prepare, please RSVP to schedules@north-stars.org. FFI: Marnie 651-644-3047, Jeanne 952-285-2817 Directions at <http://www.co.dakota.mn.us/LeisureRecreation/CountyParks/Locations/SpringLake/SchaarsBluffLocationandDirections.htm>

June 11, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

June 12, Tues. {AK} Hike Lake Harriet Meet us at the Lake Harriet Bandshell at 6:30 p.m. for an evening walk around the lake. We might even go through the bird sanctuary and enjoy the Peace Garden and Rose Garden. We will stop at the concession stand or Sebastian Joe's for ice cream and perhaps catch a bit of the evening concert. Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

June 13, Wed {WW} Bike along the Mississippi River Meet at 10:00 a.m. at parking lot on Harriet Island (near the Paddleford landing), St. Paul. We will bike along streets, levee and trails. See the Rock Island Swing Bridge. Rest stop at Tinuccis - bring a bag lunch to eat in park following ride or enjoy a local restaurant. Jean Moede, 651-227-4763 ormoede001@umn.edu

June 15, 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, St. Louis Park. Breakfast will be at a surprise location at about 9:00 am. FFI: Al Mayer 952-545-4232 or on my cell 612-817-6814.

June 17, Sun {A} Cycle Hudson to River Falls (and Beyond). An annual 45-mile ride from Hudson to points east of River Falls and back. A nice, rolling country "B" ride with little traffic -- and the hills really aren't all that bad. Trust ol' Mel. Be sure to bring along food and plenty of water since we pass through no towns along the entire route. We might be lucky to find an open village hall, but don't count on it. We'll meet at Riverside Park in downtown Hudson (at 1st & Vine) at 9:15 a.m. and begin riding at 9:30. Outdoor dining overlooking the river is a popular choice after the ride. FFI: Mel Peterson, 651-776-4330

June 18, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

June 19, Tues {A} Volunteering for the Emergency Foodshelf Network One day a month North Stars do volunteer work for the Emergency Foodshelf Network in New Hope. We usually work a three hour shift running from 9 a.m. until 12 p.m. All North Stars and friends are welcome to participate in this activity. Directions to the EFN facility: If heading toward New Hope via I-94/694 take the Boone Ave exit and head south to 54th Ave N. Turn left onto 54th, the building will be on you right. If coming via MN 100, head west on CR 9 {42nd St.} and then head north on Boone to 54th. If coming via US169, take the 49th Ave exit and head east to Boone, go north to 54th and turn right. For further info call Al Mayer at 952-545-4232 or on my cell 1-hr before we are scheduled to begin work. ahmjilm@gmail.com

June 19, Tues 6:15 pm {A} Casual Evening Paddle on a Lake in the Northeast Metro Canoe, kayak, or paddle board. June's paddle will be Bald Eagle Regional Park: Highway 694 to Highway 61 north, past/through the town of White Bear Lake, to County J (120th St), left/west ½ block to Hugo Road, left/south on Hugo Road about ½ mile to park. <http://www.co.ramsey.mn.us/parks/parks/countyparks.htm>. Don't forget your life jacket and water bottle. Be ready to paddle by 6:30. Call Tom Rice, 612-562-2946, or Linda Johnson, 651-484-9414.

June 20, Wed {WW} Bike to Mt Elmo via Lake DeMontreville This bike ride, developed by Al Porter, will begin in Mahtomedi and head deep into Lake Elmo. Keeping with tradition, we will ascend Mt. Elmo and take a brief oxygen break at the summit. The ride will be 35+ miles in length. A shorter ride will be available, but a volunteer leader will be needed. Starting point and time, directions, and updated information will be available via *eLoype* and WW email a few days before the ride. FFI: Bob Cliff at 651-351-0490, or Buckthorne@q.com.

June 23, Sat {A} Bike the Gardens. Join us for Saturday garden-view bike-rides. Our bi-monthly rides will feature one or more gardens and change with the seasons. Some of you may remember Julie's past garden bike rides, where the focus was the gardens and less on the ride. These are different - we'll see a variety of gardens throughout the season, but the focus will be on riding - with a break typically at the mid-point of the ride. Distance 30-40 miles at a B pace (average 14 mph). Check the *e-loype* for up -to-date ride info. Limit 15; call or email trip leaders to sign up for current month's ride. FFI: Jeanne Papin - 952-285-2817, jeapap@gmail.com ; and Julie Nelson - 612-927-8423; kujnelson80@msn.com

June 24, Sun {S} Canoeing on the Mississippi Enjoy 3 hrs of leisurely paddling west of Monticello. The area is designated a 'scenic waterway' with Clear Waters Outfitters providing equipment, orientation, and shuttle. Meet 12:30 for a 1:00 paddle. Bring lunch for a picnic on the water. Approx \$17. Call leaders for info on where to mail check, directions, info on waivers, and in case of stormy weather. Payment must be received by June 15. Max of 12 participants. Watch the *eLoype* for any other details. Outfitters website: www.cwoutfitting.com. FFI Jean 651-690-2900 or Marnie marnie.johnson@gmail.com

June 25, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

June 27, Wed {WW} Annual Lakes, Parks and Trails Ride 33 miles. Meet at Julie Holmen's home just east of Como Lake in St. Paul at 9:15 a. m. Ride will begin at 9:30 a.m. We will ride north on Victoria passing lakes in Roseville and Shorewood, travelling into White Bear Township before returning on Bruce Vento and Gateway Trails followed by Trout Creek and Lake McCarrons trails back to Julie's for a POTLUCK lunch. Salads, fruit and vegetable dishes appreciated. Julie will serve carrot cake, mineral water and beer in the back yard sometime after 1 pm. Directions: I am north of I-94 and south of Highway 36. Dale is a good north-south street leading to Wheelock Parkway where you go west from Dale two blocks and turn north/right onto St. Albans Street. I am at 1341 North St. Albans. From 35 E, take Maryland west across Rice continue two more blocks and turn right on St. Albans and go north two blocks, cross Wheelock Parkway and house is on left a few houses past Wheelock.. FFI: Julie at 651-489-1173.

June 27, Wed {WW} Canoe the Kinnickinnic River, an ultra scenic treasure near River Falls,WI - Can be a challenging class 1.0 / 1.5! - with June & Nick. No aluminum or ultra light fragile canoes advised. A gentle current w/numerous short rapids, tight turns & rock dodging ...some strainers, dead fall & trout fisherman the possible hazards. Pack a river bank lunch & call to join the group . You'll need a skilled partner, a canoe, life vest, water shoes... for a fun adventure of about 3 hours over 11 miles of the Kinnickinnic near River Falls WI . RSVP to Nick or June Mavrogenis nmavrogenis@mindspring.com 763 571- 8350. We'll send out logistic information (meeting place, shuttle) to participants a few days before the event. For river gauge ref. www.americanwhitewater.org/content/Gauge2/detail/id/7563/ Meet 10:30 (Rain date Fri, June 29)

July 2012

July 1st, Sun (A) Minneapolis Bike Ride & Pot Luck Join your North Star friends for a city

bike ride and pot luck on Sunday, July 1st for a pre-July 4th celebration. Come dressed in festive red, white, and blue. 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 River to St. Anthony on Maine and the Stone Arch Bridge for our 2nd rest stop (and maybe a refreshing cerveza!). The last leg is along the Cedar Lake and Greenway trails and city lakes for a total of approximately 30 miles. Pat will provide brats and chips. Bring a salad, side dish, or dessert to share, and your favorite beverage (I'll have coolers). For those of you who will not be riding but wish to join the pot luck, we are usually back at the house by 1:30pm. To RSVP, call Pat at 952-922-3090, or Patlawrence@visi.com - NO LATER THAN THURSDAY JUNE 28TH AT 8:00AM. See you then!

July 2, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

July 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, St. Louis Park. Breakfast will be at a surprise location at about 9:00 am. FFI: Al Mayer 952-545-4232 or on my cell 612-817-6814.

July 9, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

July 11, 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 and beer provided; bring other beverages plus an appetizer, salad or dessert to share (also coolers and lawn chairs). Directions: I-35 N to Hwy. 8; east on Hwy. 8 to Greenway, right to North Shore Trail (Cty Rd 2); left on CR2 approximately 4 miles to 8959 (on the right). Carpool if possible due to limited parking area. Park by garage at the brick house. FFI Ann Morrissey or Bruce Jacobson, 651-698-4210.

July 12, Thurs. {AK} Hike Centennial Lakes Join us for a midsummer stroll at Centennial Lakes Park in Edina (76th and France Ave. S.) at 6:30 p.m. Gather outside the pavilion entrance (downstairs near Chucky Cheese). Hopefully, we will see the remote control boats on the lake. Come early and shop at the Farmer's Market, or stay after for the outdoor movie (these both occurred on Thursday last year). Opportunities also exist for a ride on the pedal boats or a round of lawn bowling. Of course there will be a treat stop! See you there! Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

July 14, Sat {A} 25-30 Stillwater bike ride on new trail (If completed) and Gateway from Stillwater. Details will be listed in eLoype two weeks before the bike ride. FFI Tom Stranc 651-994-6747, Marnie Johnson, 651-644-3047.

July 15, Sun {A} Mel's "Kind of Laid-Back" Hot Ride. The heat is on and ol' Mel is feeling more mortal than ever. So he requests your company on a 35- to 40-mile ride through the hills and dales of northern Washington County. "B" ride with an average speed of 13-14 MPH. Meet at Sal's Angus Bar & Grill in Withrow at 9:15 a.m. and begin riding at 9:30. Directions to Withrow: Hwy 36 east to Manning Avenue (Cty Rd 15); north on Manning for 6+ miles to Cty Rd 7; left (west) on 7 for one mile to Cty Rd 9, then left (south) on 9 for two blocks to Sal's. Please park in the large lot behind Sal's. Outdoor dining on Sal's large patio is customary (many would say mandatory). FFI: Mel Peterson, 651-776-4330.

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July 17, Tues {AK} Meander Merrily along Minnehaha Creek Join us at 6:30 p.m. at Burroughs Park at 50th St. S and Minnehaha Parkway for a five mile trek along Minnehaha into Edina. Our return will take us by some lovely houses and gardens. We will stop at Sebastian Joes for treats before the final mile back to our cars. Liz Rasmussen 612-920-3438 or Dana Siskind 612-929-0205.

July 18, Wed 6:15 pm {A} Casual Evening Paddle on a Lake in the Northeast Metro Canoe, kayak, or paddle board. Look for July paddle destination in previous week's e-Loype. Don't forget your life jacket and water bottle. Be ready to paddle by 6:30. Call Tom Rice, 612-562-2946, or Linda Johnson, 651-484-9414.

July 18, Wed {WW} Trips Planning Meeting and Grand Rounds Bike Ride Meet at the Minnehaha Falls Park Pavilion at 9:30 am with ideas and suggestions for rides or events you might like to lead in September or October. After the meeting, about 10:15, we'll bike a modified version of the Grand Rounds Route. Billboards post this as a 50 mile ride, but my version will be in the 30 mile range. We'll stop for lunch somewhere along the route. FFI: Al Mayer 952-545-4232 or on my cell 612-817-6814. ahmjlm@gmail.com

Wed, July 18, 6:15 pm. Casual evening paddle on a lake in the northeast metro. Canoe, kayak, or paddle board. Look for July paddle destination in previous week's e-Loype. Don't forget your life jacket and water bottle. Be ready to paddle by 6:30. Call Tom Rice, 612-562-2946, or Linda Johnson, 651-484-9414.

July 23, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjlm@gmail.com.

July 25, Wed {WW} Revised Rosemount Ramble Sam Meddaugh's ramble but revised with somewhat less ramble and more open road biking. Still about 26 miles with some hills and two rest stops. Meet at Eagan's Rahn Athletic Field at 10:00 ride at 10:15. Lunch afterwards. Dir: Head south on MN 77 (Cedar Avenue) and use the second exit on the south side of the MN river Diffley Road (County Rd 30). Turn left 0.2 mile to Nicols Rd (second traffic light). Go right 0.5 miles to Rahn Athletic Fields parking lot on the left. FFI: Kem Pomeroy 651-452-4491 or Sam Meddaugh 651-454-8256

July 28, Sat {A} Farmers Market Ride Easy 25 miles on trails ending with lunch at the Farmers Market. Meet at 9:30. Specific details will appear in the eLoype. FFI Tom Stranc, 651-994-6747, tstranc@gmail.com and Gary Quam, 612-964-6703

July 30, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjlm@gmail.com.

August, 2012

Aug 1, Wed {WW} White Bear/Bald Eagle Ride with potluck lunch at the Ruperts Arrive 9:35 Bike at 10:00 Ride about 30 miles - half way around White Bear Lake and Bald Eagle Lake and through the countryside and Withrow to the gateway trail back to Mahtomedi and the Rupert's house. Directions to Ruperts House, 9 Birchwood Rd, 55115. Take 35E north to 694E. Go east several miles to Century Blvd. Exit on Century, take a left going north to 244, take a right on 244, go about 1 mile to Birchwood Road, take a left and go 1/3 mile to a row of black mailboxes, one of which is ours #9. Turn right and go straight in and bend left and right. First house you come to is #9 Ours! FFI: 612-388-0037 or email janrupert@aol.com.

Aug 6, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

Aug 8, Wed {WW} Bike from Hudson to UW River Falls From Weitkamp Park in Hudson, we will head to River Falls for a bag lunch at UW's Swenson Sundial. The ride will be 40+ miles in length. A shorter ride will be available, but a volunteer leader will be needed. Starting point and time, directions, and updated information will be available via eLoype and WW email a few days before the ride. FFI: Bob Cliff at 651-351-0490, or Buckthorne@q.com.

Aug 13, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

Aug 15, Wed {WW} Dakota Roads Ride This 30 mile Bike Ride will be on Dakota County Roads, with some hills. About half-way into the ride we'll stop at Bryce & Sally's home for lemonade. Meet at 9:45 am, depart at 10 from Mendota Heights Shopping Plaza parking lot (far east corner). Lunch afterwards at a nearby restaurant. Directions: Take the Mendota Bridge south/east across the river, then east on Hwy 110 to Dodd Road; the Mendota Heights Shopping Plaza is located on the SE corner of Hwy 110 and Dodd Rd (same parking lot as the McDonalds). FFI: Bryce & Sally Richards 651-452-2247 home, or 651-210-3807 cell (1 hr before the ride).

Aug 16, Thurs. {AK} Hike Lake Cornelius Meet us at 6:30 p.m. in the parking lot near Snuffy's Malt Shop in Edina (Valley View Road and Wooddale Ave.) We will cross Hwy. 62 on the pedestrian bridge for a nice shady walk around Lake Cornelius. Of course we will have to sample the goodies at Snuffys when we are finished. Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

Aug 17, 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, St. Louis Park. Breakfast will be at a surprise location at about 9:00 am. FFI: Al Mayer 952-545-4232 or on my cell 612-817-6814.

Aug 18, Sat {A} Bike the Gardens. Join us for Saturday garden-view bike-rides. Our bi-monthly rides will feature one or more gardens and change with the seasons. Some of you may remember Julie's past garden bike rides, where the focus was the gardens and less on the ride. These are different - we'll see a variety of gardens throughout the season, but the focus will be on riding - with a break typically at the mid-point of the ride. Distance 40-50 miles at a B pace (average 14 mph). Check the e-loype for up -to-date ride info. Limit 15; call or email trip leaders to sign up for current month's ride. FFI: Jeanne Papin - 952-285-2817, jeapap@gmail.com ; and Julie Nelson - 612-927-8423; jujnelson80@msn.com

Aug 19, Sun {A} PADDLE WHITE BEAR LAKE Enjoy a casual 3 hour paddle on Sunday, August 19 starting at noon. We'll meet at Chip and Laura's, across from the Mahtomedi Beach. Afterwards we'll hang out, swim and have a potluck dinner. Give us a call if you are coming: Chip or Laura, 651.429.2412.

Aug 20, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

Aug 21 Tues {A} Volunteering for the Emergency Foodshelf Network One day a month North Stars do volunteer work for the Emergency Foodshelf Network in New Hope. We usually work a three hour shift running from 9 a.m. until 12 p.m. All North Stars and friends are welcome to participate in this activity. Directions to the EFN facility: If heading toward New Hope via I-94/694 take the Boone Ave exit and head south 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.} and then head north on Boone to 54th. If coming via US169, take the 49th Ave exit and head east to Boone, go north to 54th and turn right. For further info call Al Mayer at 952-545-4232 or on my cell 1-hr before we are scheduled to begin work. ahmjilm@gmail.com

Aug 22, Wed {WW} Looking for the Trail of the Alleygator Bike Ride Meet at 9:30 am in the parking lot of the defunct Alleygator's Nite Club in Maple Grove to bike scenic, paved trails to Elm Creek Park. Ride starts at 9:45. This is a no-map ride; we'll ride together as a group. A major rest stop is planned for Elm Creek Park. We'll 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 light onto Sycamore Lane. In on block turn left in front of McDonald's onto 62nd Place which ends in the old Alligator's parking lot. FFI: Al Mayer 952-545-4232 or on my cell 612-817-6814 ahmjilm@gmail.com

Aug 26, Sun {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 cgreenmn@gmail.com.

Aug 27, Mon {A} Easy Social Bike Ride Easy going bike ride in the 15-25 mile range with the rides getting longer and hillier as the season progresses. See May 7 for details. Al Mayer ahmjilm@gmail.com.

Aug, 29 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).

September, 2012

Sept 12, Wed {AK} Hike Wood Lake. Join us 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 Dr. to the Nature Center parking lot. We will be walking on paths through the woods, so we might see some great wildlife (we spotted 3 deer last spring). After the hike we can enjoy refreshment at the new Pizza Luce. Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

Sept 18 Tues {A} Volunteering for the Emergency Foodshelf Network One day a month North Stars do volunteer work for the Emergency Foodshelf Network in New Hope. We usually work a three hour shift running from 9 a.m. until 12 p.m. All North Stars and friends are welcome to participate in this activity.

Directions to the EFN facility: If heading toward New Hope via I-94/694 take the Boone Ave exit and head south 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.} and then head north on Boone to 54th. If coming via US169, take the 49th Ave exit and head east to Boone, go north to 54th and turn right. For further info call Al Mayer at 952-545-4232 or on my cell 1-hr before we are scheduled to begin work. ahmjlm@gmail.com

Sept 27- 30, Thu-Sun {A} Hike North Shore Enjoy fall colors from spectacular vistas on the ridge-line overlooking Lake Superior. Hikes will be on the Superior Hiking Trail and will cover 6-10 hilly miles/day. Estimated cost \$140 plus food and gas. Lodging at Superior Ridge Resort near Schroeder. Limit 12 people. Send \$50 deposit and waiver to Kathy St. Peters, 499 Perch Lake Rd, Hudson, WI 54016. Leaders: Kathy St. Peters (715-549-6287) and Lois Laitinen (651-714-1252).

Sept 30 Sun {A} "Where's Dennis" ride on the Mendota Heights trail to downtown St. Paul. This is also Dave's biannual celebration of another 25,000 miles logged. Start at Minnehaha Park at 10:00. Snack break at the Mississippi Market. Another easy pace, 20-mile, no-map ride. Leader is Dave Siskind, 612-929-0205, dsiskind@earthlink.net

October, 2012

Oct 5-6 Fri-Sat {A} Trail Clearing at Audubon Nature Center TENTATIVE DATES. See website or July/Aug Loype for details.

Oct 11-14, Thurs-Sun {A} Trail Clearing at Camp duNord Our club has a tradition of volunteering to maintain the trails we love to ski in the winter. The North Arm trails near Ely, MN have been developed and maintained by the North Stars for over 30 years. These trails are single track through the woods into the BWCAW and therefore are not machine groomed. Join us this year as we hike into the BWCAW to clear these trails with hand tools provided by the US Forest Service. We work all day Fri. and Sat. and actually have the option to play on Sunday morning. Terrance Smith will call a dance for us on Sat. evening. And the best sauna awaits our sore muscles after all this exercise. Food and lodging will be provided by YMCA Camp duNord. Lots of fun in a fabulous area. We are limited to 20 people, so send your trip reservation and waiver form and a check for \$35 (payable to Dana Siskind) to Dana Siskind, 5812 Thomas Circle, Mpls., MN 55410. You will receive a \$25 refund when you arrive at camp, the remaining \$10 covers the cost of the dance. FFI: Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

Oct. 13, Sat {A} Trail Clearing at Jay Cooke State Park TENTATIVE DATES. See website or July/Aug Loype for details.

Oct 16 Tues {A} Volunteering for the Emergency Foodshelf Network One day a month North Stars do volunteer work for the Emergency Foodshelf Network in New Hope. We usually work a three hour shift running from 9 a.m. until 12 p.m. All North Stars and friends are welcome to participate in this activity. Directions to the EFN facility: If heading toward New Hope via I-94/694 take the Boone Ave exit and head south 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.} and then head north on Boone to 54th. If coming via US169, take the 49th Ave exit and head east to Boone, go north to 54th and turn right. For further info call Al Mayer at 952-545-4232 or on my cell 1-hr before we are scheduled to begin work. ahmjlm@gmail.com

Oct 16-19, Tues-Fri {A} Trail Clearing at Gunflint Lodge TENTATIVE DATES. See website or July/Aug Loype for details.

Oct. 18-21, Thur-Sun {A} Trail Clearing on the Banadad Trail TENTATIVE DATES. See website or July/Aug Loype for details.

Oct. 26-28, Fri-Sun {A} Trail Clearing on the North Shore TENTATIVE DATES. See website or July/Aug Loype for details.

Oct. 29, Mon {AK} Hike Lake Nokomis Meet at the main beach on the west side of Lake Nokomis at 6:30 p.m. Free parking is available in the street. We will stop at Tom's Popcorn Shop on 47th and Cedar (delicious popcorn or ice cream) on the way back to our cars. There is also a Grand Ole Creamery and Caribou Coffee shop nearby. Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

November, 2012

Nov 7, Wed {AK} The Hare to the Turtle Hike Meet at 6:30 p.m. at the big bronze rabbit statue at Minnehaha Pkwy and Portland Ave. S. in South Minneapolis. We will walk along Minnehaha Creek at least as far as Cedar Ave. and eventually make our way back to the Turtle Bakery on 48th and Chicago Ave. S. for refreshments before returning to our cars. Inez Wick 612-825-3596 or Dana Siskind 612-929-0205.

Nov 20 Tues {A} Volunteering for the Emergency Foodshelf Network One day a month North Stars do volunteer work for the Emergency Foodshelf Network in New Hope. We usually work a three hour shift running from 9 a.m. until 12 p.m. All North Stars and friends are welcome to participate in this activity. Directions to the EFN facility: If heading toward New Hope via I-94/694 take the Boone Ave exit and head south 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.} and then head north on Boone to 54th. If coming via US169, take the 49th Ave exit and head east to Boone, go north to 54th and turn right. For further info call Al Mayer at 952-545-4232 or on my cell 1-hr before we are scheduled to begin work. ahmjlm@gmail.com

2013

Extended Trips

Jan 3-11 Methow Valley, WA for 24 persons flying to Seattle. Leaders are Jane Batcheller and Todd Mongrain. Initial cost estimate is an all inclusive \$1,700 which may drop some when plans become more firm.

Feb 23-Mar 3 Stokely Creek for about 35 persons, via bus to Sioux Ste. Marie, Ontario. Leaders are Ann Morrissy and Bruce Jacobson. Cost is estimated at \$1,200, which is also all inclusive.

Mar 9-18 Norway Solveig Olson's traditional trip.