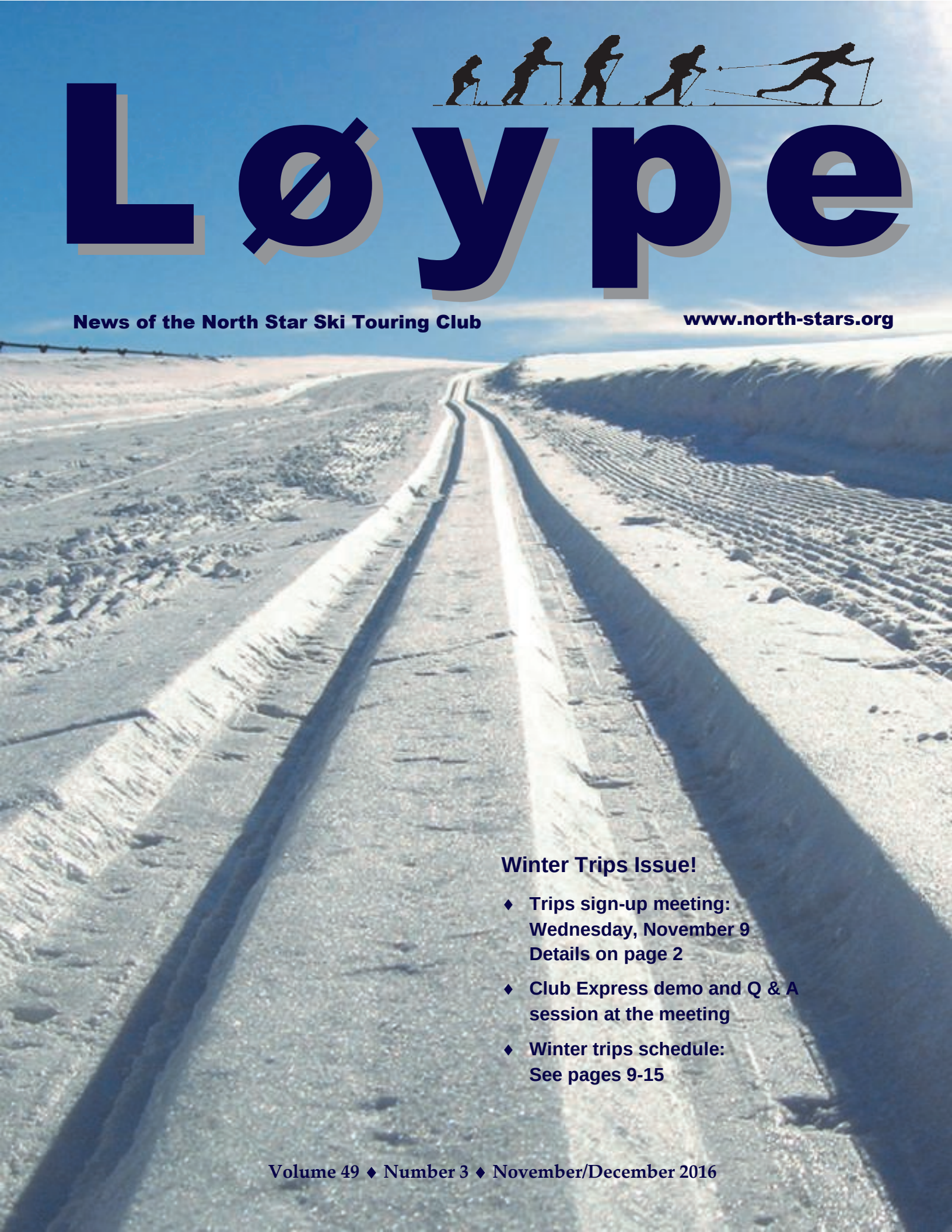
Løype

News of the North Star Ski Touring Club

www.north-stars.org



Winter Trips Issue!

- Trips sign-up meeting: Wednesday, November 9 Details on page 2
- Club Express demo and Q & A session at the meeting
- Winter trips schedule: See pages 9-15

Volume 49 ♦ Number 3 ♦ November/December 2016

Winter Trips Sign-up Meeting

Wednesday, November 9, 2016
St. Peter's Catholic Church
6730 Nicollet Avenue, Richfield
(park in lot on west side of church)
6:30 p.m. - Check out the trips
7:00 p.m. - Sign-ups begin

This is your chance to meet trip leaders, ask questions and sign up for one or more of the outings on our winter trips schedule. The schedule begins on page 9 of this newsletter. Be sure to bring along trip waiver forms (leaders will also have them) and your checkbook, along with your enthusiasm!

We will also give a demonstration on how to use Club Express, our new club web site. You will learn about features like setting your personal profile, the trips calendar, Quick Events, trip submissions and planning tools, online member joining and dues renewal, and online trip registration and payment — as well as helpful features like trail and weather info, popular trip sites, club policies, document archives and photo galleries.

December Meeting

Tuesday, December 13, 2016
St. Peter's Church — Same time

Program: "Snowmaking: The Salvation of Nordic Skiing." Dave Mueller, a retired groomer and snowmaker for Three Rivers Park District, will share the secrets of making artificial snow. More details on page 5.

Cover photo by Nick Mavrogenis

Blue skies, deep snow and fresh tracks beckon any lover of cross-country skiing. Photo taken on a club trip to Lone Mountain Ranch, MT.

Back cover photo Eric Ramstad

Three generations of North Star skiers at Suomi Hills: Amy Cochrane, Maya Cochrane, Kathy Hawkins, Rick Cochrane and Ella Cochrane.

Løype

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

The *Løype* is the official newsletter of the North Star Ski Touring Club. *Løype* is the Norwegian word for "track" or "ski trail." It speaks to us not only of the trails we love to ski but of the larger track, the concept of ski touring, that guides the progress of this club.

2016-2017 Board of Directors

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Activity Schedule Editor	**Mel Peterson**	651-776-4330
Loype Mailing	**Dana Siskind & Friends**	612-929-0205
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Tools Supervisor	**David Siskind**	612-929-0205
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Midwest Ski Council Liaison	**Al Volkers**	651-687-9357
e-Loype Editor	**Fran Howley**	612-869-8971

e-Loype Submissions	**eloype@north-stars.org**
World Wide Web	**http://www.north-stars.org**
Electronic mail	**nsstc@north-stars.org**

The *Løype* welcomes contributions from NSSTC members and non-members. The *Loype* is published every other month beginning with the July/August issue. Send articles and digital photos by the first of the month preceding publication to: **editor@north-stars.org.**

Send activity schedule items to **schedules@north-stars.org** by the 25th of the second month preceding publication of the *Loype.*

ADVERTISERS: Contact advertising manager Alberta Adams at 651-490-0277, or **ads@north-stars.org**, for rates, mechanicals and deadlines.

Opinions expressed in the *Loype* are not necessarily those of the North Star Ski Touring Club or its editors.

President's Corner

Winter trips are on my mind, and so is the launching of Club Express

By Bruce Nelson

Bruce Nelson

The NSSTC winter trips schedule is in this edition of the *Loype* and on the club website, www.north-stars.org. The Wednesday, November 9 sign-up meeting will be your opportunity to meet the trip leaders and sign up in person. Don't forget your checkbook!

Please note that this month's meeting has been moved to a Wednesday so as to not conflict with the presidential election the previous day.

Day trips on the schedule are usually come-as-you-can, but do mark them now on your calendar so you don't miss out. Trips are critical to keeping North Star a viable club so please give a special thanks to the dedicated leaders.

Be sure to review the NSSTC official trips policy on page 8. For overnight trips, trip leaders can accept registrations *no earlier than November 1*. They are also no longer required to hold any of the trip openings until the November club meeting. Some very popular weekend trips may have reservations allocated by lottery. For these trips, be sure to submit your reservation request before the cutoff specified in the schedule.

You may also want to take advantage of our new Club Express web capability and sign up for many (but not all) trips online. The ability of Club Express to accept credit card payments may or may not be activated by the time you read this. If this option is available you will note that the deposit amount will depend upon whether you are paying by cash/check or by credit card. (Membership renewals do not have this distinction.) Also, if paying a deposit by credit card be sure to take note of the deposit return conditions.

A special note to trip leaders and prospective leaders: New trips can always be added to the schedule. Either email your trip info to schedules@north-stars.org or use the Club Express trip entry procedure.

Club Express is now online

In the September/October *Loype* we introduced Club Express, our new web-based membership database and software driving our new web site. Club Express is explained in both the President's Corner and in a more detailed article by Ron Brand on page 4 of that issue.

If you have misplaced the newsletter you can view it on our new web site (still www.north-stars.org) by clicking on "Resources" and then "Document Library".

All members should have received via email instructions for logging into their personal profile and navigating Club Express features. If you think you did not receive the email or have misplaced it, first check to see if it went into your junk email or spam filter. If you still cannot locate the email, contact Membership Coordinator Sally Richards at 651-452-2247 or sallyrichards@gmail.com.

Take advantage of the many new features of the Club Express-based web site. You can sign up for a trip, sign a waiver and communicate with trip leaders with a couple computer clicks. You can use your member ID and password to access "members only" parts of the new web site. If you are not yet a dues-paying club member, the website will remind you to join.

To help you better learn about the many features of Club Express, Ron Brand and others will offer a "show and tell" demonstration at the November 9 meeting. North Star members are strongly encouraged to attend this most helpful and informative presentation.

And please be reassured that while the new database will have many electronic features and options, for the foreseeable future trip leaders and all members will be able to do business as usual and engage in all activities through traditional methods. This includes using the Postal Service for mail-in membership renewal, submitting trips to the schedule and signing up for trips.

Marketing communications plan under development

Three primary objectives of the North Star Grant Fund are to promote NSSTC, improve club vitality and grow our membership. With these in mind your Board, in August, authorized a grant from the fund to marketing communications consultant (and new NSSTC member) Margaret Arnold. Beginning in September, Margaret has been reviewing all club communications and facilitated two meetings with club leadership to gather background for developing a marketing communications plan. The plan's objectives are to increase membership, improve our overall visibility and awareness, and enhance the club's marketing communications capacity. The plan will be discussed with the Board in December, after which implementation strategies will be considered.

May I see your ski pass, please? Different parks require different passes

By Lucy Osojnicki

As you probably know by now, the Great Minnesota Ski Pass is not valid on every cross-country ski trail in the state. Many park districts require their own ski pass. Following is a list of the various ski passes required for skiing on Twin Cities area cross-country ski trails. Penalties vary but you can be sure that they are considerably more than the cost of a ski pass.

The Great Minnesota Ski Pass

Required for skiers age 16 and over.

Daily: $6

Season: $20

Three season: $55

The ski pass is required at all state parks, on state trails and on grant-in-aid trails. A list of trails can be found at: http://www.dnr.state.mn.us/skiing/skipass/list.html

Passes can be purchased at any one of 1750 electronic licensing centers in the state. Find one near you: http://www.dnr.state.mn.us/licenses/agents.html

Daily passes are sold at state park offices and all passes can be purchased using the self-service kiosk at state parks.

Three Rivers Park District

Required for skiers age 12 and over.

For natural snow parks:

Daily: $6

Season: $55; $27.50 for each additional pass per household.

For parks offering snowmaking capabilities (Hyland and Elm Creek):

Daily: $9

Season: $75; $37.50 for each additional pass per household.

A list of trails can be found here: http://www.threeriversparks.org/activities/cross-country-skiing.aspx

Daily passes are available at trailhead pay boxes or at any visitor center. Season passes can be purchased at any visitor center or online at: http://www.threeriversparks.org/activities/passes/cross-country-skiing.aspx

Minneapolis

Required for skiers age 13 and over.

Daily: $8

Season: $50; $25 for each additional pass per household.

Passes are available online, at the Wirth Park chalet or at Columbia Clubhouse.

A list of trails and link to online purchase can be found at: https://www.minneapolisparks.org/activities__events/winter_activities/cross-country_skiing/

Dakota County

Required for skiers age 18 and over.

Daily: $5

Season: $20

A list of trails can be found here: http://www.co.dakota.mn.us/parks/Activities/CrossCountySki/Pages/default.aspx

Passes can be purchased at Lebanon Hills Visitor Center or the Dakota County Western Service Center. Pay boxes are available at the Holland Lake Trailhead in Lebanon Hills Park and at Schaar's Bluff Trailhead in Spring Lake Park. They can also be purchased online at: http://www.co.dakota.mn.us/parks/ReservationsPasses/Passes/Pages/cross-country-ski-pass.aspx

Ramsey County

The Great Minnesota Ski Pass is required for skiers age 16 and over on all trails.

A list of trails can be found here: https://parks.co.ramsey.mn.us/parks/Pages/Cross-country-Skiing.aspx

Saint Paul

No ski pass required.

A list of trails can be found here: https://www.stpaul.gov/departments/parks-recreation/activities/winter-spring-activities/cross-country-skiing

Washington County Parks

The Great Minnesota Ski Pass is required for skiers age 16 and over on all trails. A Washington County Parks vehicle permit is required for parking.

A list of trails can be found here: https://www.co.washington.mn.us/DocumentCenter/View/873

Anoka County Parks

The Great Minnesota Ski Pass is required for skiers age 16 and over on all trails.

A list of trails can be found here: https://www.anokacounty.us/846/Cross-Country-Skiing

Don't let your North Star membership expire.
Do you know that you can now renew online on our new Club Express-based website?
Check it out at www.north-stars.org

Trips Coordinators' Report

Winter trips schedule offers familiar outings and a taste of some things new

By Jim Ruhl and Jane Laub

Jim Ruhl and Jane Laub

This year's winter trips schedule features new leaders of a familiar out-of-town trip, the revival of an out-of-town trip that has not been offered for several years, and a brand new destination sure to attract people looking for something different.

The long-running (30+ years and going strong!) MLK Maplelag Weekend trip, scheduled for January 13-16, has new leaders this year, Cindy Porter and Tammy Lambas. Cindy is, of course, Al Porter's daughter and Tammy is a friend who has been on many past Maplelag trips. Al and Barb Wahman are taking a break after thirty years of leading this popular club outing. They have groomed Cindy and Tammy to take over the reins and we can expect the usual fun, well-organized activities that have been a hallmark of this trip.

Be sure to note the trip to Minocqua, Wisconsin the weekend of February 10-12. Jane Batcheller led trips to Minocqua for at least ten years and now, after approximately a ten-year hiatus, the trip is being revived by Arne Stefferud and Susan Von Mosch. Please see the trips schedule for full details — and thank you, Arne and Susan!

Thanks also to Bruce Nelson for leading a weekend trip to a couple ski areas we as a club have never visited: Glendalough State Park in Battle Lake, not far from Alexandria, and nearby Spidahl Ski Gaard. The dates are January 20-22, it is less than a three-hour drive from the cities, and we shouldn't have to worry about a meltdown this time of the year wreaking havoc on the ski trails. It is an interesting destination and one well worth all of you checking out.

In addition to these three trips, please consider the host of other trips included in the winter schedule. None of these trips would be offered without the willingness of dedicated NSSTC members to generously donate their time and energy to plan, organize and lead them. We thank all of our leaders for making these trips possible.

And to all North Star members, please be aware that trips can still be added to the schedule provided they do not conflict with existing trips. We would love to see more local outings and "If there's snow, we'll go" events. Contact either of our trips coordinators, Jane Laub and Jim Ruhl, if you have an idea for a trip that you wish to lead and we'll work with you to find suitable dates.

December program looks at the science (and art) of snowmaking

Our December program is titled, "Snowmaking: The Salvation of Nordic Skiing." Dave Mueller, a retired groomer and snowmaker for the Three Rivers Park District, will present a program on how snow is made, what ingredients are necessary, and some of the pitfalls that can occur in the process.

Snowmaking is both a science and an art. The majority of skiers have no idea of what it takes to create artificial snow or how expensive it is. Come with your questions and share experiences you've had skiing any of the metro-area trails that extend the ski season with artificial snow.

See page 2 for meeting time and place.

Wednesday Wanderer Words

A visit to northwest Illinois offers surprises and new perspectives

By Al Mayer

Al Mayer

Leaving friends and family behind in New Jersey in 1954, my wife, Jeanne, and I moved to Minnesota. Since then, numerous car trips have been made back to our home state. Each time we headed east by driving across Wisconsin, Illinois, Indiana, Ohio and Pennsylvania before reaching New Jersey.

For many years I've shared with you, by way of this column, some of the interesting places I've hiked with the idea that you might also enjoy these unique places. Late this summer I traveled with three other North Stars to another unique place where we explored historic cities and hiked parks — a place that we would like to share with you. This time the place is northwest Illinois.

Northwest Illinois is a very interesting part of the state, completely different from what most people perceive when they think of Illinois. For one thing, to get there from the Twin Cities you head south, not east. I have to admit this threw me when I first looked at a map. As mentioned earlier, I've always driven east to get to Illinois, not south, so I was not mentally prepared to first drive to Dubuque, Iowa to get to northwest Illinois.

Galena is a great introduction to this part of the state. The city, once the largest Mississippi River port north of St. Louis, was explored by wandering its streets and climbing its stairways (three of which exceed 100 steps). By doing so you could almost feel how vibrant a city this is because 85% of its buildings are on the register of historic places. During its heyday in the 1890s, steamboats lined the Galena River which, unfortunately, is now too shallow to handle large boats.

While in this part of Illinois we hiked trails in nine of the ten parks we visited, with distances ranging from a half mile to three miles. Each park, of course, highlights its specific features. White Pine Forest State Park, located in the Rock River Valley, was by far the most unique for us and produced a couple of 'firsts'.

To begin with, to save money the state didn't build a bridge where the park road comes to a creek. A concrete ford spans the creek so you drive your car through the creek. When the water gets too high they just close the road. We had to drive through Pine Creek three times in order to hike the Sleepy Hollow Trail, which has its own unique features.

The trail started out normally enough by providing a foot bridge across Pine Creek, followed by a rugged climb to a ridge above the creek. Looking at the trail map, we noted that the trail crosses a creek, Spring Creek, three times before returning to the foot bridge across Pine Creek. Since there was nothing on the map indicating there would be a bridge at these crossings, we wondered how we would get across the creek. Hop from rock to rock, or wade, or what?

Brad Schlick, front, and Bill Lyon use stepping stones to cross Spring Creek. Photo by Al Mayer

"Or what?" was the right answer. At each crossing round, drum-like cement stepping stones, about two feet in diameter, were strategically placed across the stream. So except where high water dislodged or tilted these stones, the crossings were relatively easy.

Highlights at some of the other parks were the views from the huge 50-foot Black Hawk statue that overlooks the Rock River in Lowden State Park, the magnificent views of the Mississippi River from numerous lookout points on the high bluffs of Mississippi Palisades State Park, and the interesting Butterfly Garden Trail in Morrison-Rockwood State Park.

As you consider places to hike this fall, note that this unique region of Illinois is only about 350 miles from the Twin Cities and offers numerous opportunities for interesting day hikes. Plus, on the way there or on the way back, many of Iowa's, Wisconsin's and Minnesota's state parks are accessible along the route.

Nominations being accepted for Tim Knopp Award

NSSTC is what it is today because of our founding members and the efforts of thousands of volunteers. If there was one key figure, it was Tim Knopp. What we are today is a reflection of the effort he gave us during our first twenty years as a club. To fully appreciate his impact we have to remember that back then there were no public facilities for cross-country skiers in the U.S. outside of New England.

As a U of M forestry professor specializing in public recreational trails, Tim used his local, national and international contacts to proactively organize and lobby for trail projects for all seasons. By the time he died in 1989, Tim was moving beyond the basic loop trail systems and lobbying for point-to-point trails — as well as for multi-day trips modeled on the hut-to-hut trekking systems in Scandinavia and the American mountain west.

Tim was the first chairman of the VJC ski race sponsored by NSSTC. The VJC ran through the towns of Victoria, Jonathan and Chaska. It was a big event and both the American Birkebeiner and Mora Vasaloppet were built on the foundation laid by Tim and a little ski club of 180 members.

Tim served as club president from 1971-1972. He persuaded the Hennepin County Park Reserve to develop ski trails rather than snowmobile trails — trails we enjoy today in parks such as Baker, Murphy-Hanrehan and Elm Creek. He then compiled a book listing all the cross-country ski trails in the Twin Cities area. Tim also created and named the *Loype*, which means "track" in Norwegian, and he designed the NSSTC logo of five skiers in a row.

Our founders believed in sharing their knowledge about skiing with anyone who was interested, regardless of skills. Tim was our trail coordinator for many years. The groundwork for the club we have today, and the trail systems we now take for granted, were laid by Tim's steady, continuous efforts from 1970 to 1989.

As a way to continue honoring Tim's legacy and to provide ongoing recognition of our present-day leaders and volunteers, the club created the annual Tim Knopp Award in 2003. Previous recipients of this prestigious award are: Inez Wick, Norm Oakvik, Al Mayer, Pete Hawkins, Greg Fangel, Connie Donnelly, Bob O'Hara, Thor & Audry Nordwall, Tom Rice, John Holmquist, Bruce Jacobson, Fran Howley, Kathy Kelly & John Driscoll, and Dana & David Siskind.

Please send us your 2017 nominations by February 1. Our nominating committee consists of Lois Carlson, Al Fox and Inez Wick.

When considering a nominee's qualifications, think of someone who you believe has made a significant contribution to the club and/or to cross-country skiing. Achievements might include leading trips, serving as a club officer, or working on activities in support of and promoting the club. All past letters of nomination have been saved and those nominees will be considered along with new ones.

To submit your nominee's name, send a letter describing the person's achievements by February 1, 2017 to:

Cindy or Larry Koehler
12017 Summerset Lane
Burnsville, MN 55337

Or you can submit your nomination via email to clkoehler@usfamily.net.

NSSTC monthly activity schedule update: Official trips policy

To view the NSSTC Trips Policy online, visit the Trip Leader Info page on the North Star website, www.north-stars.org.

Club Rules — The following schedule of activities is presented for the enjoyment of NSSTC members. To provide a good experience for all participants, and protect the club and activity leaders, we expect all involved to adhere to the following guidelines.

Liability — Official club policy prohibits you from participating in any activity unless you agree to be bound by the club's liability policy. You must agree to sign a waiver before the start of the activity, agreeing not to hold liable NSSTC, its officers or activity leaders in the event of injury or death. Likewise, you must agree to be bound by the policy even if the required waiver is not signed for any reason, or if you are injured at a meeting, party, dinner, etc., where signed waivers are not required. This is a fair and essential policy for an organization like the North Stars that depends upon volunteers.

Who can go — Activities are open to all club members and all ability levels unless otherwise indicated. Persons under age 18 must be accompanied by a responsible adult member. If in doubt about an activity, contact the leader before the event. Activities are designated as: {A} - open to all members; {AK} - open to all members, including kids and families (sometimes with age restrictions); {S} - open to adult singles only, although overnight singles trips may be opened to other club members if not all places are taken; {WW} - Wednesday Wanderers, who engage in a daytime aerobic activity 52 Wednesdays a year — with skiing, biking and hiking events dominating the schedule and weather and conditions being the deciding factor.

Reservations and Deposits — All overnight trips and some day activities have limited space and require reservations and deposits. You do not have a reservation for such activities until the trip leader has received your deposit and a signed waiver. Reservation/waiver forms are available at club meetings, on the Schedule page of the club's website and in each issue of the *Løype*.

Please note that deposits for overnight trips may be required significantly in advance of the trip, along with the signed reservation/waiver form. Members should review the entire schedule and plan accordingly.

When signing up for a trip, *contact the leader first and send your deposit and waiver to him or her*, not to the NSSTC post office box. Make the check payable to the leader, not NSSTC. The leader will contact participants prior to departure regarding trip details.

Cancellation — Deposits and scheduled payments are to protect leaders and the club from financial loss when participants cancel. If a participant cancels, 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.

Winter Trips Sign-Up Policy — ***Please note that this policy recently changed.*** For overnight trips, trip leaders can accept sign-ups beginning on November 1 and will no longer be required to hold 50% of trip openings for sign-ups at the November meeting. Some very popular weekend trips may have reservations allocated by lottery. For these trips, be sure to submit your reservation request before the cutoff specified in the schedule.

New Member Priority — Some weekend trips are designated as having new member priority. On these trips, 20% of the reservations will be held for new NSSTC members. New members are those who have been members for less than 12 months.

Transportation — The club encourages carpooling to trips and events. Passengers in carpools of three or more individuals will pay for all gasoline costs, including the driver's. For carpools of two individuals, the driver and the passenger will negotiate gasoline costs. For bus trips, all participants must pay for the bus even if they prefer not to use it. Exceptions will be allowed only if doing so does not raise the trip cost to other participants.

Smoking — Club policy states that there will be no smoking except outdoors.

Leaders — Leaders make the final decision in all cases regarding participant safety, lodging, transportation and general trip conditions.

Bike Trip Ratings & Safety — North Star policy requires that all participants on a bike ride wear a certified bicycle helmet and that it be properly fitted. Leaders may classify their rides with these relative designations: A - Advanced; B - Intermediate; C - Casual. We advise you to check with the ride leader to make sure the trip meets your ability and interests. Leaders provide maps of the route. All riders should make sure their bikes are in good operating condition before the ride. All riders are expected to have a spare tube, patch kit and tire pump.

Changes to the Schedule — Check the e-Loype, our weekly electronic newsletter, or the North Star website (www.north-stars.org) for current schedule information. Trip leaders should post updates and other pertinent information on the message board on our website.

Scheduling — For changes to scheduled trips, leaders should notify one of the trips coordinators and send an update to the e-Loype editor (eloype@north-stars.org). We also encourage you to post changes on our electronic message board. Submit new schedule items by sending an email with event details to schedules@north-stars.org. Deadline for trip submissions is the first of the month preceding publication of the *Loype* (i.e. October 1 for the Nov/Dec issue). If you have questions, please call one of our trips coordinators (see the masthead on page 2 for contact information).

You will find a complete, up-to-date schedule of activities on our website: www.north-stars.org.

Monthly activity schedule {A} All members, {AK} All plus kids, {S} Adult Singles, {WW} Wednesday Wanderers

Please note that for all overnight trips, trip leaders can accept sign-ups beginning on November 1 and are no longer required to hold 50% of trip openings for sign-ups at the November meeting. See the NSSTC Official Trips Policy on page 8 for more details.

November 2016

Nov 2, Wed {WW} Hike Lebanon Hills Regional Park. Leader is Eric Ramstad. Check the e-Loype or weekly WW email for details about this event.

Nov 5, Sat {AK} Kids Explore French Regional Park. Hey, kids! Grab your favorite adult and join Sam, Joey and their Nana at French Regional Park. Bring a picnic lunch or snacks to share and meet us at the visitor center at 10:30 a.m. We will explore some of the hiking trails before returning to the playground for some good climbing and our refreshments. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Nov 6, Sun {A} Pole Hiking at Sunfish Lake. Join us for one or two hours of pole hiking through one of the east metro region's premier parks. Prepare for some big climbs and descents. Some parts of the trail may be slippery when wet; wear good footwear. Meet at the Sunfish Lake parking lot at 1:30 p.m. The park is located on Highway 14 (formerly Hwy 5) in Lake Elmo, east of 694. FFI: Linda Johnson or Bob Julian, 651-484-9414.

Nov 9, Wed {WW} Coldwater Spring Hike. Meet at 10:00 a.m. and hike at 10:15. Coldwater Spring Park is the birthplace of white settlement in Minnesota as well as an ancient Native American sacred site. We'll hike around the park to see the spring, then follow Coldwater Spring Creek as it descends the Mississippi River gorge to the river. We'll see a totem pole, a secret waterfall and beautiful beaches on the river. Pack a picnic lunch to enjoy as we sit along the water's edge. You might want your hiking poles and, depending on the weather, your cleats for one area as we descend the gorge. There are no restrooms but plenty of woods, so come prepared. Directions: Drive to Hiawatha Ave (Hwy 55) and E 50th St; park on city streets intersecting 50th St (or ride the Blue Line and get off at Minnehaha Park Station); walk to Cap's Grille parking lot, just west of Hiawatha and 50th, where we'll meet. FFI: Roxy Knuttila, 952-250-4650; Frank Janezich, 612-360-0068 (one hour before the hike) or fjanezich@gmail.com.

Nov 9, Wed {A} Winter Trips Sign-Up Meeting. *Please note that because of the presidential election on November 8 (and we want you all to vote), this meeting has been rescheduled to the following day.* The meeting begins at 6:30 p.m. at St. Peter's Catholic Church, 6730 Nicollet Avenue in Richfield. See page 2 for full details.

Nov 13, Sun {A} Hiking at Afton State Park. Meet at the park's visitor center at 10:45 a.m. and begin hiking at 11:00. Plan on a hilly, two- to three-hour hike as we get in shape for the ski season. Bring along your poles and be sure to wear good footwear. There will be shorter and longer hiking options. Lunch option in Afton after the hike. FFI: Mel Peterson, 651-776-4330 or alphamel52@comcast.net.

Nov 15, Tue {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 work a three-hour shift packaging produce, starting at 9:00 a.m. 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.

Nov 16, Wed {WW} Hike Nine-Mile Creek. Meet at Moir Park in Bloomington at 10:00 am; hike at 10:15. The hike covers just under five miles and is on a combination of wooded dirt trails high above Nine-Mile Creek before dropping to paved trails along the creek. We'll go to David Fong's for lunch after the hike. Directions: Head south on 35W from 494, get off at the 106th St exit; go west on 106th, cross Nine-Mile Creek and turn right at the next corner onto Morgan; go north on Morgan for three blocks to where the street ends; turn into the parking lot, which will also be our gathering place. FFI: Gary Solberg, 612-401-7561 or gary_solberg@yahoo.com.

Nov 16, Wed {AK} Hike Centennial Lakes. How about a fall hike around this beautiful area in Edina? Meet at 6:30 p.m. outside the pavilion entrance of Centennial Lakes Park (76th St and France Ave S). The summer activities are all put away but this is a very relaxing place to walk. We'll find treats nearby. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Nov 18, Fri {WW,A} Ice Skating at the Oval. Meet at the Roseville Oval, County Road C and Lexington Avenue, at 11:30 a.m. Although it's too early for most outdoor ice, the Oval chills the ice from underneath (just as indoor rinks are maintained) and diligently grooms the ice to a nice, smooth finish. There is a $6 entry fee and skates can be rented for $4. Optional lunch at a local restaurant afterward. FFI: Jeanne LaBore, jeannelabore@gmail.com or 612-386-2329.

Nov 23, Wed {WW} Metro Area Hike. Leader is Julie Holmen. Check the e-Loype or weekly WW email for

details about this event.

Nov 30, Wed {WW} Crosby Park Hike. Meet at 9:45 a.m. at Crosby Farm Park, 2595 Crosby Farm Rd in St. Paul. Begin hike at 10:00 from parking lot near the shelter. Lunch after the hike at Lucky's Pub, 1352 Sibley Memorial Highway in Mendota. FFI: Larissa Krioukova, 651-699-6265.

December 2016

Dec 4, Sun {A} Ski or Hike in East Metro. We will ski or hike, depending upon snow conditions, an east metro park. Possibilities include Battle Creek West or East, Sunfish Lake Park or Lake Elmo Regional Park. Please check the e-Loype on Nov 30 or call Saturday evening, Dec 3, for the Sunday morning meeting time & place. Come for an hour or two of morning fun and exercise. If we are hiking, wear good footwear and bring poles as trails may be slippery. If skiing, a Great MN Ski Pass is required. FFI: Linda Johnson or Bob Julian, 651-484-9414.

Dec 7, Wed {WW} Hike Louisville Swamp. Meet at 10:00 a.m. and start hiking at 10:15. We begin this hike on the Mazomoni Trail which runs along a bluff overlooking the Louisville Swamp, passes remnants of the old Ehmiller Homestead and crosses Sand Creek. This loop is completed by circling back along a rock ledge on the west side of the swamp, where we take a snack break at a glacial boulder (called an erratic) before continuing on toward the Jabs Farm. We'll stop to explore its remaining buildings, then cross an earthen dam and head back to our cars. We'll drive to Chaska for lunch after completing this hike of a little over five miles. Directions: Head south on US 169 toward Shakopee and Jordan; remain on 169 as it bypasses Shakopee; two miles beyond the junction with US 41, look for a Louisville Swamp sign on your right, where you should also see a sign for the Renaissance Festival; turn right at this sign, cross a major set of railroad tracks, then turn left after crossing a second set of tracks to enter the Louisville Swamp parking lot. FFI: Barbara Mahowald, 952-261-3104 or bmahowald1@yahoo.com; Gary Solberg, 612-401-7561 or gary_solberg@yahoo.com; or Al Mayer, 952-545-4232 or ahmjlm@gmail.com.

Dec 10, Sat {AK} Kids Explore Parker's Lake Park. Sam's suggestion for this month is Parker's Lake Park, 15505 County Rd 6 in Plymouth. Join us at 10:30 a.m. at the visitor center. We will explore the nature trails and play on their playground before eating our snacks or picnic lunch. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Dec 11, Sun {A} Ski or Hike at William O'Brien State Park. Meet at the park's visitor center at 10:45 a.m. and be on the trails at 11:00. We'll ski or hike, depending upon conditions, for two to three hours. If skiing (and a little birdie says that we will have snow), a Great MN Ski Pass is required. There will be shorter and longer ski/hike options. Bring a bag lunch and perhaps something hot to drink. FFI: Mel Peterson, 651-776-4330 or alphamel52@comcast.net.

Dec 13, Tue {A} December Club Meeting. Our program is titled, "Snowmaking: The Salvation of Nordic Skiing." Dave Mueller, a retired groomer and snowmaker for the Three Rivers Park District, will present a program on how snow is made, what ingredients are necessary, and some of the pitfalls that can occur in the process. Learn how snowmaking is both an art and a science. Meeting is at St. Peter's Catholic Church, 6730 Nicollet Ave in Richfield, at 7:00 p.m.

Dec 14, Wed {WW} Holiday Party. Ski or hike, followed by lunch at the home of Carol Krush, 4127 Wentworth Ave S, Minneapolis, MN 55409. If you plan on hiking, meet at Carol's house at 10:00 a.m. We'll hike for a few hours with the route dependent upon weather conditions. If there is snow, a group will meet at Hyland for skiing. Check the e-Loype the week before for last-minute info. Bring your lunch; Carol will supply coffee and hot apple cider. We'll also have some holiday fun with the sharing of "White Elephant" gifts. (This means find something in your home that you no longer want or need, and maybe never wanted or needed, wrap the item in newspaper or a brown bag or an old magazine, and bring it along for a fun exchange.) FFI: Carol Krush, 612-229-5282 or carol.krush@gmail.com; or Fran Howley, franmhowley@gmail.com.

Dec 15, Thurs {AK} Holiday Lights Hike. An annual event in south Minneapolis. Meet at 6:30 p.m. at Lynnhurst Park (50th St S and Minnehaha Pkwy). We will stroll the neighborhood looking for the best light displays and find treats at a nearby restaurant. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Dec 16, Fri {WW,A} Ice Skating at the Oval. Meet at the Roseville Oval, County Road C and Lexington Avenue, at 11:30 a.m. Although it's too early for most outdoor ice, the Oval chills the ice from underneath (just as indoor rinks are maintained) and diligently grooms the ice to a nice, smooth finish. There is a $6 entry fee and skates can be rented for $4. Optional lunch at a local restaurant afterward. FFI: Jeanne LaBore, jeannelabore@gmail.com or 612-386-2329.

Dec 18, Sun {A} Annual Holiday Ski and Potluck. This holiday ski and potluck event is known for its good food and socializing. Due to the size of

our house we need to limit attendance to 35 people, so please call or email if you plan to attend. Sign-up begins on Monday, December 5. Socializing begins at 4:00 p.m. We plan to ski before the potluck. Meet at the Hyland Park Visitors Center in Bloomington for a 1:00 start. A Three Rivers Park annual or daily ski pass is required; both can be purchased at the visitors center. Potluck is at 6513 Limerick Drive, Edina, MN 55439. FFI: Kathy Kelly, 612-418-4668, or John Driscoll, 612-418-9680.

Dec 20, Tue {A} Food Group Volunteers. A monthly gathering at the Food Group Facility in New Hope. We package produce for three hours. See November 15 listing for details.

Dec 21, Wed {WW} Holiday Cheer. Meet at 10:00 a.m. at Anne McKinsey's house in the Bryn Mawr neighborhood of Minneapolis for a seasonal activity: hiking, skiing or snowshoeing (TBD depending upon weather and conditions). Return to Anne's for lunch; soup, cider and coffee provided. Participants are invited (but not required) to bring Christmas cookies to share. Following lunch, gather around the piano to sing carols, holiday songs and piano bar favorites. More information will be provided in an e-Loype before the event, when RSVPs will also be solicited. FFI: Anne McKinsey, amckinsey@boreal.org.

Dec 28, Wed {WW} Ski, Snowshoe or Hike. Location and activity will depend upon weather and snow conditions. Check the e-Loype or WW email for details closer to the date of the event. FFI: Gary Solberg, 612-401-7561 or gary_solberg@yahoo.com.

January 2017

Jan 1, Sun {A} Ski Willow River State Park. Start the new year in style! Meet at 10:45 a.m. and begin skiing at 11:00. Gorgeous classic skiing along the Willow River and on the many wooded, hilly trails. The park's address is 1034 County Road A, Hudson, WI 54016. A state park permit is required. Take Exit #4 off I-94 and drive a few miles north to the park entrance. Follow the main park road all the way down to the river and park in the large lot, where we'll meet. There is no heated trail center but satellites are available. Plan on a few hours of skiing with lunch afterwards in Burkhardt. FFI: Mel Peterson, 651-776-4330 or alphamel52@comcast.net.

Jan 4, Wed {WW} Ski, Snowshoe or Hike. Location and activity will depend upon weather and snow conditions. Check the e-Loype or WW email for details closer to the date of event. FFI: Jane Batcheller, jkbatcheller@gmail.com.

Jan 6-8, Fri-Sun {AK} Ski Deep Portage Conservation Reserve. Please join us for our 28th annual North Star trip to the north woods near Hackensack, MN, north of Brainerd. With more than 18K of groomed ski trails just outside the door, including a short loop in easy terrain, Deep Portage provides perfect conditions for children and beginners just getting started, with plenty of challenges for more experienced skiers. Enjoy a full weekend of forested hills, good food, an indoor climbing wall and, on Saturday night, music and dancing with Terrence Smith. Comfortable accommodations include dorm rooms with showers and toilets, plus plenty of common spaces for socializing and/or relaxing with a book. Cost is $137 per person for two nights and five meals ($112 for children 13 and under, no charge for kids 5 and under). To reserve your place, send a check for the total amount per person, along with a signed trip waiver, to Margie Schally, 1619 Hague Ave, St. Paul, MN 55104. FFI: Margie Schally, 651-642-9755, mlschally@gmail.com; or co-leader Dave Siskind, 612-929-0205, dsiskind@earthlink.net.

Jan 11, Wed {WW} Ski Afton State Park. Meet at 10:00 a.m. at the ski shelter; ski/snowshoe/hike at 10:15. Bring a bag lunch and we'll eat in the shelter. A state park sticker and Great MN Ski Pass are required. Both are available at the park office. Directions: East on I-94 to the Manning Ave/Hwy 95 exit; go south on Hwy 95 to County Rd 20/70th St S; turn left (east) and proceed on Cty Rd 20 to the park.

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Jan 13-16, Fri-Mon {AK} Annual MLK Maplelag Weekend. Ski, snowshoe and other activities. North Stars have been going to Maplelag for more than 45 years. Al Porter and Barb Wahman are taking a break this time as leaders; instead, Al's daughter, Cindy Porter, and friend Tammy Lambas will be co-leading this year's trip. Enjoy the camaraderie, hospitality and gourmet meals (including the never-empty cookie jars). There is superb skiing on impeccably groomed trails right out your door — with over 70K of trails, including more than 15K of skating trails. They also have many kilometers of snowshoe trails. This will be a carpooling trip with NEW MEMBER PRIORITY. There is a hot tub that accommodates over 30 people, plus a steam room and both an indoor and outdoor sauna. Massage therapists are also available and are very popular. There will be a Saturday night dance and a variety show on Sunday night. Cost is $335 for adults, $135 for kids 8-14, $99 for kids 4-7, and kids 3 and under go free. The trip includes nine meals if you arrive in time for supper on Friday. Send trip waiver with a $100/person deposit (check payable to Tammy Lambas) to 5644 Sheridan Ave S, Minneapolis, MN 55410. *There will be no refund of the deposit once the down payment has been mailed to Maplelag around mid-December.* FFI: Tammy Lambas, 612-913-4227 or email her (preferred) at tblambas@gmail.com.

Jan 15-22, Sun-Sun {A} Ski SilverStar in British Columbia. ***This trip is full with a long waiting list.*** Trip details can be found on the club web site, www.north-stars.org.

Jan 17, Tue {A} Food Group Volunteers. A monthly gathering at the Food Group facility in New Hope. We package produce for three hours. See November 15 listing for details.

Jan 17, Tue {AK} Hike Wood Lake. Join us for a midwinter hike at Wood Lake Nature Center, 6710 Lake Shore Drive in Richfield. If there is enough snow we could turn this hike into a moonlight ski. Bring a flashlight for the trails and meet us in the parking lot at 6:30 p.m. We'll have treats following the hike at one of the restaurants on 66th St. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205

Jan 18, Wed {WW} Ski Lebanon Hills. Meet 10:00 a.m. at the Schulze Lake Visitor Center, 860 Cliff Rd in Eagan, for skiing and/or snowshoeing. Bring a lunch to enjoy afterwards in the bright and comfortable community room. Hot beverages are available for purchase. A Dakota County trail pass is required. FFI: Jeanne LaBore, 612-386-2329 or jeannelabore@gmail.com.

Jan 19, Thurs {WW,A} Ski, Snowshoe or Hike William O'Brien State Park + Lutefisk Dinner. Meet at 10:30 a.m. at the park's visitor center, 16821 O'Brien Trail N in Marine on St. Croix. Ski/snowshoe/hike from 10:45 to 12:15. Join us to ski or just come for the wonderful lutefisk dinner (meatballs for the timid) at 12:30 at Christ Lutheran Church, 150 5th St in Marine. Price is approx. $18. FFI: Audry Nordwall, 651-766-5857 or nord564@hotmail.com.

Jan 20-22, Fri-Sun {A} Glendalough State Park and Spidahl Ski Gaard. The Battle Lake area is just beyond Alexandria, only 2-1/2 hours from the Twin Cities. Two great trail systems to ski are Glendalough State Park with 11 km of groomed trails and Spidahl Ski Gaard with 24 km of classical and skate-ski trails for beginner to intermediate skiers. Meals, which are not included in the price, will be at nearby restaurants. You will need a state park sticker and Great MN Ski Pass to ski Glendalough, and the Spidahl trail fee is $9. Cost estimate is $125 for double occupancy. Limit of 25 participants (flexible). Send trip waiver and deposit of $50/person (check payable to trip leader) to Bruce Nelson, 1918 Portland Ave, St. Paul, MN 55104. FFI: Bruce at 651-647-4326 or brucen1918@gmail.com.

Jan 21, Sat {AK} Kids Explore Centennial Lakes. This is one of our favorite places to go ice skating. Bring your skates and join us at 10:30 a.m. at the pavilion (warming house) at 76th St and France Ave S in Edina. They also have skates to rent (even in small sizes) as well as balance aides (chairs, sleds, etc.). Bring a bag lunch if you wish or they have snacks and great hot chocolate there. Jason's Deli is also close. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Jan 25, Wed {WW} Ski, Snowshoe or Hike. Location and activity will depend upon weather and snow conditions. Check the e-Loype or WW email for details closer to date of the event. FFI: Jan Rupert, 612-388-0037 or janrupert@aol.com.

Jan 27-29, Fri-Sun {A} Ski Bayfield. Join us for another great winter weekend in Bayfield, WI. Two ski areas provide plenty of trails for beginner to intermediate skiers. If conditions allow, we may be able to ski or hike to the ice caves. Lodging is in suites at the comfortable Winfield Inn. Breakfasts included with $110 cost. Dinner out at a local restaurant Saturday night. Mail deposit of $75 to Chip Treen, 1044 Park Ave, Mahtomedi, MN 55115. *Please note: If you send in a deposit prior to the November club meeting, make sure you send an email telling us it's coming. We will be out of the country until late November so won't see regular mail until well after that meeting.* FFI: Chip Treen or Laura Baker, ctreenmn@gmail.com or 651-429-2412.

Jan 30-Feb 2, Mon-Thurs {A} Ski Camp du Nord. This is the second year

for a midweek trip to YMCA Camp du Nord near Ely. Join us to ski the North Arm Trails (the ones we worked on in October) near camp or venture into the BWCAW on skier-set trails (we may need to break some of these open). These trails are classic skiing only but if you like to skate-ski you can drive into Hidden Valley in town. We have reserved three of the new cabins in Northland Village, limit of 21 people. There may be an option to reserve the fourth cabin as well if we have enough interest. Each cabin has a fully equipped kitchen, a fireplace in the living room and a bathroom with shower. We'll be cooking our own meals (the camp requires a minimum of 30 people for food service). Total cost is about $160, perhaps less. Send a signed waiver and deposit of $100 per person (check payable to the leader) to David Siskind, 5812 Thomas Circle, Minneapolis, MN 55410. FFI: David or Dana Siskind, 612-929-0205.

February 2017

Feb 1, Wed {WW} Ski Hyland Lake Park Reserve in Bloomington. Snow is never a problem at Hyland Hills. Ski at 12:20 p.m. (because peak daytime temp on average is 4-5 hours before sunset, which is at 5:20 today). Meet at the Hyland Visitors Center as early as 11:30 a.m. to socialize, enjoy your pre-ski energy snack or brown bag lunch, and possibly form into fast and not-so-fast groups (or those wanting to ski more or fewer kilometers). We will select trail leaders/sweeps or just default to Plan B. FFI: Nick Mavrogenis, 763-571-8350.

Feb 3-5, Fri-Sun {A} Ski Cloquet Forestry Center. Stay at the Cloquet Forestry Center and ski or snowshoe on trails at the center; or drive to groomed cross-country trails at nearby Jay Cooke State Park, Fond du Lac State Forest, Spirit Mountain, Magney-Snively and the After Hours trail system in Brule, WI. There are lots of ski options to choose from. Cabins at the center are comfortable dorm-style (two people per room) and delicious meals are served in the dining hall. Limit of 40 people. Cost of $122 per person includes two nights' lodging, two breakfasts, a bag lunch for Saturday and dinner that evening. Registration is encouraged on Club Express if this option is activated. Or you can send your trip waiver and deposit of $61/person (check payable to Dan Jacobson) to 1803 Princeton Ave, St. Paul, MN 55105-1918. FFI: Dan Jacobson, 651-698-2925, or Martha Hoffman, 651-696-1089.

Feb 3-5, Fri-Sun {AK} Kathio State Park Candlelight Ski. A 28-year North Star tradition! Come to beautiful Kathio State Park and ski through the park by moonlight and luminaries. Kathio is a perfect weekend getaway offering skiing at all levels, ski rentals, ice skating and snowshoeing. For the young-at-heart there's a super sliding hill, too. After the candlelight ski on Saturday enjoy stargazing with an astronomer, bluegrass music and hot cider. Lodging at Camp Onomia is close to the cities, cozy, comfortable, and offers quiet places to be alone or to socialize by the fire. In the past we have visited the Mille Lakes Ojibwe Indian Museum and have done some geocaching with GPS units at the park. As always, bring a good book and/or your knitting. Don't forget the kids! The cost, which includes four meals, is $101 for adults and $80 for youths 4-17 years of age. Send trip waiver and deposit of $50/person or $100/family (check payable to leader) to Colleen

Cavell, 6009 Wooddale Ave, Edina, MN 55424. FFI: Colleen at 952-927-4703 or cavell.colleen@gmail.com.

Feb 4, Sat {AK} Kids Explore. Jan Rupert is going to plan this event, probably sledding or skiing somewhere near her home in Mahtomedi. Watch for details in the e-Loype closer to the date.

Feb 5-10, Sun-Fri {A} Ski Trip to Bearskin Lodge on the Gunflint Trail. ***This trip is full with a waiting list — but you are encouraged to add your name to the list.*** Full trip details are on the club web site, www.north-stars.org. FFI: Fran Howley, 612-869-8971 or franmhowley@gmail.com.

Feb 7, Tue {AK} Hike Centennial Lakes. Join us for a brisk walk around Centennial Lakes Park in Edina (76th St and France Ave S). Meet at 6:30 p.m. in or near the warming house (pavilion). This is also a great place to ice skate. We'll end the evening with hot chocolate or other treats from the concession stand, sitting by the fireplace and watching the skaters and ice sculptures. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

Feb 8, Wed {WW} Ski Wild River State Park. Ski and snowshoe trails right from the heated ski center. Meet at 10:00 a.m. and be on the trails at 10:15. The park is 55 miles from Minneapolis and is reached via I-35 north to the North Branch exit. Turn right and follow Highway 95 through town, then follow the brown signs to the park. Trails are groomed; be sure to bring a bag lunch. FFI: Will Short, 612-728-1911 or wshort@isd.net.

Feb 10-12, Fri-Sun {A} Ski Minocqua, WI. Skiing options include Winter Park Nordic Center with both classic and skate-ski trails, Escanaba, Raven, Razorback, Madeline Lake and Schlecht Lake ski areas. Two days definitely aren't enough time for all the great skiing that is available. Lodging is at Black's Cliff Resort, seven miles south of Minocqua. We have two four-bedroom with two full bathroom lodge units. Each lodge has a variety of king, queen and single beds, a shared living area with sofas, dining area, fireplaces and full kitchens. Each day we will drive to ski areas in and around Minocqua. Trip costs, estimated at $150, include lodging plus two breakfasts and dinner on Saturday night. Participants will be asked to help with meal preparations. We'll host a social hour Friday evening and ask people to bring an appetizer to share. Alcoholic beverages, Friday night dinner, lunches and ski passes at some areas are not included. The group size is 12-14 people. Please mail signed waiver and deposit of $100/person (check made payable to Arne Stefferud) to 1780 Frank Street, Maplewood, MN 55109. Balance of trip costs will be collected in Minocqua. FFI: Arne Stefferud, 651-772-4367, alstefferud@gmail.com; Susan Von Mosch, 651-488-2139, susanvm099@gmail.com.

Feb 15, Wed {WW} Ski Fort Snelling State Park. Meet at the nature center at 10:00 a.m. and begin skiing at 10:15. Bring a bag lunch to eat after a great morning of skiing. FFI: David or Dana Siskind, 612-929-0205.

Feb 17-20, Fri-Mon {A} Ski Wolverine/ ABR. Join us for four great days of skiing & snowshoeing in the U.P. during President's Weekend. We will stay at Wolverine Village (www.wolverinevillage.com). Wolverine Nordic Center is across the street and ABR is a ten-minute drive. Wolverine Village has several cabins, a dining hall, a separate bathroom/ shower building, laundry facilities and a waxing room. Share cooking and cleanup in the dining hall. Cost of $150 includes three nights' lodging and all meals from Friday dinner through Monday lunch. Ski passes not included. Limit of 24 people. No refunds after February 2, 2017 unless your spot can be filled. Send waiver and $150 check to Stephanie Croteau, 3212 Edmund Blvd, Minneapolis, MN 55406. *Please include your email address on the waiver.* FFI: Stephanie Croteau, 612-354-2025, or MK Burmesch, 612-247-5793.

Feb 17-20, Fri-Mon {A} Ski Timm's Hill. Join us for our eighteenth annual trek to Wisconsin's highest point. The lodge, High Point Village at Timm's Hill, is located 200 miles from the Twin Cities in gently rolling hills and forests of north-central Wisconsin. Ski directly from your cabin (see them at www.highpointvillage.com) or drive to two well-maintained nearby ski areas. All levels of skiing are available for both skating and diagonal stride. Snowshoes are also available for a change of pace. Cost of approx. $200 includes three nights' lodging, breakfasts Saturday thru Monday, and a Saturday social gathering and dinner. Sunday dinner will be a potluck. Dinner is served in the hand-built log lodge with breakfasts served on-site at the Hill of Beans Coffee Shop/Cafe. Lunches are on your own. Each cabin has a fully-equipped kitchen and the cafe offers soups and sandwiches until 3:00 p.m. (and is open until 7:00 on Fridays). Friday dinner is not included in trip cost. Limit of 16 people. Send signed waiver and $100/person deposit (check payable to Julie Holmen) to 1341 Saint Albans Street N, St. Paul, MN 55117. Balance due January 15. We have routinely had excellent snow but trip will go regardless of snow conditions. FFI: Julie Holmen, 651-489-1173 or julie-holmen43@centurylink.net.

Feb 21, Tue {A} Food Group Volunteers. A monthly gathering at the Food Group facility in New Hope. We package produce for three hours. See November 15 listing for details.

Feb 22, Wed {WW} Ski or Snowshoe at Lebanon Hills Regional Park. Meet at the Schulze Lake Visitor Center, 860 Cliff Rd in Eagan, at 10:00 a.m.; start skiing at 10:15. To ski here you must purchase a county ski pass at the center. Bring a lunch. FFI: Sally Richards, 651-452-2247 or 651-210-3807 (cell), or sallyrichards@gmail.com.

Feb 24-26 or 27, Fri-Sun or Mon {A} Ski the North Shore of Lake Superior. The North Shore has all the skiing you could want with a number of trail systems within 15 miles of Silver Bay. We'll be staying at the AmericInn in Silver Bay, where we have a block of rooms (approx. 14) set aside at group rates. Skiers must make their own reservations with the hotel by Jan 23; call 218-226-4300 and tell them you are with the North Star Ski Touring Club. The room rate for Friday and Saturday is $119.95 per night. If you choose the option of staying Sunday night as well, the room rate is $99.95. Each room has two queen beds with a small refrigerator. You will need to find your own roommates in advance. We again have a meeting room (with a bigger fridge than in the rooms) in which to gather, have meals and play games. It's a real plus. Amenities included in the price: warm breakfasts (coffee and hot water are always available in the lobby), a pool, hot tub and sauna. We'll cater a Saturday night pizza/salad dinner, with a program yet to be decided. This is a NEW MEMBER PRIORITY TRIP so 20% of the spots are reserved for these folks. Please send a signed waiver, with any food restrictions clearly stated on the form, and a deposit of $25 (check made payable to Corliss O'Donnell), to Corliss at 6679 Kingsview Lane, Maple Grove, MN 55311. FFI: Inez Wick, 612-825-3596, or Corliss O'Donnell, 763-559-8945.

March 2017

Mar 1, Wed {WW,S} Ski, Snowshoe or Hike. The weather and trail conditions will determine the outing. Please see the e-Loype closer to the date for further information.
FFI: Ann Morrissey or Bruce Jacobson, 651-698-4210.

Mar 3-5, Fri-Sun {A} Ski Suomi Hills at Camp Hiawatha. Join us for the 28th edition of this perennial favorite featuring the exceptional skiing at Suomi Hills and several other great trail systems in the Grand Rapids area. Even with a small price increase this year, the trip is still reasonably priced at $115 for food and lodging for the weekend. The camp features a new dining hall, a hot sauna and a retreat center to facilitate socializing. Due to the hilly terrain and remote trails, this trip is not recommended for novice skiers. Limit is 50. Deposit of $30 per person due by Feb 17 after which it is nonrefundable without replacement. Send trip waivers and deposits (checks payable to Pete Hawkins) to Pete Hawkins, 3008 County Road I, Mounds View, MN 55112. *PLEASE INCLUDE YOUR EMAIL ADDRESS* on the waiver so I can send the trip letter electronically about two weeks before the trip. FFI: Pete at pmh706@gmail.com or 763-786-3792.

Mar 4, Sat {AK} Kids Explore Elm Creek Park. How many of our little people have tried skiing? Sam and Joey are both learning and they love it! Elm Creek makes its own snow and has ski rentals down to toddler sizes. Meet us in the visitor center at 10:30 a.m. and join us for some great fun. Be sure to bring water bottles and trail snacks since skiing takes lots of energy. You might also want to bring a bag lunch or plan to purchase food at the visitor center. FFI: Dana Siskind, 612-929-0205, or Elizabeth Dittrich, 952-935-5153.

Mar 4-12, Sat-Sun {A} Return to Stokely Creek. ***Openings still exist!*** A favorite of North Stars for many years, this trip offers 136 km of beautifully groomed trails in the scenic, rolling, wooded Algoma Highlands north of Sault Ste. Marie, Ontario. Bountiful lake-effect snow off of Lake Superior is almost guaranteed. Estimated cost of $1,245 includes bus transportation, seven nights' lodging and all meals at Stokely Creek Lodge, daily social hour appetizers, ski passes, taxes and gratuities. Full trip details can be found on the club web site, www.north-stars.org. FFI: Rick Charboneau, 612-716-1082 or charb002@hotmail.com.

Mar 8, Wed {WW,S} Ski, Snowshoe or Hike Hyland Park Reserve. Please see the e-Loype closer to the date for further information. FFI: Connie Campbell, 612-928-9415.

Mar 11-20, Sat-Mon {A} Ski Norway. ***This trip is full with a waiting list — but you are encouraged to add your name to the list.*** Full trip details can be found on the NSSTC web site, www.north-stars.org. FFI: Solveig Olson, solveigjolson@gmail.com or 612-377-2483.

Mar 21, Tue {A} Food Group Volunteers. A monthly gathering at the Food Group facility in New Hope. We package produce for three hours. See November 15 listing for details.

Mar 21, Tue {AK} Hike Wood Lake. Spring is here! Let's check out Wood Lake Nature Center, 6710 Lake Shore Drive in Richfield, for any hints that winter is losing its grip. Bring a flashlight for the trails and meet us in the parking lot at 6:30 p.m. We'll have treats following the hike at one of the local restaurants. FFI: Inez Wick, 612-825-3596, or Dana Siskind, 612-929-0205.

If you schedule it, the snows will come

By Amy Brooks

This article first appeared in the December, 1991 ***Loype****. We offer it again in these pages in hopes that the author's optimism back then will spread to current members — encouraging them to believe in the possibilities of winter and schedule more ski outings, especially weekend day trips.*

It was a torrid August day in 1991 when I saw it. I had just finished off the last delicious drops of a DQ Blizzard as I was driving alone, past a cornfield, on my way up to Lake Superior for hiking, biking, kayaking, sailing or whatever offered the best escape from the summer heat that weekend. Suddenly the cornfield dissolved before me and in its place, for an instant — maybe a few seconds — was a truly astonishing image.

I can hardly believe it happened now, but at the time it was so REAL. The cornfield was replaced for that brief moment with an incredibly blustery snow scene, with pine trees laden with twenty-five to thirty inches of very fresh snow. It was wooded and there was an inviting ski trail disappearing over the crest of the hill. Then the image wavered and began to fade, and I heard the voice. It said simply, "If you schedule it, it will come."

And so I did, and so it came. The spirit guided me to November 3, the day after Ernie's Run, sending me a message via some practiced North Star at the September trips planning meeting who shrugged and said, "You may as well plan a ski trip for then; it always snows on Ernie's Run anyway." Several pleas to dub it a 'ski or hike' outing were made — well-intentioned efforts no doubt meant to help me salvage my credibility. But that voice, and that cold, snowy trail over the August cornfield, kept me true to my mission.

This is more or less how, as scheduled, twenty true believers wound up celebrating the early onset of winter on the first sunny day after tunneling ourselves out of the Great Halloween Blizzard of 1991. Shaking off cabin fever and optimistic to the end, we first trudged, then shuffled, then finally remembered that we could glide on skis. And suddenly the biking, the hiking, the kayaking and all the wonderful pastimes of just the previous weekend were set aside with no regrets.

Remember when . . . . looking back at trips and events from the past

By Dana Siskind and Inez Wick

A perusing of old *Loypes* brings to life some of these events from the recent (and not-so-recent) past:

- For many years our own Mother North Star, Jinny McWethy, wrote a column in the *Loype* called "Making Tracks." She wrote of club news, spread the spirit of our sport, and enjoyed sharing tidbits about the lives and travels of club members. Here is what she wrote in the January, 1982 issue: "It was good to see two of our North Stars at the November meeting at the library. Marge Maloney didn't do much skiing in Thailand while serving in the Peace Corps for two years. She has no suggestions on how to wax for 110-degree temperatures.

- In the same issue Thor Nordwall wrote the following in his column, "Letter from the North Country": "Come April I will have spent six years in my remote cabin, visiting the cities only occasionally to meet with friends and family and to partake of the Twin Cities' cultural scene. I am happiest and most peaceful here in the wilderness surrounding my cabin, but I do require the brief return to the city life to maintain my (so-called) enjoyable balance. The best of both worlds.

  "I have chosen to live in the wilderness, not from it. Once a week I go to Ely, shop in the food market or hardware store, eat in the best restaurant in town, and join the 'locals' in the Ely steam bath (sometimes called the sauna)."

  This sauna was for many years the gathering place of North Star skiers who came to ski the Wilderness Trek race/tour in February. They would stay with Thor for a few days before the race and 'train' on the Norm Arm ski trails. At night they might sit in front of the fire, eating peanuts and drinking beer, contemplating their race strategy. Many would say that the 50K race from Tower to Ely was anticlimactic to the memorable days and nights of forging friendships and bonds in Thor's cabin in the north woods. And each of them would always say, "What goes on in the sauna stays in the sauna."

Volunteers needed at Outdoor Adventure Expo, November 18-20

We are seeking 20 to 25 volunteers to staff the NSSTC exhibit booth at Midwest Mountaineering's Outdoor Adventure Expo the weekend of November 18-20. The Expo site is under the big tent in the parking lot at Midwest Mountaineering, 309 Cedar Avenue S near the West Bank of the U of M. (See the Expo ad on page 13)

Can you help staff a two-hour shift telling others about North Star club membership and the activities we offer? The Expo draws thousands of like-minded people and is an important opportunity to share our story and attract new members. Our booth will be well stocked with a photo display, brochures, trip schedules, past *Loype* newsletters and membership forms.

We want to have a volunteer team for each two-hour time slot starting Friday afternoon. We would also love to pair up newer and more veteran members on each shift. We need to fill shifts from 1:00 to 9:00 p.m. on Friday, from 9:00 a.m. to 6:00 p.m. on Saturday, and from 10:00 a.m. to 5:30 p.m. on Sunday.

To sign up for a shift or for more information about volunteering, contact Ron Brand at either 651-698-1804 or 651-494-7235 (cell); or send an email to ron2132@gmail.com. Or use our web site, www.north-stars.org, to sign up and indicate your preferred time slot. Look for reminders about volunteering for this important winter event in coming issues of the e-Loype. Please help!

NSSTC grant goes to Norpine Trail Assn

A $5,000 grant from the North Star Grant Fund was awarded in August to the Norpine Trail Association to help finance the acquisition and installation of a heating system for a trail maintenance equipment garage and related costs to construct the building. The grant partially finances this project, with other funds provided by Cook County and the Norpine Trail Association.

Our club also provided volunteer help in putting the roof on the garage over the course of three days in mid-September. John Driscoll lent some of his building skills to the project while Mel Peterson offered encouragement and tried not to get in the way. Other North Stars helped finish the interior of the garage in late October. Thank you, all!

XC ski equipment for sale

* Fischer SL combi skis, 192 cm, like new: $85
* Fischer graphite skate skis, 185 cm, like new: $85
* Pilot Salomon skate boot, size 39, like new: $45
* Fischer waxless skis with Salomon bindings, 160 cm: $50
* Salomon skate boots, size 46: $25
* Rossignol Cobra skate ski, 173 cm, no binding: $20
* Atomic skate skis with Salomon bindings, 193 cm: $40
* Germina waxless skis with Salomon bindings, 180 cm: $30
* Columbia women's jacket with zip-out lining, size medium: $25

Call 612--788--5573 if you are interested

NORTH STAR SKI TOURING CLUB

Household Membership Form

NEW ☐ **RENEW** ☐ **NUMBER ON MAILING LABEL** _____ **CHANGE** ☐

Name _____

Additional Name (s) _____

Address _____

City _____ **State** _____ **Zip** _____

E-mail _____

Telephone (_____) _____

☐ I do not want my phone number 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

How did you find us? North Star web site ☐ North Star Brochure ☐
SkinnySki web site ☐ Midwest Mountaineering Expo ☐
Friend ☐ Sugarbush Trail Association web site ☐
Other ☐ Specify_____

Mailing Type (please circle)

	Bulk Rate	First Class
1 year	$20	$25
2 years	$38	$48
3 years	$56	$71

Rev 8/1/16

I am interested in:

☐ Singles Division
☐ Leading Trips
☐ Assist Trip Leaders
☐ Trail Work
☐ Special Projects

Membership Amount

$_____

Trail Fund Donation

$_____

We encourage a donation of $5 or more to help support this critical fund (donations are not tax deductible).

Total Amount Enclosed

$_____

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

NORTH STAR SKI TOURING CLUB

Trip Reservation and Waiver Form

Use this form if you are signing up for a scheduled multi-day club trip

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 members 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

Do you need to print extra copies of the form above or our day activity waiver?
You can find them on the NSSTC website, www.north-stars.org.
Click on the "Activities" tab at the top of the page, then click on "Activity Forms."

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SKI TOURING
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