

Backtracks: A North Star Retrospective 1997–2007 Compiled by Dana Siskind

1997–1998

On this year's board: Fran Howley, President; Kathy Kelly, Vice President; Greg Fangel, Singles President; Dale Hedke, Past President; Karen Buggs, Secretary; Robert Rudolph, Treasurer; Jim Garrity and Gene Kremer, *Loype* Editors; Al Mayer, Membership; Bruce Jacobson and Sam Meddaugh, Trips Coordinators; Pat Gearhart and Judy McConnell, Singles Trips Coordinators; Cindy Porter and Nancy Sjoquist, Programs; Judi Lehman, Special Projects; Jane Batcheller, Publicity; Steve Lenius and Elaine Smith, Trail Development; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Dana Siskind and Friends, *Loype* Mailing; Donna Mirocha, Data Entry; Kathy Tuzinski, Advertising.

There were nine trail clearing trips in September and October, including two day trips locally. We cleared trails at Camp du Nord near Ely, Oakdale Park, National Forest Lodge in Isabella, Gunflint Lodge, Wild River State Park, Mille Lacs Kathio State Park, Banadad Trail System, Sunfish Lake, and the North Shore trails.

In January, the North Stars sponsored a day of \$1.00 ski rentals at Tamarack Nature Center, Hyland Park, and French Regional Park in hopes of introducing more people to cross-country skiing, and perhaps increasing our membership.

Our extended trips this year went to Windy Lake Lodge in Ontario, January 31–February 8, led by Chet and Donna Mirocha; a Singles trip to Banff, British Columbia, February 27–March 6, led by Don Rowe and Elaine Krenik; and an eight-day rafting trip in the Grand Canyon, May 10–17, led by Lois Laitinen. One could extend this trip by hiking for another five days in the Grand Canyon on the Tanner, Escalante and Tonto Trails.

The following North Stars led midweek or weekend overnight ski trips this year: Julie Holmen, Terry Quam, Judy Murray, Cathy Manning, Fran Howley, Jerry Alexander, Gary Follett, Jerry Norris, Rita Manninen, Don Youngdahl, David and Dana Siskind, Barb Wahman, Al Porter, Irene Dombeck, Linda Flick, Kathy Kelly, Arne Stefferud, Linda Weber, Inez Wick, Sue Noskey, John Driscoll, Bruce Jacobson, Ann Morrissey, Arne Stefferud, Jane Norman, Jo Beth Woodward, Pete and Kathy Hawkins, Karen Grossman, Lucy Thomas, Fran Howley, Greg Fangel, Inez Wick, Jerry Norris, Bob Woodruff, Mary Wingfield, Terry Grove, Priscilla Russell, Clare Fossum, Bob O'Hara, Rita Wetzel.

Midweek and weekend overnight trips for the summer of 1998 were led by: Mike and Nancy Carlson, Terry Quam, Jane Norman, Jan Jahn, Lora Lakin, Cathy Manning, Maureen McKessy, Anne McKinsey, Tom Resick, Colleen Oftedahl, Jean Frisinger, Mary Wingfield, Greg Hedman, John Driscoll, Fran Howley, Nancy and Keith Sjoquist, Mark and Becky Lystig, Jim Garrity, Kathy St. Peters, Sandra Beck.

After a serious accident on the North Arm Trails, the NSSTC purchased emergency equipment and a pulk to be kept at Thor Nordwall's cabin near the BWCAW.

Meg Baxter replaced Jane Batcheller as publicity chair when Jane went to Australia on a teaching exchange program. The members of this club really do get around!

The spring banquet was moved to the Fort Snelling Officer's Club, thanks to the membership of Cal Schadel.

1998–1999

On this year's board: Kathy Kelly, President; Greg Fangel, Vice President; John Driscoll, Singles President; Fran Howley, Past President; Karen Buggs, Secretary; Robert Rudolph, Treasurer; Jim Garrity, *Loype* Editor; Steve Schmidt, Membership; Bruce Jacobson and Sam Meddaugh, Trips Coordinators; Cindy Porter and Mary Wingfield, Programs; Margaret "Muggsy" Christensen, Special Projects; Meg Baxter, Publicity; Steve Lenius and Elaine Smith, Trail Development; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Dana Siskind and Friends, *Loype* mailing; Donna Mirocha, Data Entry, Jack Bohnhoff, Cover Design; Kathy Tuzinski, Advertising.

This past summer saw 92 events between May 1 and October 31. Included in these was the first annual NOW (North Stars on Wheels) weekend in Wisconsin, continuing gourmet adventures, bike clinics, leadership trainings as well as numerous bike rides, hikes and water events. The winter trip schedule had 160 events listed.

Trail clearings this year included Camp du Nord, Gunflint, National Forest Lodge in Isabella, Savannah Portage State Park/Remote Lake, Banadad Trail System, Wild River State Park, Sunfish Lake, the North Shore Trails, and Snowshoe Country Lodge.

This year saw some significant financial commitments that will continue to make the NSSTC visible in the promotion of cross-country skiing and trail development. We donated \$1000 to the Bemidji Area Kids Cross-country Ski group to help buy equipment for their program. We gave \$2000 to Ramsey County for development of lighted trails at Battle Creek Park. We submitted an application and were awarded a National Forest grant to be used for trail development and maintenance on state forest lands. This was used to improve the Suomi Hills area near Grand Rapids and the North Arm Trails near Ely.

We supported legislation that increased the ski pass revenue. We also supported an effort to use some of the state's tobacco tax proceeds for youth sports facilities, and the development and maintenance of regional parks.

A Board position was added beginning next year to focus on Training and Education. The Board also agreed to compensate the *Loype* Editor position. Our website continues to be an excellent portrayal of the club, and literally keeps us in touch with skiers from all corners of the world. Midwest Mountaineering is the sponsor for our Nordic Connection.

Extended ski trips for this winter were "108 Mile Resort" in British Columbia, February 25–March 7, led by Audry Nordwall and Inez Wick; and Norway, March 11–28, led by Solveig Olson. The summer of 1998 (June 24–July 2) also included a hiking trip to Norway, led by Solveig Olson.

The following North Stars led midweek or weekend overnight ski trips this year: Julie Holmen, Ralph Cornelia, Terry Quam, Cathy Manning, Jerry Alexander, Fran Howley, Gary Follett, Elaine Smith, George Tkach, Jerry Norris, Rita Manninen, Don

Youngdahl, David and Dana Siskind, Sue Noskey, Jane Norman, Irene Dombeck, Linda Flick, Barb Wahman, Al Porter, Bruce Jacobson, Ann Morrissey, Inez Wick, Clare Fossum, Bruce Stenswick, Al Volkers, Greg Fangel, Liz Wagner, Arne Stefferud, Linda Weber, Jane Norman, Jon Masley, Rick and Darlene Charboneau, Pete and Kathy Hawkins, Bob Pranis, Kathy Tuzinski, Tom Rice, Steve Lenius, Cathy Petersen, John Driscoll, Kirk and Pam Meyers, Judy McConnell, Ellen Watson, Chip Treen, Laura Baker, Bruce Nelson, Barb Watts, Dan Goldblatt, Sharon Scott, Jan Jahn, Bob O'Hara, Terry Grove, Priscilla Russell, Janeen Rosas.

Midweek and weekend overnight trips for the summer of 1999 were led by: Terry Quam, Jim Pedginski, Marcia Switenki, Rory Carlson, Basil Loney, Ginner Ruddy, Pat Lawrence, Mary Wingfield, Mark and Becky Lystig, Diane Goedderz, Merre Kivlin, Kathy St. Peters, Jim Garrity.

The Club Trips Policy was updated to accommodate more accessibility for new members, and to make it easier for trip leaders to schedule trips. A space was added on the waiver form for special needs—dietary, medical, etc.

Our club continues to be responsive to the needs of others. Some of our members volunteered with Ski for Light—an all-volunteer, non-profit, organization founded in 1975. The mission of Ski for Light is to teach visually- and mobility-impaired adults the sport of classic cross-country skiing, to give participants who have already mastered the basics the chance to improve their skills and endurance, and to enable participants to just have fun on the snow.

1999–2000

On this year's board: Kathy Kelly, President; Greg Fangel, Vice President; John Driscoll, Singles President; Fran Howley, Past President; Karen Buggs, Secretary; Robert Rudolph, Treasurer; Jim Garrity, *Løype* Editor; Steve Schmidt, Membership; Bruce Jacobson and Sam Meddaugh, Trips Coordinators; Cindy Porter and Mary Wingfield, Programs; Margaret "Muggsy" Christensen, Special Projects; Meg Baxter, Publicity; Steve Lenius and Elaine Smith, Trail Development; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Dana Siskind and Friends, *Løype* mailing; Donna Mirocha, Data Entry; Jack Bohnhoff, Cover Design; Kathy Tuzinski, Advertising.

This year saw some changes and interesting events. Because technology was more available, members had the ability to submit trips and articles to the *Løype* editor by e-mail or by computer diskette. A decision was made to publish the trip schedule in every *Løype* instead of only in the November and May issues. This allowed more freedom to add trips as the year progressed. The new Safety and Education Coordinator was tasked with promoting safety skills and injury prevention.

The Constitution was revised (last revision was 1995) to include this new position, and to allow the option of some positions to be held by two people. Some of the job descriptions were changed to reflect current duties. The reference to our officers being elected by "secret ballot" was deleted. Membership dues were raised to \$16 per year.

Ten North Star members received plaques denoting their charter membership in the Birch Leggings Society. This means that they have completed twenty American Birkebeiners. John Holmquist, Wayne and Jacque Lindskoog, Marty Johnson, Solveig Olson, Ann Berry, Roy Carlstad, Gregg Kelley, Jeanine Evenson, and Nona Gertz were the recipients.

A plaque was created and presented to the Korkki Nordic Ski Center in Duluth, in appreciation of North Star Charlie Banks and his commitment to cross-country skiing.

Trail clearing this year included Camp du Nord, National Forest Lodge, Gunflint, Kathio State Park, Lake Maria State Park, Banadad Trail System, Afton State Park and the North Shore trails.

The extended trips this year included a cycling tour in the Ozarks, led by Mary Wingfield in early October; a month-long hiking and touring trip to New Zealand and Australia in November, led by Lois Laitinen and Ron Richardson; Windy Lake Lodge in Ontario, led by Keith and Nancy Sjoquist, February 5-13; Gatineau Park and Keskinada in Quebec and Ontario, led by Greg Fangel, February 14-21; and Snow Mountain Ranch in Colorado, March 3-7, led by Cindy Johnson and Verne Tollefson.

The following North Stars led midweek or weekend overnight ski trips this year: Terry Quam, Cathy Manning, Sharon Scott, Jerry Alexander, Fran Howley, Jerry Norris, Rita Manninen, Gary Follett, Elaine Smith, David and Dana Siskind, Don Youngdahl, Jane Norman, Sue Noskey, Merre Kivlin, Jayne Fuchs, Ann Morrissey, Bruce Jacobson, Barb Wahman, Al Porter, Jim Ruhl, Jane Batcheller, Bruce Stenswick, Doris Noard, Arne Stefferud, Scott Merrill, Bob Pranis, Tom and Karen Sneed, Pete and Kathy Hawkins, Al Fox, Mary Wingfield, Tom Rice, Cathy Petersen, Rick and Darlene Charboneau, Dan Goldblatt, Judy McConnell, Ellen Watson, Linda Flick, Sharon Scott, Jan Jahn, Bob O'Hara, Glenn Olson, George Tkach.

Midweek and weekend overnight trips for the summer of 2000 were led by: Verne Tollefson, Marcia Switenki, Connie Wood, Cathy Manning, Basil Loney, Pat Lawrence, Ginner Ruddy, Charlotte Means, George Tkach, Bruce Nelson, Barb Watts, Cheryl Nordquist, Jane Norman, Mary Wingfield, Anne McKinsey, Terry Quam, Jim Ruhl, Mark and Becky Lystig, Kathy St. Peters.

In February, the US National Masters Cross-Country Ski Championship was held in St. Paul. The four-day event, at three separate venues, was attended by over 550 competitors from 25 states, Canada, and New Zealand. The NSSTC provided funding and volunteers for this event. The executive director and his wife joined the NSSTC.

We reconnected with and reconfirmed our support of the Minnesota Youth Ski League, with a full, year-round trip schedule.

2000-2001

On this year's board: Greg Fangel, President; Bruce Jacobson, Vice President; Jean Iwen, Singles President; Kathy Kelly, Past President; Ellen Watson, Secretary; Jerry Alexander, Treasurer; Rebecca McPeck, *Loype* Editor; Dan Lansford, Membership;

Tom Rice, Schedule Coordinator; Pat Lawrence, Trips Coordinator; Ginner Ruddy, Singles Trips Coordinator; Kathy Hawkins and Keith Sjoquist, Programs; Ashley Todd, Special Projects; Colleen Cavell, Publicity; George Tkach, Safety Education; Marcia Switenki and Terry Grove, Trail Development; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Greg Fangel, Website Editor; Fran Howley, Nordic Connection Coordinator; Dana Siskind and Friends, *Loype* Mailing; Donna Mirocha, Data Entry; Jack Bohnhoff, Cover Design; Liz Wagner, Advertising.

What a year we've had! We accomplished many new goals. Our Open House and New Member Welcome in October attracted about 300 people, with over 50 new club members joining that night. October was also the start of our dryland training and conditioning program. We topped off at 90 people, with more wishing they had signed up earlier. The North Star trail clearing division committed over 1200 volunteer hours of labor this past fall—clearing ski trails in the Metro area and in northern Minnesota.

We re-introduced our Fall Fun Run and donated the proceeds to the Minnesota Youth Ski League. Over 80 people participated at Hyland Park Reserve in Bloomington. November saw our popular trip sign-up meeting. The WAM weekend, a women's only ski trip to Minocqua, proved to be very popular. The Nordic Ski Rendezvous at Telemark Lodge turned out to be an 80-person trip instead of the original 40. The Nordic Ski Rendezvous was the first of its kind. Organized by the NSSTC, it included seven cross-country ski clubs. A special interest group was created, Twenties and Thirties (TNT), intending to draw the younger crowd.

Two extended trips were very successful this winter: Stokely Creek in Ontario (March 3–10), led by Ann Morrissey and Bruce Jacobson; and Norway (March 11–18), led by Solveig Olson. The board approved an extended trip to Switzerland next year.

The following North Stars led midweek or weekend overnight ski trips this year: Bob Pranis, Fran Howley, Rita Manninen, David and Dana Siskind, Jane Norman, Sue Noskey, Jim Ruhl, Lee Pepek, Barb Wahman, Al Porter, Bruce Jacobson, Ann Morrissey, Anne McKinsey, Tom and Karen Sneed, Bruce Stenswick, Doris Noard, Greg Fangel, Marcia Switenki, Arne Stefferud, Pete and Kathy Hawkins, Cheryl Nordquist, Paula Ashley, Marla Ivan, Bob Jorgensen, Chip Treen, Laura Baker, Tom Rice, Jean Iwen, Rick and Darlene Charboneau, Ann Morrissey, Bruce Jacobson, Bob O'Hara, Glenn Olson.

Midweek and weekend overnight trips for the summer of 2001 were led by: Marcia Switenki, Connie Wood, Verne Tollefson, Marla Ivan, Colleen Cavell, John Morast, LeAnn Hensche, Ella Mogilevsky, Basil Loney, Meridel Fahsl, Kathleen Bernhoft, Paula Ashley, Bruce Nelson, Barb Watts, Ellen Watson, Jim Klatt, Cathy Manning, Fran Ankel, Ken Johnson, Mary Wingfield, Anne McKinsey, Sam Meddaugh, Jane Norman, Jim Ruhl, Terry Grove, Priscilla Russell, Stellar Sager, Diane Goedderz, Merre Kivlin, Marian Hedman, Mark and Becky Lystig, Terry Quam, George Tkach.

We published our "Ski the Metro" ski booklet and rapidly sold over 600 copies to area sporting goods stores. Overall, we sold more than 800 copies of this handy little ski guide.

We had unprecedented media coverage this season with Beth Gauper's story about weekend trips, and Gregg Wong's story about the Ski Festival, both in the *Pioneer Press*; Jerry Zgoda's story about our dryland training program in the *Star Tribune*; a blurb in *Mpls.St.Paul Magazine*; a story in *Twin Cities Sports* magazine; and a television spot on the KARE-11 Today Show.

We established new relationships with advertisers and increased our ad income by nearly 250%. Jack Bohnhoff continued to show his artistic flair with the *Loype* covers and the ski booklet, adding 4-color photos to four of our *Loype* covers. Our wax clinics at the December meeting were very popular with nearly 300 people attending. Looking ahead to summer, we established a set of guidelines for our kayaking activities, and added three bicycle clinics.

We held our first ever North Star Ski Festival with great help from Hennepin Parks and REI. Ski lessons, a long-sleeved shirt, treats, and lots of fun attracted over 100 people to this unique event. The Minnesota Youth Ski League helped with the kids lessons.

Our membership and total assets have been increasing since last April, and we have many new members. Once again, we paid for the ski rentals for "Kids Central" and gave them lessons on Martin Luther King Day in Minneapolis. In addition to a donation to the Minnesota Youth Ski League, we have donated to the National Cross-Country Ski Education Foundation. For people who like club news weekly and electronically, we established our e-mail newsletter, the e-loype.

Our tradition of trail clearing included Battle Creek Regional Park, Camp du Nord, National Forest Lodge, Banadad Trail System, Nerstrand Big Woods State Park, North Shore trails, and a special "shelter repair" trip to the Howard Thornley Shelter at the Remote Lake trails.

Whew!! The new millennium is the start of a new century and the start of new things for NSSTC. Next year promises to be just as exciting with some new surprises. Stay tuned!!!

2001-2002

On this year's board: Greg Fangel, President; Bruce Jacobson, Vice President; Jean Iwen, Singles President; Kathy Kelly, Past President; Ellen Watson, Secretary; Barb Woodruff, Treasurer; Anne McKinsey, *Loype* Editor; Dan Lansford, Membership; Bob Pranis, Schedule Coordinator; Marcy Otypka, Trips Coordinator; Pat Lawrence, Singles Trips Coordinator; Walt Coombs and Keith Sjoquist, Programs; Keith Lewis, Special Projects; Chris Shaffer, Publicity; Dick Stardig, Safety Education; Jim Bauer and Bob Jorgensen, Trail Development; Steve Lenius, Tools Supervisor; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Fran Howley, Nordic Connection Coordinator; Greg Fangel, Website Editor; Jack Bohnhoff, Cover Design; Donna Mirocha, Data Entry; Dana Siskind and Friends, *Loype* mailing; Liz Wagner, Advertising.

This year, we continued to increase the membership and reach of the NSSTC. The "Ski the Metro" booklet sold over 1000 copies. The Minnesota DNR said that we have the most comprehensive list of ski trails in Minnesota on our website. The year was instrumental for cross-country skiing in Minnesota. The NSSTC provided partial start-up funding for the Minnesota Nordic Ski Association (MNSA), created to serve as an umbrella organization for all cross-country skiers in the state.

The NSSTC helped promote the preservation of the Birch Island Woods in Eden Prairie, and the development of new ski trails there. Stillwater created a new trail system called the Brown's Creek Trail. Ramsey County expanded its Battle Creek Winthrop Street trails. The North Stars helped to create and maintain all of these new trails.

The North Star website continues to provide information and entertainment for outdoor lovers of all ages. This past year, we had over 75,000 unique visitors to the site and nearly one million "hits." One of the attractions of the site is the wooden ski information page—it helps to have an expert as the website editor. The e-loype was first sent out around January 2001, and quickly grew to nearly 600 subscribers. The e-loype is sent out weekly to current club members and contains updated club information, interesting stories and facts, and updated schedule information.

We participated in the Women's Expo in Minneapolis this past fall, trying to recruit new members. We actually signed up a new male club member at the Expo.

Extended trips this year were: Windy Lake Lodge in Ontario, February 2–10, led by Keith and Nancy Sjoquist; and Switzerland, March 3–12, led by Liz Wagner and Al Volkens.

Trail clearing trips this year included Camp du Nord, Wild River State Park, National Forest Lodge, Banadad Trail System, Battle Creek Regional Park, Gunflint trails, North Shore trails, and Brown's Creek Trail in Stillwater.

The following North Stars led midweek or weekend overnight ski trips this year: Fran Howley, Gary Follett, Rita Manninen, David and Dana Siskind, Sue Noskey, Jane Norman, Don Youngdahl, Bruce Jacobson, Ann Morrissey, Bob Pranis, Arne Stefferud, Stellar Sager, Barb Wahman, Al Porter, Jim Ruhl, Bruce Stenswick, Doris Noard, Gail and Ron Brand, Carolyn Rusch, Dan Bell, Marcia Switenki, Greg Fangel, Dan Miller, Pete and Kathy Hawkins, Bob Jorgensen, Marla Ivan, Chip Treen, Laura Baker, Jim Klatt, Cathy Manning, Jean Iwen, Lowell Johnson, Rick and Darlene Charboneau, Anne McKinsey, and Bob O'Hara.

Midweek and weekend overnight trips for the summer of 2002 were led by: Marcia Switenki, Steve Lane, Cathy Manning, Jim Klatt, Tom Rice, LeAnn Hensche, Bruce Nelson, Barb Watts, Stellar Sager, John Gleason, Ellen Watson, Mary Wingfield, Bob Jorgensen, Steve Lane, Jane Norman, Pat Maloney, Jean Iwen, George Tkach, Mark and Becky Lystig, Terry Quam, Kathy St. Peters.

2002–2003

On this year's board: Bruce Jacobson, President; Ellen Watson, Vice President; Pat Lawrence, Singles Chair; Greg Fangel, Past President; Judy Crew, Secretary; Barb

Woodruff, Treasurer; Anne McKinsey, *Loype* Editor; Bruce Pomerantz, Membership; Bob Pranis, Schedule Coordinator; Marcy Otypka, Trips Coordinator; Carol Wahl, Singles Trips Coordinator; Walt Coombs and Amy Xu, Programs; Keith Lewis, Special Projects; Dick Stardig, Safety Education; Jim Bauer and Bob Jorgenson, Trail Development; Steve Lenius, Tools Supervisor; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Fran Howley, Nordic Connection Coordinator; Eric Stumme, Website Editor; Amy Xu, e-loype editor; Jack Bohnhoff, Cover Design; Donna Mirocha, Data Entry; Dana Siskind and Friends, *Loype* Mailing; Barb Woodruff, Advertising.

This year started with a hiking/storytelling trip to Ireland, September 20–30, led by Becky McPeck. Other extended trips scheduled were Glacier Park, Montana, January 17–24, led by Jim and Maureen Farrell; Stokely Creek in Ontario, March 1–8, led by Kathy Kelly and John Driscoll; and Norway, March 12–24, led by Solveig Olson.

The following North Stars led midweek or weekend overnight ski trips this year: Fran Howley, Gary Follett, Sue Noskey, Jane Norman, Don Youngdahl, David and Dana Siskind, Jerry Alexander, Stellar Sager, Bruce Jacobson, Ann Morrissey, Barb Wahman, Al Porter, Lisa Nilles, Dwayne Daehler, Arne Stefferud, Larry and Cindy Koehler, Gail Lundeen Brand, Carolyn Bell, Jean Iwen, Cindy Ash, Pete and Kathy Hawkins, Bruce Stenswick, Kathy Adams, Bob Jorgensen, Rick and Darlene Charboneau, Cathy Manning, Jim Klatt, Lowell Johnson, Carol Wahl, Sue Richner, Chip Treen, Scott Merrill, George Tkach, and Bob O'Hara.

Midweek and weekend overnight trips for the summer of 2003 were led by: Keith Nelson, Carol Wahl, Gunnard Landers, Basil Loney, Anne McKinsey, Cathy Manning, Jim Klatt, LeAnn Hensche, Ella Mogilevsky, Bob Jorgensen, Kathy Adams, Mary Wingfield, Ellen Watson, George Tkach, Mike Fredericks, Jean Iwen, Diane Goedderz, Terry Quam, Kathy St. Peters, Julie Nelson, Mike Jubert.

The year started with the October "get to know us" meeting and seven trail clearing trips: Camp du Nord, Wild River State Park, Ironwood High School in New Brighton, National Forest Lodge, Banadad Trail System, Gunflint trails, and the North Shore trails. These were followed by the 5K Fun Run in November. This was the fifth year for the "Ski for Life" dryland and cross-country ski training classes, culminating with the NSSTC Ski Festival at Hyland Park in January.

The North Stars provided volunteers and participants for the first City of Lakes Loppet, starting at Theodore Wirth Park, and skiing Lake of the Isles and Lake Calhoun. North Stars again provided volunteers to man the rest stops and act as course marshals.

The lack of snow in the Metro area turned many of our ski trips into hiking trips. There was snow to be found in northern Wisconsin and upper Michigan. The third annual Ski Rendezvous in Cable, Wisconsin offered the options of skiing on marginal snow or on man-made snow, or driving to the Upper Peninsula of Michigan for good snow.

The Tim Knopp award was instituted to recognize a North Star member who has made an outstanding contribution to the club. The types of activities recognized might include leading trips, serving as an officer of the club, working on trail

development and other activities promoting cross-country skiing, and other work fulfilling the purpose and spirit of the club. Inez Wick was the first recipient of this award. Inez joined the club in 1982, has made many friends, and has contributed in many ways to the club. She has fulfilled all of the above categories.

A NSSTC Cookbook was published with all of those great recipes we enjoy at the many potluck meals North Stars share.

2003–2004

On this year's board: Bruce Jacobson, President; Marcy Otypka, Vice President; Pat Lawrence, Singles Chair; Greg Fangel, Past President; Judy Crew, Secretary; Tom Brix, Treasurer; Rebecca McPeek, *Loype* Editor; Bruce Pomerantz, Membership; Bob Jorgenson, Trips Coordinator; Carol Wahl, Singles Trips Coordinator; Anne McKinsey, Schedule Editor; Mike Fredericks and Bob O'Hara, Programs; Ann Morrissey, Special Projects; Jim Ruhl, Publicity; Barb Wahman, Safety Education; Liz Scanlan and Todd Peterson, Trail Development; Steve Lenius, Tools Supervisor; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Fran Howley, Nordic Connection Coordinator; Eric Stumne, Webmaster; Kurt Klussendorf, On-line Biking Page; Greg Fangel, Cover Design; Donna Mirocha, Data Entry; Dana Siskind and Friends, *Loype* Mailing; Barb Woodruff, Advertising.

This fall saw only five trail clearing trips: Camp du Nord, National Forest Lodge, Banadad Trail System, Gunflint trails, and the North Shore trails. Our trail clearing at Camp du Nord inaugurated the new dining hall with its first dance this fall. The old Camp Northland cabins had been torn down and replaced with new, fully furnished log cabins that sleep seven. They also tore down the old dining hall for safety reasons, and built a beautiful new dining hall and activity center to replace it.

Donations were made from the NSSTC Trail Fund to help erect new signs on the Sugarbush Trail System in Tofte, and to help the Minnesota Vasaloppet organization build a new garage for their PistenBully groomer.

After five years of low snow, the second annual City of Lakes Loppet was saved by a last minute snowfall. This year the course was extended to end in the Uptown area, and there were more activities added to the weekend.

The extended trips this year included hiking in Ireland, October 20–28, led by Becky McPeek; Lake Tahoe, January 17–24, led by Walt Coombs and Anne McKinsey; Windy Lake Lodge in Ontario, January 24–February 1, led by Keith and Nancy Sjoquist; and Norway, March 12–22, led by Solveig Olson.

The following North Stars led midweek or weekend overnight ski trips this year: Steve Lenius, Fran Howley, Gary Follett, Jerry Norris, Rita Manninen, Don Youngdahl, Jerry Alexander, David and Dana Siskind, Barb Wahman, Al Porter, Bruce Jacobson, Ann Morrissey, Stellar Sager, Jane Batcheller, Zoellan Kjernes, Bruce Stenswick, Doris Noard, Arne Stefferud, Pete and Kathy Hawkins, Larry and Cindy Koehler, Cindy Porter, John Christensen, Bob Jorgensen, Cathy Manning, Jim Klatt, Greg Fangel, Liz Wagner, Susan Haataja, Carol Wahl, Lowell Johnson, Tom Rice, Steve Lenius, Bob O'Hara.

Midweek and weekend overnight trips for the summer of 2004 were led by: Keith Nelson, Carol Wahl, Mike Fredericks, Cathy Manning, Jim Klatt, Mary Wingfield, Ellen Watson, Bob Jorgensen, Roxanne Hanley, Sue Noskey, Mark and Becky Lystig, Terry Quam, Kathy St. Peters.

The second annual Tim Knopp award was presented to one of our founders, Norm Oakvik. Norm won many competitions, was a ski jumper and first alternate for the 1956 Winter Olympics. He imported skis from Norway and sold them from his house, as there was not the abundance of sporting goods stores that there are today. He offered classes in cross-country skiing to other North Stars, and even taught a group of North Star members how to teach others. He was a great coach and many of us benefited from his expertise.

2004–2005

On this year's board: Marcy Otypka, President; John Driscoll, Vice President; Al Fox, Singles Chair; Bruce Jacobson, Past President; Laura Baker, Secretary; Denise Stardig, Treasurer; Mel Peterson, *Loype* Editor; Barb Woodruff, Membership; Darlene Charboneau, Trips Coordinator; Cathy Marquardt, Singles Trips Coordinator; Clarence Chaplin, Schedule Editor; Holly Larson, Programs; Joyce Schadel, Special Projects; Mike Fredericks, Publicity; Bob O'Hara, Safety Education; Judy Crew and Linda Johnson, Trail Development; Steve Lenius, Tools Supervisor; Ellen Watson and Marcia Switenki, Hospitality; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Fran Howley, Nordic Connection Coordinator; Kurt Klussendorf, On-line Biking Page; Will Holway, Webmaster; Greg Fangel, Cover Design; Donna Mirocha, Data Entry; Dana Siskind and Friends, *Loype* Mailing; Barb Woodruff, Advertising.

Changes were made due to decreasing membership, and the increasing use of technology in our communications. The *Loype* is our largest budget item, and as such will be reduced from ten issues a year to eight. Members will also be encouraged to use electronic access to club information. The e-*loype* is sent out weekly to those who have subscribed; it provides easy updates for weekend trips. Our website has been updated and is now easier to use. This should relieve the need to raise membership dues again, as they were just recently raised to \$20.

A new event for the Singles, SNO (Singles Night Out), was started to insure that there is an activity every Friday night. It has proven to be very popular.

Trail clearing this year included Camp du Nord, Banadad Trail System, National Forest Lodge, North Shore trails, Gunflint trails, and the Schwan Center in Minong, Wisconsin.

Because of the lack of snow in the Metro area, the National Masters Race, which was scheduled to be held at Battle Creek Park, had to be moved; and the City of Lakes Loppet hauled snow to the race course. There was ample snow up north; you just had to drive to get there.

This year's Tim Knopp Award winner is Al Mayer. Al joined NSSTC in 1989 after retiring from Prudential Insurance in 1987. In 1990 he served on the board as Membership Chair. He soon stepped into the leadership role for the Wednesday Wanderers, organizing the group's effort to schedule an event every Wednesday of

the year. Al also leads other hiking and biking events in the Metro area, and extended bike trips throughout the United States. He has a wealth of information on trails and history of the area, and never fails to make all the participants feel welcome.

Extended trips included a main club trip to Austria, January 7–17, led by Al Volkers and Anne McKinsey; a singles trip to Quebec, February 4–14, led by David Miller and Carol Wahl; a women only trip to Banff, March 1–9, led by Stellar Sager; and Stokely Creek, March 5–12, led by Rick and Darlene Charboneau. Non-ski trips included hiking in Ireland, led by Becky McPeck and Roxanne Hanley; and hiking, biking, and paddling in Alaska, June 28–July 19, led by Steve Lenius.

The following North Stars led midweek or weekend overnight ski trips this year: Bob Jorgensen, Clare Fossum, Fran Howley, Rita Manninen, Gary Follett, David and Dana Siskind, Jerry Alexander, Jane Norman, Jim Ruhl, Arne Stefferud, Don Youngdahl, Bruce Jacobson, Ann Morrissey, Barb Wahman, Al Porter, George Tkach, Ken Epstein, Bruce Stenswick, Doris Noard, Larry and Cindy Koehler, Cindy Porter, John Christensen, Sheryl and Rick Erickson, Pete and Kathy Hawkins, Rick and Darlene Charboneau, Steve Lenius, Roxanne and Jack Hanley, Greg Fangel, Liz Wagner, Cathy Manning, Jim Klatt, Stellar Sager, Chip Treen, Laura Baker, and Bob O'Hara.

Midweek and weekend overnight trips for the summer of 2005 were led by: Cathy Manning, Jim Klatt, Carol Wahl, Mike Fredericks, LeAnn Hensche, Ella Mogilevsky, Ellen Watson, Mary Wingfield, Bob Jorgensen, Jim Ruhl, Susan Von Mosch, Roxanne and Jack Hanley.

2005–2006

On this year's board: Marcy Otypka, President; John Driscoll, Vice President;; Al Fox, Singles Chair; Bruce Jacobson, Past President; Laura Baker, Secretary; Denise Stardig, Treasurer; Mel Peterson, *Loype* Editor; Barb Woodruff, Membership; Walt Coombs, Trips Coordinator; Cathy Marquardt, Singles Trips Coordinator; Eric Ramstad, Schedule Editor; Holly Larson, Programs; Joyce Schadel, Special Projects; Mike Fredericks, Publicity; Bob O'Hara, Safety Education; Ellen Watson and Marcia Switenki, Hospitality; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, Mew Member Coordinator; Fran Howley, Nordic Connection Coordinator; Will Holway, Webmaster; Kevin Welsh, e-*loype* Editor; Tom Rice, Cover Design; Donna Mirocha, Data Entry; Dana Siskind and Friends, *Loype* Mailing; Barb Woodruff, Advertising.

This year saw some major changes to meet the demands of decreasing membership and the progression of the electronic era. The club website was revitalized, with a bulletin board added for spur of the moment trip additions or changes. We identified the steps necessary to produce the *Loype* in PDF format.

We made a \$500 contribution from the Trail Fund to help with the snow-making equipment and lighting project at Theodore Wirth Park. We continued to staff an information booth at the Midwest Mountaineering Winter Expo, and we also staffed a food/rest stop at the City of Lakes Loppet

There were six trail clearing trips this fall: Camp du Nord, National Forest Lodge, Schwan Center, Gunflint Lodge trails, Banadad Trail System, and the North Shore trails. We continue to make this a major part of our club volunteer effort in order to make sure the trails we love to ski are in good shape come winter.

A committee of four (Anne McKinsey, Fran Howley, John Holmquist, and Bruce Jacobson) was appointed to look into and make revisions to our constitution and bylaws. It had become obvious that there were overly detailed requirements that reflected the way the club operated in the 1970s and 1980s. These requirements did not allow the Board to meet the present needs of the club and balance the budget. The revisions gave the Board more freedom to make changes without the entire membership voting on them, allowed the Board to communicate changes to the membership electronically as well as by written means, gave the Board the ability to amend the budget without seeking full membership approval, allowed the Board more control over the number of officers on the Board, deleted chartered divisions of the club, such as the Singles Division, and deleted various standing committees (except the nominating committee).

Extended trips this year included a hiking trip to Belize, January 15–22, led by Roxanne Hanley and Becky McPeck; Lone Mountain Ranch in Montana, February 25–Mar 3, led by Cal and Joyce Schadel; and Norway, March 10–19, led by Solveig Olson.

The following North Stars led midweek or weekend overnight ski trips this year: Clare Fossum, Jean Moede, Fran Howley, Charlotte Means, Gary Follett, David and Dana Siskind, Jerry Alexander, Jim Ruhl, Carol Wahl, Barb Wahman, Al Porter, Bruce Jacobson, Ann Morrissey, Bruce Stenswick, Pete and Kathy Hawkins, Arne Stefferud, Cindy Porter, John Christensen, Larry and Cindy Koehler, Rick and Sheryl Erickson, Bob Jorgensen, Chip Treen, Laura Baker, Charlotte Means, Rick and Darlene Charboneau, Cathy Manning, Jim Klatt, Tom Rice, Jane Norman, Ellen Watson, and Bob O'Hara.

Midweek and weekend overnight trips for the summer of 2006 were led by: Marcia Switenki, Ellen Watson, LeAnn Hensche, Ella Mogilevsky, Cathy Manning, Bob Jorgensen.

This year's Tim Knopp Award was presented to Pete Hawkins. Pete has been very active in the NSSTC since 1976—when he read a newspaper article about the club. He has served on the Board as President and other positions, and has served on many committees. He has led many trips—the long running Camp Hiawatha at Suomi Hills as well as week-long trips, and has given ski lessons to club members. His entire family, wife Kathy, his two daughters and their families, are all active in the North Stars.

2006–2007

On this year's board: John Driscoll, President; David Miller, Vice President; Al Fox, Singles Chair; Marcy Otypka, Past President; Clare Fossum, Secretary; Denise Stardig, Treasurer; Mel Peterson, *Loype* Editor; Trisha Cullen, Membership; Walt Coombs, Trips Coordinator; John Schorer, Singles Trips Coordinator; Eric Ramstad, Schedule Editor; Holly Larson, Programs; Joyce Schadel, Special Projects; Linda

Flick, Publicity; Leah Dvorak, Safety Education; Larry Koehler and Linda Johnson, Trail Development; Mark Sorlie, Tools Supervisor; Ellen Watson and Marcia Switenki, Hospitality; Connie Donnelly, Historian; Arne Stefferud, Government Liaison; Becky Lystig, New Member Coordinator; Will Holway, Webmaster; Darlene Charboneau, Website Coordinator; Kevin Welsh, e-loype Editor; Tom Rice, Cover Design; Donna Mirocha, Data Entry; Dana Siskind and Friends, *Loype* Mailing; Barb Woodruff, Advertising.

The Board voted unanimously to join the Midwest Sport/Ski Council. Membership in the MSC will benefit North Star members by allowing them to participate in MSC club trips and activities. Benefits include a full-page listing in 5,000 MSC directories published in August, a club page on the MSC website, a club column in the *Midwest Sportster*, and the ability to promote events and trips to other members of the Council. The MSC has over 24 clubs represented from more than 15 cities in Minnesota and Wisconsin, so hopefully this will attract new members to the North Star Ski Touring Club.

There were eight trail clearing trips this year: Camp du Nord, Banadad Trail System, National Forest Lodge, Mille Lacs Kathio State Park, Gunflint Lodge, the North Shore trails, Audubon Center, and buckthorn removal at Lebanon Hills Regional Park. Because of rising gas prices and the decreasing balance in our Trail Fund, the Board decided to change the gas reimbursement policy for trail clearing trips. The President, Treasurer and Trail Development Chair will assess the funds available and the number of trips and make the decision of whether or not full reimbursement is possible. If not, people will be advised of the amount of reimbursement before the trip sign-up.

Bob O'Hara won the Classic Lake Conference Outstanding Alumni Achievement Award for his more than 35 years of coaching track and field and Nordic skiing as well as swimming and diving in the Lake Conference Area Schools.

The Tim Knopp Award this year was given to Greg Fangel. Greg has served in many leadership roles on the Board, and has lent support and assistance to the development of our website and electronic newsletter. As President of our club, he instituted many new ideas. He started the dryland training program in 1998, and published a booklet, *Ski the Metro*, listing the trails in the area. Greg promoted cross-country skiing to new audiences through his contacts with the major newspapers in the Twin Cities, and initiated a "Twenties and Thirties" group of members in the club. Greg organized the first North Star Ski Festival at Hyland Park, and also started the Nordic Rendezvous—a joint trip of seven clubs to Telemark Lodge. Greg and his wife, Liz, have built a new home in Tofte, where they are helping to organize the Sugar Bush Trail Association.

The Nordic Connection, the phone line one could call for trip updates and last minute changes to the schedule, was discontinued. We were having technical difficulties with the Connection, and more members were using the e-loype and the electronic message board on our website; so this was a good economical decision.

The Board voted to streamline next year's operations and remove four board positions, making them volunteer positions instead. These positions are Special Projects, Schedule Editor, Safety Coordinator, and Membership Chair.

The new snow-making guns at Theodore Wirth Park are in place and will start making snow this year. There will be a short (about 1K) trail that will have man-made snow and lights for night skiing.

Extended trips this year included Sun Valley, Idaho, February 3–10, led by Todd Peterson and Walt Coombs; Italy, February 9–19, led by Al Volkens and Anne McKinsey; a Singles trip to Alaska, February 17–25, led by Holly Larson and George Tkach; and Norway, March 9–19, led by Solveig Olson.

The following North Stars led midweek or weekend overnight ski trips this year: Carol Wahl, Jane Norman, Fran Howley, Gary Follett, David and Dana Siskind, Bruce Jacobson, Ann Morrissey, Barb Wahman, Al Porter, Cathy Marquardt, Marcia Switenki, Pete and Kathy Hawkins, Rick and Sheryl Erickson, Cindy Porter, John Christensen, Larry Koehler, Bob Jorgensen, Arne Stefferud, Rick Charboneau, Laura Baker, Chip Treen, Jane Norman, Ellen Watson, and Bob O'Hara.

Midweek and weekend overnight trips for the summer of 2007 were led by: Marcia Switenki, Nancy Wall, Basil Loney, Ella Mogilevsky, Al Mayer, Ellen Watson, Bob Jorgensen.