



Cascade News

Cascade Lodge and Restaurant
3719 West Highway 61
Lutsen, MN 55612

March 2009

Five Years and Running!

The historic Cascade Lodge and Restaurant is owned and operated by Michael and Maureen O'Phelan, proudly serving you since 2004.

And run we do! It seems like only yesterday that we left our professional careers in the Twin Cities and headed north to run Cascade Lodge and Restaurant. Our youngest, Sam was only 4 at the time and our oldest, Sarah, was 11. We have been so blessed with the opportunity to run this great place and we have enjoyed it immensely. The work is hard but

the rewards of running a small business in what we consider the most amazing place around, is well worth the effort. We have taken on a lot of projects and continue to pour our heart, soul and dollars into the resort. We are proud of what we have done so far and hope that you are enjoying the transformation that is occurring both in service to you and in the physical facilities. We are especially happy with

the changes we have made in our restaurant. We now offer a full menu every day of the year but Christmas. Our food is hand-crafted by our food certified chef/cooks and served to you by our permanent wait staff who are dedicated to serving you an excellent meal at a great price. The growth in our restaurant has been nothing short of spectacular! Overall, we hope to continue serving you for many years to come!



Cascade Lodge
Cascade Restaurant



“The Kids Corner” Sarah, Shannon, Elizabeth and Samuel



Us-Enjoying a Sunday afternoon cross country ski excursion with our nieces and nephews. Mulligan is doing well—she recently went to the dentist for a teeth cleaning!!!!



Hi from the O'Phelan kids. Sarah just returned from a trip to Italy and Spain with the high-school. It was a once in a lifetime experience! Sarah also played a major role (Elvira) in the Grand Marais playhouse production of Blithe Spirit. Shannon made the volleyball team and has kept very busy with snowboarding at Lutsen this winter. Elizabeth has become a basketball addict not only playing on the junior

high team but subbing on the elementary team and attending most every high school game! Sam is active in soccer and spent much of his winter simply sliding and snowboarding outside of our house with his nephew Ben. All of us are grateful to be in our new house with our own rooms!!! This summer we will all be working at the resort and saving our money for college and other special things.

08-09 Winter

We enjoyed approximately 125 inches of snow this season with excellent cross country skiing all winter long. Our guests were treated to fantastic snowshoeing, horse drawn sleigh rides and the extraordinary beauty of the North Shore in the winter. The lake ALMOST froze, but not quite. For a while we could walk out for a ways, but it was a nerve wracking experience!

What's New At Cascade

In addition to the constant upkeep of the resort, we always try to upgrade as we are able. This year we put new carpet into Cabin's 3, 12 and motel unit 5D. We put a new kitchen into cabin 10 and have repainted rooms 202

and 212's bathroom. Cabin 14 just got a new kitchen floor and a King Bed in 1 bedroom. Michael's Mom is hand-sewing quilts for the entire Lodge. They are so beautiful that we have redecorated several rooms

around the quilts! We have replaced the curtains in Cabin 7, 8, 9 and 10. We re-graded all of our driveways and put in new fencing to control trail access for snowmobilers, skiers and snowshoe enthusiasts.



Painting the Main Lodge—A huge chore!



Michael caught this wolf on film on an early morning drive up Highway 61.

The heavy snow this winter seemed to result in more deer taken down by the local wolves. One guest observed a pack of 4 wolves playing around with one another near one of our trails. Another guest reported

seeing 2 moose at the same time while driving on the Gunflint trail. Ice fishing excursions this winter resulted in many northern pike, walleye, splake and the great tasting but difficult to catch, lake trout! The bald

eagles continue to congregate near Cutface Creek. We had an abundance of birds at our feeder this winter including black capped chickadees, grosbeaks, finches and woodpeckers. The spring migration should be soon!

Nature Notes

The Cascade—Solbakken Connection...

Solbakken Resort, 5 miles towards Lutsen has been owned and operated by the O'Phelan's since June of 2006. The story of how we decided to purchase and manage Solbakken is a long one. I will try to condense it down to a few lines. Michael and one of the previous owners had been skiing buddies and shared grooming responsibilities for 57km of ski trails connecting Cascade and Solbakken. Through this friendship we learned that Solbakken might be for sale. With six cabins on the lake, a motel and the fabulous Sawbill Lodge

plus a Lake Home adjacent to the resort, we were extremely interested in the proposition. The resort is one of the few remaining family owned and operated resorts left on the North Shore. One of our goals is to maintain and preserve such places, Solbakken was an obvious fit. After a lot of soul searching we decided to make an offer on the property. A short and easy negotiation lead to a sale. Since then, we have attempted to manage the resort as a small family resort, even though we are busy with two places. Relative to other large conglomerates up here, we are still fairly

small—but some days it doesn't feel that way! Overall, we are happy with our decision to purchase Solbakken. The guests enjoy fine meals at Cascade Restaurant and the two resorts do a lot of referrals to one another. Our advertising budget has been reduced because we now buy joint space for our marketing. Further, our staff all works for one company allowing us to offer competitive benefits and wages! In total, we have 25 people permanently on staff between the two resorts and as many as 38 in the summer! So, now you know the connection.



Green Team

We are constantly searching for ways to reduce energy, garbage and water consumption. This year we have almost completely converted to CFC lighting and are exploring the even more efficient LED bulbs in strategic locations. We have installed new T8 style lighting in the Restaurant kitchen replacing all incandescent and older style fluorescent lighting. We are attempting to manage

our energy costs by turning down heat and unplugging refrigerators when units are unoccupied. We continue to recycle and encourage our guests to do likewise. As we update cabins we generally are going to much more efficient windows and placing additional insulation whenever possible. When we built our new house on the property we opted to heat it using Geo-Thermal technology

which extracts heat from the ground using modern refrigeration techniques. This is proving to be a great investment with a 5 year break even point and heat bills that maxed out at about \$160 per month in February! We have converted our restaurant takeout containers to biodegradable ones and we now recycle all of our cooking oil to make biodiesel.

Barter Opportunities!

Often as we meet our guests we learn they have skills that could be put to good use in a place like ours. We already trade vacation time for certain services that are hard for us to find locally. We typically have opportunities for painters, roofers, electricians, carpenters, plumbers, carpet layers and more! We do need quality work and generally ask for at least 1 good reference. Please call Michael Sr. if you have an interest in bartering for some vacation time on the North Shore!

Summer Activities Calendar 2009

As many of you know we have been expanding our summer activity schedule each year and now feature at least one activity per day for the whole family to enjoy. Last summer's activities included Bingo with prizes, a guided Canoe trip into the BWCA with the

added bonus of frequent moose sightings and a guided Alpine trekking experience. We also continued to finance our very popular Forest Service events including the campfire presentations and the guided wildflower walk. On Friday evenings, the

O'Phelan family hosted an All American Family Barbeque with free hotdogs chips and salad to any of our guests! Last but certainly not least, we had an outdoor chapel service on Sunday mornings. Look at our website for an new series of fun events this summer!



US Forest Service person discussing animals of the north woods with Cascade Guests. A regular Saturday evening activity.

Vacation Homes

The Cascade House is no longer being managed by Cascade Lodge. We want to thank all the guests who have enjoyed the Cascade House over the years. It is now being managed by the

owners. There will be a website available that features the Cascade House. Please call for details on that. We do still offer the Caribou Hideaway which is a beautiful vacation home with six bed-

rooms overlooking Caribou Lake. It features a gourmet kitchen, large living room and is situated on 20 acres of gorgeous maple forest. We think you will find it quite a retreat for your family!



Living Room Area of Caribou Hideaway

Cascade Lodge and Restaurant
3719 West Highway 61
Lutsen, MN 55612

BULK RATE
U.S. POSTAGE
PAID
Permit No. 7
Tofte, MN 55615

Call Cascade Lodge for Reservations:
218-387-1112 or 1-800-322-9543
-or- visit our Website:
www.cascadelodgemn.com

Spring-Summer Lodging Specials!

Spring Budget Specials!

March 29 - May 21 2009

\$45 Standard Lodge and Motel Rooms.
(Cabins & Suites 50% off
prime rate Sun-Thur).



Weekend Specials

All Standard Lodge & Motel Rooms
\$55 or \$60

Cabins, Suites & House discounted 20%
(Rates for all units are based on double occupancy)

Summer Prime Time (6/26-9/3)

10% off all standard lodge and motel units Sun-Thur. *Extended Stay Discount Program:* Stay 4 or more nights and receive up to \$100 off your last nights stay, PLUS a 10% Cascade Restaurant discount (open seven days a week).

May 25th – June 11th

Cabins, Suites & Houses discounted 20% Sun-Thurs and 10% on Friday & Saturday.

All standard Lodge & Motel rooms discounted 25% mid-week & 10% on weekends (thru 6/25).

Play N' Stay Golf Packages

@ Superior National Golf Course. 27 beautiful holes of golf overlooking Lake Superior. Stay and Play at Cascade Lodge and save over 20% off green fees for your party with our packages!

