



Cascade News

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

April 2010

Early Spring!

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

The spring weather struck early this year and as I compile this letter we are enjoying ongoing early spring weather that is from 10-20 degrees warmer than normal! The grass is greening up, the trees are starting to bud and the waterfall season is in full swing. Caribou Lake opened up on April 8, the earliest any of the locals has record of. We are busy gearing up for summer and

continuing our unceasing efforts to improve the property. We are hoping to sponsor a “work-week” event this spring from May 9-16th where we exchange our lodging and meals for your hard work! As we continue to weather the worst recession in recent memory, we hope this event will allow some of you who may not be able to afford a vacation otherwise, to do so in a fun and rewarding manner. See

page 2 for more details. As we prepare for the upcoming season—our 7th summer here—we want to thank each and every one of you for the pleasure of serving you and your family. It has been a blessing to all of us to get to know many of you and to see that you appreciate and enjoy both the resort, the efforts we have put into it and the magnificent North Shore area. Blessings to all!



Cascade Lodge
Cascade Restaurant



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



Us-at a fort in Old San Juan in Puerto Rico.

Don't go to the rainforest without a raincoat like we did!



Hi from the O'Phelan kids. We just returned from a trip to Puerto Rico! It was really different and really fun! As usual, we have been busy with our jobs at the resort and in our school activities. Sarah has been practicing hard for her new play opening next Thursday called Treasure Island. She was accepted into a Theatre arts program in the Twin Cities and will be completing her Senior year of high school there. We will miss her!

Shannon just joined our local health club and is busy trying to build her arm strength and her stamina for a possible track stint this fall. Elizabeth is moving directly from basketball to softball this spring and is busy, busy, busy! Samuel is having a great year at his new school and enjoyed basketball this past winter and will be playing baseball this spring. He loves video games as well. See you this summer!

09-10 Winter

We had an excellent January, February and 1st half of March, but in mid March the weather warmed significantly and the snow just seemed to stop! So our Nordic ski season was cut a little short, although Lutsen stayed open through April 11 with runs still open and folks skiing in their swimwear! We had about 50 inches of snow and overall, it was an easy winter—weather wise.

What's New At Cascade

We completely remodeled the owners residence and have re-opened it as a new on-site vacation home named the Creek Chalet. It features 4 separate bedrooms, 2 separate levels with 2 kitchens, 2 baths a fireplace and a nice deck overlooking the falls on the Cascade Creek. The setting cannot be beat! We replaced most of our double beds with

new Queen beds in almost every single room or cabin onsite. All rooms in the lodge now have a refrigerator as well. Cabin 12 got new log living room furniture and the motel building got a much needed face-lift late last fall with new décor in the rooms and new siding on the front of the building. We added 5 new movie channels to our system but we are eliminating the VCR/

DVD players as they have proven to be unreliable. At present, we are working hard to put a new foundation under cabin #9. It failed this winter and when we opened it up to see what was going on we found that it was barely supported on old cedar beams placed directly in the ground! We are replacing the entire foundation with concrete blocks and solid footings. We hope to have it open by Memorial Day Weekend.



Cabin #9's old wooden foundation failed during the winter. We had to replace it this spring or we faced losing the cabin!



Springtime is one of the best times to spot moose near the Lodge and along the roadways.

The mild winter weather had us amazed at the change in animal habits. We enjoyed Robins all winter long, observed insects in every month of the winter and saw our wolf population grow as our moose popula-

Nature Notes

tion shrunk. The deer always seem to manage and now with the early spring we are already seeing some flowers peeking up from the de-frosted ground. The fishermen have already begun to harvest herring from Lake Supe-

rior that we are serving in our restaurant fresh from the lake each day. The spring bird migration has begun in earnest with large flocks of geese flying overhead. Soon the hummingbirds will come back to our feeders.

Act Now to Join Work Week May 9-16th 2010!!!

We are resurrecting a 1970's era concept called "work week." The basic idea is that during a slow season of the year, we are able to exchange rooms and meals for your skills and efforts. Typically, we need people skilled in painting, carpentry, electrical, plumbing etc. The plan this year is that we will be constructing 2 large new decks, getting our flower

beds ready and painting a cabin or two. Here's how it works: You arrive on Sunday and check in to a free basic room. On Monday thru Friday we provide you with a breakfast at 8am and then by 8:30-9 we begin working on projects. We break for lunch about 12 noon and we finish up about 3 pm. The rest of the day is yours. On Friday the lunch is light and we will typically finish

up by 12 noon. Saturday you are on your own for meals, but the Lodging is free, checkout is Sunday. Don't miss this opportunity to be a part of this new adventure and a chance at some new friends. We have limited availability so please make plans early! Call Michael now at 218-387-1112!



Green Team

We have completely eliminated the use of Styrofoam containers in the resort operation and now feature bio-degradable containers for take out, coffee service and any other Styrofoam that we had been using. We have been working hard to use locally produced products so last summer we started to purchase freshly caught Lake Superior trout and herring. They were a big hit in the restaurant and we will continue to offer

these items going forward. We also grew our own herbs. We have a very serious recycling program in place and recycle most of our plastics, cardboard, aluminum, metals, glass and newspapers as well as office paper. Our guests are encouraged to minimize towel usage by only requesting what is needed each day on our housekeeping checks. We were able to completely shut down our off-peak heaters last

summer by providing small electric heaters for the occasional cool evenings which was so successful our electric company contacted us to see what was going on! Nonetheless, energy costs have been soaring so our efforts have not resulted in significant cost savings but when put into perspective of what it would have cost had we not taken the right steps, it is cent-sible!

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!

The Cascade Staff

You will see some new faces and hear some new voices when you check in this year. And find your way to our accommodations at Cascade Lodge. John started last fall at our front desk. Kelli has been doing a wonderful job as our head-housekeeper and we

have received numerous compliments in regards to her efforts. Margie started last October as our bookkeeper and Matt was recently promoted to marketing director. We hired a new chef who will start in May. In June, we will again welcome 4 J1 Students.

Activities Galore!

We are presently planning out our summer activities calendar. We plan on keeping our ever popular All American Barbeque, Bingo and our canoe trips and we are hoping to provide a couple of exciting new activities as well!



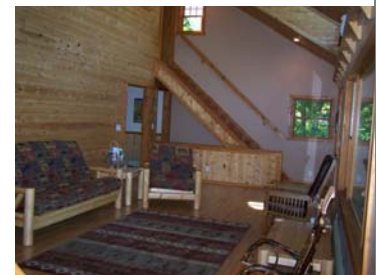
Michael—cooking brats and conversing with regular guests at the All American Family Barbeque every Friday in the summer!

Vacation Homes

The Caribou Hideaway is a beautiful vacation home with six separate bedrooms overlooking Caribou Lake. It features a gourmet kitchen, large living room and is situated on 20 private acres of gor-

geous maple forest right next to a remote canoe-only access lake. Reviews on this home have been outstanding! As mentioned earlier, we recently opened the newly remodeled Creek Chalet onsite here at the

resort. It features 4 separate bedrooms on 2 separate levels with 2 kitchens, 2 baths a fireplace and a nice deck overlooking the falls on Cascade Creek. A great option for larger families or smaller groups.



Living Room Area of Caribou Hideaway

Spring-Summer Lodging Specials!

\$45 Spring Waterfall Specials!

Now - May 27, 2010

**Standard Lodge and Motel Rooms Midweek
(Cabins & Suites 50% off prime rate Sun-Thu).**



Weekend Specials

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

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

May 31st – June 10th

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

**All standard Lodge & Motel
rooms discounted 25% mid-
week & 10% on weekends
(standard units disc. to 6/24)**

Play N' Stay Golf Packages

Superior National Golf Course

27 beautiful holes of golf over-
looking Lake Superior. Play and
Stay at Cascade Lodge and save
up to 30% off
green fees for
your party
with our pack-
ages! Begins
May 1st!



Summer Prime Time (6/25-9/2)

10% off all standard lodge and motel units Sun-Thur. *Ex-
tended 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).



Cascade Lodge and Restaurant

3719 West Highway 61

Lutsen, MN 55612

Call Cascade Lodge for Reservations:

218-387-1112 or 1-800-322-9543

-or- visit our Website:

www.cascadelodgemn.com