



Chicago Nomads

Ski Club Newsletter

Let's Party



It's that time of the year again...the Holiday season!

The Nomad Christmas Party will be held on Thursday, December 16th (our General Meeting) at Gaelic Park (6119 West 147th Street, Oak Forest).

The meeting will start promptly at 8:00pm and the festivities will follow. This year we have hired a new DJ to entertain us with music for dancing.

Make sure you mark your calendar for this event!

This year we will be collecting for the Manteno Veterans Home and The Caring for Kids Foundation.

For the Caring for Kids Foundation - please donate new toys in the original packaging. Please do not bring any stuffed animals.

For the Veterans Home - The following are items that would be appreciated.

Miscellaneous items such as: writing tablets, toothbrushes, toothbrush holders, batteries, phone cards, new greeting cards, hair brushes, Kleenex, sweat pants (L, XL, XXL), socks, wheelchair cup holder, etc.

Toiletry items such as: Shaving lotion, deodorant, body lotion, denture toothbrushes, razors, after shave cologne, etc.

Diabetic items such as: sugar free candy, cookies, gum and wafers.

Food Products such as: small boxes of raisins, individual packages of chips, granola & cereal bars, crackers, cookies, candy, etc.

During this event I will be selling raffle tickets for a Ski Trip to Panorama Mountain Village. The trip will include: 3 night stay in an upper village studio condominium and two days of skiing for two people.

The raffle tickets will be \$3 each or 4 for \$10.

The certificate is valid for January 3, 2011 through April 10, 2011 (excluding February 17th through the 21st).

I want to wish each of our members a very Merry Christmas and a safe and Happy New Year.



Cindy Vondrasek

Happy Birthday

1	JoAnn Long	9	Marge Morrissey	18	Harry Damsch
1	William Lowden	11	Nancy Clarke	18	Tyler Seger
2	Bryan Beedle	11	Nora Farrell	19	Thomas Tighe
6	Lucy Lanz	13	Lucy Bayer	20	Pauline Jurney
8	Frank Gavin	13	Jan DeMaat	21	Ronald Calvillo
8	Heather Seger	15	Stan Irzyk	22	Amy Jackson
9	Janice Bottger	16	Joan Wolfe	25	Chris Oldanie
9	Linda Guzak	17	Sandra Lake	27	Charles Shanks

From the President...*Don Durkovic*

WE'RE GETTING CLOSE to the ski season and I hope everyone is keeping up their workouts so they're in shape to handle the mountains. There are still spots left on a few trips, so if you're still thinking about it, please contact the trip leader or trip directors. We'd love to have every trip filled.

DON'T FORGET our annual Christmas party being held at this month's General Meeting. We will be collecting for *Caring for Kids Foundation* and the *Manteno Veteran's Home*. The Nomads have always been generous and I hope that tradition continues!

Please join me in wishing all Nomads and their families a Merry Christmas and Happy New Year!!

Don

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Dancing with Lyle. Join the Nomads for Dancing.

Look at *Good Time Charley's* ad to check dates and times at www.gtcsingles.com and the hotlines (708)445-4450 and (219) 650-2111.

A lot of people are dancing lately - look for Nomads at the events.



Coming CMSC Events...Ruth Sulda

JANUARY 21-29, 2011-BAD GASTEIN, AUSTRIA

\$1695.00. Side trip January 29 to February 1, 2011 \$300.00 Munich, Germany. Contact Patti McKnight 815-979-8764

FEBRUARY 26 - MARCH 5, 2011, CMSC CHICAGO WEEK, TELLURIDE, COLORADO.

Contact Ruth Sulda 773-779-4025 the NOMADS are going on this trip.

We are staying at Bear Creek Lodge, the top of the line lodging, I was there and can verify that.

MARCH 11-13, 2011, CMSC WINTER CARNIVAL, SKI BRULE, MI.

\$250.00 2 Nights lodging, 2 day lift ticket, 2 breakfasts, 1 dinner, round trip motor coach

transportation*, and a wine & cheese party. Plus Games Games and Games,

e-mail CMSC.trips@gmail.com for information.

*Location of bus pick ups will depend on which clubs participate.

CMSC WEB WWW.skicmsc.com

FOR MORE INFORMATION CALL RUTH SULDA AT 773-779-4025

Did You Know? In a new study, sleeping 8.5 hours per night equals fat loss.

Sleeping 5.5 hours per night equals muscle loss!

Midwest Skiing...Mike Habsmidte

Hi! Here's your Midwest trip update!

The time is getting close for the **Indianhead Ski Resort trip** in the beautiful Upper Michigan Peninsula, **December 17th to the 19th**. With prices at an all time low - **only \$230!!** - how can you not afford to go?

However, we need more of you to join us! We only have 38 people signed up so far, there are still plenty of rooms left, so sign up quickly! These rooms are beautiful, with **Ski-In, Ski-Out** accessibility, and **two free breakfasts and a free dinner!** The night life is wonderful, with tremendous bands and delicious food! **And if we fill up our quota, Pam Castellanos - the trip leader alongside Bonnie Lunde - will make a batch of her world-famous Castellanos Chili!**

The bus will pick us up at Standard Bank Field - home of the Windy City Thunderbolts! - 14011 S. Kenton Ave, Crestwood, IL 60445, and will leave at 2:00 pm, sharp! But be sure to get there before 1:30, so we can load up the bus and get ourselves ready!

Come on, folks! Lets get on the bus and head to Indianhead! Contact me for all the information!

The **February 11-13** trip to the **Little River Casino**, is still only **\$220! Included with the price is a free, \$15 allotment to spend at the tables, per day, per person.** On Saturday, we will be skiing at the Crystal Mountain Resort, and the next day we will be enjoying ourselves at the Caberfae Mountain Resort - the #1 ski value in Michigan! Unfortunately, **this price doesn't include the cost of ski lift tickets**, but the bus, is filled, so you'd have to drive yourself up.

How can you not afford to join us at these prices!?

See Page 3 for information on some fun activities on the Indianhead Trip!!



Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another's pain, life is not in vain.

Helen Keller

Darling Debbie's Details... *Debbie Durkovic*

OUR DEEPEST SYMPATHIES to Mike Habschmidt on the loss of his brother. Please keep Mike and his family in your thoughts and prayers.

MONICA COTTERS Mother has passed away this week, keep her in your thoughts and prayers.

CONGRATULATIONS TO Vicki and Ed Mullarkey on the engagement of Vicki's son!!

AS YOU START GETTING READY for this season's ski trips, think about club racing. It's great fun and believe me, no matter how slow you go, your fellow Nomads will be cheering you on!!

I WISH ALL NOMADS and their friends and families a very Merry Christmas and a safe and Happy New Year. With that, I leave you with the following quotes from Jay Leno:

"The Supreme Court has ruled that they cannot have a nativity scene in Washington, D.C. This wasn't for any religious reasons. They couldn't find three wise men and a virgin."

New Year's Eve, where auld acquaintance be forgot, unless of course, those tests come back positive."

P. J. O'Rourke

The proper behavior all through the holiday season is to be drunk. This drunkenness culminates on New Year's Eve, when you get so drunk you kiss the person you're married to.

If you have any news on current or former members you'd like to share, please email me at ddurkovic1234@comcast.net All articles are due by the General Meeting each month.

Indianhead Ski Trip – December 17-19, 2010

Your trip leaders: **Bonnie & Pam**



RE-GIFT EXCHANGE (during the bus trip to Indianhead):

Don't miss the opportunity to unload that special gift you never wanted in the first place, but feel obligated to keep. You know, the things that are stored in your closets, cabinets or basement waiting for the perfect re-gift moment. This is it!

Please bring your wrapped re-gift on the bus Friday afternoon. We will be playing a re-gift game that allows you to choose a gift, only if you bring one. Rules of the game are simple and will be announced on the bus. So start the search for the perfect re-gift (or just something you want to unload on someone else), and let the games begin! Don't let cost or guilt prohibit you from burdening another Nomad with an item that is totally useless to you!

FIRST ANNUAL UGLIEST CHRISTMAS SWEATER CONTEST (Saturday night dinner):



You know you have one buried with your winter stuff. If you don't, your local Goodwill or resale shop will have plenty to choose from and give you the pleasure of contributing to a worthy cause. The ugliest Christmas sweater contest is bound to become a Nomad tradition. So plan on coming to dinner on Saturday in something truly hideous or hilarious to celebrate the worst fashion statement of the holiday season. You will be rewarded for your poor taste, as contest-winners will receive really cool prizes, plus the honor of having won this distinction in the First Annual Ugliest Christmas Sweater Contest. Feel the excitement!!!



Eating More Boosts Your Metabolism

CONSIDER THIS, instead of eating three medium to large-sized meals per day, you should be eating five smaller meals. You can even treat yourself at the end of the day with a small dessert.

YOU SHOULD also always eat breakfast within one hour of rising. This is because your metabolism has slowed down during the night and breakfast will kick-start it up again.

A LOT of people think it's OK to skip breakfast because that means fewer fat and calories and one less meal for the day. But when you skip breakfast, hunger begins to kick in and that actually slows down your metabolism even more.

THE KEY to trimming down is not to eat less, but to actually eat more sensible meals.

EATING MORE frequent, smaller meals will prevent you from feeling hungry throughout the day. And if you're eating fiber and proteins and drinking enough water, you'll actually feel fuller for longer periods of time and will not have the urge to snack so often.

Here's an eating schedule you can adopt:

1. 7:00 a.m. - Eat breakfast
2. 10:00 a.m. - Eat a light snack
3. 12:00 p.m. - Eat lunch
4. 4:00 p.m. - Eat a another snack
5. 7:00 p.m. - Eat a small dinner with a treat

SOUNDS FUNNY but it's true. The actual process of breaking down food burns up calories. So if you eat several meals throughout the day, you'll burn up more calories through the digestion process.

WHEN I say "eat more" that means meals that consist of sensible foods high in fiber and protein. It's okay to treat yourself every now and then, just don't overdo it.

How to Stay Motivated as the Weather Gets Colder

If the thought of bundling up and heading outside makes you shiver, try these suggestions for some fun indoor workouts in the comfort of your home:

- **Workout with your favorite exercise DVD.** It's easier than ever to purchase or download indoor/home workouts. Whether it's a strength, cardio or stretch, you have lots of options to keep you working out for days.
- **Set up an indoor circuit.** You can easily do tricep dips off the dining room chair, step-ups on the stairs and wall pushups in the living room. Walk up and down some stairs or take a few laps around your home.
- **Dance, Dance, Dance.** Put on your favorite music, pump up the volume and dance. Dancing can burn hundreds of calories per hour, depending on the intensity of the movements, and provide cardio benefits.
- **Sleep in your workout clothes.** Even in the house — when you wake up, the thought of getting out of bed and stripping out of your PJs to change isn't exactly appealing. Save a step and prevent the chill by going to bed in your workout attire.
- **Don't forget, its cold outside!** Check the temperature and wind conditions before you go out and do not exercise if conditions are dangerous. If you do go out, make sure you keep your head, hands and feet warm and dress in layers that can provide a trapped layer of dry air near the skin (avoid cotton sweats and other similar materials).



Membership Dance/ Halloween Party!!



What Happened and What's Happening!



**Oh Oh what a night!
Casino Night was so much fun!**

25 + nomads showed for this event as well as a few guests. Mark and Mary Ansilotti showed their professional talent at running an informal casino! Mary ran a rather large raffle, selling a lot of tickets bought with poker chips. We had a variety of appetizers and plenty to drink. One brave Nomad even modeled some of the ski wear prizes....luckily nobody had a camera! :)


Nomad's Monthly Happy Hour

Will be in January, watch for it in that month's Newsletter.
Too much happening in December! Happy Holidays!



**Lets Meet for the Games and Free Half-Time Buffets!
Keep an eye on the website for up to date locations and times
from Heather Seger.**

Your fellow Nomads are always up for new social ideas! Just contact Cindy Cindyf510@gmail.com if you'd like to organize a social event, dinner, or other outing with the club. Let us know the when and where and we'll take it from there!



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HOLIDAY CHEER, cold air and thoughts of snow are on my mind as I check out a destination for next ski season. Yes, I am thinking of the 2011-12 ski season as our season is well underway with the Beginner's trip days away. [The Winter Park trip is sold out with a waiting list.](#) [Vail has over 35 Nomad's going when I thought at best I would get 24.](#) [Telluride and Jackson Hole](#) have lots of space as both trips have only a dozen members signed up. Pretty sad when I have heard Nomad's talk about how much fun Telluride is. *With over 300 acres of new terrain opened for all levels of skier, even if you were at Telluride on our last trip, you will find something new to see and CMSC has an extravaganza of events planned. Jackson Hole in prime spring season at a price that is unbeatable. So be it. As I said in my last news letter, ALL of the trips are done. I have time limits and deadlines.* All of the air and lodging not used has been released. This simply means that if you want to sign up now, you are subject to changes in price due to costs for air and lodging. Generally, the cost goes up. Air Fares are the biggest problems because we cannot secure the same rate we booked last June, if you elect to join a trip now, you are subject to 'street' pricing for air transportation. There is no guarantee that you will be on the same flight or have a direct flight. For Lodging in Telluride or Vail, we need a full condo. That is four people to fill the unit. Jackson Hole requires two people to fill a Hotel suite. For those who signed up early, thank you. You on the fence, you snooze you lose – bottom line. Sure there are last minute deals and you can get them yourself and maybe save. Try to cheat the system and manage the dates and travel times to join us wherever but you just miss the fun and camaraderie. That is what I consider being a part of a club.

A RECAP of two articles I read just today before I am writing this article, were about Vail and Telluride. Larry Olmsted, TheAPosition.com writes about travel and Ski Travel in particular asking 'what is the best place to go skiing?' His first reply is almost always VAIL!! He reports it as a straight A student but not perfect A's. There good at many things such as 31 lifts, 193 runs, on 5300 acres of skiing. The town follows the front side of the mountain with Vail village to the east, center around Lion's Head and the West Vail. Lodging of every kind, from Ski-In/Ski-Out luxury condos and home rentals in the surrounding area. Dining is Great to Not-so-great. Skiing on this mountain can be confusing so try to pick an area and enjoy that section for a day and with 7 bowls there is plenty to ski. The next article described Telluride as Unmatched in America. With unrivaled scenery, historic buildings and over 50 restaurants, you will find something to satisfy every palate. The Mountain has expanded by more than 300 acres with public access to Black Iron Bowl and Gold Hill Chutes. The free gondola and the Galloping Goose Shuttle system runs all the time so there is no reason for driving anywhere in town once you arrive.

NEXT SEASON I am looking into *Big Sky, Crested Butte and Mammoth or maybe even Sun Valley* for our week long trips. Short trips will include *Alta/Snow Bird, Steamboat and Durango.* These would be short, no frills possibly leaving late on Wednesday to ski Thursday, Friday, Saturday possible Sunday return either Sunday or Monday. Going to Europe, I am looking at *Switzerland and Austria* as Ruth took a FAM for me last year and brought back a ton of good reports about her 4 days of visiting Hotels, Inns and multiple towns with even more skiable mountains than you can possibly ski in a week. These are on my hot list. If there is somewhere you would like to see the club go – I am listening. Later this year, I am presenting written proposals to the board to reward those who sign up early at Ski-A-Rama, Pay in full at sign up or within the first month. These are incentive ideas other clubs in the area and all over our Nation do to attract members and fill trips. With these ideas also brings the ideas of incentives to use 'street' pricing for air at time of sign up or allow you to secure your own travel arrangements. This means getting to use your credit card to score points, air miles or pay via credit card for portions or the whole trip. I am open to ideas for the future trips that will entice you, the club member or potential club member to sign up because without you, there is no reason.

TRAVEL INSURANCE. Paperwork has been completed and we can sign up for *Travel Guard Insurance* for not only Nomad [Western Trips and Midwest](#) as well. A 5% kickback goes into the coffers of the club for every member who utilizes the link on our web site. You can also use this link for trips you plan and go on either by yourself or with other groups. Road side assistance and a travel concierge is available so check out the link from our web site and make your own decisions.

THE CHRISTMAS PARTY is coming up and you should be making your final payments to your respective trip leader(s) for all the trips you are on. Remember, they want to enjoy the party too so make your payment and have some fun. Finally, let's think snow and good times. Time waits for no one, I have not found the fountain of youth to share with you and the future is as bright as you make it.

Enjoy.



2010-2011 BOARD MEMBERS

Don Durkovic President (708) 873-0493 ddurkovic1234@comcast.net	Pat Monahan Treasurer (773) 445-6293 Treasurer @chicagonomads.com	Cindy Vondrasek Social Director (708) 361-4904 Berinti- Cynthia.Vondrasek@uop.com	<u>Non-Elected Positions</u> Debbie Durkovic <i>Nomad Racing Chairperson</i> Phil Lorenzi <i>CMSC Racing Chairperson</i>
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Marge Morrissey Secretary (708) 422-0319 skiermm7@att.net	Cindy Flowers Special Events Director cindyf510@gmail.com	Janet Kruzel Editor/Webmaster (708) 856-4273 jlskrock@sbcglobal.net	

CLUB INFORMATION

Nomad Newsletter: If you have not received your newsletter, contact the Membership Director, Heather Seger or the Editor, Janet Kruzel

Membership Dues: Payable after June 1, 2009. Current membership is required to be eligible for any ski trip. Sign up with the Membership Director at any meeting. Single: (New) \$30 (Renewal) \$25 Married Couples: (New) \$40 (Renewal) \$35

Social Meeting: 1st Wednesday of every month at Mitch's: 13815 S. Cicero, Crestwood, IL @ 8 pm
Casual, but nice attire is appropriate

General Meeting: 3rd Thursday of every month at Gaelic Park
6119 West 147th Street (between Central & Ridgeland)
Oak Forest, IL @ 8 pm Sharp!

Board Meeting: 2nd Thursday of every month 7:00pm, location to be announced.

ALL MEMBERS ARE WELCOME

Unsolicited articles and announcements are welcome.

Email to the Editor: jlskrock@sbcglobal.com

Deadline is the Friday after the General Meeting

Club Web Page: www.ChicagoNomads.com

Trip Sign-Ups: In person at any meeting

TRIP CANCELLATION POLICY

Trip Cancellations:

The Nomad Ski Club through its Board of Directors reserves the right to cancel trips, payments will be refunded. If trips are canceled due to circumstances beyond the control of the Nomad Ski Club, payments less expenses caused by the cancellation will be refunded.

Non-Refundable Deposits:

Members reserve a seat on a trip by making a non-refundable trip deposit. Non-refundable trip deposits are 10% of the trip price for Western & European trips and \$50 for Midwest trips

Member Cancellations:

Members who cancel their seat on a trip will forfeit the non-refundable trip deposit plus any fees or losses incurred on their behalf. If cancellation occurs after the predetermined closing date (the date the last payment is due on the trip), the full price of the trip may be charged. A cancellation form must be submitted to the Trip Leader within 30 days after the trip departs for refund consideration.

Trip Waiting Lists:

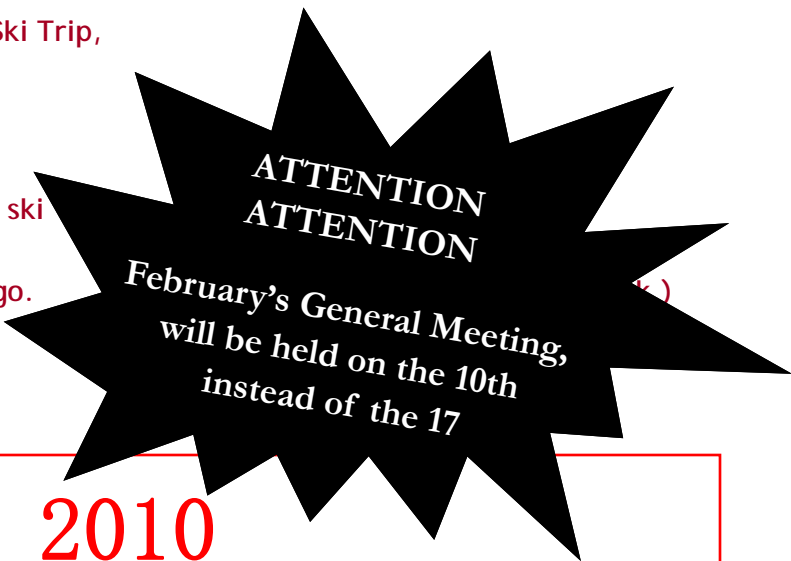
A completely full trip means all seats are filled on all buses scheduled for a Midwest trip or the minimum number of seats are filled on a Western or European trip. A member that cancels off a trip may be replaced on that trip from a waiting list, but the trip must be completely full. Canceling members that are replaced on a trip from a waiting list forfeit the non-refundable deposit plus any additional expenses incurred due to the cancellation. The excess will be refunded.

Contact your Trip Leader if you have any questions.



Upcoming Events

- ❖ JANUARY 13 - 18, 2011, Winter Park, Family Ski Trip, first Western ski trip
- ❖ JANUARY 21-29, 2011, Bad Gastein, Austria
- ❖ FEBRUARY 5-12, Vail, co
- ❖ FEBRUARY 11-13, Little River Casino, Midwest ski trip
- ❖ FEBRUARY 26-MARCH 12, Telluride (CSMC, Chgo.
- ❖ March 11-13, 2011, CMSC Winter Carnival, Ski MI
- ❖ MARCH 19-26, Jackson Hole, WY



December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Social</i>	2	3	4
5	6	7	8	9 <i>Board</i>	10	11
12	13	14	15	16 <i>General Christmas Party</i>	17 <i>Indian-head Ski Trip</i> →	18
→	20	21	22	23	24 <i>Christmas Eve</i>	25 <i>Merry Christmas</i>
26	27	28	29	30	31 <i>New Years Eve</i>	1/1/11 <i>Happy New Year!!</i>