



# Chicago Nomads

## *Ski Club Newsletter*

The first trip of the season, *Indianhead*, now has 35 adventurous Nomads ready to hit the slopes, to usher in the winter skiing season. What a great way to “get in shape” for the Western trips, while enjoying some pre-holiday cheer and fun with old friends and new. This ski-in/ski-out resort is a favorite Midwest trip for many of us. Pam and Bonnie have a fun bus ride planned and they’re looking for some elves to help out with the merriment, so let them know if you can help out! With enough sign-ups Pam promises to make her world famous.... (cont’d on pg. 3)

Indianhead, December 17-19,  
beginners trip...  
are you ready??



**NOVEMBER 5-7, 2010 SKI DAZZLE SHOW**

Donald E. Stephens Expo Center, 5555 N. River Road Rosemont, IL. Friday 4:00 to 10:00 PM, Saturday 11:00 to 10:00 PM and Sunday 11:00 to 5:00 PM, Entry fee \$ 12.00 or more? It is worth while for you to go to look at the large selection of clothing and ski equipment for sale at a reduced price.

**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](mailto:CMSC.trips@gmail.com) for information.

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

CMSC WEB [WWW.skicmsc.com](http://WWW.skicmsc.com)

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

**Midwest Skiing...Mike Habsmidte**

(Indianhead, cont'd from front cover)

chili lunch on Saturday!! Depart from Standard Bank Field on Friday promptly at 2 p.m. Don't wait and miss your chance to get in the holiday spirit. Only a few seats left, this trip will fill up!

**Details:**

- ◇ December 17-19th
- ◇ \$230 total fee
- ◇ Breakfast Sat. and Sun.
- ◇ Lift tickets for Sat. and Sun.
- ◇ Two night's stay in the Lodge (dbl occupancy)
- ◇ Transportations



The second trip of for the Midwest, **Little River Casino, February 11-13, 2011.**

Skiing Crystal Mtn., Saturday and Caberfae Mtn. Sunday. There are only a couple of seats left on this trip, so don't delay, sign up today! You all know what a good time Caberfae can be!!

**Price \$215, includes:**

- ◇ Breakfast Sat. and Sun.
- ◇ Buffet dinner Sat. night
- ◇ \$15 per person, per day (gambling money from the Casino)
- ◇ Transportation

**Price does NOT include:**

- ◇ Lift Tickets (must be paid in cash on the bus each day)
- ◇ Sat., Crystal Mtn.- \$49, Sun., Caberfae-\$42



## What's Happening in November!



### Casino Night



Saturday, November 20, 2010 7:00 PM

*Mark and Mary Ansilotti's Home*

8532 W 144<sup>th</sup> Place

Orland Park, IL 60462

\$10.00, and will be collecting donations for the American Cancer Society.  
Beer, wine, pop and raffle prizes provided. Please bring an appetizer to share.  
Sign up at meetings; there will be a limit to the number of guests.



Lets Meet for the Games and Free Half-Time Buffets!

We are going to try using Google Groups to coordinate groups of Bears Fans so help us out by signing into the site and responding that we should expect to see you there!

Sun. Nov. 7	@ Bills(Toronto)	12pm	Golf Links, 16356-104th Ave.
Sun. Nov. 14	Vikings	Noon	Bobby McGees, 10139 S. Harlem Ave.
Sun. Nov. 28	Eagles	Noon	Coaches' Corner, 8116-143rd St.



### Nomad's Third Monthly Happy Hour

Friday, November 26, 5:00

Location TBA

This is a holiday weekend  
so let's see who is interested in attending.

### NOMAD BBQ – Bonfire, Saturday, October 2,

The fire was blazing despite the rain and everyone had a great time drinking, eating and socializing at the Morris' beautiful newly renovated home.

**THANK YOU Keith and Vickie!** You are excellent hosts!



## Secrets for a Better Stretch, submitted by *Patty Pfau*

Good flexibility is something every joint needs for greater mobility and better posture. Plus, stretched muscles ease tension while taking pressure off joints throughout your body. If stretching is already a part of your day, the suggestions below can enhance your routine.

**Breathe deep.** Make your stretching even more relaxing and pain relieving by working in elements of meditation. Specifically, try these simple breathing techniques:

- Breathe through your nose both when inhaling and exhaling.
- Focus on the hiss of air flowing in and out of your nostrils; the calming tone soothes your thoughts.
- Take at least three seconds to fill your lungs and another three to let air out.

*The Everyday Arthritis Solution*



### Crunch, Reach, Pass

❖ Begin by laying with your back on the floor and facing the ceiling (supine position). Hold the stability ball with your arms outstretched above your head (the ball will be resting on the floor).

(See figure above).

- ❖ In a controlled motion, use your abs to perform a sit-up, keeping your arms straight.
- ❖ Simultaneously, as you perform the sit up, raise your legs. You should "fold" at your abdominal muscles, and your arms and legs should come together at the top of the movement.
- ❖ Pass the ball from your hands to your feet, and return to the starting (supine) position. The stability ball should be held between your feet.
- ❖ Repeat the movement, passing the ball from your legs to your hands and vice versa with each repetition.



# Haunted Hayride

*Haunted Hayride*

The Hayride was 20 people strong, starting out with short tailgate party. The hayride, had strange creature hitching a ride, screaming and breathing down our necks (nobody knew I was hiding by Ken!) and we danced and ate by the campfire. This was a fun and exciting event!



## Family Ski Trip...*Rich Clausius*

### Nomad Family Trip – Jan 13-18, 2011

#### Winter Park, Colorado – **Need one more Woman**

This trip was full but due to a cancellation I could use one more woman to fill out the trip, otherwise I am taking a waiting list. (No one is on the list so far). Please let me know if you are interested.

Details are:

- Flights to/from Denver, Colorado & bus to/from Winter Park.
- 2 Bedroom/2 Bath ski in/ski out Condos at the Zephyr Mountain Lodge.
- Free lodging for Children (and possibly Teens) if they sleep on a sleeper sofa.
- Four day Lift Ticket for all Adults, Teens, & Children included in the trip price.
- Parties/Events: Pre-Trip Pizza Party, Club Lunch or Dinner, Club Race, and more.
- All adults must be Nomad Members along with Children & Teens.
- Children & Teens must be related to Parents, Uncles, etc. on the Trip, (no children friends).

See me for more details or call me at home at 708-429-3286 if you have any questions.

*Rich Clausius*

### **RECYCLE o REUSE o REDUCE WASTE o RAISE FUNDS**

**TURN IN YOUR EMPTY PRINTER INK CARTRIDGES!**


**RECYCLE FOR MONEY!!**

To be donated to...

***THE BLIND SKIERS FUND***



- Cartridges with a print head qualify for payment
- Turn in your empty cartridges at any meeting
  - Give to any Board member



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**Fall was in the air** last month and the winds these last few days have brought SNOW in the Colorado Mountains. A note from the folks at Crested Butte Ski Resort this morning told of 26" of powder. I saw video of people skiing and snowboarding a full thirty days before the official opening. What does this all mean?? Winter is on its' way. I think this is the earliest I have ever heard of actually being able to ski at any resort we could visit. I think I will have to finally put away the golf clubs until next season. Reports for our Nomad destinations tell us that Vail received 13" in the last few days with another 2 today. Telluride and Winter Park have a nice blanket of snow on the ground and Jackson Hole has over 50 inches of new snow on top of 4 inches at the base and over 30 inches on top. With this kind of start, we can expect a great season. The video I saw of Crested Butte skiers was kind of funny in that you could really see that this was truly fresh, not groomed snow with riders who had not been on skis in a long time. I hope everyone has started a good exercise routine. Stretching, Balance and Strength training are all part of essentials that help in developing the skills for good form, stance, control and enjoying the thrill of riding down a mountain on skis or a snowboard.

**OK, now about our trips.** The Family trip is full and waiting list only. *Winter Park* photos show about a foot of snow at the base near the Zephyr Lodge so skiing to the door step should be no problem. *Vail* has plenty of lodging available but in order to sign up, I have to have groups of 4 (2 men or 2 women and a couple OR two couples) so I can properly fill out a condo. This is in part a bedding issue and the issue of not filling a condo. Additionally, I may not be able to guarantee the air as we have exhausted the 32 slots our tour operator booked back in August. *Vail* is a great place to go and those who signed up early have booked a great trip. For those who are sitting on the fence, there is lodging and room on the bus for another 10 members to join in the fun. Find some friends, sign up or sit back and wait for the stories.

**Jackson Hole and Telluride** have lots of space available but it is too late to get the good rates. For both trips I have to release unsold seats we are holding. I can no longer guarantee the air fare to Jackson and CMSC is asking for unused lodging as they have other clubs looking for more space. If you sign up for Jackson Hole, we can get lodging and ground transportation but air will be bought on the open market with no assurances you will be on the same DIRECT flight to Jackson Hole. For Telluride, you will be subject to the whims of CMSC lodging and may not be with the Nomad's in the Ski-In Ski-Out Bear Creek Condos.

**For the most part,** my work is done. Our trip leaders are now running the show, collecting the balances due and managing the next event for each trip, the Pre Trip Pizza Parties. And please remember, your trip leader is a fellow Nomad and not a collection agent. If you are late or delayed in getting your payments in on time, call or email the status. If a trip leader calls me and says you are behind, I will bring this to the Board or if time does not allow committee discussion and decision, I will be obligated to make a call which may cancel your spot on the trip. And finally, by now everyone should be aware that TSA will not allow air travel without your Proper Legal Name, Gender and Date of Birth recorded and reported prior to ticketing. Please respect this and provide your trip leader at sign-up with these details so as to prevent any delays in ticketing and future hassles at the air ports.

**It may sound crazy** to some but I am already talking to our tour operators and resorts direct about next season. That would be the 2011-2012 season. Crested Butte, Mammoth, Big Sky and Snow Bird are all high on my list to look at. If you have a destination in mind, send me an e-mail NOW. Everyone in the club is welcome to suggest a destination so fee free to e-mail me or any member of the Board so we can look into the possibility and go forward in the decision making process.

*That's it. I am thinking snow, skiing and snowboarding. Winter is just around the corner.  
Enjoy...*

Watch for Travel Insurance information.  
**'Travel Guard'**, is putting together an information link that I will post on the website as soon as I get it. It will be good for Midwest and Western Trips.



# 2010-2011 BOARD MEMBERS

<b>Don Durkovic</b> <b>President</b> (708) 873-0493 ddurkovic1234@comcast.net	<b>Pat Monahan</b> <b>Treasurer</b> (773) 445-6293 Treasurer @chicagonomads.com	<b>Cindy Vondrasek</b> <b>Social Director</b> (708) 361-4904 Berinti- Cynthia.Vondrasek@uop.com	<b><u>Non-Elected Positions</u></b> <b>Debbie Durkovic</b> <i>Nomad Racing Chairperson</i> <b>Phil Lorenzi</b> <i>CMSC Racing Chairperson</i>
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## CLUB INFORMATION

**Nomad Newsletter:** If you have not received your newsletter, contact the Membership Director, Vickie Morris 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](http://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

- ❖ DECEMBER 17-19, 2010, Indianhead Ski Resort, first Midwest ski trip
- ❖ JANUARY 13 - 18, 2011, Winter Park, Family Ski Trip, first Western ski trip
- ❖ FEBRUARY 5-12, Vail, co
- ❖ FEBRUARY 11-13, Little River Casino, Midwest ski trip
- ❖ FEBRUARY 26-MARCH 12, Telluride (CSMC, Chgo. wk.)
- ❖ MARCH 19-26, Jackson Hole, WY

## November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>Social</i>	4	5 <i>Ski Dazzle</i> →	6
7 <i>Bears 1/2 Time</i> →	8	9	10	11 <i>Board</i>	12	13
14 <i>Bears 1/2 Time</i>	15	16	17	18 <i>General</i>	19	20 <i>Casino Nite</i>
21	22	23	24	25 <i>Happy Thanksgiving</i>	26 <i>Happy Hour</i>	27
28 <i>Bears 1/2 Time</i>	29	30				