



October 2010

Chicago Nomads

Ski Club Newsletter

Let's Party

OOOOHHHHH ONCE AGAIN....

**WE ARE GOING TO HAVE A COMBO-PARTY FOR
THE MEMBERSHIP DANCE AND HALLOWEEN!**

LAST YEAR WE HAD A GREAT TURN-OUT FOR THIS EVENT AND MANY OF OUR MEMBERS ASKED THAT WE DO IT AGAIN. SO WE ARE. COME JOIN US ON **SATURDAY, OCTOBER 30TH** TO CELEBRATE *HALLOWEEN AND OUR ANNUAL MEMBERSHIP DANCE*. WE ENCOURAGE EVERYONE WHO PLANS TO ATTEND TO COME IN COSTUME. OF COURSE, IT'S NOT A REQUIREMENT.

HERE ARE THE DETAILS FOR THIS EVENT:

SATURDAY, OCTOBER 30TH

**MEETING PLACE – ROYAL PALACE, 6254 111TH STREET,
CHICAGO RIDGE (499-2211)**

TIME – STARTING @ 6:30 PM AND WILL END AT MIDNIGHT

COST - \$35.00 PER PERSON IN ADVANCE

(OR \$40.00 PER PERSON AT THE DOOR)

THE COST INCLUDES: A BUFFET DINNER (SALAD, CHICKEN, BEEF, ITALIAN SAUSAGE AND MOSTACCIOLI, MASH POTATO, VEGGIE, DESSERT, TEA AND COFFEE)

(STARTING AT 7:30PM); 4 HOUR OPEN BAR AND

A DJ PLAYING MUSIC ALL NIGHT LONG FOR YOU TO ENJOY.

WE ALSO PLAN TO HAVE A CONTEST FOR THE BEST COSTUMES (1ST, 2ND AND 3RD PLACE).

IF YOU WANT TO BUY A TICKET FOR THIS GREAT EVENT, SEE ME AT ONE OF OUR MEETINGS (SOCIAL ON OCTOBER 6TH AND GENERAL MEETING ON OCTOBER 21ST) OR YOU CAN SEND ME A CHECK (MADE OUT TO THE NOMAD SKI CLUB).

SINCE THIS IS A SOCIAL EVENT YOU DON'T HAVE TO BE A MEMBER TO ATTEND.
SO TELL YOUR FRIENDS AND FAMILY MEMBERS ABOUT IT AND WE HOPE TO SEE YOU THERE.

CINDY VONDRASEK

MY ADDRESS IS 8835 BRIARWOOD LANE, ORLAND PARK, IL 60462

From the President...*Don Durkovic*

IT'S A FEW DAYS AFTER THE FALL PICNIC and I'm sorry I was unable to be there, but I was a little under the weather. I heard it was a great one even though the morning started out a little wet.

THANKS TO Cindy F. for all her hard work in putting it together. And thanks to all her helpers, especially our Grillmaster Ken. I heard he had some female grillers this year and I think that's awesome. Someday he may pass on the sacred tongs and flippers.

I HOPE everyone is getting on the trips they want to go on. Please remember to sign up early. We have commitments to the tour operators and if we don't have the minimum number of members signup, we may have to cancel trips.

Don

Thank you for the cards,
calls, prayers, thoughts and
attendance at the wake of my
father Al Pargauskas.
It was truly appreciated!

*Vida
Burklow*

Midwest Skiing...*Mike Habsmidte*

- ❖ December 17-19th Indianhead Ski Resort trip ~ \$230!
- ❖ February 11-13th trip to the Little River Casino, ~ \$220 (this price does not include your ski lift tickets)

This information is recycled from the September Newsletter as the Midwest Director has not sent me any information for this months publication.

*"To accomplish great things, we must not only act, but also dream;
not only plan, but also believe" Anatole France*

Happy Birthday

5 Mary Ann Harper	16 Karen Chalker	22 Gordon Reichert
6 Richard Rosequist	17 Phyllis Hansen	23 Leonard Feiner
8 Michelle Oldanie	17 Patrick Pinner	28 Sharon Erffmeyer
14 Stefan Frusa	21 Mike Whicher	28 Mike Vondrasek
14 Jennifer Orozco	22 Carol Ebert	29 Janet Kruzal

OCTOBER 8-10, 2010 CHICAGOLAND SKI & SNOWBOARD SHOW

Renaissance Schaumburg Hotel & Convention Center in Schaumburg. Entry fee \$12.00, under 12 years old Free, Free Parking
For more information go to <http://www.windycityskiandsnowboardshow.com/>

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 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

7 FOODS THAT ARE GOOD FOR YOU, AND GREAT FOR YOUR SKIN AND HAIR

1. **Olive Oil** ~ Right out of the bottle
2. **Oatmeal** ~ Soothes skin irritation and a great exfoliate
3. **Turmeric** ~ Speeds wound healing and helps firm aging skin
4. **Honey** ~ Speeds healing of wounds and burns, because it kills bacteria it is great for acne
5. **Pumpkin** ~ Has enzymes that peel away dead skin and fatty acids that hydrate
6. **Salmon** ~ Contains DMAE, that helps rejuvenate skin and firm and reduce lines and wrinkles
7. **Green Tea** ~ Helps skin retain moisture and reduces wrinkles



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Darling Debbie's Details...Debbie Durkovic

OUR deepest sympathies to Vida Burklow on the loss of her Dad. Please keep Vida and her family in your thoughts and prayers.

A few people at the picnic asked me for my salad recipe, so I thought the easiest way to share it was by putting it in my article. So here it is:
(compliments of my sister Shari):

2 bunches red leaf lettuce
2 granny smith apples (chopped)
6 ounce package of shredded swiss cheese
6 – 8 ounce package of cashews

Dressing:

½ cup sugar
1 tablespoon minced onion (if you have Tastefully Simple Onion Onion, you can use that)
2 tablespoons poppy seed
1 teaspoon dry mustard
1/3 cup red wine vinegar
1 cup oil (I use Canola)

**I usually put the dressing on about a ½ hour before serving.

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.

America Against Malaria

501(c) 3 non-profit organization developed to aid in the combat against malaria

America Against Malaria
.org



**COME JOIN THE NOMADS AND
DAWN DUBSKY
for a Fun Night of
Candlelight Bowling
on Saturday, October 23, 2010**

This event will be held at
Orland Bowl in Orland Park
starting at 9:30pm.

The cost is \$30 per person, which includes:
Bowling and a buffet dinner.
There are 6 people per lane.

America Against Malaria, which is a non-profit 501(c) 3 corporation was established by Dawn Dubsky to support the education, treatment and prevention of Malaria in Ghana, Africa, where over 3,000 children a day die from malaria. You can find more information on the website at www.americaagainstmalaria.org

Please see Cindy Vondrasek at one of the meetings to sign up.
If you want more information, call 708-361-4904

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**Saturday
October 23rd
8:00 pm.
\$10.00 p.p.**

October Fall Hay Ride and Campfire

Sign up and pay at the meetings!
16717 S. Lockwood Ave
(5300 w. 167th St)
Tinley Park, Illinois 60477

Nomad's Second Monthly Happy Hour

Friday, October 29, 4:00

FREE FOOD FRIDAYS!!

Free Appetizer Buffet till 7:00



Fat Sam's Pub

15896 S. LAGRANGE RD.
ORLAND PARK, IL
(708)403-0733

Our first Happy Hour was a huge success! More than 20 Nomads showed up and some with friends and relatives. We had a huge room to ourselves for most of the time we were there. The food was good and free, and when Nomads get together we ALWAYS have a good time! So don't miss this one in October!

NOMAD

BBQ – Bonfire

Saturday, October 2, 2010

6:00 pm

Hosted by Keith and Vicki Morris
2518 West 100th Street, Chicago



B.Y.O.B. and a dessert or side dish to share. Meat and wine provided

Fall Nomad Picnic

A Great Success despite the AND the following people helped!!

Set Up	Grill & Grillin	Food & Misc.	Beer and Wine	Sausage	Check In
Harry Damsch	Ken Loeffler	Lucy Lanz	Mike Habschmidt	Dave Presta	Monica Cotter
Sandy Lake	Cheryl Hodges	Ken Loeffler			
Vida Burklow	Karen Reichert				
Lucy Lanz	Leo Hogan				
Heather Seger	Teen Hodges				
Noodle Race by Debbie Durkovic					
Noodle Racers	Vida Burklow & Emma	Ed Mullarkey	Harry Damsch (Had a sub fill in)	Cindy Vondrasek	Mike Habschmidt

Casino Night



Still looking for volunteers to help get an informal gambling night organized! A few members have begun getting this together. We have a craps table and dealer, and some basics decided, but still need a place, other dealers, and planners. We would like to get this together for November, so call Cindy ASAP! 708/712-3651.

EATING HEALTHY...*Patricia Corey-Pfau*

10 EASY STEPS TO SMARTER FOOD SHOPPING

You came, you saw, you shopped...then you got home and started unloading fatty snack items and deli meats. What went wrong? You fell back into the habit of shopping like an average American! Here's how to stay on track...

- 1. Make a list.** Before you shop, write down what you need to reduce the chances of buying what you don't.
- 2. Limit your trips.** Make your shopping list long so you make only one to the store per week, less opportunity to make impulse purchases.
- 3. Avoid shopping on an empty stomach.** When you're hungry, you're more likely to grab snacks and desserts.
- 4. Follow the walls.** Limit browsing to the perimeter of the store, you'll find the freshest, most healthful foods: raw produce, low-fat dairy products, fresh lean meats and fish. Venture into the interior aisles only when you're after specific foods such as pasta and dried beans.
- 5. Pay attention to portions.** Those cookies look great-and hey, eating them only costs you 75 calories. Check the serving size: 1 cookie. Eating three cookies-brings your calorie count up to 225.
- 6. Ignore the pictures.** Look at the side of the box for the facts, and choose foods that are high in fiber and low in fat and calories.
- 7. Grade your grains.** Want high-fiber bread? Look for the words "whole grain," "100 percent whole wheat," or "stone-ground" on the label. True whole-grain bread contains at least two grams of fiber per serving.
- 8. Watch the language.** Beware of foods labeled "no sugar added" -- the wording is carefully chosen because the product may be loaded with natural sugar. You'll find the real story on the label, under "Sugars."
- 9. Add some spice to your life.** Instead of creamy condiments, load up on such spices as basil, chives, cinnamon, cumin, curry, garlic, ginger, horseradish, nutmeg, oregano, paprika, parsley, and Tabasco sauce. They're very low in carbohydrates, fat, protein, and calories.
- 10. Keep your eye on the cashier.**

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 - Give to any Board member





Fall Picnic



More on the Website



Family Ski Trip...*Rich Clausius*

Winter Park, Colorado – Jan 13-18, 2011

Waiting List

The Nomad Family Trip to Winter Park, Colorado, is now full with 40 adults and children and 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

Exercise of the Month

Do you love walking, but when you walk at a fast pace your shins really start to hurt?? How do you stop the pain??

FIRST, MAKE SURE your walking shoes have good arch support, since shin splints often happen because of a fallen arch or flat feet. Also, try to avoid walking hills until you've walked on a flat surface for at least five minutes. This will warm up your shins so they don't become overstressed.

IF YOU WANT to strengthen your shins, here's an easy towel exercise you can do! Sit in a chair, your feet bare, and place a rolled-up towel just in front of your toes. Grab the towel between your toes and your forefeet and unroll it, flexing the arches of your feet at the same time. Try to do this for 15 to 30 seconds every other day. It will help



Oblique Stability Ball Crunch

1. Begin by kneeling down on one knee (see figure on left).
2. Carefully lie sideways over the stability ball. Your bottom arm should be bent with your hand behind your head (see figure on left). Having your top hand behind your head makes the exercise more difficult.
3. Slowly raise your body upward by lifting your shoulder, pushing your hips into the ball and pulling with your oblique's, making sure not to twist your body.
4. Squeeze your oblique's for a count and then slowly lower yourself back to the starting position.

FALL IS IN THE AIR, cooler days, and cooler nights. The leaves on the trees are changing, ready to drop as the season ends. Nature is on a schedule we cannot change. As Nomads, we can change many things and first should be the decision making process. Time waits for no one, it is time to sign up or be left behind from our club trips.

OPEN SIGN UP with the published rates is nearing an end. Because of a lack of participation and woefully slow decision making, the trip to Quebec Canada over the New Year's holiday has been cancelled. I delayed and postponed writing this newsletter until the very moments before our editor locked me out of submitting this. It is unfair to do that and it is unfair to wait until the last moment to sign up for a trip. I have had several members make the decision to cancel their trips, we are over three months away from the first pre-trip pizza party. Sign up for fun or be left to hear only stories of new adventures, sights and thrills of a new run, the parties, new friendships made and old ones renewed.

THE NEW YEAR'S trip to Quebec was something I have worked on for two years. The previous year was the 300th anniversary of the Quebec and the Old City and then again last year, one year after the celebrations. I spoke with well over a dozen different Nomad's regarding this trip and all seemed enthusiastic to go. Some had been there and wanted to go again or had never been and were looking forward to seeing a little bit of Canada. Quebec and the walled or old city is a looking glass into history that has the look and feel of Europe in our own back yard. One person signed up, no trip leader...sad. That is all I can say.

WINTER PARK, the Nomad Family trip. Rich will have more to say, but we have over forty people signed up. Forty Nomad's ready to go for a week of skiing one of Denver's closest ski resorts that even today, people can ride the train up in the a.m. and return home in time for dinner. You can look here for more info: <http://cbs4denver.com/local/ski.train.winter.2.1316766.html>

VAIL, TELLURIDE AND Jackson Hole. These are the choices you have and the times are great for ski conditions in all locations. *VAIL*, always good as there is so much to ski. With a lift ticket valid at four different mountains within a 45 minute ride from our lodging, how can you go wrong? The initial sign-ups for this trip were fantastic. To sign up now we need groups of four people or one full condo. Anything less and we cannot guarantee rates as supplement charges may be required.

TELLURIDE -CMSC CHICAGO Week 2011. This is the first year in as many as I can recall that we will ski prime time for an event like this. If you do your homework, you will find the temperature in Telluride was in the middle 30's for the past five years with no wind and plenty of snow. The CMSC trip leader came to our last meeting to answer any and all questions and show her enthusiasm. Talking to Susan, there are over 200 people signed up and clubs are asking for more lodging. Our Nomad price is based on the CMSC advertised price plus our club costs of pre trip pizza, buttons and trip leader benefit - nothing else. *I don't understand why everyone is waiting as there are more parties, après' ski and racing than all of our trip events combined from one season. Did I mention that we have ski in and ski out accommodations?*

JACKSON HOLE, OUR season ending trip in mid March. Check the records and you will find skiing conditions to be great and temperatures in the mid 40's with sunshine. Because of the change back to a **SAUTRDAY to SATURDAY** trip, our air is an even better group rate but this is ONLY for those who sign up now. Wait and you may not be able to get the seats we have at the rate we've got. He who hesitates is lost. Again, with the change, the lodging facility upgraded all our rooms to Fireplace Suites with either a single King or two Queen size beds. *I cannot ask for much more than that, they are even including a BBQ for our arrival.*

NOMAD'S ARE NOTORIOUS for waiting until the last moment and that is really unfair to the Trip Leaders. Each person leading the group attends every function waiting for you to signup, accept your payments or otherwise provide information about their trips. They post their e-mail or phone number making themselves available all the time. We even have members who complete their membership form and trip forms at home and send them directly to the trip leader. You cannot ask for any more convenience or dedication for a trip than this. *Can You??*

MAY BE A little bit of a soap box for me today as trip signup is important to me.

I am in contact with our tour operators every other week and some times more. Poor signups is not the news I want to give them.

I need to keep them informed about how many seats for the air travel are desired verses needed or available as well as the number of beds, lifts and options for more.

When people do not sign up for a trip, do I really need to do this?

Enjoy



2010-2011 BOARD MEMBERS

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Non-Elected Positions

Debbie Durkovic

Nomad Racing Chairperson

Phil Lorenzi

CMSC Racing Chairperson

Ruth Sulda

CSMC Representative

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

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

- ❖ NOVEMBER 5 - 7, Ski Dazzle
- ❖ DECEMBER 17-19th Indianhead Ski Resort, First Midwest Ski Trip
- ❖ DECEMBER 29, 2010-Jan 4, 2011, Quebec Ontario Canada, First Western Ski Trip
- ❖ JANUARY 13 - 18, Winter Park, Family Ski Trip

OCTOBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 BonFire
3	4	5	6 Social	7	8 Ski Show →	9
10 →	11	12	13	14 Board	15	16
17	18	19	20	21 General	22	23 Hayride
24	25	26	27	28	29 Happy Hour	30
31						