



SEPTEMBER 2010

CHICAGO NOMADS

SKI CLUB NEWSLETTER

Fall Picnic
Saturday, the 18th
Noon



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From the President...*Don Durkovic*

WITH PLENTY OF PLACES TO SKI and great prices, I hope you were able to find what you were looking for at Ski-a-Rama. I know it's just the end of summer, but now is the time to plan your ski vacations, so sign up early and often. Thanks to Cindy V. and her team for all their hard work at Ski-a-Rama.

CONGRATULATIONS to Heather Seger on her election as our Membership Director. It's great to see new members get involved.

I'VE recently received good news on my recovery and I hope to see you all out on the slopes this year.

DON'T forget to bring a dish to the fall picnic and receive a raffle ticket for a prize. Cindy F. is looking for volunteers so please let her know how you can help out!

Don



Channahon, I & M Canal
11 Riders Strong
Saturday, August, 28



Happy Birthday

1	Debbie Durkovic	10	Paul Grzyb	20	Maryann Becich
3	Mehlin Smith	11	Ed Schofield	20	Judith Dunn
5	Jim Aliosius	13	Debbie Clausiu	22	Barbara Bohusz
5	Janet Knipper	14	Alex Kurczaba	23	Lynn Holtz
7	Gerald Dagenais	17	John Meister	24	Vickie Morris
8	Raymond Offemaria	17	Steve Young	26	Katherine Olsen
9	Nancy Keller	19	Beverly Grybas	26	Phillip Skultety
9	Nancy Keller			30	Juan Gonzalez Jr.



CMSC GOLF OUTING SEPTEMBER 17-19 2010

- ❖ Alpine Valley Resort, Elkhorn, WI
- ❖ 27 holes ~ Friday, Sat & Sun. ~ 2 nights Lodging (Fri & Sat) ~ 2 breakfast Buffets ~ 1 Friday Night Fish Buffet and 1 Saturday Night order off the menu dinner.
- ❖ \$251.00 Golfer and Non-Golfers ~ Sign up early only 48 spots.
- ❖ \$75,00 deposit due June 30th and Balance Due July 25, 2010
- ❖ Contact Denise Genge, gengede@sbcglobal.net
- ❖ Make checks payable to CMSC ~ specify golf partners or roommate.

Midwest Skiing...Mike Habasmidte

HEY, MIKE HERE WITH YOUR NEWSLETTER UPDATE!

Here we go once again, with a price update to our upcoming 2010-2011 ski trips! Exciting news this time around, with prices at an all time low!

December 17-19th Indianhead Ski Resort trip in the wonderful Michigan Upper Peninsula at the **low, low price of \$230!**


February 11-13th trip to the Little River Casino, will only **cost you \$220**, which will also include a free **\$15 daily allotment to spend at the tables! CHA-CHING!!** *Saturday we will ski Crystal Mountain, and Sunday we will ski Caberfae Mountain.* **Unfortunately, this price does not include your ski lift tickets**, but these prices are still unbelievably low.

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

In other news, the January Schuss Village/Shanty Creek Ski Resort trip has unfortunately been cancelled.

**There is so much good in the worst of us, and so much bad in the best of us,
that it ill behooves any of us to find fault with the rest of us.**

Author unknown



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Darling Debbie's Details...Debbie Durkovic

Our deepest sympathies to the family of John Chesta who recently passed away. John was a long-time Nomad who went on many trips. He will be remembered as a great Nomad and friend. The club made a donation to the American Cancer Society in John's name.

Congratulations to Earnie Grau and his lovely, new wife, Michelle. Earnie and Michelle were married on June 4. We look forward to seeing both on ski trips this year.

A BIG congratulations to Nora Farrell on the birth of her grandson Tyler James Farrell. Tyler was just over 8 pounds and 22 inches. I am sooooo jealous but very happy for Nora. I know she can't wait to get to California to see the baby.

Ray Wick, a past and for several yrs, member, suddenly and unexpectedly passed away Wed. Aug. 25th. Please keep his family and loved ones in your thoughts

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.



Congrats! To Amy Jackson, finally received her 'Most Improved Skier of the Year' award!!

Ski-a-Rama

"Your Out West Ski Shop in the Midwest"

"Best Ski Shop in Chicago Suburbs" - Windy City Sports
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Fall Nomad Picnic

BRING A DISH TO SHARE!

Saturday September 18, 12:00 Noon

Yankee Woods, 16500 S. Central Avenue, Oak Forest

Sign up for the picnic at the social and general meetings

Be a part of a day, packed with lots of friends, food, and fun in the sun!

The Nomad picnic offers something for everyone!

The grill will be open from Noon to 4 pm. There will be games and dancing throughout the day.

Come to the picnic rain or shine – we have a covered pavilion.

We still need volunteers to make this event a great, only a few minutes of your time can count a lot.

So contact Cindy to see what you can do to be a part of making this day our best.

FUN IS WHAT WE'RE REALLY GOOD AT!

Nomad's First Happy Hour!

Flossmoor Station

Friday, September 24

4:00 – 7:00

Free Appetizers till 6:00

1035 Sterling Avenue, Flossmoor, 708-957-BREW (2739)

October Fall Hay Ride and Campfire

Saturday, October 23rd

8:00 pm. \$10.00 per person.

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!

Bicycling News

Apple Cider Century Ride September 25-26, 2010 (Ride Sunday)

Apple Cider Century (ACC) is an annual one-day 15, 25, 37, 50, 62, 75 or 100 mile bicycle tour of the orchards, forests and wine country in and around Three Oaks, Michigan. The ACC is a recreational and social tour for bicyclists. <http://www.applecidercentury.com/accinfo.htm#act>

- **Saturday** starting at 10 a.m. E.D.T. and Sunday starting at 6 a.m.,
- Bicycle shop tents
- Saturday Afternoon Ice Cream Social,
- **Sunday** morning 6:00 a.m. Breakfast all you can eat pancakes, eggs, sausage and choice of beverage \$5.00
- Riders may choose the flat 15/25/37 mile routes or the rolling hills of the 50/62/75 mile routes, Set your own pace, the only requirement being that you finish the distance before dark, approximately 7:30 p.m. E.D.T. Sunday, all you can eat Spaghetti Dinner will be waiting upon your return.



Exercise of the Month

WEIGHT / EXERCISE TRAINING TIP: OBLIQUE TWIST

This exercise will strengthen and tone your abdominal and oblique muscles.

SIT ON THE FLOOR with your knees bent and your feet flat. **Hold your arms straight** out in front of your chest with your palms together. Lean back so your torso is at a 45-degree angle to the floor. Hold your core and **rotate to the right as far as you can**, holding your core, rotate to the left. Rotate without raising or lowering your torso. **Do two sets of 15-20 repetitions.**

Big Book of Exercises by A. Campbell

**New Social Meeting Location:
Mitch's Pub ~ 13815 S. Cicero, Crestwood
First Wednesday of the month, 8:00 p.m.**

EATING HEALTHY...*Patricia Corey-Pfau*

Who says snacking is a bad thing? With little time to spare, we need to think about quick healthy snacks. A big part of healthy eating is eating more whole grains, fruits, vegetables, and low-fat milk products. Healthy snacks are a great way to make sure that you get plenty of these nutritious foods every day. Use these ideas to get started:

- **Combine honey and peanut butter** or almond butter for a protein-rich dip for raw apples, carrots, celery, and pretzel sticks. This spread also tastes great on bagels, rice cakes, and whole-grain crackers.
- **Mix fresh or frozen berries with low-fat yogurt.** Top with sliced almonds or granola to make a fruit parfait.
- **Top whole-grain crackers** with low-fat cottage cheese or ricotta cheese and sliced tomatoes or red pepper strips.
- **Make your own healthy trail mix** with high fiber cereal, dried fruit (such as cranberries, blueberries, and dates), and nuts such as almonds. This mix also makes a great topping for yogurt.
- **Spread low-fat cream cheese on a whole-grain bagel.** Sprinkle sunflower seeds and raisins on top of the cream cheese for extra flavor.
- **Dip colorful sliced vegetables in low-fat salad dressing or hummus.** Try red, yellow, and orange bell peppers; broccoli; cauliflower; and cherry tomatoes.
- **How about** baked tortilla chips with bean dip or hummus.
- Try dipping fruit slices in low-fat yogurt sprinkled with cinnamon or nutmeg.

Quick Snack Ideas

- **Yogurt or String Cheese**
- **Low-fat microwave popcorn or Pretzels**
- **Canned fruit or applesauce in single-serving containers**
- **Raisins and other dried fruit**
- **Whole wheat crackers or Flavored rice cakes**
- **Unsalted nuts**
- **Baby carrots or Cherry tomatoes**



Nomad Family Trip – Jan 13-18, 2011

Winter Park, Colorado – Nearly Full

IF YOU ARE THINKING ABOUT GOING TO WINTER PARK., COLORADO FOR THE 6TH ANNUAL NOMAD FAMILY TRIP ON JAN 13–18, 2011, NOW'S THE TIME TO SIGN UP AS I AM NEARLY FULL. FOR THIS FIVE NIGHT/FOUR SKI DAY TRIP WE WILL BE STAYING SLOPE SIDE IN TWO-BEDROOM CONDOS AT THE ZEPHYR MOUNTAIN LODGE AT A BASE OF WINTER PARK. THIS WILL GIVE US EASY ACCESS TO THE MOUNTAIN AND SEVERAL SHOPS AND RESTAURANTS PLUS SHUTTLE SERVICE INTO TOWN. ALL AND ALL THIS WILL BE ANOTHER GREAT TRIP AND IT'S OPEN TO NOT ONLY FAMILIES, BUT TO ALL NOMADS AND INCLUDES:

- 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 IF THEY SLEEP ON A SLEEPER SOFA, (AND DEPENDING ON THE ARRANGEMENTS WE MAY DO THE SAME FOR TEENS).
- SEVERAL CONDOS HAVE BEEN SET ASIDE FOR ADULTS ONLY (NO CHILDREN OR TEENS).
- 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).

WINTER PARK'S PRICING FOR CHILDREN & TEENS WILL VARY DEPENDING ON BEDDING/SLEEPING ARRANGEMENTS, AND WILL BE: \$875 FOR ADULTS, \$490 AND UP FOR TEENS, AND \$450 AND UP FOR CHILDREN (AGE 5-12). SEE ME FOR MORE DETAILS AND CALL ME AT HOME AT 708-429-3286 IF YOU HAVE ANY QUESTIONS.

Rich Clausius



Ski-a-Rama

Ed's Editorial...*Ed Mitchell*

SKI-A-RAMA was great and that is because the Nomads members came to sign up for trips and enjoy the camaraderie of fellow skiers. It is my belief that the members are the club. The friends we meet and places we go together are the building blocks of a long lasting club. I thank all who assist and coordinated with Cindy to help her put on a big splash. I thank Cindy, for if it were not for her behind the scenes efforts contacting the vendors, destinations and all those who donated prizes for the raffles, things would not have been anywhere near as fun. If it were not for this big show, Mike H. and I would have trip leaders with trips chasing members to sign up. The Trip Leaders, *Thank You* for being the one's there to host each trip, (still need a Quebec person, but more later). Without you being there to lead each trip, what would it be? Our vendors came with knowledge and products, I *thank you*, and to our members, please visit their shops for your equipment purchases, tune ups, rentals and apparel needs. Gaelic Park whose facility, kitchen staff and our favorite bar tender Annie gave us a warm (but cool) place to enjoy an afternoon indoors. I thank everyone for coming and being a part of Ski-A-Rama and the Nomad Ski Club of Chicago.

As Paul Harvey would say... Now, the REST of the story.....

THE WESTERN TRIPS for our 2010/2011 Ski Season are set with signups running wild for Vail. At about 2:30, Kelly had signup sheets, checks and cash everywhere with more names in one half hour than I expected all day. I immediately contact the tour operator and said we had a winner and needed additional condos & air as we have 32 Nomads slated to enjoy Vail. If there are any changes, I will let you know. Jackson Hole & Telluride are each with 10 signups.

COUPLE OF MISTAKES here on Jackson Hole. Number one Wayne's email. It is WAYNESKI8@ssbcglobal.net. I do not know how I missed this and reviewing my contacts, it is wrong there too. Even spell check let this slip by. Number 2; The big one. I said all trips were Saturday to Saturday. When I set this up, I originally had early March dates. A suggestion from our Board said we should better try the middle end of March to make room for Mike's Midwest trips. Well I said to our tour op that it was a go but make it the 20th not realizing this was a Sunday and I just don't do Sunday to Sunday trips for a mired of reasons. I was in contact with the tour operator immediately when this was brought to my attention. Updates to follow as this is supposed to be Sat to Sat.

TELLURIDE IS A CMSC coordinated function. This last week I finally heard from the CMSC trip leaders and they are a little slow on getting finer details, but HEY, Telluride is one of the coolest places I know to ski and the town is a real town that has not changed in many years. They did not get their first traffic light until about a year ago. Now about the area. Revelation Bowl is the newest territory that has opened and this will be an area for all levels of skier. There are many facets to this mountain and Gorano Ranch is a special place to bask in the sun, mid mountain in the afternoon after a good day of skiing. This little pub is well over 100 years old. Hot meals, (rest rooms of course) usually outdoor music, the entertainment of skiers & boards sliding by and good old PBR on tap. Find that at any American ski slope to add to your memories. And then with all the events CMSC hosts, meeting friends from other clubs, making new friend and the time of year to boot, make this a recipe for another great trip.

Reuse, Reduce, Recycle, Respect

We need to rid ourselves of plastic and paper that we do not TRULY need to use.

Also, we need to recycle the plastic, paper and cardboard that we do use.

We cannot become "green" overnight,
but every small step we take is a step in the right direction.



AND NOW QUEBEC, one sign up and no trip leader. Sad. It will be without reservation or hesitation that if I have to, I will cancel this trip in short order should we not get members to sign up. Don S. told me he skied there last season with another club for New Year's and had a great time, great snow and enjoyed seeing Quebec, 'The Old City'. Touring along with skiing is part of the vacation adventure and to know Quebec is over 300 year in existence. That is far longer than any place in America so I would hope people would go there to ski and see real history. Opportunity waits for no one.

THE NOMAD FAMILY trip has reached a comfortable number of 40 signups. I say comfortable because this makes Rich's job of personnel management for accommodations easier, the motor coach from DIA to Winter Park will have a couple of seat available for the ever happening food and beverage stop in route. Chances of there being more than three people having the same first name are slim so you can memorize the name of each trip member. and you are assured this will be a fabulous weekend getaway.

Review of the trips, dates and destinations are.....

Quebec Ontario Canada	\$1300.00	12/29/2010-01/04/2011
Winter Park Colorado	\$ Varies	01/13-18/2011
Vail Colorado	\$1225 .00	02/05-12/2011
Telluride Colorado	\$1440.00	02/26-03/05/2011
Jackson Hole Wyoming	\$1090.00	03/20-27/2011

SEE ME, call me - 312 287 0503 or E-Mail EdwardM@aspnco.com for more information or the individual trip leaders as they are now the best point of contact. The questions they ask regarding what we consider extremely personal information is not being asked by them, the club or the tour operators. Big Brother wants to know your gender and age for reasons I cannot fathom. Please be accurate and truthful because if the information you present on the forms does not match what the airlines and BB have in their records, you will have set your own invitation for delay.

For more details, look here: <http://chicagonomads.com/trips/westerntrips.html> as any changes will be posted here and sent immediately and directly to the trip leaders.

DID I MENTION Carol O'Rourke?? A special thanks to Carol. She volunteered to take the signups for the Quebec trip. What was even better was Carol was assisting getting the trip data sheets prepared as I was bamboozled the Saturday before Ski-A-Rama. I had planned on getting all my last minute work and preparations completed during a peaceful Saturday at home. Sharon, Dave P., Dione S., Ralph C. and a host of other saw fit to give me a surprise party I never saw coming. Personal thanks to them for changing my plans from work to play. It was much more fun. But is that what life is supposed to be... FUN!? I think so. Have fun this month and Labor Day holiday. Make your payments on time so your trip leaders have their fun, think about an exercise routine and let's go skiing.

Enjoy...

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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, 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 Oliver's: 6150 159th Street, Oak Forest, 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

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

- ❖ SATURDAY, October 23 ~ Hay Ride and Camp Fire
- ❖ DECEMBER 17-19th Indianhead Ski Resort, First Midwest Ski Trip
- ❖ DECEMBER 29, 2010-Jan 4, 2011, Quebec Ontario Canada, First Western Ski Trip

SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Social	2	3	4
5	6	7	8	9 Board	10	11
12	13	14	15	16 General	17 CMSC Golf Outing	18  Picnic
19 →	20	21	22	23	24 Happy Hr Flossmoor station	25 Apple Cider Bike Ride →
26 →	27	28	29	30		