

## Awards Ceremony

### Candle Light Banquets

10625 South Ridgeland Avenue in Chicago Ridge  
(708-425-1720)

**Friday, May 6, 2011**

**\$45.00 per person**

(\$10.00 less than last year)

**7:00pm to 8:00pm ~ cocktail hour**

**8:00pm to 9:00pm ~ dinner**

**9:00pm to 9:30pm ~ Awards will be  
announced (bar opens)**

**9:30pm to midnight ~ dancing/drinking  
and socializing**

**The dinner includes: Cream of chicken soup, tossed salad,  
California blend vegetables, whipped potatoes, bake chicken, roast pork  
with gravy and mostacholi with meat sauce and parmesan cheese and ice  
cream for dessert.**

**Remember you don't have to be a member to attend...so bring a  
friend. Tickets will be sold at the April Social & General meetings, and May  
Social meeting. Or you can send a check (made out to the Nomad Ski Club)  
to Cindy Vondrasek (8835 Briarwood Lane, Orland Park, IL 60462).**

Chicago Nomads  
Ski Club  
Newsletter ~ April 2011





# THE PREZ SEZ...DON DURKOVIC (R.I.P.)

Election for the following Board positions will be held at the April General Meeting, please try to attend to cast your vote and show your support for the club, the newly elected and departing Board members.

**President:** Shall be responsible for the enforcement of the charter and by-laws; appointment of committees; signing of all written contracts, subject to the approval of the Board of Directors; presiding over all meeting of the Board and/or members. The President shall have the power of an extra vote to decide any issue that has become deadlocked.

**Secretary:** Shall be responsible for all club correspondence; the taking/keeping of minutes of all meeting; custodian of the charter, by-laws/amendments of the club.

**Midwest Trip Director:** Shall be responsible for arranging all weekend ski trips.

**Social Director:** Shall be responsible for all social gathering; organize Ski-a-Rama; arrangements of but not limited too, Halloween (Membership Party), Christmas, and Awards Banquet.

It should be the duty of all members to take there turn on the Board. We can't leave it up to the few who are willing to take these responsibilities on over and over again, moving from one position to another because other members won't step up to serve.

**SAVE THE DATE!**  
**Saturday, October 15**  
**Nomad Dinner Dance**




**at Chateau Del Mar**



**Dancing with Lyle. Join the Nomads for Dancing.**

Look at *Good Time Charley's* ad to check dates and times at

[www.gtcsingles.com](http://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.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Good Time Charley**

**Singles Dances**



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Eat Meals at Regular Times: Maintaining regular eating times is better for your digestive system.

# HAPPY BIRTHDAY!!

**8 Nell Donnelly**

**10 Leroy Marcheschi**

**12 Debbie Chandler**

**12 Arthur Lukowski**

**13 Therese Lukowski**

**15 Al Lopez**

**20 Frances Clausius**

**21 Owen Jasek**

**25 Joseph Kircik**

**27 Todd Selke**

**30 Dirk Jarvis**

## The Nomads

successfully gathered 15 members for a night of volleyball. Following 40 minutes of warm up play, we continued to play five games up to 15 points. After we brushed off the old cob-webs the game showed some life. All five games were evenly matched with two of them going into sudden death OT (win by two). Post game players and spectators mosied next door to Rokweltz for more fun, laughter and a recap of the evening. When asked if they were interested in a re-match, fifteen enthusiastically signed on for another evening of v-ball. The re-match is scheduled for **Friday, May 15th from 7 to 8:30 pm.** There is room for more participants, **contact Chris O.** if you are interested. Waivers may be signed at the gym the night of the event. The fee is **\$5.00 per person.**

**Journey**  
with special guests **Foreigner**  
and **Night Ranger**  
First Midwest Bank  
Amphitheatre  
Tinley Park, IL  
**Sat, Jul 30, 7:00 PM**

**Sox vs Baltimore**  
April 29th, Friday Night- 7 PM  
Section 159 rows 16-18  
Already 22 seats sold.  
\$22.50 -

If interested in either of these events, contact D'Monda Miles at [demondeec@yahoo.com](mailto:demondeec@yahoo.com)  
If you don't have internet then call  
773-430-8449



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Residence (708) 799-5775



**James H. Himmel**  
Attorney and Counselor At-Law

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Palos Heights, IL 60463 FAX: (708) 371.6392

Maintain what and how much You Eat: Indigestion can happen from over consumption. Our brain conveys the signal of fullness 10 minutes after we are full. Stop eating before you feel full and you will feel full after ten minutes.



# Summer Biking



JOIN US FOR OUR FIRST RIDE OF SUMMER 2011

9:30 am, **Sunday, April 17** - Old Plank Trail West  
Judith Dunn - 708/280-1126

**Suggestions for a successful ride: Lots of water ~ No jeans  
Wear a Helmet ~ Stretch before riding  
Pump and Patch anyone? ~ Small first aid kit, anyone??**

## Folks on Spokes ~ 30th Annual Easter Ride ~ May 1, 2011

Judith Dunn has offered to organize this festive ride for Nomads. She lives very near the start and will have her house available for us to gather after the ride.

Register online now! <http://www.folksonspokes.com/easter.html>

Fees	Up till 4-17-2011	After 4-17-2011
Each Rider	\$15.00	\$20.00
Children 12 or under	-\$5.00	



Pick one of five routes through pastoral farmlands, wildflower filled woods, and friendly towns. Each route, 18, 26, 36, 50, and 62 miles (Actual route availability and mileage may vary) follows lightly traveled paved roads, and is fully marked. Food and fun is what the Easter Ride is all about. Rest stops along the route provide riders with fruit, drinks, sandwiches (including Easter egg salad sandwiches), and homemade cookies. Some of the rest stops will also have live musical entertainment.

From start to finish, the FOS crew will be working hard to help make your ride enjoyable.

Your fee entitles you to a map of your route, access to all rest stops, SAG support, and parking. Short and long sleeve t-shirts with this year's Easter Ride logo may be ordered for an additional fee on the attached form. A limited number of t-shirts may be available on the day of the ride. Please plan to pick up your rider packets and T-shirts by 10:00 AM.

## Summer 2011

Sunday, May 15	Downtown Gold Coast Tour - sign up
Sunday, May 22	Yankee to Panera Bike Ride
Saturday, June 18	I&M Canal to Cool Creations Front
Sunday, July 24	Channahon to Morris Bike Ride
Saturday, August 6	Lake Front Bike Ride
Sunday, September 11	Old Plank Trail East

Bike rides have been scheduled to begin the year easily and gradually increase in difficulty. Stay in shape for our next big ski season – bicycle with the Nomads this summer!



**Sunday, May 26, Ogden Slip at River East Docks**, 2 Blocks west of Navy Pier, 465 N McClurg Court, **Lakefront Neighborhoods Tour**. Rated the best Chicago sightseeing tour of 2010 by Tripadvisor, Most organized bike ride of Chicago by the Chicago Reader, and Best Chicago Tour by Citysearch! This tour is what made Bobby famous, taking you off the tourist beat and onto the quiet neighborhood streets, city parks, and packed beaches of the North Side of Chicago, giving you a glimpse as to how Chicagoans enjoy their beautiful city. Highlights include the Gold Coast Mansions, Oprah's House, the Playboy Mansion, Lincoln Park Zoo, Old Town Historic District, North Avenue Beach, and the Lakefront. All ages and fitness levels will enjoy, but children must be strong, capable riders!  
Call Cindy 708/712-3651 or sign up at the next Social Meeting.



On behalf of the club members, condolences go out to our President Don Durkovic and his family for the passing away of his mother.

Also wishing Don Sheldrakes' Mother a speedy recovery after a recent fall.

Lastly but certainly not least, all the very best wishes goes out to long time ski club member Mike Vondrasek, during these very difficult times he is and has been going through.

AS I am finishing up this months newsletter, I just got the very sad news that Don D., our Club President passed away today. I wish him peace and comfort on his final journey.



## UPCOMING CMSC EVENTS...

LUCY LANZ

Chicago Baseball game - to be announced

CMSC Picnic - Saturday, August 20.

Norge Ski Club grounds, Fox River Grove.

FREE to all CMSC members.

Camping, live music, campfire, hamburgers and hot dogs provided, BYOB.

There will be ski jumping demonstrations.

Tinley Parks 2nd annual  
**Brew and Vine Festival**

**Saturday, April 9**

4-10pm

**Tinley Park Convention Center**

18501 Convention Center Drive

Advance tics-\$20, at the door-\$25

Admission includes: wine, beer and food tasting, a commemorative wine or beer glass and passes to the event. A unique tasting for both fine wine and craft beer, as well as gourmet foods.



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# Revisit

## Midwest Report, Ed Mitchell April, 2003, Revisited

I don't have the voice for it but..."tha tha that's all folks!!" The 2002-2003 Midwest ski season has come to a close with a wonderful trip to Marquette Mountain, MI. Everything was good as it could be. Chuck's bus was clean & ready, the beverages cold and the pizzas hot and the weather unbelievable. What more could you ask for? This was Debbie D's trip, thank you Deb, you went the extra mile and I think everyone on the trip really appreciated all that you did for them.

The clock is ticking near the end of my term as Midwest Trip Director. Some might think two years is a long time but I had fun putting these trips together and that made the time fly. Each Nomad is a key element to a trip and when you come back talking about how good this or that was, we went here did that or some other talk, it tells me that I did OK and it is YOU who made the trip wonderful. For me, that is just a small part of what being a Board Member is all about. In my case, it's bringing everyone together to enjoy a bus ride to the nearest and sometimes the farthest away ski hills. On each of our trips this year, it seemed like the rides were short and ever more enjoyable. Much of that has to do with our favorite Lamer's bus driver Chuck Kraus. His knowledge of the roads we travel and skills behind the wheel allow us to reach our destinations quickly and safely. That includes hitting the brakes hard or steering towards the curb tossing everyone a bit, maybe even spilling some wine, but done with skill and safety in mind. **Hats off to Chuck, we will miss you until next ski season. And for all those who rode on his bus, we the Nomad's of Chicago say *thank you Chuck.***

Each and everyone of the Nomad's is the important part of our trip. Without you joining in for a weekend of skiing, fun and camaraderie, there would be no trips, no bus and no fun. I thank everyone who signed up and went on a Midwest trip, as you are the ones who make a trip great. Thank you and it has been a real pleasure bringing you these trips. There are some very special people on these trips too, our Trip Leaders. If you have not been one, you should volunteer there next chance you get. It may look like work but the rewards of 20, 30 or more Nomad's having a good time wishing you well about what time is this event and so on. To all the Midwest Trip Leaders for this season, I say **THANK YOU**. Without you, none of these good times would have happened. I could ramble on and sometimes I do...but for now take care and let's get ready for summer. Biking,

Stay Relaxed While Eating: Eating in a rush will increase stress; as a result, the digestive process will slow down.  
Eat in a calm atmosphere and devote time while eating.

### RIDE THE ROCK



5th Annual Event  
**Saturday, May 14**  
9 a.m. - 3 p.m.  
Spring Bike Ride on the Rock Run—Joliet Junction  
16 mile Loop Trail  
Free For the Entire Family BMX Stunt Show  
Kid's Activities  
To Register Visit—[reconnectwithnature.org](http://reconnectwithnature.org)



# Telluride-CSMC Ski Trip

Practice Good Eating Posture: A bad sitting will put extra pressure on your digestive organs inside the abdomen which may lead to poor digestion. Sit with your shoulders back and chin tucked this will lead to better digestion.

Racer	Time	Medal
Cheryl Hodges	31.49	Silver
Sandy Lake	33.27	Bronze
Ruth Sulda	37.96	Bronze
Darlene Bittner	35.67	
Pam Bremmer	36.77	
Shirley Henderson	40.20	
Lucy Lanz	38.79	
Leo Hogan	28.44	Silver
John Bittner	31.41	Bronze
Gordon Engelbach	32.86	Bronze
Steve Young	32.16	Bronze

## Telluride CMSC Chicago Week 2011

Fourteen Nomads traveled to Telluride to meet and mix with 250 other CMSC club members to have a ski week of fun and games.

The snow conditions were great and mother nature gave us a week of sunshine except Friday morning. It was snowing and foggy, but who cared, it was our last day and we already had a great week!!

Evelyn Vanek and John Hawkinson won the "Best Theme Costume" at the Welcome Party. Steve Young won a couple Pot o; gold raffle prizes and at the Farwell Dinner he won! Best of all, there was a Scavenger Hunt sponsored by Telluride and our team Nomads (Horse Shoe U. Y. A. -apparently an inside joke, you'll have to ask!), won first place!!!

**Yeah Nomads!!**

**I say, for a small group we came out 'BIG'!!**

## Ski Brule ~ CMSC Midwest Ski Trip

Racer	Time	Medal
Candace Skultety	48.42	Bronze
Phillip Skultety	45.82	Silver

Well, I never been to Brule before and a little nudge from a fellow Nomad I decided to get away for at least one ski trip this year and it was surely worth it.

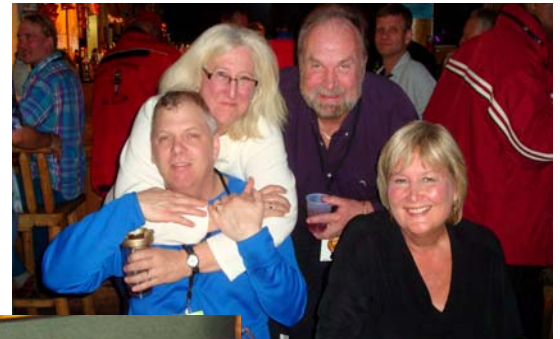
I will guess there were a little over 240 that came up for the weekend, we met a bunch of new friends from many ski clubs.

We had 5 Nomads in all, it was nice to have some friends to connect with, the weather was very good and the dinner up at the lodge on the hill was very nice.

After many ski trips in the Midwest I have to say the service from Jessica and her crew was second to none, the first was just about the best I can remember. I lost my jacket and one of the staff asked me what it looked like and she went and found and even brought back to our table. I wish some more friends could have came and we should make this a

Midwest destination as it was hands down a great place to be.

*Happy off Season to all. Ralph*





# Telluride-CSMC Ski Trip

Drink Warm Liquids With Your Food: The digestive process slows down with ice cold drinks; warm or room temperature drinks will encourage appropriate digestion.





## ED'S EDITORIAL...ED MITCHELL

**APRÈS SKI – March Après ski...** Our season is over and what a finish in Jackson Hole. Conditions were fabulous with over a foot of new snow in one day followed by a day of sunshine. Wayne will fill you in with more about that in his article. My news is about next season. I am one or two emails away from signing a contract for **Crested Butte in early January**. Start your planning as we will be staying in Condos in the village plaza with two and three bedroom condos. Mark your calendars for **this time next year, we will be in Big Sky again** staying right at the base across from the lifts. For this trip I am one or two emails away from a final deal. The only thing I will not be able to get right now is air rate. Once the dates are solid and contract signed. I am open to idea of allowing members to buy a ground only package so you can use your credit card air miles or find your own transportation.

For the third trip, **Steamboat Feb. 25 - Mar. 3, 2012**, which will be the CMSC sponsored trip. Prices are posted for the 'estimated' ground rate. Air will be the big factor in changing prices there. I ran into so many people who attended this year's Telluride event that I am sure the planners from CMSC will present another great ski trip. And because there were so many who enjoyed **Vail**, I am investigating **a repeat trip for Super Bowl Weekend**. Conditions were reported to be so nice, accommodations were good and how could you beat the location? All this said, I will be looking for trip leaders early in the season so when the sign up times comes, there will be smooth sailing. If you have any suggestions for a trip or an excursion while on one of these trips, please let me know by email or a note at the meetings so I can add something to the agenda. Because of the economy, many of the extras like on hill club lunches have been illuminated. One resort wanted \$25 a head for just burgers, chips and a soda with a cookie dessert, which seemed great at the time but when we had to add in the taxes, Forest Service permit and then set up fees took the price to almost \$40 a person not including tip, it is clearly out of the picture. Look for more information about the trips in the coming months on the web site as I will ask Janet to get the information out as soon as I get it.

On to other business. It is election time and there are positions on the board President, Midwest, Secretary and Social Director. These are all great positions that can be very rewarding. Nominations were taken at the last meeting and will be again at the next and then the voting. I invite everyone to join in on the fun of leading our club.

Plans for the spring picnic are well underway, followed by a summer of fun. **This year will mark the 50th anniversary of the Nomad Ski Club** and Ruth will be giving us all the details there. I believe she is looking for some volunteers to so get in touch with her as soon as you can. If you have ideas for events, get in touch with Cindy. Destinations for Midwest trips let Mike know so he can start the ball rolling. It is all about the members, you make the club. Your help and support bring fun for all so let's get involved.

Enjoy.



### Nomad Family Trips – Picture Party - April 30

The long awaited Family Trip Picture Party will be held on Saturday, April 30, at 6 PM at Rich & Debbie Clausius' House. Our address is 17700 Bishop Road, Tinley Park, IL 60487 (near 175 Street and 84 Avenue) and our home phone is 708-429-3286. **The picture party is for this year's Winter Park Trip and last year's Park City Trip.** If you went on either of these trips, please stop on by. Sandwiches will be provided and if anyone would like to bring an appetizer or dessert, please call Debbie. Also we will provide soda, water, etc., but if you want anything stronger, it's BYOB. Please let us know if you plan to attend.

Thanks, Rich

Avoid Eating Late at Night: The digestive system slows down and rejuvenates in the evening. If you put food into the stomach late, they can't be properly digested due to lack of enough digestive enzymes which may disturb your sleep.



# For Your Health



## Eat Right with Color

The American Dietetic Association wants you to know that even if the trees are still bare, you can bring pizzazz into your days by filling your plate with colorful and nutritious foods, provides a plentitude of nutrients and health benefits.

"Healthy eating includes more than counting calories, to maximize the nutritional value of your meal, include healthful choices in a variety of colors."

### Here's a quick color guide:

- **Green** produce indicates antioxidant and may help promote healthy vision and reduce cancer risks.  
Fruits: avocado, apples, grapes, honeydew, kiwi and lime - Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach
- **Orange** and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.  
Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple - Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes
- **Purple** and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.  
Fruits: blackberries, blueberries, plums, raisins - Vegetables: eggplant, purple cabbage, purple-fleshed potato
- **Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.  
Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon - Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes
- **White**, tan and brown foods contain nutrients that may promote heart health and reduce cancer risks.  
Fruits: banana, brown pear, dates and white peaches - Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

### 'A Walk to Remember'

Walking isn't just good for your waistline, it benefits your memory, too. A new study that followed 299 adults for 13 years found that walking six to nine miles a week may stop your brain from shrinking as you age.

Exercise increases the amount of blood going to the brain. This means that more of the important nutrients necessary for the brain to function are distributed.

Researchers found that the more you walk, the more gray matter you retain, though exceeding 90 minutes a week did not provide additional benefits. Those who walked the most had half the risk of developing memory problems as those who walked the least. Some loss of brain matter is normal with age, but with

increase exercise, the parts of the brain that support memory function are spared. The earlier you start exercising, the better, but it's never too late. Any amount you do will help.



Take a Quick Walk after Eating: Increased physical activities, such as a quick walk after eating, helps to jumpstart the digestive system and boosts the digestive enzyme productivity.





# SPECIAL EVENTS...CINDY FLOWERS

**Saturday, April 16**  
12611 W. 159th St. Homer Glen



**Cool River Draught House**



**23320 S.LaGrange Rd. Frankfort**  
**April 29, 2011**

\$10 Cover                      Doors open: 7:00 pm  
Comedians at 8:00              Bands at 9:30 - \$5 cover  
(Must be 21 or Older)

**Comedic performance by Mark Fenske:** with over twenty years on television from "sitcoms" to stand-up comedy and theater.

**Musical performance by: Simple Remedy**  
For more info. go too [thesimpleremedy.com](http://thesimpleremedy.com)



**WHIRLYBALL**

**Saturday, June 25, 7:00-9:00**

\$20.00 per person for 1 hr court time  
We need to have 10 people signed up before reserving a court and getting the reduced fee.  
Call Cindy to sign up for this event!



**RAVINIA**

**Friday, July 22, 2011 -**

**Five For Fighting + Michelle Branch**

Party bus leaves at 4:30 from destination TBA  
Concert is at 7:30

\$57.00 (\$22 lawn Ticket, \$35.00 for Party Bus)

**Limit 20**



**Chicago Party Limo**

**Spring Picnic, Saturday, June 11th, 12 Noon**  
**Tampier Woods, 131st & Will Cook Rd., Orland Park**

### Monthly Get Togethers

Look to the **Nomad Website** and the **Nomad Facebook page** for information.  
Sign up on the Nomad facebook page to get the latest information.

Your fellow Nomads are always up for new social ideas! Just contact Cindy, [cindyf510@gmail.com](mailto: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!



**Spinal Twist:** The release of digestive enzymes can be enhanced through few spinal twists after a meal. Sit in a cross leg position, slowly bend to the right and take 5 deep breathes, then do the left side.

## 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, 2011. 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 @ 8p.m.

**General Meeting:** 3rd Thursday of every month at Gaelic Park: 6119 W. 147th St. (between Central & Ridgeland), Oak Forest, IL @ 8 p.m.

**Board Meeting:** 2nd Thursday of every month, 7 p.m., location to be announced.

### ALL MEMBERS ARE WELCOME

Unsolicited articles and announcements are welcome.

Email to the Editor: [jlskrock@sbcglobal.net](mailto:jlskrock@sbcglobal.net)

Deadline is the Friday after the General Meeting

Club website: [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 \$35 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 List:** A completely full trip means all seats are filled on the bus 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.**

## BOARD MEMBERS 2010 ~ 2011

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### NON-ELECTED POSITIONS

**Debbie Durkovic**

*Nomad Racing Chairperson*

**Phil Lorenzi**

*CMSC Racing Chairperson*

**Ruth Sulda**

*CSMC Representative*



# Upcoming Events

☞ MAY 6 ~ Awards Banquet

☞ May 14 ~ Ride the Rock

☞ JUNE 11 ~ Spring Picnic, Tampier Lake

☞ June 25 ~ Whirlyball

☞ July 22 ~ Ravinia

☞ August 20 ~ CMSC Picnic

☞ October 15 ~ Nomad 50th Anniversary Dance

## April 2011

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 Social Mtg	7	8	9 Brew & Vine
10	11	12	13	14 Board Mtg	15	16 Cool River Draught House
17 Bike Ride	18	19	20	21 General Mtg Election	22	23
24 	25	26	27	28	29 CD & Me	30 Picture Party