



Chicago Nomads

Ski Club

Newsletter ~ May 2011

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

Picnics are much more fun with lots and lots of different foods!

Please bring something to share.

Free Fishing for the whole weekend!

No license is needed to fish this weekend and Tampier is a great fishing lake. Bring your gear.





THE PREZ SEZ...

THE PASSING OF OUR PRESIDENT DON DURKOVIC has left big shoes to fill. Don was my friend I will miss him. Per our By-Laws, I will finish the term and assumed the position of president until the end of this month. With the elections completed, we have a new president who will begin her term with the June Board meeting. The turnout for the election meeting was great and I thank everyone for coming out to vote. Our club will continue to grow with member participation and continue for another 50 years. In October, The Nomad Ski Club of Chicago, Inc. will celebrate its' 50th anniversary. Ruth S. is head of the committee and will have all the finer details for the event. This event is for all Nomad's past and present. If you know of someone who does not get our newsletter, pass on the information so all can enjoy the evening with friends, reminiscing with stories of days gone by.

TO THE NEWLY ELECTED BOARD MEMBERS, CONGRADULATIONS. Thank you for being a part of this great organization. To our Board members, who have finished your term, thank you for serving. Our Awards Banquet is this Friday, May 6. See or Call Cindy V. for your ticket. The Spring Picnic is just around the corner, please sign up with Cindy F.

SOCIAL DIRECTOR...*Cynthia Berinti-Vondrasek*

It's hard to believe but my two year term as Social Director is coming to an end. I want to thank all of our members who attended the events (Halloween parties, Christmas parties, Ski A Rama and the Awards Banquets) that I hosted. Our new Social Director is Pam Bremer. She has held this position before and did a fine job. I hope everyone continues to support the events that she has coming up. Once again...thank you for electing me and the support you gave.



Cindy Vondrasek



The Nomad Awards banquet will be held on Friday, May 6, 2011. This event will take place at the Candle Light Banquets 10625 South Ridgeland Avenue in Chicago Ridge. The party will start at 7:00pm with cocktails and music. The tickets will be \$45.00 per person in advance and \$50 per person at the door. This year dinner will be a traditional Family Style. It will include: Soup, Salad, Baked rolls & butter, Vegetables, Whipped potato, Baked Chicken, Roast Pork, Italian sausage & Mostaccioli, Dessert and your beverages.

During the evening we will be announcing the awards for Western and Midwest trip leaders, Most improved female and male skiers, Nomad of the Year, Club and CMSC racing and some others. Put on your fancies outfit and come join your Nomad friends to celebrate in this event. Contact Cindy Vondrasek if you need additional information (708-361-4904). You don't have to be a member to attend.

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.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Good Time Charley

★ **Singles Dances** ★

★ ★ ★ **Hot Lines:** ★ ★ ★

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HAPPY BIRTHDAY!!

- | | | |
|------------------|-----------------------|------------------|
| 1 John Bittner | 10 Cindy Flowers | 23 Benton Meyer |
| 1 Andrew Oldanie | 17 John Hawkinson | 24 Glenn Cekus |
| 9 Pamela Bremer | 18 Pamela Castellanos | 29 Robert DeMaat |
| 9 Earnest Grau | 21 Dave Presta | |

Congratulations to the new Board Members:

Pam Castellanos, President

Fran Salvatori, Secretary

Pam Bremer, Social Dir.

and continuing Board Member, Mike Habschmidt, Midwest Dir.!!



**EAT A BANANA
WHEN YOU
GET A LEG CRAMP AT
NIGHT.**

**THE RIPER THE
BANANA, THE FASTER
THE RELIEF.**

**IN ONE MINUTE OR LESS, THE
CRAMP IS GONE AND
DOES NOT RETURN.**

SAVE THE DATE!

Saturday, October 15

Nomad

Dinner Dance



at Chateau Del Mar

"Your Out West Ski Shop in the Midwest"

*"Best Ski Shop in Chicago Suburbs" - Windy City Sports
"Top Boot Fitters in the Nation" - Insider Ski Letter*

**SAVE on Chicago's BEST SELECTION
Ski Equipment, Ski Wear
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Residence (708) 799-5775



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

6500 College Drive (708) 371.3494
Palos Heights, IL 60463 FAX: (708) 371.6392



Summer Biking with Judy Dunn



April 17 was the first scheduled Nomads bike ride out of Frankfort. A great turn out of a party of one (me as ride leader) With the winds up to 35 mph out of the West and a wind chill in the 30's it was definitely not a good day to attempt to ride!! So, if plan A doesn't work, plan B will. A well-deserved breakfast stop made my day!!

Our next attempt will be the FOS ride out of Park Forest this Sunday May 1st. It is scheduled to rain so I don't expect a big turnout. However, open house at my house is still on the venue. Stop by after 1 o'clock for a snack and a brew!! (208 Dogwood, Court C6. One block east of Western. Please find parking on the street).

Sunday, May 1	FOS Easter Ride *	Park Forest Village Hall Meet 9 AM Leave by 10 AM
Saturday, May 14	Ride The Rock FREE "Reconnectwithnature.org" to register	I&M at Houbolt Road and I-80 9 AM to 3 PM
Sunday, May 22	Yankee Woods to Panera Bread	Oak Forest Meet 9:30 AM Leave by 10 AM
Sunday, June 12	Channahon to Gebhardt Woods DULCIMER FESTIVAL	Meet I&M at Channahon (Rt.6) 9:30 AM - Leave by 10 AM
Saturday to Sunday June 17, 18	Tour de Shore Letourdeshore.org	Leave Chicago 7:30 am to Indiana Dunes, Day 2 to New Buffalo, bus back
Sunday, July 24	Yankee Woods to Plush Horse	Oak Forest Meet 9:30 AM Leave by 10 AM
Sunday, August 7	Two RiversCentury Kankakee Park District www.kvpd.com/home "special events"	Kankakee Meet 9 AM leave by 10 AM
Sunday, Sept 4	Frankfort Fest	Meet at old Target Parking Lot Rt. 30 & Cicero (1 block south on Cicero) 9:30. Leave by 10 AM
Sunday, Sept. 11	Old Plank Road East	Frankfort. Meet 9:30 AM - leave by 10 AM

It is highly recommended that you DO NOT wear jeans or street shoes. Carry your own water and wear a helmet...carry bike tubes and air pump. You are also required by law to obey standard rules of the road even on the trail. Except for the invitational, the ride leader will be at all turns and/or crossroads. No one gets left behind. I can be reached at 708-280-1126 or email me at judithe46@att.net.



\$16.50!!

For used, empty ink cartridges!

'Thank You to all who contributed,

keep up the good works.

and Skiers Fund will benefit from your contributions.

Ask your neighbors, friends, family, co-workers to help out.



UPCOMING CMSC EVENTS...LUCY LANZ

CMSC Trip Seminar, Saturday, May 14, 2011

This will be held at the Sheraton Gateway Suites-O'Hare. The Nomad board members will be attending this event to meet tour operators and ski area representatives to gather information to help them plan the upcoming 2011/2012 ski season.

White Sox Baseball, June 11, 2011

White Sox vs. Oakland

4 p.m. Tailgate - Hamburgers, hot dogs, and polish provided. Also, pop and water. BYOB.

6:05 p.m. Game - \$22 for an Upper Deck Box Infield Seat (\$31 value)

Unfortunately, this game is the same day as the Nomad's Annual Summer Picnic. We will not be purchasing group tickets. If you are interested in going, call Mike Thomas at 630-640-5989 or e-mail him at mike-mike1@att.net

Annual CMSC Picnic/ Campout, Friday and Saturday, August 19 & 20, 2011

Open to all members of CMSC clubs! The event is FREE!

When: Camping – Aug. 19 & 20

Picnic – Aug. 20, All day. Free hamburgers and hot dogs! BYOB.

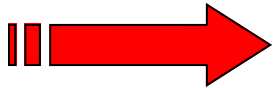
Live Music – Aug. 20, Evening

There will be ski jumping demonstrations Saturday afternoon. Watch them fly!

It's a fun event so plan on joining us.

For more information, contact Ruth Sulda, 773-779-4025, Lucy Lanz, 708-798-2542, or check the CMSC website at <http://www.skicmsc.org>.

Check out the new page on the Nomad Website!



“ For Sale!! ”

Not only ski stuff, but all sport related items.

You can send in pictures, a description, price (specific price, negotiate, best offer, however you want to work it). Most importantly contact information,

I will not post without contact info, I don't want people to contact the editor, me!

If this works out we can continue this feature on the website, let me know what you think.

Thanks, jk




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Ski Tune-ups • Ski Packages • Accessories • Rentals

20% DISCOUNT OFF REGULAR PRICES FOR CURRENT NOMAD MEMBERS.

A full service ski shop dedicated to keeping you skiing at peak performance every time you hit the slopes!




Skim Milk: It offers nine essential nutrients: calcium, B vitamins, which help neurological function, and vitamin D, a potential cancer fighter.



Revisit

May, 2003

CMSC Alpine Racing

Phil Lorenzi, CMSC Racing Chairman

Now that the snow has melted, and winter activities give way to springtime picnics, bike rides, and concerts, it's time to put away your skis until next season. Before you do that, get them tuned up and waxed. The wax will protect the edges from getting rusty and prevent the bases from drying out. Don't forget your boots. Now is the time to pull out the liners and foot beds. Soak them in detergent for wool in cold water. Let them air dry outside on a warm day, but not in direct sunlight. **You've never removed your boot liners for cleaning?!** If I'm in the same condo as you next season, please leave your boots outside.

Thank you. Hope to see you at the Awards Banquet.



ED'S EDITORIAL...ED MITCHELL

WELCOME NEW BOARD MEMBERS. There is a lot to be done and I am looking forward to it.

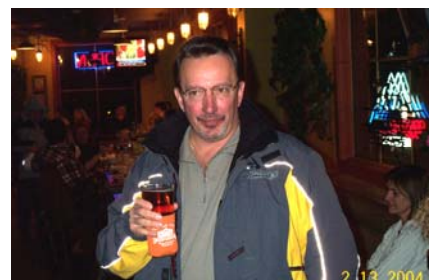
Now on to the Western Trips for Next year. We are set for next season. **Crested Butte** for a short trip after New Year's from **January 2 - 7, 2012**. Plaza Condo's with 2 & 3 bed, 2 & 3 Bath units. The exact ground package pricing is not set as I do not have NASTAR or group dinner options set. Just a little early for that. The Plaza Condo's are about 300 yards from the ledge of the snow and first lift so no shuttles required to go skiing. There is a restaurant in the building as well and several other in the village. Air rates are not out for group travel but here is an option. You can secure your own air. As happened last year, you can surf airfares and possibly get a rate lower than what is reserved. This is good for you. Last year, several people elected to do this and it worked out great as they were able to meet us at the airport and join us for the transfer to the lodging.

Big Sky in the end of January for a week, **January 28-February 4, 2012**. Lodging at the Huntley Lodge including one of the best breakfasts. Again here I am still working group dinner and other extras but save the date. If you want to have a ground only package, then this too is an option similar to the Crested Butte.

Finishing the season will be the **CMSC Chicago Week in Steamboat Springs Co.** This will be **February 25 - March 3, 2012** with prices ranging from \$865 to 1260. Prices will vary depending upon the lodging selected. With the boards assistance we will select the lodging for this trip which will determine the exact cost of the trip less the airfare. Airfare will be the big issue with the coming trips so if you elect to go on a trip, you can buy a ground package only and search for your own or other means to travel to the destinations.

Rich has been working on the Family trip and will have information about that in his articles. My next efforts will be to ask for Trip Leaders. Those have done this in the past have found it fun and rewarding. For this season, I need three volunteers so please let me know early. Without a trip leader, the trips will not go out. That's all for now. Awards banquet is next. See you there.
Enjoy.

In Memory of Don Durkovic



R.I.P. Don

Jackson Hole



3/19/11-3/26/11

ON MARCH 19 TWELVE NOMADS SET OUT FOR JACKSON HOLE WYOMING. All our travel plans went perfectly. We arrived at our rooms and about 8 of us went to the Million Dollar Cowboy Bar for lunch and a few drinks. The next day was a beautiful sun filled day and conditions were fantastic. On Tuesday, a few Nomads went to the Elk Refuge, a few went snowmobiling, and some went to ski Grand Targhee. We got about 21" of snow on Tuesday. Wednesday was another sun filled day, so conditions were a great powder day. On Thursday we had an Elk barbeque at our hotel given by the hotel owner and it was just wonderful. We did a lot of après skiing at the Mangy Moose Saloon, which is always a great place to go to at the Jackson Hole Resort. We had a new member on the trip, Pamela, and she was a lot of fun. We hope to see her and some of her friends on some of next years trips.
Wayne Tokarczyk



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.



A WORTHY CAUSE

IF YOU'RE interested in feeling good about that can o' beer your drinking, think about saving those tabs, not just beer, but any soda pop can as well. THROW EM' in a can or bag then bring em' to any meeting. Give em' to Ruth S. or any Board Member, we'll see she gets em'!



THEY GO to the Ronald McDonald House, to help kids with cancer.

CAN YOU BELIEVE 1 GALLON OF TABS

CAN GET UP TO \$300!!

SO FEEL good about drinking that
 can o' beer , or pop,
 just don't try and fill a gallon
 in one nite!!



For Your Health

REASONS TO EAT AN APPLE A DAY

Beyond its fabulous flavor and perfect portability, this fruit packs major health benefits.

1. They're slow food

Firm and packed with fiber (5 grams, or 20% of your daily value), they demand a chewing commitment, giving your body time to register itself "full" before you scarf down too many calories. And the natural sweeteners in apples enter the bloodstream gradually, helping keep your blood sugar and insulin levels steady so you feel full.

2. They help you breathe easy

The fruit may protect the lungs of adults, lowering the risk of asthma, lung cancer, and other diseases.

3. They zap cholesterol

Thanks to two key components, pectin (a type of fiber) and polyphenols (powerful antioxidants), apples can take a bite out of blood cholesterol levels and prevent the oxidation of LDL ("bad") cholesterol. The trick to maximizing the benefit: Don't toss the peel; apple skin has two to six times the antioxidant compounds as the flesh.

4. They fight cancer

Lab studies have shown that several compounds in this juicy fruit curb the growth of cancer cells — but they're most potent when the apple is eaten whole (minus the stem and seeds, of course). People who munch more than one a day lower their risk for several cancers (oral, esophageal, colon, breast, ovarian, prostate, and others) by 9 to 42%.

5. They make you smarter

Possibly because they boost the production of acetylcholine, a chemical that transmits messages between nerve cells, apples are now thought to keep your brain sharp as you age, enhance memory, and potentially lessen the odds of getting Alzheimer's disease.

Submitted by: Patricia Pfau

If you'd like to try something new to get in shape this summer, consider Pilates, kickboxing or personal training...

in the pool. Water workouts aren't just for grannies in swim caps anymore!

So just how tough of a workout can you get in the pool?

People who overdo it at first can end up very sore the next day, just like with a land workout.

- ✦ Participants in water fitness classes use a range of equipment, including flotation belts, special water weights, foam noodles and webbed gloves to help them perform their moves in the water and increase the challenge. You have 12 to 14 times more resistance in water than we have in air, and the resistance equipment will increase that.
- ✦ Aquatic classes work the cardiovascular system, and can strengthen and tone, though probably not as much as with pumping iron. The body builder may not be challenged but the average person will get some great strength gains.
- ✦ Still, professional and recreational athletes, including football and baseball players, have found other benefits from the water. Some basketball players use the pool to improve their vertical jump. Sprinters run in the shallow end to boost explosiveness, while distance runners take to the deep end to work on endurance.
- ✦ But you don't have to go to a pool to work out in the water this summer. Popular water sports such as kayaking, surfing and even boogie boarding can help you get fit, cool off and have fun.

And of course, you can always take a swim in the ocean or go jump in a lake — just make sure a lifeguard is on duty.





SPECIAL EVENTS...CINDY FLOWERS

A Great Day of Golfing with the Nomads

Email Steve Young (stevey008@aol.com) now to reserve your space!

- ❖ Sunday - May 15th 8:30am (approximate) tee time
 - ❖ Silver Lake C.C. - Orland Park
 - ❖ 9 hole (Rolling Hills) course
 - ❖ Breakfast following



Thursday, May 19th @ 7PM



VS Cleveland

Great seats - section 157 rows 9 and 10. Right above the bull pen.

Little league children will be allowed to parade the field before the game. This will be a great day!

Excellent seats for an excellent price!!

Contact D'Monda Miles demo_deee@yahoo.com or call 773-430-8449

Gordon Englebok's Kayaking

May 21, 2011 (Saturday)



The cost is \$35.00 per kayak per person

Check written out to Gordon will hold the position. No check, no boat.

The actual location of the trip is decided the Saturday before the actual trip. Gordon will contact each person as to location of the trip Saturday May 14th.

There will be a waiting list if all 24 boats are scheduled.

If you have any questions email or call Gordon 630 272-4252

Happy Hour

Friday, May 27, 2011 4:00 – 7:00

Nickobee's Restaurant & Lounge

10301 Southwest Hwy., Chicago Ridge, IL 60415

Phone: (708) 499-0202

Lets enjoy the outdoor patio with a great group of Nomads!

Contact Heather Seger 708/444-4150



THE VITO ZATTO SHOW

Thursday, June 2 - 7:00 pm

Sam Buca's - 12231 South Harlem, Palos Heights, IL

Vito is a Vegas style singer & entertainer who services Chicago and the surrounding area. Vito has earned a reputation for delivering quick-witted, spontaneous and high-energy entertainment. Vito knows how to get a party going...

and keep it going! Vito Zatto brings you a lounge show full of hilarious stand-up [comedy](#), [celebrity impersonations](#), [incredible singing](#), [audience participation](#) and [lot's of good times!](#) Vito is spontaneous and "plays" off his audience, you can be assured that each show will be unique. www.vitozatto.com/home.asp

No Cover charge, however reservations are required, so call **Jim Zeber** today! 708/745-1510.

2 drink minimum, appetizers or dinner served throughout the show.

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!

Lentils: A protein powerhouse, these are flush with folate, a nutrient that may prevent certain birth defects.



CLUB INFORMATION

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

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

Deadline is the Friday after the General Meeting

Club website: 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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Edward Mitchell

Vice President

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Treasurer

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Heather Seger

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Janet Kruzal

Editor / Webmaster

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jlskrock@sbcglobal.net

NON-ELECTED POSITIONS

Debbie Durkovic

Nomad Racing Chairperson

Phil Lorenzi

CMSC Racing Chairperson

Ruth Sulda

CSMC Representative

Upcoming Events

☛ June 2 ~ *The Vito Zatto Show*

☛ JUNE 11 ~ *Spring Picnic, Tampier Lake*

☛ July 9 ~ *Haigh Quarry, Diving/Snorkeling with Chris Oldanie*

☛ July 22 ~ *Ravinia*

☛ August 20 ~ *CMSC Picnic*

☛ October 15 ~ *Nomad 50th Anniversary Dance*

May 2011

SUN	MON	TUE	WED	THU	FRI	SAT
1 Easter Bike Ride, FOS	2	3	4 Social	5	6 Awards Dinner	7
8	9	10	11	12 Board (new & old)	13	14 Ride the Rock
15 Golf	16	17	18	19 General Sox Game	20	21 Kayaking
22	23	24	25	26	27 Happy Hour	28
29	30	31				