The Prez Sez

By now you all know that the board has cancelled the Schuss trip. This is a big disappointment. We could not find anyone willing to be trip leader and only 3 people showed interest in this trip. So another opportunity to ski and party with the club is gone.

No one has stepped forward to fill the board position of Midwest Trip Director. This makes it difficult to plan and run Midwest trips. It’s not that hard to be a board member. Even with no experience you can fill the space and do the job. Other board members are always willing to help a novice. It’s just like skiing – Once you get started you find you can do the job and you enjoy being part of the club’s management. Please, step up and try it.

As members of the club we should always be talking up the club to prospective members. The best thing for a club is to have new people coming out and enjoying our activities. It would really be nice if we could recruit some 25 to 40 year old's. If they come and participate and have fun, they could be the future of our club. I know it’s easy to have the older and experienced ones run the club but sooner or later older members leave the club or stop skiing. We need new blood!!

Enough said about that.

Ski season is almost here, only 30+ days till our first trip. I hope to see all of you this year on the slopes.

As it is written So shall it be. - Grouch

NOMADS MEMBERSHIP Update – November 2017

NOW is a great time to sign up for a ski / snowboard trip with the Nomads! Sign ups for trips and memberships are in full swing. Check out our great trip offerings in this newsletter.

Our club membership stands at 149 members as of 11/1/17. Let's keep growing!! If you or, someone you know are interested in becoming a member, join now by:

Visiting our website at: www.chicagonomads.com

Or emailing us at: info1@chicagonomads.com or stevey008@aol.com

I look forward to seeing you at the next Nomad meeting or club event!

-Steve
While St. Patrick's Day is months away I'd like to open up a conversation about the Nomads participating with a float in the Tinley Park annual parade. I think this would be an excellent opportunity for exposure to the people of all ages in the southwest suburbs. This parade has always been advertised as a "Family Friendly" event. If we got information on an all ages and family ski trips for next year into as many hands as possible we have an opportunity to reach out to hundreds of people in our region. I believe most people don't even know a Ski Club exists in this area!! With that being said we need to know if we have the essentials before moving forward with this idea.

First, do we have someone with a truck? Does someone have a trailer or access to one for a float? A place to store the trailer while we work to build the float? Does anyone have experience or knowledge of how to build a float? Do we have anyone with skills to build a float? And some time to come together? If we have these essentials then we can have a Float Building Committee.

If you would like to help in any of these tasks than please talk to a Board Member about it. We will start a list of names. Not everyone will have to commit to the same time. People are busy and have different schedules. This can be done in your spare time.

There are several of us in the club that live in Tinley Park. We could get the float entered in the parade. The kids in our club can throw out the candy or walk in the parade. I was thinking of making skis out of cardboard and wearing them around my ankles with roller blades on. This can be a lot of FUN. We've got to do this in a BIG way to not be forgotten. It's a way to be a part of the community!

The weather is changing and Ski Season is closer. I have a deadline to fill or cut the spots to avoid paying penalties. Some may ask why so early? It's only November 1st. For folks who don't understand what's how booking club group rates with tour operators work. When clubs book with tour operators we plan this in June to get the best rate over all for 2017/2018 ski season. They need these 'unsold' spots back early to sell at regular price to the general public. We need to inform people outside the club to join early and sign up early. Trips are going to come out and you have until the deadline to get in - period.

I took this year as a trial base to collaborate with two different clubs to go out west and it seems to be working in our favor.

For Sun Valley we currently have 14 people signed up and Duneland has 32. Total 46 people

For Whitefish we currently have 13 and Sitzmark North Milwaukee has 25. Total 38 people

With the odd number we're going to need one female for Whitefish ideally. We'll make it work either way.

Do you know it takes 10 people on a trip to get group air? 18-20 people for group rate lodging? And the same for group rate lift tickets? I think right now the Nomads are fortunate for the numbers these two other clubs are bringing because we are getting group rates on everything. Just ask someone who went to Beaver Creek last year what happened to there lodging price. Everyone says the club is getting older, people are retiring their skis, we're not getting a younger population to come in and take over. Here is something else that is more prominent. The internet. It works for us and against us - The Nomads. People can go on CMSC's website, look for a week they have vacation or a destination they want to go, and join that club to go on their trip. I'm getting a few people in this way but unfortunately, I am also losing our own members to other trips. However, I just got a few more inquiries by word of mouth. That works too!

Call me for any details on either trip.

~ Heather
A few spots left!

Sun Valley
January 20 – 27, 2018

Sun Valley
$1,460 Full Package
$1,115 Air, Lodging - No Lifts
$1,000 Lodging & Lifts - No Air

3Bed/3Bath – 6 per Condo at Sun Valley Lodge Apartments
Heated Pool, Sauna, Bowling Alley, Game Room
Frequent Shuttles to Town & Slopes, Daily Maid Service
Drink Specials at The Ram Bar, Welcome Party
Retail Discounts in the Resort Village, YMCA Day Passes
5 Day Lift Ticket, Mountain Orientation, Public Nastar Races

$1460 PAYMENT SCHEDULE FULL PACKAGE

Aug 17 $300  Sep 21 $300  Oct 19 $300
Nov 16 $300  Dec 21 $260
We have a single female on this trip that is in need of a female room-mate. Please contact Heather if you are interested! 708-439-6258

WHITEFISH
February 17th - 24th

$1,598 per person
Package includes

7 nights lodging at The Lodge at Whitefish Lake ~ hotel-style rooms

5-day lift ticket

Round trip non-stop air to Kalispell Airport with Delta

Transfers from and to Kalispell Airport

Welcome Party

Group Dinner

Payment Schedule:
Aug 17th $348 Deposit
Sept 21st $250
Oct 19th $250
Nov 16 $250
Dec 21 $250
Jan 18th $250
Nomad Family Trip – Dec 31- Jan 6
Snowbasin/Powder Mtn. – Ogden, Utah – Only 1 Spot Left!!

Our Nomad Family Trip we’ll be to Snowbasin & Powder Mountain, Utah on December 31, 2017 thru January 6, 2018 and I currently have 39 spots filled with 1 remaining. Please call me ASAP if you are interested or I will have to give up the last spot. This trip is open to all Nomads and includes:

- Flights to/from Salt Lake City, Utah & bus to/from Ogden, Utah.
- 6 Nights with breakfast at the Ogden Marriott Courtyard.
- Nearly free lodging (but not breakfast) for Children/Teens staying with adults.
- Four or Five day Lift Ticket options for Snowbasin and Powder Mountain (need to pick number of days at each resort).
- Chartered bus to Powder Mountain on New Year’s Day.
- Parties/Events: Pre-Trip Pizza Party, Club Lunch or Dinner, 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).

Pricing depends on a 4 day or 5 day lift ticket and other options, pricing is: $1285 to 1350 for Adults, $845 to 980 for teens and $780 to 820 for children (teens & children are more if they are in a room without adults). Come join us for a great way to kick off the New Year and if you have any questions, please see me or call me at home at 708-429-3286.

Rich Classen
Nomad Ski, Snowboard, and Social Club, Welcome Trip

Type: Ski Trip

Includes: * Transportation * Lodging * Lift Tickets * Two Brunches * One Dinner * Music * etc.

Description: CMSC Race & Clinic Weekend

Club Contact
Name: Chris Oldanie
Phone: 708 218-0995
eMail: Oldanie59@gmail.com

Dates & Cost
When: Start: 12/08/2017
Price: $294
Number of Nights: 2

Area/Resort
Destination: Ski Brule
Heaven's
Region: Iron River, MI

Lodging & Transportation
Lodging Name: Woodlands, Timberline Window, Beaver Lodge, Pioneer Lodge 103
Lodging Type: Brule Village Chalets & Condos
Transportation: Van Galder Coach Bus

Comments:
Last week the Ski Brule web site proudly proclaimed: “Snow is coming!!! Calling for 1”-3” Friday”. With the colder weather up north and Brule’s top rated snow making ability, Brule will reach its planned Nov. 10th opening day. As of this writing we have 40 Nomads on board. If you have not signed up or paid for this trip please do so by the Nov. 16 General Meeting deadline.

Best,

Chris Oldanie - Nomad Ski Brule Trip Leader 708 218-0995
More from Chris and Ski Brule...

Plan is as follows: Friday Dec. 8, 2017. We leave from Standard Bank Stadium 14011 S. Kenton Ave. Crestwood, IL 60445 at 1:30 pm sharp. Departing Brule Sunday at 3:00 pm. Two very large coolers with ice will be provided on bus to store your favorite beverages; we supply the water and cool name tag button souvenirs. The weekend will provide plenty of opportunities for mingling & comradery with fellow Nomads and other CMSC Ski Club members. All of the housing units have kitchens, linens, saunas, hot tubs (See Brule’s web site for more detail).

Cost of this very reasonable trip: Nomads $294, other club’s members in good standing add on an additional $5. If you just want to take the bus the cost is $82. Coming but not skiing $240. As of now we have housing available for 40 and bus space available for 50.

This early ski trip gives good reason to keep fit and a chance to test your ski legs.

Payment amount due by Aug. 17, 2017 $75 * Sept. 21 $150 * Oct. 19 $225 * Nov 16 Remainder. Cancellation fees apply for all uncovered fees not recovered on your behalf, plus any fees incurred due to your cancellation.

Nomad General Meetings held the third Thursday of each month, 7:30 pm, at Gaelic Park 6119 147th Street, Oak Forest, IL 60452. Nomad Social held on the first Wednesday of each month, 7:30 pm ish at Joe Daniels Pub 12218 Harlem Ave, Palos Heights, IL 60463.
Duneland plans to have 15 to 20 spots filled for this trip.

**Cascade Mountain 1-day Bus Trip $100**
**Kids 12 and Under Ski Free! No Membership Fee!**

**Trip Details:**
- **Date:** 2/3/2018
- **Departure Time:** 7am
- **Depart from Cascade:** 6:30pm
- **Travel Time:** 3hrs
- **Pickup Location:** 14011 S Kenton Ave, Crestwood, IL
- **Bus Type:** 56 Passenger Standard Coach Bus (Van Galder/Coach USA)
- **Bus Amenities:** Bathroom, TV’s and Wi-Fi
- **Cost:** $100 Includes Bus and Lift Ticket, Kids 12 and under $50 bus only (Ski Free)
- ****20 years old and younger must be accompanied by a parent, uncle, etc. on the trip.

**Additional Costs:**
- **Rental:** Basic Rental Ski/Board (includes Helmet) $31.65 with tax
- **Discount Food Options Available**
- **Lessons:** Available through Cascade (Call and schedule ahead of time with Cascade)
- **Tubing:** Tubing can be added to any lift ticket for an additional $10 per day.

Contact: Web@ChicagoNomads.com
Hello Nomad Ski Club,

October was an eventful month for Nomad activities:

Thank you everyone who attended the fall picnic and a special thanks to all the volunteers and members who continue to make the picnic successful. A few years ago our fall picnic weather was around 45 degrees and we had a fire pit to keep us warm. This year, the weather at the fall picnic was 95 degrees and we thought we were in a fire! We had a pleasant surprise of cool refreshing assortments of ice cream!

Another fun event was when over 35 Nomads and friends gathered at the Blue Island Beer Company. What a fun night of listening to music, enjoying Mexican food and drinking delicious craft brews! We closed the joint! Although, that wasn’t enough for many Nomads - we had to have a nightcap at the Maple Tree Inn just down the block! So we closed that joint too!

Everyone had a fantastic weekend camping with the Nomads- Thank you very much Vida 2 for all your hard work of putting it together. What a wonderful group of friends who shared their food, fun and festivities (alcohol).

A few Nomads were able to go to Hell’s Gate Haunted House. Unfortunately, I was unable to make it but I heard they had a *^#% of a good time.
More from Mark.....

Things to Come:
Heather is organizing this next event, and it sounds like a lot of fun! A Murder Mystery Dinner!

**CD& ME:**
**Funeral for a Gangster**
**When:** Friday Nov 3rd
**Time:** Doors open at 6:30pm
**Where:** CD&ME
23320 S. La Grange Rd
Frankfort, IL

Dress Like a Gangster!
Tickets please call the Box office at  815-469-7315 and say you are with the Nomad Ski Club

The Social Scene --
Hello from the social scene. Hope you enjoyed the fall and the great weather we had in October. Had a great weekend camping. What a great turnout. Worked the Chicago Ski Show with Bob and Ruth and now I am psyched for the coming ski season. Now is the time to start planning the winter ski season. Still have plenty of space on most of the trips. See Heather.

Well anyways Christmas party is December 21st so mark your calendars. We are going to hire a DJ for the night and the party starts after the general meeting. We are again looking for unwrapped toys for Toys for Tots and toiletry items for the Manteno Veterans Home. Please be generous. Hope to see you there. See you on the slopes.

Fred
November 12th - Noon
Packers vs Bears
McDivit's Sports Bar and Grill
12900 S. Lagrange Road, Orland Park
Drink specials and half time buffet

November 19th - Noon
Lions vs Bears
Cindy's Pub
5230 W. 159th Street Oak Forest
$10 buckets 6 BEERS!
Free half time food

November 26th - Noon
Bears vs Eagles
Marcotte's Bar & Grill
15501 Cicero Ave, Oak Forest, IL
Drink specials and half time buffet
A little rain and storms did not keep 30 Nomad's away from our second annual camping weekend at Bull Frog lake. The food was delicious, the drinks were flowing, and the campfires were roaring. Hiking, boating, and biking were a few activities we fit in between eating, eating and eating! Mother nature graced us with a double rainbow. Close to home, yet a wonderful get away. See you next year, campers!   Vida

I hope everyone had a nice Halloween! We have had a great time going out to Heather’s Bears games get-togethers. Remember many events like these do not require you to be a member so invite friends to come out with you!

Despite the rain I personally had so much fun at our camping trip. I’m still laughing at some of the fun we had at Bull Frog lake.

I’m looking forward to our next event Feb 3rd at CD & Me for our Gangster Funeral Murder Mystery Dinner. The last one we did several years ago was so much fun!

My Cascade trip is shaping up! We have lots of down payments from both Nomad’s and from the Duneland Ski Club. We have several kids going too! What a great opportunity for those that need to learn how to ski as well as for those that haven't skied in a long time.

Scott
Sad Nomad News....
There seemed to be a communication hiccup somewhere on the internet and we just learned of the passing of Stanley Swiech’s wife. She passed mid October. Our condolences go out to him and his family.

More Sad Nomad News...
We extend our sympathy to Chris Oldanie and his family on the passing of their Father. Frank J. Oldanie, age 98, passed away Sunday, October 29. Our thoughts and prayers are with them.

Visitation
3:00 P.M. to 9:00 P.M. on Friday November 3, 2017
Lawn Funeral Home - Burbank
7909 State Rd.
Burbank, IL 60459

Click for more information. -> http://www.lawnfh.com/vis_detail.asp?ID=2737

Windy City Ski and Snowboard Show™
I (The Editor) was at the Windy Ski and Snowboard Show on Friday 10/20. It seemed much smaller to me this year. I saw a lot of people leaving with some good deals in hand. I personally got to meet a top snowboard manufacture and discuss the technology that goes in to their boards which was really cool. We talked about the cheaper models vs their mid range vs. high end. It was very educational and I can now understand the differences better.

Fred and Murphy worked the CMSC Booth on Friday 10/20. I wish I had a picture of the two of them working. Fred was working hard to get people information on various clubs in their area as they past by.

Next year I think the Nomad’s should consider having a booth to promote our club.

Other CMSC News.....
We have several of our Nomad’s going on the CMSC European trip to Kitzbuhel, Austria, January 26-February 3, 2018. We hope they have a great time!
Time to get in shape for the slopes

Exercise game plan for winter sports helps skiers, snowboarders

BY WINA STURGEON

A good way to stay in shape for ski season is to get ready this fall. Whether you’re a skier or a snowboarder, being in the right shape for the slopes will take the stress out of your season and make it more enjoyable. You want your lungs to be ready for the thinner air of altitude, and your muscles strong enough to handle both gravity and the forces of riding the snow.

If you were active over the summer, it may not mean you’re in shape to ride the snow. Running, biking, swimming, doing cardio once and a while can help you be in shape for the slopes. Exercise is great, but when you’re not doing anything, you have to prepare your body for the demands of the slopes.

First, learn to train the way you ride or glide. You won’t benefit from slowly building your leg strength and balance. Moving lighter weights faster is much more specific to snowboarding, where forceful and quick turns are necessary to make body weight over and over again for several minutes. At the same time, even some mountain experts often neglect the cardio that’s needed for the slopes. Any activity that causes you to breathe will help improve your cardiovascular system. That allows more oxygen to be carried by the blood, which increases the ability of your muscles to perform高强度的运动.

A warm up consists of moving all your joints in a rhythmic fashion to stretch and get blood into the muscles. Don’t warm up in only one range of motion, such as on a treadmill. Gentle aerobics is a more thorough warm up. Get your body accustomed to being moved.

If you’re a skier, not a skier, or a snowboarder, it’s more about endurance exercise, contracting your quads, hamstrings and glutes over and over again as you turn your way down the mountain. A great exercise to build endurance is medicine ball ‘pump’ squats. Do this exercise first without the ball, then begin holding a fairly heavy (for you) medicine ball to your chest and flex your body into a squat. Don’t lean over the medicine ball. Keep your spine straight as you remain in the squat position, with thighs parallel to the floor. Raise up and down about two inches over and over again, never standing straight up. Warning: Don’t let the pain turn into agony.

The next three exercises will help your snowboarding to move up a notch. If you’ve a novice, they can help you become an intermediate, for example. Start with a one-legged squat. Put one leg on a bench or, if you’re at home, on a sturdy chair. Slowly lower the standing leg into a squat position, then stand back up. Repeat at least five times, then switch legs.

treadmill imitates the foot action of a turn in skiing—by pressing the toe first, just as one pressures a ski by pressing the ball of the foot on the front of the boot. Increase the incline to make it seem like a steeper hill.

Finally, build the impor-
tions on each side of the spine, that begin as flushy muscles in the lumbar region and get thinner as they go up the spine. They flex and straighten the spine, but more important, strong spinal erectors help prevent injury and back pain.

spinal erectors. Start with a very light weight to allow the spine to get accustomed to the movement. Hold a bar on the back of your neck as if for a squat. Bend over at the hips—be sure it’s the hips, not the waist—with your back absolutely straight. There should be

To do a one-legged squat, put one leg on a bench or sturdy chair and slowly lower the standing leg into a squat position, then stand back up. Repeat at least five times, then switch legs.
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# 2017/18 Ski Calendar

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**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.

**Nomad Newsletter:** If you have not received your newsletter, contact our Webmaster.

**Membership Dues:** Payable after June 1, 2016. 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 Joe Daniel’s: 12218 S. Harlem, Palos Heights, IL @ 7:30 p.m.

**General Meeting:** 3rd Thursday of every month at Gaelic Park: 6119 W. 147th St., Oak Forest, IL @ 7:30 p.m.

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

**Club website:** chicagonomads.com

**Contact your Trip Leader if you have any questions.**

**Trip Sign-ups:** In person at any meeting.