

FEBRUARY MONTHLY MEETING GET "OFF THE COUCH!"

THURSDAY, February 18

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| Location: | Times: |
| Greenfield Park Pavilion 2028 S. 124th St. Greenfield, WI 53227 | 6:30 pm - Socializing 7:00 pm - Business meeting 7:30 pm - Presentation by Tom Held |

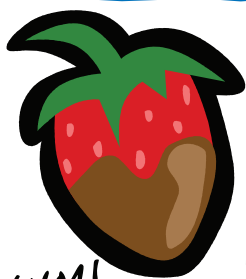
Tom Held, the author of the Milwaukee Journal Sentinel column titled 'Off the Couch' will be speaking at our monthly membership meeting. If you follow Tom's column in the paper or his blog on-line, you already know that he is knowledgeable about all things outdoors, not only in the city of Milwaukee, but in the state and Michigan's Upper Peninsula as well. Come to the meeting and give Tom Held a chance to meet the Nordic Ski Club. I believe we have a common interest in promoting outdoor activities and I think it will be interesting to hear his stories.

*Hurry and
Sign up
Today!*

TELEMARK RESORT SKI TRIP

Friday, February 12 - Sunday, February 14

Enjoy over 100 km of beautiful ski trails including the Birkebeiner race trail, the North End trails, and the Telemark Ski Resort trails. The Telemark trail system starts at the Lodge, so you can ski right out the door giving you the flexibility to ski when you want for however long you want. The bus leaves Friday morning at 8 am and will stop to ski at Tower Ridge Ski Area near Eau Claire with 20 km of groomed trails and a new chalet. On Saturday, ski the Birkebeiner, Classic Birkebeiner or Korteloppet Trails around Telemark. Later on Saturday, join the group for an optional dinner at the popular Lakewoods Resort. On Sunday, you can ski in the North End Classic Race or check out the tubing and snowboarding hills. Snowshoe trails abound and offer both fantastic views and solitude. Accommodations are at the classic Telemark Resort with sauna, whirlpool, swimming pool, restaurant, and bar & grill. You will also be able to keep your room until we leave on Sunday. We still have plenty of room on the trip so sign up now and bring along a friend. For more information, contact trip leader Craig Sanford at (262) 370-3322 or email him at craig.sanford@indiana-ins.com



*YUM!
(AND HEALTHY TOO!)*

VALLEY SPUR SKI TRIP: A HEAVENLY SKI

Friday, March 5 - Sunday, March 7

For years, the Nordics have offered a variety of winter cross-country ski weekends to members and nonmembers. Topping my list of favorite destinations is Valley Spur. In my opinion, there may be other Midwest ski locations equally as splendid, but none surpasses Valley Spur. Many other Nordics agree as the trip has been popular, typically filling every year.

There seem to be many reasons. One major enticement is the intertwining 26-mile trail system located on a patch of land in upper Michigan's scenic Hiawatha National Forest. These highly regarded and well laid out trails are designed for all levels of skiers. Another trip amenity is the annual Taste and Glide offered by Valley Spur volunteers on the Saturday of the trip. This event features the famed chocolate covered strawberries and warm soup as well as other delectable fare in the lodge or while skiing on the trails. An early bus leaves at 8 am allowing us to ski for a day on the way up. Don't wait to sign up as the word is out about this outstanding cross-country ski destination and the bus is filling up now that Bus 2 has been cancelled. Valley Spur is a winner on all counts, so be among those of us who will be there again this year, March 5 - 7, 2010. We will be staying at the cozy Holiday Inn Express in Munising with breathtaking views of Lake Superior and the world famous Pictured Rocks National Lakeshore. If you have questions, contact Jane Stoltz at (414) 226-5076.

VALLEY SPUR BUS 2 SKI TRIP CANCELLED!

Due to unusually low sign ups, we have regretfully decided to cancel the Valley Spur Bus 2 ski trip. Please consider signing up for Valley Spur Bus 1.

NORDIC SKI CLUB



Nordic Ski Club of Milwaukee, Inc. (NSCM) is a membership-based outing association active year-round since 1971.

CONTACT US AT HOTLINE

414 299-9639

www.nordicskiclub.org

For membership information, call
Betty Schraith (414) 453-2350

Officers

President Katie Bivens
Vice President Jim Walsh
Secretary Mary Lucas
Treasurer Becky Yakes

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Paul Erspamer, Crystal Hoecherl,
Jean Lufburrow, Anresa Tekus, Jim Walsh,
Becky White and Jim Zimmerman

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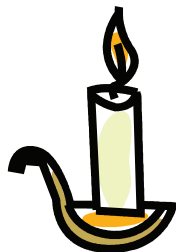
Membership Chair

Betty Schraith (414) 453-2350
New memberships or membership
renewal forms should be mailed to:
Betty Schraith
2742 N. 95th St.
Milwaukee, WI 53222

To Update Your Contact Information:

Please contact Betty Schraith at
elisa.schraith@sbcglobal.net or
(414) 453-2350.

CANDLELIGHT SKI EVENTS



The Wisconsin DNR website has a list of upcoming candlelight ski/hike events:

<http://dnr.wi.gov/org/caer/ce/news/candlelight.htm>

CONDITIONS AT S.E. WIS. SKI TRAILS

For honest reports from fellow skiers about skiing conditions at trails in southeastern Wisconsin, go to this link on the Lapham Peak Friends website:
www.laphampeakfriends.org/ViewSkireportsExpanded.php

MC MILLER QUIET WEEKENDS

Take advantage of “quiet weekends” for local skiing at McMiller Sports Center near Eagle on **February 6-7**. The shooting ranges will be closed so skiers can enjoy the trails and clubhouse without background sounds of gunshots. (Note that the biathlon course remains open.) McMiller has 5 ski loops with 26 km of beautiful, wooded skating and striding trails over rolling glacial terrain. The heated clubhouse with indoor restrooms will be open at least 9 am to 4 pm on weekends, and the new vendor plans to serve sandwiches, chili, and pizza. Outdoor pit toilets are nearby.

Directions: Highway 67 south from Eagle past County NN east to County NN west. Go right (west) on NN a short distance to McMiller entrance on the right (north). You will need a State Park admission sticker for your vehicle (annual \$25; daily \$7) and a State Trail pass for each skier (annual \$20; daily \$4).

KETTLE MORaine SKI OUTING

Saturday, February 6

Meet at 9:30 am in the *north* Park and Ride Lot at Watertown Plank Rd. and Highway 45 to carpool for our group outing to groomed skating and striding trails in the Southern Kettle Moraine State Forest. Snow permitting, the group will most likely ski at McMiller which is located near the intersection of Highways 67 and NN just south of Eagle. There are different trails of varying lengths and degrees of difficulty, providing great skiing for all levels of ability. A warming shelter (with a brand-new beautiful fireplace) is provided with convenient parking and indoor flush toilets at the chalet/warming shelter.

Special Note: February 6 is the day BEFORE the Super Bowl. Perfect excuse to get some exercise before all those pointless calories are consumed during Super Bowl parties!

We will ski if there is anything approaching ski-able snow – at the trip leader's discretion. If conditions are marginal, don't be surprised if you see Paul on his 1975-vintage, indestructible Normark wooden “rock” skis! Bring water and snacks. Afterwards, interested members will retreat to a local restaurant for therapy. Call the Hotline for details earlier in the week, and please RSVP to Paul Erspamer at (414) 727-7003 or shystr@wi.rr.com.

FRIENDS OF LAPHAM PEAK BIKE SWAP

Saturday, March 20

The Friends of Lapham Peak will hold a Bike Swap on Saturday, March 20th from 9 am - 1:30 pm. Sell your old bike in the Bike Corral for \$15 plus 10% of sales price if sold. Buy some new bike accessories from the five bike stores and private vendors. Try some of our delicious bake sale items along with the cup of Milwaukee Street Traders' Coffee. Net proceeds will be applied to the Lapham Peak Snowmaking Project. For more information contact Bob Misslich bmisslich@hotmail.com.

THURSDAYS - NORDIC NIGHT AT LAPHAM PEAK

Thursdays - February 4, 11

Lapham Peak is the premiere location for cross country skiing in Southeast Wisconsin for many reasons, including 5 km of lighted trails, of which 1.2 km are served by snowmaking. Weeknights at the Peak are alive with activity, with the Peak Nordic Kids on Monday, lessons on Tuesday, and adult and high school racing on Wednesday. This year, we are designating Thursdays as Nordic Ski Club Night. February dates are the 4th and 11th. The event will be very informal – show up when you feel like it – meet your friends in the Evergreen Shelter – head out and stride or skate a couple of loops around the lighted or snowmaking trails -- then around 7:30 to 8 pm, come back to the shelter building to have refreshments with the group. Bring something simple to share – your beverage of choice, and an easy snack. No advanced sign-up is required, but if you have questions or suggestions, contact John McCarthy at (262) 549-3604.

Directions: Lapham Peak is one mile south of I-94 on County Hwy C at the Delafield exit. You will need a 2010 State Park Sticker for your vehicle (annual \$25; daily \$7) and a 2010 State Trail Pass for each skier (annual \$20; daily \$4), which can be purchased at the Lapham Peak entrance station. Lines can be long at the entrance station, so arrive early.

SNOWSHOE / HIKE OUTING RETZER NATURE CENTER

Sunday, February 21

Join Mary Polk for an afternoon full of nature and snow at Retzer Nature Center. During this outing we will be exploring the snowy trails and hills on snowshoes. This is a great opportunity to meet new people who love to snowshoe! Please meet in front of the nature center at 1 pm. Feel free to bring your own pair of snowshoes or you can choose to rent them at the center. The cost per person to rent is \$5.50 for a four hour time period. Retzer Nature Center is located on Madison Street in Waukesha. Please contact Mary if you have any questions about this outing at (414) 243-2373.

FRIDAY FISH FRY AT POLISH CENTER

Friday, February 26

Enjoy a tasty fish fry at the Polish Center of Wisconsin, 6941 S. 68th Street (just north of Rawson in Franklin). Meet at 6:15 pm in the lobby to purchase your \$10.95 ticket for the 6:30 pm seating. One trip through the buffet line includes batter fried or baked cod, cole slaw, potato pancakes, pierogi, apple sauce, french fries, rye bread, coffee, and milk. Please call Hank Kulesza at (414) 383-9050 *by Thursday, February 26* to reserve your spot.

BOARD GAMES NIGHT

Saturday, February 20

Come and join us for an evening of games and socializing at one of the club's popular events! Bring a favorite game along with a favorite appetizer or dessert to share with fellow Nordic members. If you are new to the club, board games night is always a great way to meet other members in a small group setting. Plan to arrive at 7 pm and we'll "let the games begin" about 7:30 pm. Please RSVP with Renee & Dave *by Friday the 19th* at (262) 827-1180 or email at: acoutrr@att.net.

Directions: from I-43, exit onto Moorland, go north (right) past Beloit Rd. to the next light. Turn right onto Mayflower. Go 1 block, turn left onto Fenway. Go to the end, turn left on Regal. Go 1 ½ blks. to 4180 S. Regal Dr. and look for a mostly brown ranch house on the right side.

SNOWSHOE / HIKE OUTING MINOOKA PARK

Sunday, February 28

Join Mary Polk for another afternoon full of nature and good conversations. We will be meeting at Minooka Park in Waukesha. Minooka Park is located on Sunset Drive and you will need a Waukesha County Parks sticker. Please meet me in the picnic area #5 parking lot at 1 pm. Picnic area #5 is located on the left side off the main road in the park. We will be snowshoeing on the hiking trails. Please contact Mary if you have any questions about this outing at (414) 243-2373. I will be driving a silver Ford Focus.

CANDIDATES FOR THE BOARD

It is election time. And YOU are invited to become a Nordic board member candidate! A nine-member board of directors leads our club, and every year in March, elections are held for half of the board members. Each director serves a two-year term. For continuity, the terms are staggered so that only four or five members of the board need to be elected each year.

A strong board keeps us an active and smooth-running social organization. The board manages the club and plans the monthly general meeting. Board meetings are usually held on the second Monday evening of the month at the homes of members. If you are interested in serving on the board, or if you have questions about the board and its functions, please contact President Katie Bivens at (262) 327-4899 or any current board member.



**MARK YOUR
CALENDARS TODAY!**

CALENDAR OF EVENTS

FEBRUARY

- 4, 11 NSCM Ski Night at Lapham Peak
- John McCarthy (262) 549-3604
- 6 Local Ski Outing
- Paul Erspamer (414) 963-4081
- 12-14 Telemark Ski Trip (Cable, WI)
- Craig Sanford (262) 370-3322
- 18 Monthly Meeting at Greenfield Park
- 20 Board Games Night
- Renee Couture (262) 827-1180
- 21 Snowshoe / Hike Outing - Retzer Center
- Mary Polk (414) 243-2373
- 26 Polish Center Fish Fry
- Hank Kulesza (414) 383-9050
- 28 Snowshoe / Hike Outing - Minooka Park
- Mary Polk (414) 243-2373

MARCH

- 5-7 Valley Spur Ski Trip (Munising, MI)
- Jane Stoltz (414) 378-1691
- 11 Exploring Cuisines
- Cindy Wiktorek (414) 483-5912
- 13 Canoecopia Day Trip (Madison, WI)
- Beth Donnelly (414) 476-3025
- 14, 21, 28 Snowshoe / Hike Outing
- Mary Polk (414) 243-2373
- 18 Annual Meeting and Potluck Dinner
at Greenfield Park

APRIL

- 10 Nordic Trail Hike
- Mike Craig (414) 552-5011
- 16 Gallery Night
- Crystal Hoecherl (414) 873-3034
- 17 Board Games Night
- Katie Bivens (414) 321-5487
- 22 Monthly Meeting
at Greenfield Park

NORDIC SKI CLUB
% Betty Schraith
2742 N. 95th St.
Milwaukee, WI 53222

Address Service Requested

Nordic Ski Club events may be changed or canceled up to the last minute. For the latest information, always call the Nordic Hotline.
414-299-9639

2009-2010
SKI SEASON IS ALMOST OVER!
PLENTY OF OPENINGS!
SIGN UP TODAY!

Telemark Lodge

Fri., Feb. 12 (8 am) – Sun., Feb. 14

Valley Spur

Fri., Mar. 5 (8 am) – Sun., Mar. 7

LOOK FOR JANE'S ARTICLE!

Fellow Nordic Club member, Jane Stoltz, wrote a really nice article about the club's 2009 trip to Valley Spur in Munising, MI for the February issue of Silent Sports magazine. This issue typically comes out at the end of January so be sure to read Jane's article and compliment her for spreading the good word about our wonderful club! If you're lucky, you just might see a picture of yourself in one of the photos supplied with the article. Thanks Jane!

NORDIC SKI CLUB IS ON FACEBOOK!



NORDIC NEWS is published monthly for members of the Nordic Ski Club of Milwaukee, Inc. Newsletter articles are due no later than the **first** day of the month prior to publication. Submit articles via e-mail (Microsoft Word documents) to Newsletter Designer.