

HAPPY NEW YEAR!

JANUARY MONTHLY MEETING YOGA / SKI STRETCHING

THURSDAY
January 13

Location:
Greenfield Park Pavilion
2028 S. 124th St.
Greenfield, WI 53227

Times:
6:30 pm - Socializing
7:00 pm - Business meeting
7:30 pm - Yoga / Ski Stretching

Have you ever thought about all the benefits you can gain from a consistent yoga practice? Building strength, flexibility and balance is the primary foundation of yoga. When was the last time you practiced yoga? Give it a try at this month's Monthly Meeting. Club member Linda Zizzo will lead a one hour yoga class for beginners. Bring a yoga mat or a beach towel, wear loose, comfortable workout clothes and practice some yoga stretches for the ski season. No experience necessary. Remember, yoga is a practice, not a perfection.

MINOCQUA WINTER PARK SKI TRIP

Friday, January 21 - Sunday, January 23

It's almost time for some fantastic skiing at Minocqua Winter Park and Nine Mile Forest. Home of the Badger State Winter Games, Nine Mile Forest has about 30 km of trails, groomed for striding and skating, and suitable for all abilities. There is a nice chalet, with ski rentals. From there, we will continue up to Minocqua Winter Park which has 75 km of beautifully groomed trails for striding and skating, including both flat and hilly terrain for all skiing abilities. It has a large ski lodge with a café that serves a variety of excellent food, and has a well-stocked ski shop where ski and snowshoe rentals are available. Minocqua Winter Park has a new manager this year, and has made several positive changes, including the acquisition of a new grooming machine. Visit their new website at www.minocquawinterpark.org for more details. Both Nine Mile Forest and Minocqua Winter Park also have designated snowshoe trails.

Accommodations are at the newly remodeled Best Western – Concord Inn in Minocqua with swimming pool, whirlpool, bar, and free continental breakfast. All rooms contain a microwave and refrigerator. A group dinner option will be available for Saturday night. Contact trip leader John McCarthy at (262) 549-3604 for more information. Don't miss this opportunity for some truly great skiing.

Last Chance!

KEWEENAW PENINSULA SKI TRIP

Thursday, December 30 - Sunday, January 2

Celebrate the start of the New Year in the Keweenaw Peninsula of Upper Michigan! This is an ideal destination with plenty of lake effect snow from Lake Superior and wonderful ski areas. There may still be last-minute room for you on this trip. Contact trip leader Stan Rosenstiel at (262) 694-2206 for more information.

COFFEE HOUSE MUSIC NIGHT

Friday, January 7

Join fellow Nordics for another evening of music, coffee, and conversation. The Coffee House began in 1967 and features acoustic music, jazz and poetry in a smoke- and alcohol-free environment. This night is open mike night; so if you have musical talent, you're welcome to perform. Doors open at 7:30 pm, and entertainment starts at 8 pm. Cover charge is \$5. In addition, cans of food for the food pantry are accepted. The Coffee House is in Milwaukee at 631 N. 19th Street (19th and Wisconsin Ave.) in the basement of the Evangelical Lutheran Church of the Redeemer. Free parking is available in the lighted lot or on the street. If you would like to meet at 6:30 pm for dinner at Miss Katie's Diner, 1900 W. Clybourn, please contact Al Burrill *by Wednesday, January 5* at (414) 651-0695 or awburrill@earthlink.net.

Visit our New Updated Website! ... Update your profile today!
<http://www.nordicskiclub.org/>

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
(262) 327-4899
katiebivens@sbcglobal.net

Vice President Paul Erspamer

Secretary Mary Lucas

Treasurer Becky Yakes

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Paul Erspamer, Jessica Hilt, Crystal Hoecherl,
Craig Sanford, Anresa Tekus, Becky White
and Jim Zimmerman

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Chris Pantazon and Joanne Ziarek

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Paula Brookmire (414) 527-0040

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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.

MC MILLER QUIET WEEKENDS

“Quiet weekends” for local
skiing at McMiller Sports Center
near Eagle are **December 25-26,**
January 8-9, and February 5-6.
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 club-
house with indoor restrooms will
be open at least 9 am to 4 pm on
weekends, and hot food will be
available for purchase. 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 resident
State Park admission sticker for
your vehicle (annual \$25; daily \$7)
and a State Trail pass for each skier
(annual \$20; daily \$4).

YOUR 2011 NSCM SERVICE AUCTION

When you think friends, fun
and outdoors, do you think NSCM,
weekend motor coach trips “Up
North”, Lapham Peak and ... more ?
GREAT! We want you to start
thinking about The Service Auction,
set for Friday, April 1st to support
those wonderful destinations and
causes that the club enjoys, while
having an evening of fun and cama-
raderie! Connect with Carol Doe-
bler, tortoiseski@wi.rr.com, Anne
Riendl, annemr@execpc.com, Craig
Sanford, craigsan@wi.rr.com or
Resa Tekus, atekus@wi.rr.com
about this fun event!

**SPREAD THE WORD
ABOUT OUR CLUB!**

SKI FOR LIGHT WEEKEND

Friday, January 14 -
Sunday, January 16

The Wisconsin Ski for Light
program is looking for volunteers
to guide blind and visually
impaired skiers on cross country
skis at the Lions Camp near
Rosholt, Wisconsin, near Stevens
Point. It is a wonderful weekend
of fun in a beautiful area. It's
heartwarming and gratifying to
show people the wonders of skiing.
Most blind people don't get much
of a chance to enjoy winter so they
really look forward to the Ski for
Light Weekend. We go skiing,
snow shoeing and tubing in a
beautiful wooded area. Don't feel
that you need to be an expert
skier, just be comfortable on skis.
In case there is no snow, they have
Cat Skis. Training is provided for
the guides. The Sons of Norway
sponsor the event. There is no cost
to the guides who volunteer for the
weekend of Friday, January 14 to
Sunday, January 16. If interested,
please visit www.wiskiforlight.org,
go to “Guides” then print out the
application and release of liability
and mail (yes, mail) them to event
coordinator Mike Graper. For
immediate information and
carpooling arrangements contact
Nordic member Jim Walsh at
(414) 517-8330.

The number of blind skiers
who attend this weekend depends
on the availability of sighted guide
skiers. So please consider volun-
teering for this fun weekend event.

CONDITIONS AT S.E. WIS. SKI TRAILS

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

MEDFORD CARPOOL SKI TRIP

Friday, January 28 - Sunday, January 30

Let's explore a potential future club ski trip destination with a carpool ski trip to Medford, WI. This will be a "If there's snow, we'll go" trip. On Saturday, we will check out nearby Perkinstown Ski Trail which has about 20 km of groomed trails. We will also explore 30 km of groomed trails at beautiful Rib Lake Ski Trails. On Sunday afternoon, Camp Forest Spring will be open to the public. Both Perkinstown and Camp Forest Spring have chalets while Rib Lake does not. Nevertheless, the trails at Rib Lake are extensive and ambitious skiers can access the Timm's Hill Ski trails via Rib Lake. Accommodations will be at the Woodland Inn & Suites for \$69.90 per night shared with your roommate. Since this is a car pool ski trip, you will be responsible for making hotel reservations on your own. Please contact trip leader Mary Lucas for carpooling, hotel and trip details at plomvorn@wi.rr.com or (414) 232-4196.

WAUPACA BED & BREAKFAST CARPOOL SKI TRIP

Friday, February 18 - Sunday, February 20

**Sign up before January 20 to
lock in this great discounted rate!**

Give yourself a break with a midwinter stay at Appletree Lane Bed & Breakfast in Waupaca, WI. Join Sally Heuer and Steve Culver as the Nordics take over this beautifully restored Victorian farmhouse for the weekend. Located two hours northwest of Milwaukee, we'll be a few minutes east of Hartman Creek State Park Ski and Snowshoe trails and 18 miles south of Iola Ski Trails.

Choose your favorite roommate, your favorite board game to play and don't forget to bring your cross country skis and snowshoes. Take some quiet time by the Crystal River, just a short stroll up the road from the house. A list of local restaurants and a map of area attractions will be provided.

When you sign up, please let me know if you would prefer the first floor room. The remaining four rooms are on the 2nd floor. Each room has a queen bed and private bathroom. Please sign up with your choice of roommate. Room cost for the weekend is \$234 (including tax); per person weekend cost with shared room is \$117. A deposit of \$59 per person is requested to hold your reservation. A waiting list will be kept. To view photos and learn more about the Chain of Lakes area, visit www.appletreelanebb.com.

For more information please contact trip leader Sally Heuer at smiles@comp911.com or (262) 786-8731

MARQUETTE SKI TRIP

Friday, February 11 - Sunday, February 13

Try something new this year and join us on the Marquette ski trip. We will leave Friday morning at 8 am and stop to ski at Green Bay Reforestation Camp with 30 km of trails. Skiing for Saturday and Sunday in the Marquette area will be at the Lower Noquemanon Trail around Forestville consisting of 35 km of trails including 15 km of new loops around Forestville that has a heated shelter. Accommodations are at the Super 8 Motel with sauna, whirlpool, swimming pool, sauna, and free continental breakfast. On Friday evening we offer an optional buffet dinner at the Sky Room at the Landmark Inn, overlooking Lake Superior. On Saturday there will be an optional group dinner at Upfront & Co, in downtown Marquette. Please contact trip leader Greg Wyder at (414) 477-9016 for more information. Only four openings remain at press time, so don't delay!

YUM! VALLEY SPUR SKI TRIP

Friday, March 4 - Sunday, March 6



March will be here before you know it, so don't forget to sign up for the Valley Spur ski trip. There is still room on the trip, so sign up now! The bus leaves Friday evening at 6 pm. We plan to ski Saturday and Sunday at Valley Spur Ski Trail in the Hiawatha National Forest with 45 km of trails that are some of the most scenic to be found anywhere. Saturday is the annual optional "Taste and Glide" event that benefits Valley Spur and features lots of delicious food, such as chocolate-covered strawberries, at several stops along a beginner trail as well as in the log cabin. On Sunday morning there will be an option of skiing at the very scenic McKee Hills ski area with 10 km of striding only trails, returning to Valley Spur in the afternoon. Accommodations are at the Holiday Inn Express near Munising with sauna, whirlpool, swimming pool, and free continental breakfast. Contact trip leader Paul Keber at (262) 547-4827 for more information.

EXPLORING CUISINES

Tuesday, January 11

Break up your week and join us at La Merenda restaurant on Tuesday, January 11, 2011. The restaurant is located at 125 E National Ave in Historic Walker's Point. La Merenda, meaning "early snack" features what they call "small plates from around the world". Some menu items include Argentinean Style Beef (\$9.25), Korean Lamb Shank (\$8.50) and Roasted Squash Ravioli (\$8.00). We will meet at the restaurant at 6:30 pm. If you would like to join us call Cindy at (414) 483-5912 **by Monday, January 10.**

CALENDAR OF EVENTS

JANUARY

- 4, 11, 18, 25 NSCM Ski Night at Lapham Peak
- John McCarthy (262) 549-3604
- 7 Coffee House Music Night
- Al Burrill (414) 651-0695
- 8 Lapham Peak Lessons
- Carol Doebler tortoiseski@wi.rr.com
- 8 Lapham Peak Winter Picnic
- Rita Keber (262) 547-4827
- 11 Exploring Cuisines Restaurant
- Cindy Wiktorek (414) 483-5912
- 13 Monthly Meeting at Greenfield Park
- 14-16 Ski for Light Weekend
- Jim Walsh (414) 517-8330
- 15 Whitnall Park Snowshoe Outing
- Barb Johnson (414) 762-0741
- 16 Nordic Trails Ski Outing
- Paula Brookmire (414) 527-0040
- 21-23 Minocqua Winter Park Ski Trip
- John McCarthy (262) 549-3604
- 28-30 Medford Carpool Trip
- Mary Lucas (414) 232-4196

FEBRUARY

- 1, 8, 15, 22 NSCM Ski Night at Lapham Peak
- John McCarthy (262) 549-3604
- 5 Local Ski Trip
- Paul Erspamer (414) 963-4081
- 11-13 Marquette Ski Trip
- Greg Wyder (414) 477-9016
- 17 Monthly Meeting at Greenfield Park
- 18-20 Waupaca Bed & Breakfast Car Pool Ski Trip
- Sally Heuer (262) 786-8731
- 19 Board Games Night
- Barb Johnson (414) 762-0741

MARCH

- 1 NSCM Ski Night at Lapham Peak
- John McCarthy (262) 549-3604
- 4-6 Valley Spur Ski Trip
- Paul Keber (262) 547-4827
- 18 Monthly Meeting & Annual Potluck Dinner
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



**2010-2011
SKI SEASON IS HERE!
FEW SEATS AVAILABLE!
SIGN UP TODAY!**

Keweenaw Peninsula

Thurs., Dec. 30 (6 pm) – Sun., Jan. 2

Minocqua Winter Park

Fri., Jan. 21 (8 am) – Sun., Jan. 23

Medford Carpool Trip

Fri., Jan. 28 (8 am) – Sun., Jan. 30

Marquette, MI

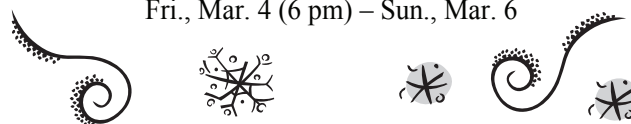
Fri., Feb. 11 (8 am) – Sun., Feb. 13

Waupaca Bed & Breakfast Carpool Ski Trip

Fri., Feb. 18 – Sun., Feb. 20

Valley Spur

Fri., Mar. 4 (6 pm) – Sun., Mar. 6



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 to Newsletter Designer.

TUESDAYS - NORDIC NIGHT AT LAPHAM PEAK

January 4, 11, 18, 25, and February 1, 8, 15, 22

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 and adult and high school racing on Wednesday. This year, we are designating Tuesdays as Nordic Ski Club of Milwaukee night. 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 advance sign-up is required. If you have questions or suggestions, contact John McCarthy at (262) 549-3604 but you should expect to leave a message, because he'll probably be out at Lapham, skiing.

NORDIC TRAIL SKI OR HIKE

Sunday, January 16

Ski the trail that's named for the Nordic Ski Club of Milwaukee: the Nordic Trail in the Southern Unit of the Kettle Moraine State Forest. This lovely system of cross-country ski trails is about an hour's drive from Milwaukee. Designed by a member of the Nordic Ski Club back in the 1970s, the trail system has options for different levels of skiing. If there's snow, ski with us here on Sunday afternoon. There's a nice warming lodge and outdoor restrooms. If the snow is better at another location, we will go there or, if there's no snow, we'll hike. Our outing starts at 1 pm on January 16, led by Paula Brookmire. Please call her at (414) 527-0040 Saturday evening or by 10 am Sunday to confirm the ski or hike location (the place may change depending on snow-mud conditions). Also, let her know if you are coming and if you want to carpool (11:50 am) or meet us there at 1 pm.

WINTER SKI TRIP SIGNUPS

If you haven't signed up for the 2010-2011 winter ski trips yet, don't delay! Use the sign-up forms from the ski trip flyers you received in the October mailing or print off the ski trip forms from our new website: www.nordicskiclub.org. To check on the status of a trip or to get more information, contact the trip leader or visit the "Events" page on our website for a Ski Trip Status update.

LAPHAM SKI LESSONS, WINTER PICNIC AND CANDLELIGHT SKI

Saturday, January 8



Hone your skiing skills and enjoy a nice, relaxing picnic at Lapham Peak in Delafield. Meet at 10 am at the Homestead Hollow area for skiing lessons from club instructors. Lessons are free and open to the public, so you are encouraged to invite future members to try skiing and learn about our club. Wheel & Sprocket may rent skis at a small building along the road that leads you to the Evergreen Shelter; call ahead for hours and ski availability, (262) 646-6300. Please contact Carol Doeblner at tortoiseski@wi.rr.com with questions about the lessons.

At 12 noon, a winter picnic will be held for NSCM members at Trecker Lodge near the Homestead Hollow parking lot. The club will provide your lunch – IF you make a reservation by **Wednesday, January 5th** with Rita Keber at (262) 547-4827.

From 6 to 9 pm, there is a public Candlelight Ski/Hike starting at Trecker Lodge. Ice-skating may be available, weather permitting.

Directions: Kettle Moraine State Forest-Lapham Peak Unit is one mile south of I-94 on County Hwy C at the Delafield exit. You will need a 2011 State Park Sticker for your vehicle (annual \$25; daily \$7) and a 2011 State Trail Pass for each skier (annual \$20; daily \$4), which can be purchased at the Lapham entrance station. Lines can be long at the entrance, so come early.

SNOWSHOE HIKE

Saturday, January 15

Take time out of your busy life to explore on snowshoes (hike if no snow) the trails of a quiet woodlot on the southwest side of Milwaukee. Meet at 10 am in the parking lot of the Whitnall Park golf course located on 92nd street in Hales Corners. The southeast side of the lot is across from the Ross Lodge woods. Plan to shoe or hike 4-5 miles. Contact event leader Barbara Johnson (414) 762-0741 if you have any questions.