

## STRETCH AND RELAX WITH YOGA

*Friday, November 12*

Yoga is a 5000 year old healing science and one of the best systems to incorporate with any sports activity. The word yoga originates from the Sanskrit word *Yuj*, which means to unify or bring together the body, mind, and spirit. To mention a few benefits of yoga to cross-country skiers:

- Enhances neuromuscular coordination
- Increases sense of balance, grace and poise
- Builds strength and flexibility in muscles and joints
- Helps the mind to focus and stay centered



Come to the November meeting and learn from yoga master Bryant Mascarenhas as he shares *Integrating Yoga to enhance cross-country skiing*. This session will incorporate postures of benefit to skiers. Wear loose fitting clothing; bring a blanket or yoga mat, a belt or sash, and two towels to use for modifications of yoga postures. This will be a relaxing participatory evening.

Bryant Mascarenhas has been training in Eastern disciplines since the age of ten in India. He taught and practiced yoga for over 10 years in the city of Bombay and also holds a black belt in four martial arts. Bryant came to the United States in 1997 for graduate school in Computer Information Systems. He has worked professionally with hospital radiology department PACS Systems, and enjoys applying the connection between anatomy and the practice of yoga. He has taught yoga at The Cleveland Clinic, Department of Radiology. Currently, PACS Coordinator with the radiology department at Froedtert Hospital, Bryant has offered weekly therapeutic yoga sessions for employees since 2002. Bryant conducts basic to advanced yoga classes at the Wisconsin Athletic Club, Wauwatosa; Miss Connie's Studio of Dance, Wauwatosa, and in Enderis Park, Milwaukee.

Don't miss this opportunity to integrate yoga in your training regimen with one of the only teachers in the city to have practiced and taught yoga growing up in India.

**Meeting Place:** Greenfield Park Pavillion  
2028 S. 124<sup>th</sup> St.

**Times:** 6:30 p.m. Socializing  
7:30 p.m. Business & Introductions  
7:45 p.m. Presentation – Bryant Mascarenhas  
9:15 p.m. Socializing

**What's Provided:** Beverages, snacks

**Meeting Open To:** Everyone

## WINTER SKI TRIPS

If you haven't signed up for the winter ski trips yet, don't delay! Use the signup forms from the ski trip flyers you received in the October mailing or print off the form from our Web site: [www.nordicskiclub.org](http://www.nordicskiclub.org). To check on the status of a trip or to get more information, contact the trip leader or check the Ski Trip Status page on our Web site.

## PIKE LAKE HIKE

*Sunday, November 7*

Join members of the Nordic Ski Club and Bay View Bike Club for a hike at Pike Lake State Park on

Sunday, November 7. The rolling hills, panoramic views, and variety of trails make it a great place



for an autumn hike. We will hike for 2 to 3 hours and then head to nearby Hartford for an early dinner at the Mineshaft.

Meet at 12:45 p.m. to carpool from the Good Hope Road Park & Ride lot (southwest corner of the intersection of Good Hope Road and Hwy 45), or meet the group at 1:30 p.m. at the bath house parking lot on the east side of Pike Lake. A state park sticker or \$5 day pass is required for each car. Remember to bring water and snacks for energy during the hike. We'll hike, rain or shine. Call Clare Beachkofski at 414-228-0929 if you have questions.

# NORDIC SKI CLUB



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

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CONTACT US AT HOTLINE  
414 299-9639

www.nordicskiclub.org  
For membership information, call  
Mary Wozniak at 414-483-8443  
3865 S. Brust Ave.,  
Milwaukee 53207-4063

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#### Officers

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Phone: 262-794-0351

#### Change of Address

Please send changes to:  
Cathy Yekenevicz,  
2330 Chestnut St., #35  
West Bend, WI 53095

## LAPHAM PEAK TRAIL CLEARING

Saturday, November 6



On Saturday, November 6, The Nordic Ski Club will be working with the Friends of Lapham Peak on a trail clearing at Lapham Peak. We will start at 9:00 a.m. at the lowest parking lot (the first lot to the right after entering the park). Tools will be provided by the park rangers. You

may want to bring your own work gloves. After the clearing, at about noon, we will participate in a chili dump. You are welcome to bring chili, dessert, or soda to share. For more info call Chuck Utermohlen at 262-784-6631.  
**Address/Directions:** Go west on I-94 to Hwy C. At exit proceed south for one mile on Hwy C. The park entrance is on the left (east) side of Hwy C.

## DOOR COUNTY CAR POOL TRIP

February 4-6

Save a weekend to enjoy Door County's skiing and winter activities. Beautiful Peninsula State Park is the skiing destination. The park has 32 km. of beginner and intermediate level trails groomed for striding and 9.5 km for skating. Nearby Potawatomi State Park has 21 km of both skating and classic trails. On both Saturday and Sunday there are winter festival events in Fish Creek to enjoy. Accommodations are at Helm's Four Seasons Resort in Sister Bay, about a 3½ hour drive from Milwaukee. The resort has a swimming pool, whirlpool, and free continental breakfast. Each

room has a refrigerator and 3 p.m. Sunday checkout. An après-ski party at the resort on Saturday is also included. Contact trip leader Barb Johnson at 414-762-0741 for more information.

## ICE SKATING AT THE PETTIT CENTER

Wednesday, November 17

You can enjoy gliding around the same 400 meter oval on which our Olympic skaters train; and



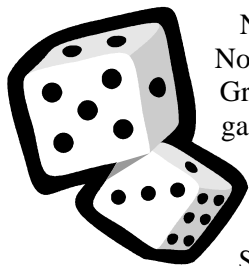
help get in shape for skiing. Join Dave Herrewig at the Pettit National Ice Center on Wednesday, November 17, for a fun evening of skating from 7:30 to 9:30 p.m. Bring your own skates, or rent them for \$2.50; admission is \$6.00. Meet in the downstairs changing area at 7:15 p.m., or on the ice. Call Dave at 414-358-0098 for any questions, or to let him know you're coming.  
**Address/Directions:** 500 S. 84<sup>th</sup> Street, West Allis, just south of the 84<sup>th</sup> Street Exit of I-94.

## YELLOWSTONE

The Yellowstone trip is full. There is one person on the waiting list right now. If you are thinking you might want to go, get your name on the waiting list. If a slot becomes available you will get a call and you can decide if you want to go or not. It will cost nothing, unless you decide to go when an opening becomes available. Just contact Dave at 414-353-5331 or downtowndrb@netzero.com if you have questions or you want to be added to the waiting list.

## A NIGHT IN NOVEMBER TO REMEMBER

*Saturday, November 20*



Nordic Games Night is Saturday, November 20, at 7:30 p.m. at Lois Gresl's Casa. Bring your favorite games and a snack to share. Call Lois at 414-543-8673 to R.S.V.P. See you all there!

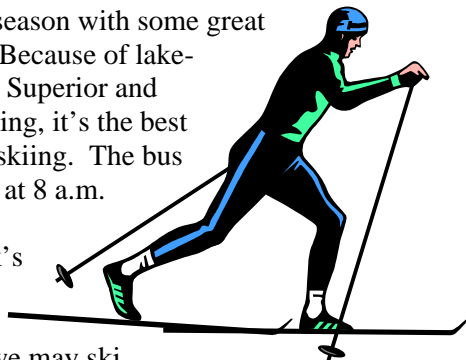
**Address/Directions:** 3769 S. 85th Street. Take 894 and from the East

Exit at S. 76<sup>th</sup> Street, go north(right) to Howard Ave, go west(left) to S. 85<sup>th</sup> St., go north(right) two blocks; from West Exit at S. 84<sup>th</sup> St., go north(left) to Howard Ave, go west(left) to S 85<sup>th</sup> St., go north(right) two blocks to house.

## ABR SKI TRIP

*December 10-12*

Start the winter ski season with some great skiing at ABR Trails. Because of lake-effect snow from Lake Superior and meticulous trail grooming, it's the best place for early season skiing. The bus leaves Friday morning at 8 a.m. and we'll stop to ski at Minocqua Winter Park's 75 km of trails. If there is no snow at Minocqua on Friday, we may ski at the Wolverine Trail system near Bessemer, MI, with nearly 20 km of trails. We plan to ski on Saturday and Sunday at the ABR Trails, which has 36 km of trails. This family owned trail system has lots of scenic loops that allow many different trail options. There is also a separate 5 km snowshoe trail. A warming building contains a wood burning stove, snacks for sale, and a newly expanded ski shop of skis and clothing. Another building has bathrooms, changing areas, and a ski waxing area. Hot pasty lunches or chili is usually available for our group. Accommodations are at the Comfort Inn in Ironwood, MI, with swimming pool, whirlpool, and free continental breakfast. Contact trip leader Greg Wyder at 414-962-8562 for more information.



## KEWEENAW PENINSULA SKI TRIP

*December 30 - January 2*

Celebrate the New Year in the Keweenaw Peninsula of Upper Michigan. This is a great skiing destination due to the plentiful lake-effect snow from Lake Superior and some great skiing areas. We will leave Thursday evening at 6 p.m. and ski Friday thru Sunday at three different areas in the Keweenaw Peninsula. Swedetown

has 30 km of trails groomed daily. Swedetown also has a beautiful chalet with a snack bar where you enjoy a cup of hot cocoa and a pasty. The Michigan Tech Trails consists of 20 km of trails. These trails are very wide, and the grooming is always excellent. The Maasto Hiihto trails are the most scenic of the three trail systems, with a beautiful creek ravine, woods, and meadows. It has 20 km of groomed trails, plus more than 10 km of non-groomed backcountry trails. Accommodations are at the Best Western King's Inn in downtown Houghton, MI, with swimming pool, whirlpool, sauna, and free continental breakfast. Contact trip leader Julie Amundson at 414-329-0470 for more information.

## CRANDON CAR POOL SKI TRIP

*January 21-23*

If you are on a tight budget, this is the trip for you! There is no fee charged for this trip. Food will be done on a potluck basis with everyone being responsible for his or her own beverages. We will be staying at a lake home located near Crandon in Northern Wisconsin on the outskirts of the Nicolet National Forest about a 3½ hour drive from Milwaukee. There is a limit of 15 people on this trip, so don't delay signing up! You will be in a room with one or more roommates. There are numerous skiing options in the area. Ed's Lake, about a 10 minute drive away, is a very nice national forest ski trail with over 9 km of trails, groomed for striding only. The Jack Lake ski trails north of Antigo, with an on-trail shelter, have 23 km of trails, groomed for striding only. Although, there is a narrow skating lane on some of the trails. The Moccasin Lake Road ski trails west of Elcho, with an on-trail shelter, have over 10 km of trails, groomed for striding and skating. The Gartzke Flowage ski trails east of Antigo have 9 km of trails, groomed for striding and skating. It has a nice heated on-trail shelter along the river. The Lakewood ski trails have 22 km of Pisten Bully groomed trails. The trails are wide and groomed for both striding and skating. There is a golf clubhouse at the trailhead that serves hot food and has a room to change clothes. Contact trip leader Mary Lucas at 414-486-1933 for more information.



### REMINDER

Please remember to fill out and return your membership renewal application with a check for dues as soon as possible. Our fiscal year started in October.

**LIFE MEMBERS: To maintain your status, we need you to send in an updated, signed renewal form each year.**

## MEET A BOARD MEMBER CORNER

This month we feature board member  
Katie Evans.



Katie moved to Wisconsin from Florida in July of 2003. She is an Advertising Manager for Diesel Progress, a magazine for engine-powered equipment manufacturers. Katie was looking forward to the

active life-style associated with Milwaukee. The variety of sports and the excellent bike trail system were pluses as were the festivals, theatre, and music. One week after moving to Wisconsin, she learned about the Nordics from [www.jsonline.com](http://www.jsonline.com). That evening, she joined Bob Bivens, Mary Lucas, Dave Brown, and several other club members for a bike ride on one of the regular weekly rides starting from Greenfield Park. She then joined other Nordics at the Labor Day Weekend camping event in Door County. Coming from Florida, cross-country skiing was a new experience, one she finally got to try in February. "It was great!" she said. "Chuck Utermohlen and Paul Erspamer were excellent coaches." She is pleased with the wide variety of social, environmental and sports events sponsored by the Nordics. Katie was elected to the board in March. She was interested in getting more involved with a multi-faceted group but wanted to wait a year or two before running for office. However, she could not say No after being exhaustively badgered by several members of the board and club members during her very FIRST ski trip. She says, "Being on the board is a wonderful opportunity to meet and play with lots of great people and I am enjoying it!"

## TELEMARK SKI TRIP

*February 11-13*

Enjoy over 100 km of beautiful trails including the Birkebeiner Race Trail, the North End Trails, and the Telemark Ski Resort. The Telemark trail system starts at the Lodge, so you can ski right out the door. On Saturday, skiers wishing to ski the 23 km Pre-Birkie race will be transported to Hayward. The bus will also take skiers to Cty OO for those who wish to ski 23 km of the Birkebeiner Trail back to Telemark. Other activities include a tubing hill, snowshoeing, and an ice skating pond. The bus leaves Friday morning at 8 a.m. and will stop to ski at Black River State Forest with 39 km of groomed trails. There are breathtaking views from several of the ridge trails. Accommodations are at 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. Contact trip leader Paul Eiche at 262-695-1315 for more information.

## VALLEY SPUR SKI TRIP

*March 4-6*



Don't delay! Join us for our popular season-ending ski trip to Valley Spur near Munising, MI, leaving Friday evening at 6 p.m. Valley Spur has 12 well-groomed trail loops containing a distance of almost 68 km. There are both skating and striding trails for all skiing

abilities. A quaint, heated log cabin with snacks for sale will warm you up on cold days. Even the pit toilet is heated! These trails are some of the most scenic to be found anywhere, and it is quite possible to find 3 feet of snow on the ground. Saturday is the fun "Taste and Glide" benefit event featuring food, (such as chocolate covered strawberries), at several stops along a beginner trail as well as in the cabin. Those who participate rave about the great food. This is an optional event that cost \$10/per person last year. Accommodations are at the Days Inn in Munising with sauna, whirlpool, and swimming pool. Contact trip leader Jane Stoltz at 414-486-0185 for more information.

## DOWNHILL BIKING AT WYALUSING STATE PARK

*By Bill Fenske*

How many people get to bike only downhill at Wyalusing State Park? Seems impossible doesn't it? Well three Nordics, Jim Aveni, Ruth Mills, and I coasted out of the park during the Labor Day weekend camping trip and into Bagley, WI. I won't mention her name, but one of the bikers had to stop because of dizziness and near heat exhaustion. (Alright, there was some uphill biking). We stopped at Grandpa's General Store in Bagley. It was like stepping into the 1950's, complete with small barrels of penny candy at just the right height for a kid. The owners of the store, Rick and Rita Patters, know all of the customers by name and kid with them as if they were family.

We cooled down with some ice cream and talked with Rick and Rita for a while. Rita suggested that "her old man" could take us back to the park. After some serious consideration, (about 10 seconds worth), we decided to take them up on it. We put our bikes in the back of Rick's pickup truck and Ruth and I rode up front with Rick while Jim sat on my recumbent in the back of the truck and waved to passersby as if he were a politician in a parade. I'd vote for him; he did a great job of organizing the camping weekend.

If you're ever in Bagley, be sure to stop in at Grandpa's General store. It's at 210 Bagley Avenue in beautiful downtown Bagley. Call me or send me an email if you'd like a map.

# MINOCQUA WINTER PARK SKI TRIP

January 28-30



Join us on the most popular ski trip of the winter season for some great skiing at Minocqua Winter Park. The first bus leaves Friday morning at 8 a.m. and will stop to ski at Nine Mile Forest ski trails near Wausau. If the first bus is full, sign up for the second bus that leaves Friday evening at 6 p.m. and/or

get on the waiting list for the first bus. We plan to ski Saturday and Sunday at Minocqua Winter Park that has 75 km of beautifully groomed trails for striding and skating, including both flat and hilly terrain for all skiing abilities. It has a ski lodge that serves hearty food (great homemade soups), and has an excellent ski shop where ski and snowshoe rentals are available.

Accommodations are at the New Concord Inn in Minocqua with swimming pool, whirlpool, and free continental breakfast. Contact trip leader John McCarthy at 414-527-2244 for more information.

## THE TROPHY RETURNS TO THE NORDICS



*Written by Dennis Bettin, Alan Larson, and Eric Lars*

Twelve years ago in the bottom of the sixth inning of the MMSC championship softball game, the Nordic softball team came from behind to tie the game. In the top of the seventh inning, the Nordics held their opponents, Sitzmark Red, to three and out. In the bottom of the seventh inning the first two batters flied out. With 2 outs, the center fielder, Alan Larson, came up to bat and with a swing of the bat drove a long deep drive, which got past the right fielder and resulted in a game winning home run.

Twelve years ago was the last time the Nordic softball team won the softball championship and drank beer from the MMSC traveling championship trophy. Over the next twelve years team members have come and gone, new friends have been made, and the Nordic softball team has played in another three championship games where the team came up short.

2004 was a very challenging season in which our opponents have become much more competitive. The faces of the teams have changed, yet friends still remain. The Nordic softball team under the leadership of Al

Larson has once again earned the bragging rights to be the league champion. With a winning record of 11 and 4, history repeats itself and the Nordics won the softball league championship over Sitzmark Red once again.

Over the 12 years, five people have played in all 5 Nordic softball team's championship games; the people are: Tim and Julie Hall, Al and Joyce Larson, and Dennis Bettin. Your new Nordic championship softball team consists of: Fred Carsky, Rob Carsky, Elizabeth Carsky, and Jennie Carsky, Tim and Julie Hall, Al and Joyce Larson, Dennis Bettin, Rachael Schlotke, Erin Ludorf, John Novotny, Julie Johnson, Jim and Marlene Burnham, and with help from Jeff, Nick, and Nate.

The saga will continue in 2005. The Trailrunners, Downhillers, and the Sitzmark teams have notified the Nordics that we are only borrowing the trophy for one year. Plan on joining us in 2005 as your Nordic team defends the trophy against the other MMSC softball teams.

Remember we are always open to players of all skill and age levels. Contact Alan Larson, team manager, at 262-783-6096 for further information. 2005 softball training will start in February in the Milwaukee Brewers training facility in Arizona.

## NORDIC NIGHT AT WHEEL & SPROCKET

*Thursday, December 9*

On Thursday, December 9, the Brookfield Wheel and Sprocket is holding their annual Nordic night from 6:00 – 8:00 p.m.

**Address/Directions:** 13925 W. Capitol Drive, Brookfield

## LAPHAM PEAK PRE-THANKSGIVING HIKE

*Sunday, November 21*

With Thanksgiving soon approaching, turkey and fixing's staring you in the face, how about a pre-Thanksgiving workout to offset those extra calories?

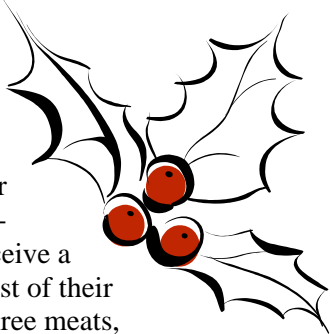
If so, join other Nordic Ski Club members on Sunday, November 21, at Lapham Peak. We'll meet at 10:30 a.m. by the windmill, located near the Homestead Hollow parking lot. We'll hike rain or shine, for about two hours. If you're really ambitious, bring your classic poles or walking poles for an extra workout. A longer distance is suggested if you plan on having a second dessert. Call Chris Pantazon at 414-852-4155 if you have any questions.

**Address/Directions:** Take I-94 west to Hwy C. At exit, proceed south for one mile. The park entrance is on the east side of Hwy C. Follow signs to Homestead Hollow parking lot (upper lot). A state park sticker is required.

# ANNUAL HOLIDAY PARTY

*Saturday, December 4*

Join your fellow Nordics for an evening of food and festivities on Saturday, December 4. The Copper Kitchen is a south side restaurant. Cost is \$15.00 for members and \$17.00 for non-members. New members receive a \$10.00 coupon toward the cost of their meal. The dinner includes three meats, salad, relish tray, fruit tray, pasta salad, jell-o, bread and butter and cheesecake. If you are a vegetarian, please indicate this on your reservation form. The management has offered to individualize some meals. The Banquet Room has a private entrance and private bar. A cash bar and socializing will begin at 6:00 p.m. and the buffet style dinner will be served at 7:00 p.m. There is ample parking across the street at the Tippecanoe Library. Please send your reservation along with a check made out to NSCM for the full cost of the dinner to Mary Lucas. Deadline for Reservations is: November 26, 2004.



As in years past, we will be collecting new, unwrapped toys to donate to Toys for Tots. Bring a toy, if you wish.

**Address/Directions:** 3935 South Howell Ave, Take I-94 and exit Howard Avenue. Turn Right on Howard and go 3 blocks. Turn right at the stoplight, which is Howell Ave. The restaurant is at, about 1/2 block north of Howard.

## SKI WAX CLINIC

*Saturday, November 13*



Get ready for the great winter ahead. The annual ski waxing clinic for club members will be held at the Brookfield Wheel & Sprocket on Saturday, November 13, from 11:00 a.m. to 2:30 p.m. Please bring no more than 2 pairs of skis per person by 1:30 p.m. Our instructors will show you how to wax your skis and assist you in the waxing process. If you just want to

observe, they will wax your skis and demonstrate how it's done. The clinic is open to Nordic members only. Remember, even "no-wax" skis need wax on the tips and tails for gliding ease. For more information call Bill Fenske at 414-460-7224.

**Address/Directions:** 13925 W. Capitol Drive, Brookfield

## THE NORDIC SKI CLUB

% Cathy Yekenevicz  
2330 Chestnut St. #35  
West Bend, WI 53095

*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**

## NOVEMBER

- 6 Lapham Peak Trail Clearing – Chuck Utermohlen **262-784-6631**
- 7 Pike Lake Hike – Clare Beachkofski **414-228-0929**
- 12 **Monthly Meeting – Yoga with Bryant Mascarenhas 414-761-9034**
- 13 Ski Waxing Clinic – Bill Fenske **414-460-7224**
- 17 Ice Skating at the Pittit Center – Dave Herrewig **414-358-0098**
- 20 Board Games Night – Lois Gresl **414-543-8673**
- 21 Lapham Peak Hike – Chris Pantazon **920-474-3203**

## DECEMBER

- 4 **Holiday Party – Mary Lucas 414-486-1933**
- 9 Nordic Night at Wheel & Sprocket – Bill Fenske **414-460-7224**
- 10-12 ABR Ski Trip – Greg Wyder **414-962-8562**
- 30-2 Keweenaw Peninsula Ski Trip – Julie Amundson **414-329-0470**

**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 on disk, via e-mail (Microsoft Word docs) or typed to newsletter designer.