



August 2021

Year-Round Recreation Since 1971

Vol. 50 Issue 8

In this Issue:

Thursday, August 5, 12, 26
Nixon Park Beer Garden

Saturday, August 7
Bugline Trail Ride from Merton

Sunday, August 8
Lulu Lake GSP Paddling Trip

Sunday, August 15
Four South Shore Parks and a Beer Garden!

Wednesday, August 18
Milwaukee River GSP Twilight Paddle

Saturday, August 22
Sheboygan River GSP Paddling Trip

Sunday, August 29, 10:00 am
Lowes Lake GSP Paddling Trip

Friday, September 3 - Monday, September 6
Lake Wissota State Park Camping Trip

Nordic Ski Club to Be Honored by Milwaukee County Historical Society

Survey on Covid-19 & Club Events

Oct. 15 Welcome Back, Trip Signup Meeting

Board Member Profile: David Rosenberg

NSCM Covid-19 Safety Policy for Motorcoach Ski Trips Meetings

Monthly Events

The Nordic Ski Club of Milwaukee (NSCM) continues to practice social distancing and the use of face masks, as recommended by the CDC and Wisconsin authorities. Know that your participation in any event is at your own risk. Before attending any NSCM outing or event, please check with the event leader. Use good judgment and continue to keep us all safe.

Nixon Park Beer Garden

Thursday, August 5, 12, 26, 7-9 pm

What Do Music, Fresh Air, and Camaraderie Have in Common?
 Answer: Live music at Hartland's Nixon Park on Thursdays from 7-9 pm!

Starting the end of May and continuing through mid-September, there will be live music playing at Nixon Park in Hartland. Every week there will be a different band. The music genre changes weekly. You can bring your own picnic or even a pizza! They do sell some food and drinks. So come on down, bring your lawn chair, possibly dancing shoes and join us. Look for us (pink flamingo) on the right side of the audience facing the stage. Questions, call Julie 262-468-8223. Please see the attached link to view further details: [Nixon Park Concerts](#)

Next Month,
 Look For:

**Lake Wissota State Park Camping Trip
 September 3 - 6**

**Southern Kettle Moraine Hike
 September 25**

**Chris' Slow Roll Bike Ride
 September 26**

Contact Us:

Bugline Trail Ride from Merton

Saturday, August 7, 9:30 am

We'll ride the trail from Fireman's Park, (Merton Community Park) to Menomonee County Park, arguably the prettiest part of the Bugline. It's a round trip of about 18 miles. For those interested, it can be lengthened as far as Menomonee Falls on the east or to North Lake in the town of Merton to the west. (Trail length from North Lake to Menomonee Falls is about 15.6 miles.) We'll stop for restrooms at Menomonee Park.

For those interested, we can stop for lunch in Sussex at Loca Latte after the ride.

Fireman's Park is on County VV and Ted Bies Blvd (N7261 Main Street, Merton 53056). From I-94, take Hwy 164 north to VV. Turn left (west) onto VV. Take VV west approximately 3.8 miles, where VV turns north (right turn) into the Village. Follow VV (Main St.) to Fireman's Park, which will be on the left in about ½ mile.

We will cancel the ride if there is rain. Call Bob and Kris Riedel at 262-549-1179 (home) or 262-366-6147 with questions.

Lulu Lake GSP Paddling Trip

Sunday, August 8, 10:00 am

Join the Glacier State Paddlers on Sunday, August 8 for an easy, social paddling trip. This trip will start and end at the Eagle Springs Pub on Eagle Spring Lake west of Mukwonago, so no car shuttling will be needed. The trip will begin at 10:00 am and will cross Eagle Spring Lake, traverse a marshy channel, and enter Lulu Lake. We will take a lunch break on a nice sandy beach, so please bring along a bag lunch and beverage and wear your swimming suit for a dip in the lake. After a nice break, we will return to our starting point where you can get refreshments at the pub. Eagle Spring Lake is on Cty E southeast of Eagle, WI. From I-43, take the Hwy 83 Mukwonago exit and follow it thru town a little over 1 mile to Cty LO. Turn left on LO and go about 5 mi to Cty E. Turn left and go a short distance to Eagle Springs Pub.

Call GSP trip leader Marge Brewer at 414-873-4565 to reserve a spot on the trip or for more information. Identify yourself as a Nordic Ski Club member.

Four South Shore Parks and a Beer Garden

Sunday, August 15, 9:30 am

What could be finer than a bicycle ride on the Oak Leaf Trail with cool Lake Michigan breezes, and a beer garden at the finish on a hot day in August? Read on...

Join fellow Nordics on the upper level of the South Shore Park Pavilion (bathrooms & water available) in Milwaukee's Bayview neighborhood on Sunday, August 15. Be ready to ride at 9:30. The approximate 30 mile route (can be shortened) is an "out and back" on a combination of Oak Leaf Trail and South Milwaukee/Oak Creek city streets. Cue sheets provided. After the ride, congregate for food, beverages, & conversation with fellow riders on the pavilion.

Ride leader: Jane Stoltz (414-378-1691, 1jnstoltz@gmail.com)

Email nordicskiclub.mke@gmail.com

For membership information, call Pat Doornek 414-906-0629

Nordic Officers

President

Carol Doebler

Vice Presidents

Renee Couture and Steven Fabina

Secretary

Paula Brookmire

Treasurer

Dave Herrewig

Board Members

Julie Amundson
Paula Brookmire
Renee Couture
Carol Doebler
Steven Fabina
Dorothy Riesing
Ellen Riley
David Rosenberg
Mary Wozniak

Program Committee Members:

Paul Keber, Chair
(262) 547-4827
Chris Pantazon
Barb Tremel
Cathy Ward
Becky Yakes
Joanne Ziarek

Public Relations Chair:

Paula Brookmire
(414) 527-0040

Clinics Chair:

Carol Doebler

Website Chair:

Katie Bivens
katiebivens@ymail.com

Historian:

Paula Brookmire
(414) 527-0040

Milwaukee River GSP Twilight Paddle

Wednesday, August 18, 6:00 pm

Enjoy a summer evening with a twilight paddle on the Milwaukee River. Join other Nordics and Glacier State Paddlers members Wednesday evening on August 18 starting at 6:00 pm and ending at dusk, so please bring a flashlight. We'll paddle the Milwaukee River through downtown Milwaukee. Launch site is the Kiwanis Boat Landing at 2135 N. Riverboat Rd - on river side of street with street parking. Come 15 minutes before the 6:00 launch to help get canoes and kayaks into the water.

Let GSP trip leader Debbie Luetzow know you are attending by calling or texting her at 414-333-0064. Identify yourself as a Nordic Ski Club member.

Sheboygan River GSP Paddling Trip

Saturday, August 22, 10:00 am

Join the Glacier State Paddlers canoeing on the Sheboygan River from St. Cloud to the start of the Sheboygan marsh. This will be a pleasant 5-mile trip that should take 2 to 3 hours. The trip starts at Riverside Park just south of St. Cloud on Main St (Cty G). Take Hwy 23 west from Hwy 57 or I-43 to Cty G and then north to Riverside Park. If coming from the west, take Hwy 45 to Hwy 67 and then straight on Cty G to Riverside Park.

We will meet at 10:00 am and shuttle vehicles from the start before beginning the trip. Please bring a beverage for the trip and gloves to protect your hands. Call GSP trip leader Lynn Pagenkop at 414-540-1161 to reserve a spot on the trip and to get additional trip details. Identify yourself as a Nordic Ski Club member.

Lowes Lake GSP Paddling Trip

Sunday, August 29, 10:00 am

Join the Glacier State Paddlers on Sunday, August 29 for an easy, social paddling trip. This trip will start and end on Hwy Q at the bridge over the Oconomowoc River just east of the town of Monches, so no car shuttling will be needed. The trip will begin at 10:00 am and will follow the Oconomowoc River for several miles until it reaches Lowes Lake, part of the Kettle Moraine State Forest. The trip is 6 miles round trip with a possible very easy portage. Bring a lunch to enjoy in your boat or take out at the small picnic area on the lake.

Contact Marge Brewer at 414-873-4565 to reserve a spot on the trip for the paddle and for more information. Identify yourself as a Nordic Ski Club member.

Lake Wissota State Park Camping Trip

Friday, September 3 - Monday, September 6

Join us for a 4-day camping trip over Labor Day weekend at Lake Wissota State Park near Chippewa Falls. It is about a 4-hour drive from Milwaukee. Our group site, number 2, has a large covered picnic shelter with electricity and vault toilets. We will have access to shower facilities and modern bathrooms in the family campground. The Park has hiking and mountain bike trails and a beach on Lake Wissota. Several nice paved biking trails are near the park including the Old Abe State Trail and Chippewa River State Trail (state trail pass is required). There are dining opportunities in Chippewa Falls and nearby Eau Claire. You may want to do a Leinenkugel's Brewery tour in Chippewa Falls. Campfires will be held nightly, but do not bring

Newsletter:

Send Articles to:

newsletter@nordicskiclub.org

Facebook Chair:

Ellen Riley

ellenriley612@gmail.com

Facebook Link:

<https://www.facebook.com/Nordic-Ski-Club-of-Milwaukee-NSCM-111282934088979/>

Membership Chair:

Pat Doornek

414-906-0629

New memberships or renewal forms may be mailed to:

Pat Doornek

3463 N. Newhall St.

Milwaukee, WI 53211

Contact Us:

Volunteers

The Nordic Ski Club runs on volunteers.

Please contact Renee

Couture at acoutrr@att.net if you are interested in learning more.

Club Membership

Membership Renewals due Oct. 1. Renew online. Then pay through PayPal or mail check to Pat Doornek.

Dues -

Individual \$25

Household \$35

Must be a current member to book ski trips at member rate.

Web Tips

Adjust your profile settings so that fellow Nordic Members can see your name, address and phone numbers. Select "Members Only" to

firewood from home. Our traditional group potluck dinner will take place on Saturday night, so bring your favorite dish to pass.

The trip cost for the entire weekend is \$16 (non-members \$18). Please make checks payable to NSCM and mail to Paul Keber; 2000 Cobblestone Ct; Waukesha, WI 53188. Also include your email address where I can send a trip letter shortly before the trip. Only 20 spots are available, so don't delay! A Wisconsin State Park admission sticker is required for your vehicle.

Contact Paul at 262-547-4827 or pkeber@milwpc.com for more information. Check out the following link for more park information: [Lake Wissota Wisconsin State Park System | Wisconsin DNR](#).

Nordic Ski Club to Be Honored by Milwaukee County Historical Society

Our club will be honored September 9 for its 50th anniversary and its contribution to cross-country skiing in Wisconsin. The Nordic Ski Club of Milwaukee was founded in 1971 and helped develop many of the cross-country ski trails in southern Wisconsin. Every year the Milwaukee County Historical Society has a celebration to honor Milwaukee-area organizations that are marking key anniversaries. NSCM will be among other groups honored at the 2021 evening banquet at the Pfister hotel in downtown Milwaukee. Several NSMC current and past presidents will attend. If you're also interested in attending, contact Paula Brookmire by August 10 at pbrookmire@gmail.com. The cost is \$85 per person, and the event starts with a reception at 5:30 and dinner and program at 7 pm.

Survey on Covid-19 & Club Events

You should have received an email with a survey asking about Covid-19 and Nordic Ski Club of Milwaukee events and bus trips this winter. We hope you'll answer this brief survey so we can get an idea how to plan. We have bus cross-country ski trips planned for this winter but want to know if you feel it's safe to go on the trips. We have an Oct. 15 fall meeting planned and are hoping to have a 50th anniversary banquet in December. So please help us make decisions by taking this survey. It should take only a minute or two.

Oct. 15 Welcome Back, Trip Signup Meeting

During the Mirror Lake Area Rivers GSP Paddling Trip Memorial Day weekend 2021, trip leader David and the group stop for lunch on the Wisconsin River.

Let's eat pizza together and get ready to ski again. Plan ahead to attend the Nordic Ski Club of Milwaukee's Oct. 15 meeting at the Elks Club in Waukesha. Not only will we have free pizza and time to sign up for XC ski trips, but there'll be a program on surprising news at Lapham Peak State Park. This meeting will be a welcome back to club members after 1 1/2 years of Covid-19 social distancing. There are no September or November meetings, but we are planning a December 50th anniversary banquet. Look for more details in our fall newsletters.

protect the information from the general public. That is the default for new members. Go to www.nordicskiclub.org and login to your profile. The login is in the upper right-hand corner. From there, the Member Tab will appear on the menu. Full instructions are located on that page in a PDF file.

Add Photos To The Nordic Website

As a member of the Nordics, you may upload photos to your personal photo album or to the public albums. Simply log-in so all member privileges are available. Then the upload and edit buttons are visible for you to add to the fun. Need help? katiebivens@ymail.com

If you are interested in leading a Nordic Event, or have a great idea for a member event, please contact a member of the Program Committee or Paul Keber, pkeber@milwpc.com



During the Mirror Lake Area Rivers GSP Paddling Trip Memorial Day weekend 2021, trip leader David and the group stop for lunch on the Wisconsin River.

Board Member Profile: David Rosenberg

By Sally Heuer

David Rosenberg remembers his first time on cross-country skis. His twin brother Geoffrey was Resident Artist at Olympia Resort in Oconomowoc in 1976. Olympia had a ski rental concession, so Geoffrey invited David to join him on rented skis to ski on the nearby golf course. These were classic wooden skis.

His first encounter with the Nordic Ski Club was in 1998. “I was invited to join a ski trip by my wife Sandy Byrne’s sister, Cindy Byrne Fowler, and brother-in-law Dave Fowler. They were active in the club at one time.” His favorite bus trips have been to Minocqua’s Winter Park and Telemark, back when it was open – along with the Taste and Glide event at Valley Spur in Munising.

A snowshoe hike up Hogback Mountain, at Marquette’s Noque (Noquemanon) trails, is one of his favorite winter memories. “It was 10 below zero. I actually dressed too warm because we generated so much heat breaking trail in snow two to three-feet deep,” he says. “It was really beautiful and fully worth it.”

Professionally, David says, “I have been an orderly, medical assistant, medical student and I practiced pediatrics for 45 years.” His degree is in Osteopathic Medicine. In 1974, he was the first osteopathic resident in the program at the Medical College of Wisconsin, as well as one of the first osteopathic pediatricians in Wisconsin. He describes osteopathic medicine as “integrative medicine, which uses modalities such as body manipulation.” He performed craniosacral therapy, a type of gentle, low-pressure manipulation, on babies. This practice helped newborns breastfeed more successfully. Osteopathic medicine stresses the health of the whole person, integrating diet, meditation and exercise.

David is also a Reiki Master. (Pronounced RAY-kee, he describes it as an energy healing and energy balancing practice.) His interest in other healing arts include practicing Transcendental Meditation for the past 50 years, and daily Yoga.

Paddling is a favorite activity of David’s. Since his retirement in 2019, he has led many trips, both with the Nordics and with Glacier State Paddlers (GSP). “The sport is called paddling because it encompasses kayaking, canoeing and stand-up paddle boarding,” David says. The oldest paddler he knows is Bill Ross, who remains an active paddler in his 90s.

After paddling trips, David enjoys skiing, hiking and biking opportunities. David rides a recumbent bike, which he has been doing for the past 24 years. “A normal bike puts a lot of pressure on the rider’s hands and arms,” he says. “The position can be hard on the bike rider’s neck, also.” He says that recumbent bike riding is a great exercise, and uses more leg and stomach muscles, especially uphill. Being lower to the ground, there is less wind resistance so

he can glide faster downhill. He says that with the recumbent bike, he never feels sore after riding 20 to 30 miles – which he does about twice a week between May and October. He is a member of the Bay View Bicycle Club.

David has been a NSCM board member for 2.5 years. He was a co-leader (with Stan Rosenstiel) on the March 2020 Valley Spur/Munising trip.

David enjoys long dog walks with Lakota, a Golden Native American Indian Dog. “She is a proprietary northern breed, so she loves winter,” he says. During the winter, Lakota enjoys skijoring with both Sandy and David.

David says he would encourage people to join NSCM because “It’s an opportunity to get out and do things you wouldn’t normally do.” He enjoys the year-round scheduled activities the Nordics provide.



David's wife, Sandy Byrne, and dog Lakota skijoring at Justin Trails Resort near Sparta in February, 2019.

NSCM Covid-19 Safety Policy for Motorcoach Ski Trips & Club Meetings

The NSCM board passed this policy July 15, 2021. Why does NSCM need a policy?

The Nordic Ski Club of Milwaukee motorcoach cross-country ski trips were cancelled for 2020-2021 due to the Covid-19 pandemic. NSCM's trips have been scheduled for the 2021-2022 ski season. About 50% of Wisconsinites were vaccinated by July 2021, and more than 80% in the over-65 age group (where many NSCM members fall). Also, the club is starting to hold in-person meetings again. For member safety and for insurance liability reasons, the club needs a policy on Covid-19 precautions for bus trips and events. The following NSCM policy, approved by the board as of July 2021, **may change** based on U.S. Centers for Disease Control (CDC) recommendations.

Vaccinations: NSCM does not require Covid-19 vaccinations. If a club member who is NOT vaccinated wants to go on one of our bus trips or to a club meeting indoors, we strongly recommend that the unvaccinated member wear a mask on the bus (see masks policy) and in social gatherings and meetings. As of June 2021, the CDC has said that masks are not needed for outdoor meetings or gatherings if people are vaccinated. Social distancing is still recommended for the unvaccinated.

Roommates on NSCM cross-country ski bus trips: NSCM does require that anyone rooming with an unvaccinated bus-trip participant agree beforehand to room with that person, with the

knowledge that the person is unvaccinated.

Masks: NSCM will follow current CDC and federal rules regarding masks on mass transit (planes, trains, buses) at the time of each bus trip. As of June 2021 masks were required on mass transit; that may change by December 2021. NSCM also will follow our bus-company (Lamers) regulations. If any trip participants are unvaccinated, NSCM strongly suggests that they -- for their own safety -- wear a mask on the bus and in social gatherings. In venues we rent for NSCM meetings, mask policy may vary by county or city or venue. We will follow the appropriate policy of the venue we are meeting in.

Illness: THIS IS AN NSCM REQUIREMENT--If a bus-trip participant becomes ill in the days before a ski trip or ON THE MORNING OF A SKI TRIP, that participant MUST cancel and let the trip leader know immediately that he/she is canceling out of the trip. Since it's hard to know if a runny nose, cough, headache or fever are symptoms of Covid, a cold, flu or other contagious illness, the participant MUST cancel. For questions, the trip participant can consult with a trip leader. With each-trip's directions, NSCM will include a discussion of what "ill" means and how to make the decision to cancel.

Cancellation fee: Only \$30 for the 2021-2022 ski-trip season: A few years ago NSCM eased its cancellation policy so that a ski-trip participant would not lose more than \$60 (and possibly less depending on room refunds). Temporarily, NSCM will reduce the fee to up to \$30 for anyone who cancels because he or she falls ill before a trip.

Bus restrooms: NSCM will provide chlorine-based wipes in each bus restroom plus a disposal bag for extra sanitation during the Covid-19 pandemic.

Bus seats: We recommend that trip participants wipe down their own seats with chlorine wipes at the start of the trip.

Hotel rooms: We recommend that trip participants bring their own chlorine wipes to clean surfaces, doorknobs, TV remote controls, bathroom knobs, etc. in their hotel rooms on ski trips.

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