

SOARING WITH SAS

Sports for Active Seniors

**You don't stop playing when you get old,
You get old when you stop playing!**

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Volume 27 Issue 8

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AUGUST 2022

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BOARD OF DIRECTORS for 2022

| | | |
|------------------|--------------------|--------------|
| President: | Bob Brooks | 244-5582 |
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| Programs: | Larry Neuman | 271-8657 |
| Publicity: | | |

SAS PICNIC - Thursday August 18,2022

Please bring a guest and join us for the Annual Summer Picnic on Thursday August 18th. This year's event will be held at Lake Farm Park, Shelter # 2. Time: 11:00 am - 4:00 pm, with potluck at 11:45 am. SAS will provide condiments, plates/cups/silverware, coffee/lemonade/ water. Please bring a dish to pass.

We have an alcohol permit so that members and guests can bring beer, wine and other alcohol beverages if they would like.

There will be a bike ride from Shelter # 2 at 10 am on part of the Capital City Bike Trail and across the bridge to McFarland led by Karl Hille bikerspirit@gmail.com.

Sarah Rankin rankinsarajane@gmail.com will lead a **shorter** and **slower** ride at 10:15 am from Shelter #2

Please RSVP by Monday August 15th, to help us with our food count. Bob Brooks [\(608\)244-5582](tel:6082445582), or bandalaro@chartermi.net

Representatives of the **Capital Area Pickleball**

Association will provide information and brief pickleball demonstration at around 12:30 pm.

We are again inviting Skilaufers to join us.

Directions: The address of the park is 4330 Libby Rd. Follow US-12 W/US-18 W to W Broadway in Monona. Take exit 264 near the Walmart on the edge of Monona from US-12 W/US-18 W. At the traffic circle take the 2nd exit and stay on South Towne Dr., continue onto Raywood Rd., turn left on Moorland Rd, continue on to Lake Farm Rd., turn left on to Libby Rd to your destination on the left.

IN MEMORIAM

Paul Beckett

Sept 19, 1938– June 25, 2022
B,CN,SS,W,XC

REINSTATED

Steeves, Elyane
6958 Applewood Drive
Madison WI 53719
H: 608-833-5586 *T*
elyane.steeves@gmail.com

MEMBERSHIP

People over the age of 55 who are interested in actively participating in sports are invited to join us. Questions? Call Sarah at 575-9685 PLEASE NOTE OUR NEW P.O. BOX # 8742 and ZIP CODE 53708 when renewing your membership.

Membership
for 2022
92

TENNIS

Due to the reconstruction of the courts at Rennebohm Park, **Rotation Tennis** has **moved** to Bordner Park.. It is located off of Rosa Road at 5610 Elder Place. We play Monday, Wednesday and Friday at 9:00am. Please bring a new or slightly used can of tennis balls along with your racquet when you come to the park. No sign up is required and everyone is welcome. For more information or questions call Burt or Karen Scheele at (608) 238-4430 or contact by email at bkscheele@att.net

Set Tennis is played at 9am at Elver Park. We play on Tuesdays & Thursdays.

Anyone interested in playing should contact Lois Langenfeld (llangenfeld@aol.com) by 4pm on the previous Sunday afternoons.

An email will be sent out on Mondays indicating who will be playing. Please bring a new or slightly used can of tennis balls.

For more information or questions, please contact Lois loislangenfeld@att.net — 608-233-2612

NEW MEMBERS

Crouch, Susan

4485 Beale St.
Madison WI 53711
H: 608-576-8598
C: 608-576-8598
B,CP,F,H/W,XC PB
suecrouch1@yahoo.com

Kisslinger, Jack

6958 Apprentice Pl
Middleton WI 53562
H: 608-841-1718 *CP, H/W, T
C: 608-469-4218
jack@versci.com

Bob Lapacek

W7828 Teeter Rd
Poynette WI 53955
H: 608-712-9795
C: 608-712-9795
spudhardy@yahoo.com *T*

Gjerde, Richard

4485 Beale St.
Madison WI 53711
C: 608-221-9750
B,CP,H/W,G
dickjerde@yahoo.com

Peg Volkman

6958 Apprentice Place
Middleton WI 53562
H: 608-841-1718
C: 608-347-9718 *CP,H/W,T*PB
mavolkma@wisc.edu

BIKING

Monday July 25th. Meet at the Warner Park Shelter, (the multi-colored shelter at N. Sherman Ave. & Northport Drive) at 4:00 PM on Monday July 25 th. We will ride the Northside of Madison, going through Maple Bluff, Governor's Mansion, Tenny Park boat locks, and over towards the Goodman Center, and returning to Warner Park. Approximate distance 10 miles. The ride will be on city streets and bike trails.

Following the bike ride, there is a free concert at the Warner Park Shelter. The concert starts at 6:00 PM. The band that is playing is called Lady's Must Swing. There will be a food cart available to buy refreshments. Please bring your bike lock, chair or blanket, and bug spray. Thanks Bob Brooks (608) 658 -2016 bandalaro@chartermi.net

Thursday August 18: Long & Short rides. Before the SAS picnic, there will be a ride from Shelter # 2 at 10 am on part of the Capital City Bike Trail and across the bridge to McFarland led by Karl Hille bikerspirit@gmail.com.

Sarah Rankin rankinsarajane@gmail.com will lead a **shorter** and **slower** ride at 10:15 am from Shelter #2 .

Sunday August 21-Friday August 26 Minoqua, Boulder Junction area. There will be numerous trail rides in conjunction with the Camping group.

Watch for and/or plan an impromptu bike ride soon. Bob Brooks: bandalaro@chartermi.net can send it out to the bikers or Yvonne : yvonesor@gmail.com can send it to the general membership.

CAMPING

SAS has reservations for a great double site for camping at Firefly Lake near Woodruff and Boulder Junction. Joint activities with Cottage Dwellers will include biking, hiking, swimming, boating etc. Questions ? bettyjean312@gmail.com or 651-231-6879

GOLF

Golf on Fridays for women and men. Tee time in most cases will be mid morning. We play at a different course each week. Notice of course and time will come on Mondays. You let me know if you're playing on Wednesday. We generally have lunch after. If interested contact **Vernon Flesch** by email or Text vflesch@gmail.com 608-873-5906

Wednesdays at Nine Springs at 9:00 am. For Information call **Ann White** at 608-271-2950

SUMMER/FALL ACTIVITIES:

> *You Don't Stop Playing When You Get Old, You Get Old When You Stop Playing!!*

> Anyone interested in having someone accompanying them on any SAS activity, either impromptu or on a set future date to be posted in the newsletter can let Yvonne know and she'll send out an email to the members, (activity, place, date, time, parking, etc..). Her email is yvonesor@gmail.com. An individual member can organize a sport event without having to be an assigned Activity Leader.

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Jim Holzel has decided to " pass the baton" to anyone that would like to lead kayaking and canoeing. We thank Jim for all of his work and his leadership. Please let me know if you could take this over. Bob Brooks (608) 658-2016 bandalaro@chartermi.net

Lauris and John would like someone to help, in the near future, to fill in their role of organizing Ice Age Trail Hiking. Please contact Lauris at lauris_wagner@yahoo.com if you can help.

MEMBERSHIP

Our SAS membership, this year, is growing rapidly but we need a **lot** more help with leadership positions. Please consider planning a hike, canoe, biking or other adventure of your liking for yourself and several others soon. Just contact me : yvonesor@gmail.com to publicize it.

CAMPING REGISTRATION

SUNDAY AUGUST 21– FRIDAY AUGUST 26, 2022

To reserve a space, send a \$20 (non-refundable deposit) check with your name, address, phone number, and e-mail address to Betty Jean Grafton: 7 Sugar Maple Trail, Madison Wi. 53717. Questions: 651-231-6879 or bettyjeank312@gmail.com

Name _____ Phone _____

Address _____ City _____ State _____ Zip Code _____

E-mail Address _____

A \$20 non-refundable deposit is required to reserve your space. Any remaining expenses will be determined while camping. Please mail registration and deposit to : Betty Jean Grafton, 7 Sugar Maple Trail, Madison, Wi. 53717

Sports for Active Seniors (SAS) MEMBERSHIP APPLICATION 2022

The SAS Release of Liability clause requires us to have a separate Membership Application for each member. Couples may send one check to cover both memberships @\$20 each, but must send individual Membership Applications.

Please complete this application and return with check made out to SAS for \$20.00 per membership.

Mail to: SAS, P.O. Box 8742, Madison, WI 53708

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

E-MAIL ADDRESS _____

Retired Semi-Retired Working New Member Renewing Member

Optional Donation _____ How did you hear about Sports for Active Seniors? _____

INTERESTS

Biking Bowling Camping Canoeing Dancing Golf
 Hiking/Walking Skiing X-C Snow Shoeing Tennis

Other sport interests _____

Please check ways you'd be willing to help with SAS activities: Membership Hospitality Programs
 Newsletter Computer Literacy Activity Leadership Finance Archives Publicity

RELEASE OF LIABILITY/INDEMNITY

(Application will not be accepted without signing this release.)

I understand that participation in the activities of this organization may put me at risk of injury or loss. I hereby assume such risk, and I release, indemnify, and hold harmless the organization, its officers, its activity leaders, and my fellow participants from all liability for any injuries, damages, claims, or allegation of misadventure or negligence. I agree to indemnify and hold those identified above harmless and pay for all costs, attorney fees and other monetary awards incurred or determined in any lawsuit or claim related to the organization and myself.

Signature _____ Date _____

PICKLE BALL

(Due to the recent Covid 19 surge, please check with the facilities below to see if they have temporarily paused their operation.)

We do NOT have a leader for Pickle Ball but will once again publish a list of the facilities that have begun to offer it again since the pandemic restrictions have been lifted. Please let me know of any additional facilities so that I can list them for our members. yvonesor@gmail.com

HITTERS: 833-4488 (Please call as times are currently variable)

PRAIRIE ATHLETIC CLUB: 837-4646 (Please call)

SALVATION ARMY 256-2321 (Please call)

TURNERS: 222-4922 (Please call)

WAUNAKEE VILLAGE CENTER: 850-5992 Monday 9:30am - noon

Wednesday 9am - noon

Friday 9am - noon

Saturday 9am—11 am

YMCA (east) :221-1571 Tuesdays and Fridays 1pm-3pm

They also have an outdoor facility which is available during their regular hours.

YMCA (northeast - Sun Prairie): 857-8221 Mondays and Thursdays 1pm - 3pm

YMCA (west) :276-6606 Tuesdays and Thursdays Noon - 2pm (\$5 for non-members)

PAPER COPIES OF NEWSLETTER

If you have problems printing out the newsletter or would like a paper copy sent to you for any reason, please contact Yvonne at 221-3926 or yvonesor@gmail.com to be put on the paper copy mail list. You will still receive the email copy and other alerts by email if we have your email address.

SAS WEBSITE

The website has been updated. One of the new features is having an updated Newsletter under the "Newsletter tab". This will allow future members, and those that deleted their newsletter, to find information more quickly. If you have any suggestions for the website or the newsletter contact

Bob bandalaro@chartermi.net

The website is sportsforactiveseniors.org

NEWSLETTER ITEMS

Please send all items, pictures, and address changes for the SAS newsletter by the 15th of the previous month to Yvonne Sorge, 5310 Painted Post Dr., Madison, WI 53716, or call 221-3926, or, send an e-mail to yvonesor@gmail.com Please also notify me if you have not received your newsletter by the 22nd of the previous month.

EMAIL NOTIFICATIONS

Please watch for emails announcing resuming activities. If you are a SAS activity leader and would like to publicize an activity which will resume, please let me know and I can easily send an email notification to the general membership between newsletters. yvonesor@gmail.com or 221-3926.

PRINTER PROBLEMS ?

If you have problems printing the 2022 SAS membership application, please let me know at yvonesor@gmail.com or 221-3926 and I will send you a paper copy by snail mail.