

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 9

SEPTEMBER 2022

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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 will be played at 9am at Elver Park.in September. We play on Tuesdays & Thursdays. Anyone interested in playing should contact Lois Langenfeld (lilangenfel@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

ANOTHER PICNIC !!!

**SAS come join US—Labor Day Picnic
Monday September 5 2- 6 PM
Goodland Park**

Shelter #1 2862 Waubesa Avenue, Madison

Join us for an afternoon of food, friends and FUN to end the summer! Adult guests are welcome. The Labor Day Picnic is a great opportunity to introduce newcomers to Skilaufers We'll have lots of food! The club will provide plates, napkins, utensils, and charcoal for the grill. Bring your own beverages, a dish to pass, meat to grill (optional), and picnic games to enjoy

Goodland County Park is located on Lake Waubesa south of Madison.

Directions: US Highway 14 south to first exit, turn left on McCoy Road to County MM, turn right going south to Goodland Park Rd. Turn left and follow Goodland Park Rd. to the park.

VOLUNTEERS NEEDED: *IRONMAN WISCONSIN*

Two Races: Sept. 10 & 11

Sign Up Now to be a finish-line CATCHER!

*You will greet each athlete at the very moment they accomplish their goal!

*You'll accompany them to get their finisher medal, hat, T-shirt, finishers photo

*You'll assist them getting food and water, or medical assistance

SIGN UP LINK:

www.ironman.volunteerlocal.com/volunteer/?id=61147

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.

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.

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

BIKING

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

SAS bike ride *in honor of our biking friend Paul (Skip) Beckett*. This is a previous ride that Skip and Kathie lead in early May.

Thursday, September 8th, we'll meet at parking lot, Lussier Family Heritage Center off Lake Farm Road, 11 a.m.

Ride north on Capital City bike path past Olin Park. (Those wanting a shorter ride can pick up the ride at Olin boat launch parking at 11:25 a.m.)

Take Capital City Bike Path east to Garver Feed Mill.

Break there for lunch/ snack. Return via streets past Orton Park. Back at cars at 2 p.m.

About 15 miles (longer ride); 10 miles (shorter ride). Mainly easy terrain.

Contact: Bob Brooks (608) 658-2016, bandalaro@chartermi.net

Wednesday September 14th Cannonball Trail

Meet at 10:30 AM at the parking lot that is shared between Culvers and Steinhafels (2164 W Beltline Hwy,) on the frontage road by Fish Hatchery Road and the Beltline.

We will ride the Cannonball Trail which will turn into the Military Ridge Trail. We will ride this to the downtown Verona Trail Head.

The surface will be blacktop except for about the last mile which will be the regular trail surface. The ride will be about 16 miles long, round trip.

Please bring a water bottle and bike lock.

We will post later where we can have lunch.

Thanks, Bob Brooks 608-658-2016

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.

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)

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.

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

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.

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 _____

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.

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.