

# 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 28 Issue 11**

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**NOVEMBER 2023**

## BOARD OF DIRECTORS for 2023

|                  |                    |              |
|------------------|--------------------|--------------|
| President:       | Bob Brooks         | 608-658-2016 |
| Vice President : | Betty Jean Grafton | 651-231-6879 |
| Secretary:       | OPEN POSITION      |              |
| Treasurer        | Mary Juckem        | 608-358-0608 |
| Archives:        | OPEN POSITION      |              |
| Hospitality:     | Vernon Flesch      | 608-873-5906 |
| Membership:      | Mary Price         | 608-513-5724 |
| Publications:    | Yvonne Sorge       | 608-221-3926 |
| Programs:        | Larry Neuman       | 608-271-8657 |

## MEMBERSHIP

People over the age of 55 who are interested in actively participating in sports are invited to join us. Questions? Call Mary at 608-513-5724

|                                     |
|-------------------------------------|
| Membership<br>for 2023<br><b>94</b> |
|-------------------------------------|

## SAS ANNUAL MEETING

The SAS annual meeting and **Pot luck** lunch will be held on Thursday November 16 at 12 pm noon at Our Saviour's Lutheran Church at 1201 Droster Road. Paper plates, utensils, napkins, coffee and lemonade will be provided. Please bring a dish to pass.

Set up will be at 11am. We will eat at 12:00 pm. Guests are welcome.

You may renew dues for next year (still only \$20 for 2024) at the meeting.

**DIRECTIONS:** Cottage Grove Road to Thompson Drive (just before bridge over I-90) Turn right and right again at the next street (Droster). Church is on the left further down that block.

**DIRECTIONS:** From Stoughton Road and Buckeye Rd (Dean Clinic East is at that intersection), go East on Buckeye to Droster Road and turn left. ((Droster Rd. is 2 blocks **before** the bridge over I-90).Go past Droster park on the right. The church is on the same side of the

### **BOB BROOKS to retire**

2024 will be the last year that Bob Brooks plans to hold the position of SAS president. He has led SAS since 2010 – the longest SAS president in the 33 year history of SAS. We need a new volunteer to work with him for the next year who can take over this position in the future.

## SAS WEBSITE

The SAS website contains information about our interest groups, as well as the current and past SAS newsletters. Members can also find the **Member Directory** online here: <https://sportsforactiveseniors.org/members-portal/> Use the password which was emailed to members to log in for the directory. Contact any board member if you misplace that password. If you have any suggestions or feedback about the website, please email [debsimon.tango@gmail.com](mailto:debsimon.tango@gmail.com)

**INVITATION to join SAS BOARD OF DIRECTORS**  
New ideas and enthusiasm are needed to help SAS progress in the future. Please speak to any member of the SAS Board for more information.

### **THANK YOU GEORGINE HINZ**

for 11 years of help on the Board of Directors since 2012 in the position of Secretary and for seven years of leading bowling.

**BOWLING** now needs a new leader.

**BILL HAUDA** is planning to lead **SNOWSHOEING** this Winter.

Other **SAS** Winter activities **COULD** include:  
**ICE SKATING**  
**CROSS-COUNTRY** and **DOWNHILL SKIING**,  
**MALL WALKING**  
**INDOOR TENNIS**

Would **YOU** love to do those activities or another? **PLEASE** volunteer to lead one of them!  
Contact [yvonesor@gmail.com](mailto:yvonesor@gmail.com) if you can lead any of the above

## BIKING

**Watch for and/or plan an impromptu bike ride.**

send your rides to Bob

Brooks: [bandalaro@chartermi.net](mailto:bandalaro@chartermi.net) . OR

Yvonne: [yvonesor@gmail.com](mailto:yvonesor@gmail.com) can send it to the general membership.



Vince, Mary, Bob, Mary. Yvonne, Deb, Dick, Carol, Jesse  
Photo by John Heinrichs on bridge between Lake Farm

## TENNIS

**SAS ROTATION TENNIS** ends at the end of October.

The last day of Rotation Tennis is Monday, Oct.30th,

**SET TENNIS** will continue (weather permitting) at **Elver Park** on Tuesdays and Thursdays at 8:30 am. Please contact Lois Langenfeld at [llangenfel@aol.com](mailto:llangenfel@aol.com) (Don Spencer at [donspencer43@gmail.com](mailto:donspencer43@gmail.com) - while Lois is gone) by Sunday 4 pm if interested in playing the following week.

Bring a can of new or gently used tennis balls.

Lois Langenfeld: 608-217-1787

## NEWSLETTER ITEMS

### **Extended deadline!!**

The deadline for items, pictures, and address changes for the SAS newsletter has been **permanently changed** to the **20th** of the month.

Please submit them to Yvonne Sorge, 5310 Painted Post Dr., Madison, WI 53716, or call 608-221-3926, or, send an e-mail to [yvonesor@gmail.com](mailto:yvonesor@gmail.com)

Please also notify me if you have not received your newsletter by the 28th of the previous month.

## HIKING/WALKING

**Hike Around Devil's Lake State Park  
Friday, November 24 at 10 am**

This is an opt-outside hike for the day after Thanksgiving. We will start at the South Shore Parking lot at Devils Lake State Park. We will hike up the Balanced Rock Trail, then on the East Bluff Trail to the North Shore, and then back on the Tumbled Rocks Trail. The Balanced Rock Trail is challenging and consists of a steep uphill of about 20 minutes. We will go slow, but you must be able to hike uphill on big rock stairs. The rest of the hike is flat or moderate. Total miles is about 4.5. Wear good footwear and bring water and snacks. Plan to arrive early to find us on the South Shore. Don't go to the North Shore. There may be a few other folks on this hike from another group that I lead with. [Directions](#). Let's go out to eat afterwards at the Tumbled Rock Brewery and Kitchen in Baraboo if you like. RSVP to Diane Schwartz at 608-358-8314 or [getkidsoutside@gmail.com](mailto:getkidsoutside@gmail.com). There is spotty cell coverage at the park so I may not get your text or calls once I'm at the park.



Nine hikers enjoyed a pleasant Sunday Fall afternoon hike at William G. Lunney Lake Farm Park on October 22 from 2-4 pm.

Photo by Diane Schwartz.

## GOLF

### **NINE SPRINGS GOLF**

Season is over for Nine Springs golf. See you next spring. Ann

**Thursday morning** golf at various courses has ended until Spring.

# SPORTS for ACTIVE SENIORS (SAS)

## 2024 Membership Application

The SAS Release of Liability clause requires us to have a separate Membership Application form for each member. Couples may send one check to cover both memberships at \$20 each. Please complete this application and return with a check made out to SAS for \$20 per member.

**Mail to: SAS, PO Box 8742, Madison, WI 53708**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

Retired     Semi-Retired     Working     New Member     Renewing Member

Optional Donation \_\_\_\_\_ How did you hear about SAS? \_\_\_\_\_

### INTERESTS

Biking     Bowling     Camping     Canoeing/Kayaking     Dancing     Golf  
 Hiking/Walking     Skiing XC     Snow Shoeing     Tennis  
 Other \_\_\_\_\_

Please check ways you'd be willing to help with SAS:  BOARD MEMBER     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 \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

I permit my name, address, phone number(s) and email address to appear in the SAS directory.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## **PICKLEBALL**

*Please check with the facilities below to see if they have temporarily paused their operation.)*

We do NOT have a leader for Pickleball 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](mailto:yvonesor@gmail.com)

HITTERS: 608-833-4488 (Please call as times are currently variable)

PRAIRIE ATHLETIC CLUB: 608-837-4646 (Please call)

SALVATION ARMY 608-256-2321 (Please call)

TURNERS:608-222-4922 (Please call)

WAUNAKEE VILLAGE CENTER: 608-850-5992 Monday 9:30am - noon

Wednesday 9am - noon

Friday 9am - noon

Saturday 9am -11 am

YMCA (east) 608-221-1571 Tues: 12 pm-3pm; Thurs: 11 am–2 pm; Fri:1 pm-3pm

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

YMCA (northeast - Sun Prairie): 608-857-8221 Mondays and Thursdays 1pm - 3pm

YMCA (west) : 608-276-6606 Tuesdays and Thursdays Noon - 2pm (\$5 for non-members)

## **PAPER COPIES**

If you have problems printing out the newsletter or would like a paper copy sent to you for any reason, please contact Yvonne at 608-221-3926 or [yvonesor@gmail.com](mailto: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.