

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 29 Issue 2

FEBRUARY 2024

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President:	Bob Brooks	608-658-2016
Vice President :	Betty Jean Grafton	651-231-6879
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Membership:	Mary Price	608-513-5724
Publications:	Yvonne Sorge	608-221-3926
Programs:	Larry Neuman	608-271-8657

2024 DUES DUE

It's time to renew membership for 2024.

SEIZING THE MOMENT!!



Two of SAS's very active Mary's were able to enjoy a pleasant afternoon of snow shoeing on Monday January 22 between an unbelievably long stretch of arctic air and a sudden warm up to rainy conditions.

MEMBERSHIP

Membership for 2024 44

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

SAS WEBSITE

www.sportsforactiveseniors.org

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

NEWSLETTER ITEMS

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

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

CAMPING

Prospective campers: Save the dates: Sunday July 28 to Friday August 2, 2024

Betty Jean has reserved a great double site for camping at Firefly Lake near Minoqua, Woodruff, and Boulder Junction, one of Wisconsin's prime vacation spots. Plans are to join with nearby SAS cottage dwellers for biking, hiking, swimming, canoeing & kayaking, boating, card playing, a meal or two and a place to shelter in case of bad weather.

Questions: 651-231-6879

or bettyjeank312@gmail.com

FOR SALE

Cross country skis with Rotefella NNN bindings \$80; poles(130cm) \$20; boots(women's size 38 Euro)\$40. All excellent condition.

Contact Carolyn: carolyngantner6@gmail.com or 608.244.2909

Former SAS MEMBER'S ASHES launched into Outer Space

About a teaspoon of ashes of Kay Heggestad, a SAS member from 2008 thru 2016, were launched into Space on Monday January 8, 2024 aboard a capsule on the Vulcan rocket that took off with Astrobotic's Peregrine lander from Cape Canaveral Space Force Station in Florida destined for a moon landing on February 23. However the moon landing was thwarted by a "critical" fuel leak that led to complications in battery charging aboard the lander. While this had been repaired, it is estimated that it's power could only operate for 40 more hours. Several days later, it was reported that the space craft had burned up in outer space,

However, other of her ashes may still have the opportunity to make it to the moon. Celestis, a company that launches cremated remains into space has a performance guarantee that provides a no cost reflight for clients in the event the mission does not reach the intended destination and has already collected sufficient flight samples to do so, from their clients.

Kay, and her husband Paul Wertch, both physicians and lovers of Star Trek and Space, co-founded Wildwood Clinic's of Madison and Cottage Grove. She died in 2017. Along with Kay's ashes were five Scientific instruments from NASA and 15 other payloads from various organizations and countries including hair samples from George Washington, John F. Kennedy, Dwight Eisenhower and Ronald Reagan as well as ashes of "Star Trek" creator Gene Roddenberry, his wife, and a few astronauts and authors.

During her eight year membership in SAS, Kay's interests included Pickleball, Tennis, Volley Ball, and Walking.

WINTER ACTIVITIES

The ice and snow have arrived. It really is Winter! While Ice and snow conditions have been overwhelming for the past few weeks, we hope that we will be seeing a little more moderation for the remainder of the Winter. It's time to get serious about those beloved Winter activities!

Volunteer NOW to lead :

BOWLING

CROSS-COUNTRY or **DOWNHILL SKIING**

DANCING

ICE SKATING

INDOOR TENNIS

MALL WALKING

YOUR FAVORITE

Contact yvonesor@gmail.com or 608-221-3926 if you can lead any of the above. We'll get the word out by newsletter or email!

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

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 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.