

## Team Wendy Newsletter

### **January - March 2008**

We are a month into 2008 and hopefully you are reenergized and ready to move towards a world free of MS. We are in this together, and we are blessed to have such a powerful source of compassionate men and women. We are unstoppable when we join together in this great movement.

### **Stone Creek Coffee:**

Our initial coffee drive raised a total of \$495.00 for Team Wendy. WOW-what an easy fundraiser! Stone Creek Coffee has indicated that we only need 20 pounds per order to keep our efforts going. What a great method to keep our name out in the community not to mention the morning start me up as well. For those of you interested – we are starting our second drive. We'll be collecting orders from 2/1/08 through 2/15/08. Checks should be made out to Mary Topp.

### **EmbroidMe – Team Wendy**

#### **Apparel**

The Wendy Wear looks awesome. Pete's design is perfect on the shirts, hats and hoodies, and we will really show our spirit when we're out around town. We will submit another order the third week of February. If you missed the first opportunity, here's your chance to wear and show our team spirit. Remember to make the check out to Mary Topp.

## **Blarney Bash – March 15, 2008**

Many activities have been happening in preparation for our 6<sup>th</sup> Blarney Bash.

- Tickets for the event have been ordered and given out to those attending last month's meeting. Please contact
- Beth Heal ([bheal@wi.rr.com](mailto:bheal@wi.rr.com)) to acquire your tickets. We will mail them to you if that is more convenient.. Prices: \$25.00 in advance/\$30.00 at the door. **We encourage everyone to sell tickets!**
- 150 Donation request letters have been mailed out to businesses within Southeast Wisconsin. Donations are coming in already.
- Team members who wish to make a basket or purchase something for the silent auction can let Mary know the theme idea by email. Basket themes will be emailed out prior to the February 12<sup>th</sup> meeting. Last year's participation was unbelievable.☺
- Paul Schaff – once again has agreed to emcee our event (many thanks to Paul for donating his time to the Blarney Bash!)
- Jeanna Salzer and her Jazz Quartet will be playing once again this year.
- Let us know if any new team members need a Blarney Bash t-shirt. EmbroidMe can duplicate the old shirts for us at \$12.00. Email what size you need. An order will be placed February 22, 2008.
- **Remember to sign up for the MS 150 Best Dam Bike Tour!!**

**“JOIN THE MOVEMENT”**



**HOPE, COMMITMENT, FUTURE**

**Wendy's Note:**

Since the last amazing newsletter of Patrick's, I've had a few changes. I am no longer taking the Tysabri (the new med). I am, however, back on the copaxone. The copaxone is the injectible medication. I also do the IV prednisone steroid treatments every three weeks and take 5mg of prednisone, orally, every day. I can see the smallest bit of improvement, and it's only been three weeks! The steroids work pretty well for me, fortunately with no side effects. So, as the saying goes, I'm taking baby steps. Sometimes those baby steps are all I have to look forward to in a very long period of time. My doc said that I know my body better than anyone, and that he thinks I made a good decision changing my medication. I also continue working out 2-3 times a week.

So, that's it in a nutshell. Hopefully, by Bash time, I'll be even stronger. Until then, as our fearless leader says, "Keep the shiny side up!"

Take care and God bless,

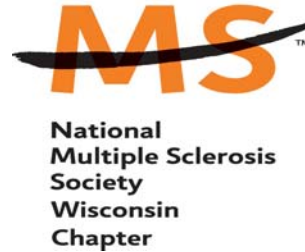
*Wendy*

**Survey Question for January `08**

Source: MensHealth.com

**How long do you usually spend working out?**

15 minutes	11.2%
30 minutes	23.3%
45 minutes	25.3%
1 hour or longer	40.2%



**Fitness Tips: Core Strength**

Source: Bicycling.com

To ride more comfortably – the stronger your abs and lower back the more power you can apply to the pedals. So, here are a few exercises to help you.



**Hip Extension (Low Back):**

What it works (Lower back, hamstrings & glutes)

- Lying with your hips and stomach on the stability ball, put your hands on the floor directly under your shoulders, and extend your legs with toes resting on the floor.
- With a straight spine and shoulder blades back, as if you're trying to make them touch, lift both legs off the floor – keeping the straight. If possible – raise the slightly higher than parallel to the floor. Hold for 2 seconds and lower – perform 20 reps.



**Power Bridge (Low back & Abs)**

What it works: Hip flexors, glutes, lower back

- Lying on your back, bend your knees and place your heels near your glutes. Arms are at your side with palms down.
- In one smooth motion, squeeze your glutes, raise your hips off the floor and push up from your heels to form a straight line from shoulders to knees, toes come off the floor slightly. Hold for 2 seconds. Keeping your toes raised, lower your yourself ¾ of the way to complete one rep. Perform 20 reps.

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**Crank Daddy's Bike Works**  
**2108 North Farwell Avenue, Milw.**

On, January 20 & 27, 2008, 6 Team Wendy members rode at the indoor training suite at CrankDaddy's. The experience was excellent, and we have decided to keep the momentum going by trying to reserve 8 spots every Sunday from 1:00 – 2:00 pm. First come first served by responding to an email that I'll send out every Monday evening. Although on our first time out we were allowed to exceed the 1 hour limit, in the future we'll need to keep to the one hour rule.

The computer is used in conjunction with a Cycleops trainer and the computer adds/removes resistance based on the course terrain. There are over 100 courses to ride so boredom will not be an issue. For those that like a little distraction – an Ipod/MP3 player would help the time go by. The cost is \$10.00 and is well worth the fee. This is also the shop where Nino/Wendy purchased that excellent new tandem that joined our team this past summer. Other ideas have been discussed and will be announced once confirmed. – Patrick



National  
Multiple Sclerosis  
Society  
Wisconsin  
Chapter



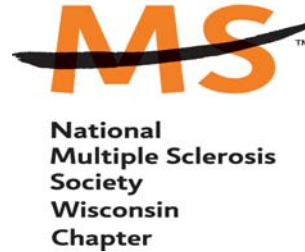
**CRANK DADDY'S** Bicycle Works indoor training facility – an excellent change of pace for indoor training.

**Cycling Focused Events:**

**TREK 100** – Bike Ride supporting the MACC fund – over 1,300,000 raised in 2007.

- **REGISTRATION OPENS:**
  - **March 1, 2008**
- **Date of Ride:**
  - **June 7, 2008**
- Let's see how many Team Wendy riders we can get out there this year!!! It was one of the BEST rides that we did in 2007.

**“JOIN THE MOVEMENT”**



**Recipe Corner:** (designed for our busy lifestyles)

**Cheesy Chicken & Rice Bake:**

Prep 5 minutes, Bake: 45 minutes, Serves 4

- 1 – can Cream of Chicken Soup  
(Healthy Request by Campbells)
- 1 1/3 – cup of Water
- 3/4 Cup of UNCOOKED long grain rice
- 1/2 teaspoon of onion powder
- 1/4 teaspoon of ground black pepper
- 2 Cups of fresh or frozen vegetables
- 4 – skinless, boneless chicken breasts – halved
- 1/2 Cup of low fat shredded Cheddar Cheese

**Directions:**

- 1 – Stir soup, water, rice, onion powder, black pepper and vegetables into an 11”x 8” baking dish.
- 2. – Top with chicken and season chicken to taste and COVER .
- 3 – Bake at 375 degrees Fahrenheit for 45 minutes (or until chicken & rice are done); Top with cheese. Let **stand** for 10 minutes – stir rice then serve.

**Nutritional Values:**

Calories per serving:	368
Total Fat:	8 grams
Carbohydrates	38 grams
Protein	35 grams

**QUOTES for pondering:**

“No matter when you try to recycle today’s newspaper, your significant other will not be done reading it yet”. – Pete Scott

“You can observe a lot by watching”. –  
----Yogi Berra

“People ask if I were shipwrecked on a desert island and could only have ONE book, what it would be. I say ‘How to build a BOAT’.  
---- Steven Wright

**Motivation starts us moving--  
momentum makes it a habit--  
HOPE keeps us moving.**

**“JOIN THE MOVEMENT”**