



# Geländesprung Gazette



www.gelandesprung.org

April 2011

Hear Ye! Hear Ye! Hear Ye!

From the office of the Prez - I do not have much to say other than the year is over. Hopefully, you had some of that fun stuff! We are working on next year already.

A little reminder to you, as membership dues are due on May 1 - please send yours in early - it helps us maintain our year-end books.

Hope to see everyone at the Spring Banquet, which will be held at the Sports Corner on April 8 at 6:00 pm. We will conduct elections for the offices of president and secretary. The Don Steffens "Ski Trash Award" will be decided and presented. Nominations for the Obtuse of the Year will be taken and voted on. Any of these honors could be yours - you never know! Remember, you can come out for the "NO FOOD OPTION" and for the FUN-only.

Here's a correction from last month's newsletter - the picnic will be on August 6. Put it on your schedule!

Well, I don't have any more to say, so I won't bore you.

See ya at the banquet! Be safe and have a great summer!

Carl Williquette  
President

We are now on  
Facebook!

Keep informed and update your ski pals on what you're  
doing on the ski club's Facebook page!

Click here to visit the site:

<http://www.facebook.com/group.php?v=info&ref=ts&gid=54830272309>

## Attention Members:

Dwayne Whitfield is looking for the second key to the club's mail box at the pack-erland post office. If any one has any information please contact him at:

[2atpeaceful@netnet.net](mailto:2atpeaceful@netnet.net),

920-865-7936

Thanks

\*\*\*\*\*

The Membership Roster is available upon request from the Board

## **Save the Date!!!**

Summer Picnic  
August 6th

If there is something you would like in the newsletter, please submit it to me by the 20th of the month.

Thank you!

My e-mail address is:  
[mollysteffens@hotmail.com](mailto:mollysteffens@hotmail.com)



## 2011 BOYNE HIGHLANDS/NUBS NOB SKI TRIP

We loaded the bus at Life Church for the ride up. A quick stop in Escanaba for food and off to the hill we went. The bus made good time and we arrived around 11:30pm Eastern time. We checked in and met up with some of the 12 people that drove up on their own at the Slope Side bar for last call.

One of the great things about this trip is the breakfast buffet which is included with the trip. Omelets made to order while you watch, fresh fruit, pastry, and a choice of eggs, potatoes and pancakes to round out your meal. If you walk away hungry it's your own fault. The accommodations are great and the staff they get customer service. This is the main reason this is our most popular Midwest trip.

The day at Boyne Highlands was great with good snow conditions, no wind and temps in the low 20's. It was cloudy most of the day with some snow moving in late afternoon. Apres ski party was at the Zoo Bar and it was rockin'! Our group dominated the dance floor – we danced and drank for several hours. A good time was had by all!

Diner was also included with the trip. They have a very good menu there with choices for every taste. A nice wine selection was also available to round out the meal. The food was good as always. A band was playing that night at the Slope Side or the outdoor hot tub was also an option for some. Everyone went to bed tired after a full day of fun.

The next morning breakfast buffet was included and off to Nubs Nob we went with the bus going over at two times – 8:30 and 10:00. It was no surprise that the early bus had a small crowd. The snow conditions were good and the lift lines were short. It was a full day of skiing with many runs. The cool thing about these two hills is the difference in terrain even though they are side by side. It makes for a good variety of skiing for the weekend.

We loaded the bus at the end of the day and off we went. We had some good nominations for the Obtuse award but Dan Kelly topped the list with his stunt. He lost the token to claim his skis at the ski check in. The attendant asked him what color his skis were and he didn't know, what kind were they? – he didn't know, how long were they? – he didn't know. The two of them had to search the racks of skis before he finally recognized his skis. He was awarded a stylish hat that lit up which he wore the whole ride home. We stopped in Manistique for a quick bite and home we went.

Jack, our bus driver made great time getting home. This was one of the largest groups on a Midwest trip and everyone was awesome. Thanks to assistant trip leader Frank Wickham and to everyone else who helped load and unload the bus. A good time was had by all and I hope to see you on the trip next year!

Ron Quick – Trip Leader

## SUN VALLEY MEMORIES

On Saturday, March 5<sup>th</sup>, in the wee hours of the morning 52 members of the Gelandesprung and Sly Fox Ski Clubs began their week long adventure to Sun Valley. The Green Bay people loaded the bus at 3 AM and the Appleton people shortly after. The bus stopped in Fon du Lac to pick up Bill Smith, but he was not there, more about this later, and then to the Milwaukee airport. After checking in, we all boarded the plane, including Bill Smith, who had driven himself to Milwaukee, must have been a fast trip, and the plane pushed away from the gate for our "on time" 7 AM departure, and then we sat and waited for almost an hour before takeoff.

Finally in the air, everyone was concerned about making our connecting flight, because it was a short layover. But when you have 50 people on a flight, you have bargaining power, US Airways held the plane until we all boarded. The flight to Boise was uneventful.

In Boise we had a luggage problem, quite common for a large group of skiers. We did not receive eleven pairs of skis. After getting this problem worked out, we boarded the bus for the three hour tour to Ketchum. After a quick stop at the lodging office we arrived at our condos to be greeted by Neils Jensen and Laurie Lindberg, who had arranged their own transportation.

Everyone got organized into their condos and then headed to the trip leader's condo for a wine and cheese party. Fortunately because Neils and Laurie arrived earlier than the other people they volunteered to buy the necessities for the party. The party went well and the trip leader distributed the lift tickets. After that everyone left to do their own thing with a number of people heading downtown, which was only a short walk away, to explore the town and enjoy the evening.

Now, remember the eleven missing pairs of skis, well they arrived at 4:30 AM on Sunday morning. Now with all baggage accounted for, it was off for the first day of skiing. Most people went to Bald Mountain which is by far the larger of the two areas available to ski. The vertical is over 3,000 feet and one of the chairs does go the entire vertical on the mountain. The runs are steeper than the color coded guiding system would lead you to believe. The skier had to be in control of the skis at all times, if not, in an instant you could be skiing faster than you would want. There was a large bowl area at the top with several different options to choose to ski down. The mountain also had several excellent restaurants to choose from, how about those chocolate chip cookies at Warm Springs.

The first couple days of skiing the visibility was very poor, sometimes near white out because of the fog. You could not get a panoramic view of the area until Tuesday morning. The day started out in glorious sunshine and fantastic visibility. This is truly a beautiful area to see and ski. By noon the clouds were coming back and the afternoon brought back the visual difficulties encountered on the previous two days.

Tuesday evening was the après ski pizza party at the Smoky Mountain Grill. Everyone met at 6:30 and enjoyed a salad and all the pizza they could eat. This was all washed down with beer or wine. That evening we were joined by Tom and Kelly VanderLinden and Pete and Terry Stankevitz, club members who had arranged their own transportation and lodging. It was nice for everyone to get together as we do not see Tom and Kelly very often since they moved to Florida.

The next couple days of skiing had the overcast and reduced visibility that we had experienced earlier. I was beginning to think they should have called this place Sunless Valley, but every local that we talked with assured us it is almost always sunny, that we are experiencing the unusual. You would think that with all of the clouds we would have gotten some deep powder, but instead it was just light snow accumulations. Finally, for Friday, our last ski day the visibility was good and we had a wonderful day of skiing.

Friday evening was the farewell dinner at the Roosevelt Grill. We had our choice of prime rib, grilled salmon or chicken, and all were excellent. Everyone had a good time talking about the week that was coming to an end. After discussing the departure and flight schedule for Saturday it was time for the obtuse/lunar award. When the voting was all over, it was Bill Smith who had missed the bus for the trip departure to Milwaukee, walked away with the trophy, a moose doll wearing a yellow vest that said Sun Valley.

Saturday morning the bus arrived on schedule and we loaded quickly and departed for the airport. Things went smoothly and we arrived in Phoenix for our four hour lay over. Then onto Milwaukee with an on time landing, but a problem at the gate when the pilot stopped short and had to restart an engine to taxi forward another five feet. All luggage arrived as it was suppose to and we loaded the bus for the ride home. We arrived to our vehicles at the wee hours of the morning for the final drive home, weary from the long day of travel, but with many happy memories of a great trip.

I want to thank everyone for coming on the trip and making it all the fun that it was. A special thank you goes to those people that helped out in any small way to make the trip run better, and to Ron Quick, the assistant trip leader, and the Geländesprung board for permitting me to run the trip. Thank you.

Your trip leader  
Dick Wortiska



## Europe Part 2, Neuschwanstein, Munich, and Philadelphia

When I last left off, we were leaving Soelden for Munich. On the way, we added a stop at the famous Neuschwanstein Castle, just over the border in Germany. I am sure everyone has seen pictures of this castle, perched on a hill top surrounded by snowcapped mountains. Although it looks romantically ancient, it actually is relatively modern. "Mad King" Ludwig II started construction around 1876. Inside the carved stone facings, it's all structural steel and reinforced concrete. In 1885, when the costs threatened to bankrupt the Bavarian state (at that time still a nominally independent kingdom within the German Empire), poor King Ludwig was found "accidentally" drowned in a nearby lake along with his psychiatrist. The next day, construction was stopped (it was still only 75% complete), and within a year it was opened as a tourist attraction, and has been ever since.

So 62 of us arrived in the parking lot Saturday morning, got our tickets, and started the long hike up to the castle. Steve Gillespie, hors de combat (French for "wounded in battle"), had to stay behind in the bar and wait for us to return. We could have paid \$5 and taken a horse drawn carriage up to the castle, but we are in-shape skiers. 45 minutes later, huffing and puffing, we arrived at the entrance. At our appointed time we were allowed to enter with an English speaking tour guide. Then we had to climb 110 steps up to the highest rooms in the castle which were the only ones that were completed. The rooms were all decorated with massive paintings, mostly overly romantic depictions of scenes from Wagner operas. On the way out we passed the huge kitchen full of the most modern cooking appliances (for 1885) complete with telephone communications. Some of us elected to pay \$5 to ride down in a carriage. At the bottom of the hill, we all had a nice sit down German lunch of schnitzel and spaetzle and beer. Point of interest, while waiting for all the stragglers to finally board the bus, I learned that in Germany, you can buy beer in a vending machine. Put a 2 euro coin in the slot and out comes a Lowenbrau.

Then the 2 hour drive to Munich, and once we got on the Autobahn, a loud cheer went up every time a Porsche passed us going 120 mph. We checked in to the City Center Holiday Inn where our luggage had already been shipped in earlier that day. And it was off to explore Munich on a Saturday night.

The next day, 2 tour buses pulled up for our six hour Munich tour with guides. We saw the Nymphenburg Palace, which was the summer home for the Wittelsbach family who ruled Bavaria as Dukes and Kings for almost 600 years until the demise of the aforementioned Ludwig II. That last member of the family still lives in a wing of the Palace, a bachelor with his dogs. Our guide explained that the palace was a gift of the Duke of Bavaria in 1680 to his wife. What did she do to deserve this palace you may ask? After bearing the duke many daughters, she finally managed to produce a son and heir. It was then that we heard the best one liner of the entire trip. Nikki Koller: "Gee, I gave my first husband two sons and all I got was this scar on my belly!"

We continued on to the BMW headquarters show room where we were enticed to pull out our credit cards and put a deposit down on the \$85,000 BMW of our choice. "You get a free trip to Germany to pick it up!" I don't think they had any takers from our group, but the driver's seats were very comfortable. Then it was on to the Marienplatz, the central square in front of the Neuesrathaus (new city hall). There, in the clock tower at noon every day, two knights joust. The one in the blue and white checked livery represents Bavaria; the one in red and white stripes is Austria. If anyone ever offers to bet on who wins, don't take Austria. The joust takes place every day and in 135 years, Bavaria has never lost. I think it's rigged.

After lunch (our guide said "Everyone is having a beer? Good! I don't trust people who don't drink!") We finished off with sightseeing the town from our bus seats. We told ourselves it was for the benefit of Steve so he did not have to struggle on and off the bus to his wheel chair, but it was really because we were freezing our tails off. We even got Dwayne Whitfield to desert his bus for ours. "Those people are spending too much time outdoors."

The next day, Monday, would be our last. Everyone went their separate ways to see the museums and sights of Munich. We all reconvened at 7 PM at the world famous Hofbrauhaus for a group dinner with a quart mug (they call it a maass) of beer. There was a fun, if touristy, stage show of oompah music, folk dancing, singing and yodeling. It's a small world. 4000 miles from home and we run into other skiers we know from Chicago! They congratulated us on the Packer victory, "We'll be rooting for the Packers in the Super Bowl!" We also met Sybille Nickel's sister Sabina who came down to see us.

Tuesday morning it was time to go. We heard some rumors that Chicago was expecting bad weather in the forecast. There was nothing to do but go ahead and board the flight. So I guess it was not surprising when, ten hours later, when we arrived in Philadelphia, we were met by a US Air representative with a stack of hotel vouchers and new boarding passes for the next day's flight to Chicago. "O'Hare is closed due to a snow storm so we cannot get you there until tomorrow morning." Before we could collect all of our luggage, the agent met us again. "You won't be getting to Chicago until Thursday morning now. The second night will have to be on your own."

I had to gather the troops and explain the situation. After a bit of bother, everyone finally got shuttled over to the Stadium Holiday Inn. This hotel, next to the Phillies Stadium, was, to put it mildly, not prepared for 52 hungry and thirsty Wisconsinites (Fear not. I thoroughly trashed the place of the Trip Advisor website). Nonetheless, we managed to get fed and our thirsts quenched, and plans were made to make lemonade from the lemons we got. The next day we would see the sights of Philadelphia: Independence Hall, the Liberty Bell, the US Mint, the Reading Terminal Market, and lastly, eat a REAL Philadelphia cheesesteak! The hotel was just a 15 minute walk to the subway station, although some elected to splurge on a cab.

So the next day 51 set out to see the sights. Todd Reich opted to miss this adventure and hopped on the next flight to Dallas to go to the Super Bowl. I saw recently that Philadelphia had been voted the 4<sup>th</sup> rudest city in America, but that was not our experience at all. Philadelphians were all eager to help us navigate the subway system. Heading home on the Broad street line, one young man could not contain his laughter when he heard us talking in our twangy Wisconsin accents. "You guys sound just like a Saturday Night Live skit!" Another strap hanger, in a trench coat with a shock of white hair and coke bottle bottom glasses overheard us talking about our dinner plans. "You people come to South Philly all the way from Green Bay and you're not going to an Italian restaurant? We got the best Italian food in the country! Don't listen to those New Yorkers. Where you getting' off? Oregon Ave? Me too. I'll show you a great place right next to the station." Trusting souls that we were, we followed him up the escalator and he pointed across the street to Criniti's. "Just to show you how nice we are.." and he started unbuttoning his trench coat. No, we wasn't a flasher, he just wanted to show us the Eagles sweatshirt he was wearing underneath. And the food at Criniti's was outstanding!

Thursday morning at 5 am we loaded the bus to the airport and quickly checked in for O'Hare. By 10 am, we were in Chicago. US Air actually gave new suitcases to a couple of people who had damaged luggage. Al Stachura from Lamers was there to meet us. On the way back to Green Bay, he told us of his adventure driving to Chicago Tuesday through a snowstorm, only to find our flight cancelled, and then trying to drive home. He only made it as far as Milwaukee after 4 hours and had to spend the night on a sofa at the Lamers bus barn there. He finally made it home Wednesday night in time to get six hours sleep before he had to get up and drive back to Chicago to get us.

So that is the end of the story. I'm pretty sure everyone had a great time. Thanks to Assistant Trip Leader and wife, Deb, especially for cat herding in Philadelphia while I went visit my mom and sister. We had a great group of people on the trip who rolled with all the punches. It was just a blast! Until next time....

Sam Fontaine

# GELANDESPRUNG SKI CLUB 2010/11 SPRING BANQUET

Friday, April 8<sup>th</sup>, 2011

Cocktails: 6:00 PM

Dinner: 7:00 PM

Sports Corner - Upstairs  
500 Grant Street, De Pere, WI

Buffet Dinner: Chicken & Ribs  
Dinner Salad, Vegetables, Potatoes & Cake  
\*\*\* Cash Bar \*\*\*

Nominate & Vote for a new  
President & Secretary  
"Obtuse Award"  
"Don Steffens Memorial" Ski Trash Award



Sign-up Sheet

GELANDESPRUNG SKI CLUB 2010/11 FALL BANQUET

Name I: \_\_\_\_\_

Name II: \_\_\_\_\_

(RSVP by April 1st)



\$16.00 / Person

Check # \_\_\_\_\_

Check \$ \_\_\_\_\_

Mail to:  
Gelandesprung Ski Club  
PO Box 10422  
Green Bay, WI 54307-0422

**Spring is just around the corner, and that means it time to get ready for...**

**Sly Fox Ski Club Saturday  
Night at the Ball Game**

**Milwaukee Brewers**

**vs**

**Colorado Rockies**

***Saturday, May 21 6 pm \$45***

**LOGE OUTFIELD SEATS!**

**We have a block of seats all together in rows 10 to 13**

**What we provide:**

**Bus from De Pere, leave 12:30 PM from SC Grand**

**Bus from Appleton, leave 1:00 PM from THE BAR**

**Infield Loge Level Tickets, game time 6 PM**

**Beer, soda, water, for the ride and Tailgate Party**

**Tailgate Party with grill, burgers, brats, buns, fixins**

**Return bus after the game, home by midnight**

**(unless game goes into extra innings)**

**What you provide:**

**Dish to pass at Tailgate Party**

**Any special beverage you desire**

**Lawn chair for Tailgate Party**

**Set of Lungs to cheer on the Brewers!**

***Friends!***

**Send check to Sly Fox Ski Club,**

**PO Box 1613**

**Appleton, WI 54912**

**Contact Sam Fontaine [samfont@athenet.net](mailto:samfont@athenet.net), 337-0975**



# Zeller's

Ski & Sports, Inc.



ANN ZELLER-BIELEFELDT  
CHRIS ZELLER  
DAVID ZELLER

1212 Marine Street  
Green Bay, WI 54301  
920-435-9562

[www.zellersskiandsports.com](http://www.zellersskiandsports.com)

10%  
Off

Gelandesprung  
Members



## Comfort Control SYSTEMS, INC.

Heating & Cooling

1550 Mid Valley Drive, De Pere, WI 54115

RON QUICK  
President

[comfortcontrolsystems.com](http://comfortcontrolsystems.com)

(920) 336-7112

1-800-310-7112

FAX: (920) 336-7953



Your #1 Source For Real Estate

**Paul Allen**

Go For It!

Direct: (920) 621-5542

Office: (920) 425-8843

Fax: (920) 425-0037

1740 E. Matthew Dr. - De Pere, WI. 54115

[pallen@resource1gb.com](mailto:pallen@resource1gb.com)  
[www.resource1gb.com](http://www.resource1gb.com)



LaStone Therapy

Reiki

Healing Hands

Retreats

Prayer Gatherings

Healing Gatherings

Breath Therapy

Wedding Officiant

Classes

OLDEN GLEN

WELLNESS CENTER

Formerly Rainbow Herbs and New Horizon Ministry

JUDY VAN CASTER

De Pere, WI 54115

920-336-1238

[oldenglen@yahoo.com](mailto:oldenglen@yahoo.com)

[www.oldenglenwellnesscenter.com](http://www.oldenglenwellnesscenter.com)

## Looking to Advertise Here?

Contact Jackie Flaum  
for more information  
(920) 362-5676



MARQUETTE MOUNTAIN SKI AREA  
2006-2007

4501 M-553  
Marquette, MI 49855

1-800-944-7669

[www.marquettemountain.com](http://www.marquettemountain.com)



**Great Group  
Packages**

- 26 runs (6 new runs)
- Night skiing 4 nights a week
- 2 terrain parks under lights
- 2 double lifts & 1 triple lift
- 24 condos & 36 Lodge rooms
- Famers Restaurant & Bar
- Pine Mountain Sport Shop
- Meeting & Banquet Facilities
- Pool, Sauna & Hot Tub

(906) 774-2747 • Iron Mountain, MI  
[www.pinemountainresort.com](http://www.pinemountainresort.com)



## Norway Mountain Ski Resort

Norway, Michigan

90 Minutes north of Green Bay

800-272-5445

[www.norwaymountain.com](http://www.norwaymountain.com)

## GELANDEBUCKS

Does the club still offer these? Is it still \$10 per new member? Can I use it towards my favorite hobby, Skiing? The answer to all these questions is YES! If you recruit someone new to join the club you will receive a \$10 credit for each person that signs up! That \$10 can be put towards any ski trip, banquet or other club function as you see fit. So get out there, get recruiting and sign up some new members!



# Gelandesprung Ski Club of Green Bay

## 2011-12 Membership

RENEWAL     NEW MEMBER

Single \$ 30.00, Married Couple \$ 50.00  
(Couples please Sign Separate Forms)

Payment \$ \_\_\_\_\_ Check # \_\_\_\_\_

Please "DO NOT" publish the following in the Membership Roster:

Phone number  
 Email address

Would you like to receive a link to the monthly newsletter via e-mail?

Please indicate if you're interested in becoming any or all of the following:

Trip Leader  
 Committee Member  
 Board Member

**NEW MEMBERS:** How did you hear about the club? Who referred you?  
\_\_\_\_\_  
\_\_\_\_\_

## 2011-12 Waiver

I certify that I am at least 21 years of age and do hereby accept the policies and practices of the Gelandesprung Ski Club. I understand that my participation in club-sponsored events carries a degree of risk of injury or death. I hereby unconditionally waive and release the Gelandesprung Ski Club, its officers, directors, agents and members from any and all liabilities arising from any injuries, property damage or loss I may suffer as a result of my actions. Further, I hereby grant full permission to any and all foregoing to use any photograph, videotape, motion pictures, recordings or other record of any ski club event for any legitimate purpose.

Any additional trip surcharges incurred by the Club will be passed along to those participating on the affected trip(s). Trips are based on double occupancy unless otherwise specified. Single occupancy requests require special arrangements at increased costs, and depend on availability. All monies paid for a trip cancelled by the Club will be refunded. Refunds for cancellation requests will be charged costs that the Club is unable to recover. Refund requests must be submitted in writing or emailing to the Gelandesprung Ski Club Board of Directors at address as listed to the right. Refund requests can be now be emailed to: [gelandesprung@hotmail.com](mailto:gelandesprung@hotmail.com). Treasurer will issue a refund checks. Refunds will only be issued after all of the bills related to the trip have been paid. Trips utilizing airline transportation have additional separate written

cancellation policies specific to each trip. All decisions on refund amounts will be made by the Board of Directors and are final.

Membership Period  
**5/1/11 to 4/30/12**

By submitting this form, I agree that I have read & accepted the trip policies as set forth by Gelandesprung Ski Club. All club policies are posted on the website at [www.Gelandesprung.org](http://www.Gelandesprung.org) or by contacting us by mail at the address below.

Print Name: \_\_\_\_\_  
(Full Proper Name as required for Flights & International Travel)

Birth Date: \_\_\_\_\_  
(Year of birth is required / Club use only & will not be published)

all information the same as last year

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

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

Emergency Contact Information

Name: \_\_\_\_\_

Phone # \_\_\_\_\_

Please mail the completed form & dues to:

**Gelandesprung Ski Club**  
**P.O. Box 10422**  
**Green Bay, WI 54307-0422**

*This form can be used as a "Waiver Only"  
Just fill in the "Right" column*



## Gelandesprung Ski Club

P.O. Box 10422

Green Bay, WI 54307-0422

[www.gelandesprung.org](http://www.gelandesprung.org)

### The 2009-2010 GelandeBoard & Committee Volunteers

#### Board of Directors

Carl Williquette, President	920-621-3828
Judy Van Caster, Vice President	920-336-1238
Dwayne Whitfield, Treasurer	920-865-7936
Rick Huston, Secretary	920-737-0540
Dick Wortiska, Past President	920-856-6223

#### Committee Volunteers

Molly Steffens, Newsletter Editor	262-995-8739
Mike Bast, Web Meister & Membership	920-722-2371
Brian Fowle, Historian	920-217-8282
Jackie Flaum Advertising/Marketing	920-362-5676

**Club E-mail: [gelandesprung@hotmail.com](mailto:gelandesprung@hotmail.com)**

### April Birthdays

04/02	Julie Steltz
04/06	James Derenne
04/14	Terry Degeneffe
04/14	Dave Heugel
04/17	Paul Pisaniello
04/20	Phil Andreas
04/22	Terry Stankevitz
04/28	Tom Jolly
04/30	Jerry J. Larke



This newsletter is also available via e-mail!

To switch to e-mail delivery, send an e-mail to:

[gelandesprung@hotmail.com](mailto:gelandesprung@hotmail.com)

Make sure to have "eNews sign-up" as the subject and your name and e-mail address in the body.

