

January General Meeting

WEDNESDAY, JAN. 3

New Berlin Banquet Center • 16000 W. Cleveland Ave.
(Meeting rooms on east side of building)

- 6 pm: Check-in at Welcome Area begins
- 6:30 pm: Socializing and event sign-ups
- 7 pm: General Meeting
- 7:45 pm: Dancing to the music of the Do-Wa-Wa

Guests welcome – \$10 admission



Sign up in advance

- ◆ Please register for the meeting online, call (414) 732-9749 or email Jan.Breitbach@gmail.com

Reminders

- ◆ Wear your Vagabond name tag
- ◆ Park on either side of the building
- ◆ Update your name tag at the meeting if you renewed your membership online.

Dinner plans?

- ◆ For a meal beforehand, you might try the New Berlin Ale House (in the same building as our meeting but on the west side).
- ◆ No food or beverages may be carried into the meeting rooms.

THIS MONTH'S MUSIC



The Do-Wa-Wa band provides high-energy 1950s and '60s dance music, so we are making extra room just for that this month. Dance or Listen, just no Kissin!

This music is bound to bring back memories. Invite guests for the occasion!

Next month: Dirty Boogie

Vagabond Ski & Social Club Inc.
VagabondSkiClub.com

OFFICERS

President Mary Beth Braun
262-443-7291
MBBraun4@wi.rr.com

Vice President Open

Treasurer Les Radtke
414-529-7876
jrls@twc.com

Secretary Carol Gavigan
262-632-1922
cigavigan177@gmail.com

OTHER BOARD MEMBERS

Public Relations Open

Membership Jan Breitbach
414-732-9749
jan.breitbach@gmail.com

Sporting Activities . . . Mary Beth Braun
262-443-7291
MBBraun4@wi.rr.com

Racquet Sports Open

Social Activities Denise Kremel
262-524-1023
bike4icecream1@gmail.com

Meetings Greg Larson
414-588-4998
Htcgreg07@gmail.com

Finance & Bylaws Greg Larson
414-588-4998
Htcgreg07@gmail.com

Technical Support Linda Horn
262-707-1450
Linda.Horn1@gmail.com

Ski Activities Coordinator . . Joyce Szulc
262-902-3248
jszulc@wi.rr.com

VAGABOND LIFE

Editor John Podsedly
414-369-4199
JohnPodsedly@gmail.com

Design/Layout Jennifer Rueth
414-581-2725
RuethGraphics@sbcglobal.net

Photographer Clarine Furey
ClarineAF@yahoo.com

Website Nick Pumilia
Npumilia@wi.rr.com



From the President
Mary Beth Braun

As we approach the end of 2023, the obvious is that we are grateful for the many blessings we have received in 2023, and we ask for the grace to handle any losses that affected us in the past year. Whether 2023 wasn't exactly your year or you have really enjoyed it, the New Year is still an exciting time to look ahead.

With the New Year, I hope you have excitement in your heart for new chances/opportunities to come your way, and I hope those chances come to the Vagabond Club with more people volunteering for events. Make 2024 a **new opportunity** for you and the Club. See a director; our door is always open (or at least our phone number is available). Present a new idea for an activity, or express your interest in joining the board. You'll feel a sense of accomplishment no matter what you volunteer for. And you'll never feel bored or humdrum working on the board.

We are a club of good people, and so far our organizers – directors and event leaders – have been moving us forward. We are **encouraging new members to step up** and get involved. Show us your talents and strengths; give us your ideas and come to the meetings.

From all the board members and staff who keep everything working, we wish everyone the very best in the New Year! We wish you happiness, good health and success full of opportunities.

“Approach the New Year with resolve to find the opportunities hidden in each new day”

(MICHAEL JOSEPHSON)



Membership
Jan Breitbach

Welcome New or Returning Members

See the online directory at VagabondSkiClub.com for an up-to-date list of current members.

Irene Goedde • Lauren Rea • Diane Vieau

We are looking for friendly and smiling faces to assist at the Welcome Desk on meeting nights. Email Jan.Breitbach@gmail.com or call (414) 732-9749.



Racquet Sports
Linda Horn



Sporting Activities
Mary Beth Braun

Indoor Tennis & Pickleball Party

Saturday, Jan. 20
Elite Brookfield Tennis Club
13825 W. Burleigh Road



More fun TENNIS and PICKLEBALL

- 4:00 p.m. – Check in
- 4:30 p.m. – Tennis/Pickleball
- 6:00 p.m. – Potluck and Social Time



Please bring your own water. Alcoholic beverages must be purchased at the tennis club. You may bring your own soda or buy it there.

Please bring a dish to pass.

The Elite Club has a refrigerator and a small microwave, but no stove/oven or other means to heat dishes or pans. They do

not have serving dishes or serving utensils. Paper plates, napkins and plasticware are provided. Tennis and Pickleball matches are arranged according to playing level. We will rotate partners and courts to add to the fun.

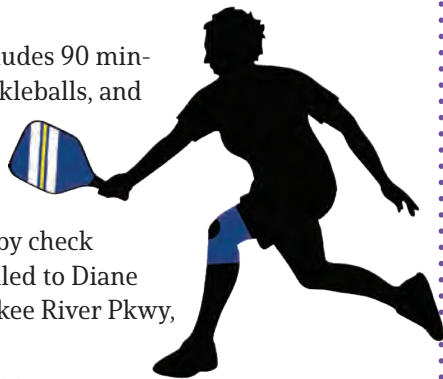
Social participants are also welcome!

Fees:

- **Tennis: \$27.** Includes 90 minutes of tennis, tennis balls, and social time.
- **Pickleball: \$18.** Includes 90 minutes of pickleball, pickleballs, and social time.
- **Social only: \$10**

Pay online (preferred), at a general meeting, or by check payable to VSSC and mailed to Diane Schmitt, 6031 N. Milwaukee River Pkwy, Glendale, WI 53209

Event Coordinators: **Diane Schmitt**, (414) 690-4689, and **Connie Sandell**, (414) 712-3817.



Bender Park

"Dos and Don'ts" for Winter Hiking Let's be prepared

- Dress in layers
- Prevent heat loss from your head and wear a hat
- Hike in a group for safety
- Stay hydrated
- Bring high-protein snacks
- Don't forget sun protection and good sunglasses
- Gear to consider:
 - Knee-high gaiters
 - Waterproof boots
 - Hiking poles
 - Crampons (traction device for shoes that improves stability on snow and ice)
- Stay out of cross-country ski tracks!

Sporting Activities continued on page 4



Scout Lake



Milwaukee Urban North.

Sunday Hikes

Meet at 1:30 p.m., hike from 1:45 to 3:45

Walk for the Fun – or Just for the Health – of It!

We welcome volunteers to lead hikes. Contact **Dan Heidemann** at danmark@gmail.com or (414) 416-1678 if you know you can be a leader.

Hikes without leaders will be canceled.

Jan. 7 – Pike Lake State Park: : Take I-41 north to Hwy. 60, then go west about 3 miles to the park entrance on the left (Kettle Moraine Drive) then south into the park to the beach parking lot. Entrance fee required: \$8 daily or \$28 for annual State Parks sticker. It's a hilly, moderate hike, and possibly with snow, ice or mud. Wear proper shoes and bring Yak Trax, poles, etc., as conditions dictate. Hike from 1:45 to 3:45, then to the Mineshaft, 22 N Main St. in Hartford, for food and refreshments. Hike leader: **Gary Kovach**, (414) 712-3897.

Jan. 14 – Minooka Park: Meet at 1:30 in the parking lot on Sunset Drive in Waukesha, just west of Hwy. Y (Racine Ave.) and just east of Hwys. 164 and 59 or park on the street. Hike from 1:45 to 3:45, then to Raised Grain, 1725 Dolphin Drive in Waukesha, to eat and drink. County sticker or park entrance fee is required to park vehicle within park. Hike leader: **Betty Riley**, (262) 888-9978.



Whitnall Park.

Jan. 21 – Richard Bong State Recreation Area: 26313 Burlington Rd (Hwy 142), Kansasville (west of Hwy 75). Meet at Trailhead B parking lot (past the entrance station to the left past the Molinaro Visitor Center) at 1:30 pm. Hike from 1:45 to 3:45 p.m. on the Yellow Trail, which is about 4.5 miles, generally level to moderately rolling traversing a mixture of grassland, woodland and wetland. Afterward, for those who wish, food and beverages at the Dover Inn, 1909 N Beaumont Ave. (Hwy 20 & 75), Kansasville. Hike leaders: **Jim Stephens** and **Joyce Szulc**. Questions? Contact Joyce at (262) 902-3248.

Jan. 28 – Nashotah Park: Meet at Hwy 16 & Hwy C Park and Ride. Arrive at 1:30 p.m. in the parking lot. We'll hike from 1:45 to 3:45, rain or shine. Please wear proper hiking shoes. We're heading to Boozhag's Clubhouse at N44W32998 Watertown Plank Road in Nashotah for dinner and drinks afterward. Hike leader is **Dave Nelsen**, (414) 350-1433.

Weekly Walks

Our Thursday walks will not be scheduled during January and February. We do encourage you to get out and exercise with a walk on your own or with friends, even if nothing is formally scheduled.



Lapham Peak



Ski racing

Practice is from **6:30-8:30 p.m.**
Wednesdays and Thursdays at
Sunburst.

Email JohnPodsedly@gmail.com, call
(414) 369-4199 or visit MMSCSR.com

MMSC Senior Race Schedule

- Jan. 6 – Sunburst
- Jan. 7 – Sunburst (CMSC race)
- Jan. 14 – Sunburst
- Jan. 21 – Little Switzerland
- Jan. 27 – Holy Hill
- Feb. 3 – Holy Hill
- Feb. 10 – Sunburst
- Feb. 18 – Sunburst

How to Avoid Altitude Sickness

Do you feel nauseous, headachy, lethargic or lightheaded whenever you travel to the mountains? These symptoms indicate you may be susceptible to acute mountain sickness, aka altitude sickness. Contrary to popular belief, this has nothing to do with one's physical fitness but rather with your genetics. No one wants to deal with feeling under the weather when on vacation.

Here are a few tips to avoid and to treat altitude sickness. Being as safe as possible on the slopes is key to having a good time. With the Vagabond ski season about to begin, here are some sensible tips for all skiers to follow:

Plan What You Can: There are several ways to get ahead of acute mountain sickness. One approach is to plan it into your travel. If you are coming from sea level and you have the time to stop in a mid-altitude location, stay somewhere like Denver for a day or two before heading to the mountains. This will help ease you into the elevation. But that is not always possible.

Consume Wisely: If you cannot alter your travel, there are still a few things you can do to prevent or reduce symptoms of acute mountain sickness. First, avoid overconsuming

Ski Activities continued on page 6



Questions about the Vagabond Ski Program? ? Contact **Joyce** at 262-902-3248 or jszulc@wi.rr.com.



caffeine, drinking alcohol your first night or the night before travel and sodas or other sugary drinks. Next, you want to counteract the natural dehydration that happens when your body is receiving less oxygen. Drink lots of water and add electrolytes before and during travel.

If You Do Become Sick: If you do feel unwell, it is not too late. There are several things you can do to treat your symptoms. For headaches, taking common over-the-counter pain relievers such as acetaminophen or ibuprofen will do the trick. For lightheadedness and trouble sleeping, oxygen cans offer instant relief, and oxygen machines can help you breathe while you sleep. If symptoms persist or become severe, seek medical attention.

— adapted from Wagner's Wednesdays



Visit us on Facebook
@ Vagabond Ski & Social Club
To post photos, send them to jszulc@wi.rr.com



Social Activities
Denise Kremel



Scrabble

1-4 pm Tuesday, Jan. 2 and 16
New Berlin Ale House

We play Scrabble now on the first and third Tuesday from 1-4 p.m. at the New Berlin Ale House. **Fee is \$1 per person** for the server tip along with a

purchase of one beverage, either alcoholic or non-alcoholic. Next games are Jan. 2 and 16. Food is also available for purchase. Non-members are welcome. Contact **Lynn Kozlowski**, (414) 539-8114.

Game Night!

6-9 pm Tuesdays,
Jan. 9 and 23
New Berlin Ale House



The next Game Nights at New Berlin Ale House will be **Jan. 9 and 23**. This is not just for Sheepshead and Dominoes. Whatever game you come for, the rules are the same. Bring your game and invite a few friends to come along. Non-members are encouraged to attend, and all levels of play are welcome!

Everyone is responsible for ordering at least one item from the menu: a drink or something to eat, and include a tip. (The separate \$1 admission fee is not considered a tip.) Call **Jae Hartnell**, (608) 712-7440.

Fish Fry

Friday, Jan. 5
Open Flame
5081 S. 108th St.



Our first fish fry of 2024 will be **Jan. 5** at Open Flame in Greenfield. Arrive at **5 p.m. for drinks** and plan to eat **dinner no later than 6**.

A variety of fish fry options will be available, ranging in price from **\$19 to \$24** with tax and tip included. Separate checks on request.

Sign up online. Call **Nancy Drolshagen** at (414) 491-3147 for more details.

VagabondSkiClub.com

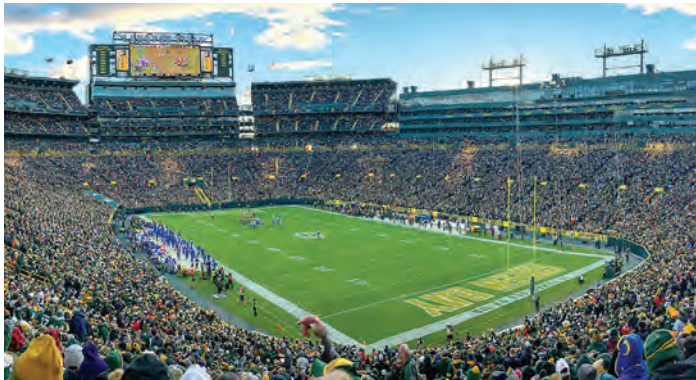
Cheer on your Packers

New Berlin Ale House
16000 W. Cleveland Ave.



Join fellow Vagabonds at the New Berlin Ale House on Sundays when the Packers play. Packer pool, food and fun!

Tom Martini reserves tables for the club. Contact him at (414) 217-4771 or martini49@aol.com. Details are also in the Week at a Glance email message every Friday.



Over the Hump

4-7 p.m. Wednesday, Jan. 17
Yemas Family Restaurant
890 Elm Grove Road



Our next Over the Hump gathering will be at Yemas in Elm Grove. We will plan to be there from **4-7 p.m.**, although **Happy Hour ends at 6.**

Located in the Village Court in Elm Grove, Yemas Family Restaurant is across the street from the Sunset Playhouse.

Just show up -- no sign-up is required.

Questions? Call **Nancy Drolshagen** at (414) 491-3147.



Festival City Symphony

The Vagabond Ski and Social Club is pleased to continue a long tradition of promoting the Festival City Symphony to our members. The next Classics concert is **Jan. 27.**

Order tickets online at FestivalCitySymphony.org, or on the day of the concert at the Bradley Symphony Center box office, 212 W. Wisconsin Ave. The requested donation is **\$8** for seniors.

Please note: This event is not sponsored by the Vagabonds.

2 p.m. Saturday Classics concert schedule

Jan. 27: Romantic Music: A Classical Affair to Remember

March 9: Suite Dreams of France: Music of the French Countryside

April 27: Classical Echoes of American Life: Music of Sierra, Bernstein, Price and Copland

For details, go to FestivalCitySymphony.org.



The Musical Romance of Frank Sinatra and Peggy Lee

1 p.m. March 27
Wilson Center,
Brookfield

Come join your Vagabond friends March 27 at the Sharon Lynne Wilson Center for the Arts, 3270 Mitchell Park Drive, to hear a matinee concert of Frank Sinatra and Peggy Lee songs for a double dose of hits.

Tickets are **\$26**. Contact **Denise Kremel** with questions at (262) 524-1023.

Sign-ups start online **Jan. 3.**

Over 65 Years of Fun and Friendships

Vagabond Ski & Social Club Membership
 7809 W. Mount Vernon Ave.
 Milwaukee, WI 53213

Facebook Help Wanted

Help us find new members through Facebook: Click Like on the Vagabond Ski and Social Club page. To post pictures from club events, send them to jszulc@wi.rr.com.

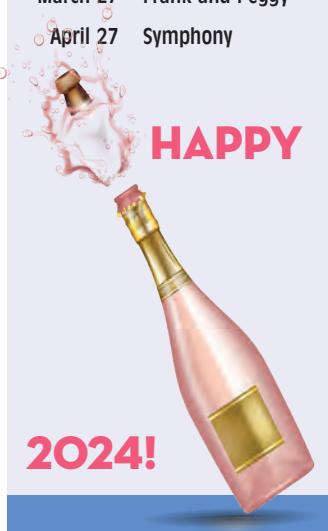
Stay Informed

For up-to-date information on club events and activities, including news and photos, visit VagabondSkiClub.com.

DATED MATERIAL

Deliver by December 27

| FUTURE EVENTS | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------------|------|-----|------------|---------------|-----|----------------------------|--|
| Feb. 7 General meeting, Dirty Boogie | 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| Feb. 10 Snowmass | | | Scrabble | General mtg | | Open Flame | Winter Park |
| Feb. 11 Punta Cana | | | | | | | |
| Feb. 18 Sunburst | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| March 1 Val di Fassa | Hike | | Game night | | | Bowling | |
| March 9 Symphony | | | | | | | |
| March 27 Frank and Peggy | | | | | | | |
| April 27 Symphony | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | Hike | | Scrabble | Yemas | | | Tennis/ Pickleball Party |
| | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | Hike | | Game night | | | Zermatt | Festival City Symphony |
| | 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| | Hike | | | Board meeting | | | |



January