



PRESIDENT



VICE PRESIDENT



SECRETARY



TREASURER

JOIN THE BOARD

Who will be our officers in 2025 election?

Who will be our officers in the 2025 election? We cannot exist without leadership. Four positions will be open in May, and we need qualified people to step up and support the club. Join the board. Contact any board member now.

So many of us have participated in at least one of the many events the Vagabond Ski and Social Club has offered this year:

- * Monthly general meetings with live music and fun
- * Hikes, bike rides, walks, tennis, pickleball, golf, bowling, skiing, baseball game
- * A theatrical production, Over the Hump, supper club dinner, picnic, fish fry, baseball game
- * A ski trip, or winter getaway, or domestic or foreign trip

THANK YOU VAGABOND CLUB FOR A GOOD YEAR!

Your board feels that the only way to sustain the club and move forward is to have everyone be a participant in **helping**. *This will be the norm in 2025*. There are so many easy ways to support your club:

- * Attend the monthly general meetings. (Participation of new members was lacking this year; how about better participation from older members?).
- * Help out at the Welcome Table to greet guests for an hour.

- * Assist an event leader with set up, phone calls or distribution of information.
- * Be a leader on a hike, or a walk, etc. Be creative with a new event.
- * Lastly, come forward to use your strengths and support the club. **We need qualified people to step up and support the club.**

What are expectations for each position?

See Page 2.



Get ready for another international adventure
Page 3.

Our next meeting: Feb. 5, with music by Close Enuf

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
jrles@twc.com

Secretary Carol Thomson
262-260-8056
cjgavigan177@gmail.com

OTHER BOARD MEMBERS

Public Relations Open

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From the President
Mary Beth Braun

Responsibilities of officers on the board

PRESIDENT

- * Preside at board and membership meetings.
 - * Assign directors to positions and other duties.
 - * Represent the club in various associations.
 - * Be an ex-officio of all committees
- Candidates should have leadership, organizational and computer skills.

VICE PRESIDENT

- * Succeed to the office of president should the president cease to be a member, resign or be unable to serve
 - * Preside at board and membership meetings in the absence of the president
 - * Coordinate certain events and perform other duties as assigned by the president.
- Candidates should have leadership, organizational and computer skills.

SECRETARY

- * Record the minutes at board and membership meetings.
 - * Maintain the club's papers and historical records, except those of the treasurer.
 - * Update a calendar of club events and activities.
- Candidates should be proficient in Microsoft Word.

TREASURER

- * Keep a current accounting of financial records.
 - * Make disbursements approved by the board, and secure vouchers/ receipts of bank deposits..
 - * Present monthly financial reports to the board.
 - * File tax returns.
 - * Arrange for bonding and insurance.
- Candidates should have an accounting background.



Membership
Jan Breitbach

Welcome New and Returning Members

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

Peter Christianson • Grant Kessen • Bob Larsen
Gregory Simcakoski • Scott Wussow

Email Jan.Breitbach@gmail.com or call (414) 732-9749.

Congratulations to new members of the 80/30 Club:

Maureen Baumann • Jean Ericson • Anne Fagan • Helen Hankwitz
Sue Hoffmann • Deanna Kluwin • Janet Laganowski • Camille Mecikalski
Joe Melter • Jack Niederer • Marie Sattell • Peter Saulnier • Carla Senical
MaryBeth Siaggas • Don Smidt • Ed Staacke

Vagabond Ski and Social Club's Spectacular 15-Day Enchanting Japan with Cruise + Optional Seoul Extension

Cruise and Land - Trip opens Jan. 2

Thursday, Aug. 21 to Thursday, Sept. 4, 2025

\$5,194*

Seoul - Sept. 4-8

(see extension price below)



Trip opens **Jan. 2 by U.S. Mail**. Be part of this phenomenal Vagabond trip – 3 nights in Tokyo and 10-night cruise with a 4-night extension to Seoul, South Korea. **Hurry, space is limited. FREE INFORMATIONAL PARTY** - Sunday, Jan. 12 – 2-4 p.m. with drinks and appetizers at the Machine Shed, N14W24145 Tower Place, Waukesha. (I-94 Exit #294) Call (262) 523-1322 for directions. If possible, please RSVP to **Bob Spindell** on the Vagabond website.

Princess Cruise line – Diamond. Stateroom choices are **Inside***, Window or Balcony. With one of the longest & most complex histories of any country, Japan's colors, sights and traditions have fascinated visitors for thousands of years. It's a fascinating look at old-meets-new. Japan holds strong to its traditions and roots while still making room for innovation and contemporary trends. We will cruise around it!

ITINERARY

Japan with Cruise:

- **Aug. 21:** Leave from: MKE Airport or by Bus - MKE to O'Hare - to Tokyo – 1 Stop
- **Aug. 22-25: Tokyo** – 3 nights @ **Intercontinental Hotel** – 5 Star
- Aug. 25 – Sept. 4: Lv: **Tokyo by ship** – **Diamond Princess** - for 10 nights to: (Day 2) Toba, (Day 3) Osaka for Kyoto, (Day 4) Kochi, (Day 5) Hiroshima, (Day 6) Kanmon Straits, (Day 7) Busan, South Korea, (Day 8), Nagasaki, (Day 9) At Sea, (Day 10) Shimizu for Mt. Fuji. Arrive back in Tokyo.
- **Sept. 4:** Air -- Tokyo to ORD/MKE

OR:

Seoul Extension:

- Sept. 4: Air -- Tokyo to Seoul for Extension Group
- **Sept. 4-8:** Four nights at **Sofitel Hotel** – 5 Star
- Sept. 6: Full-day tour to DMZ (optional)
- **Sept. 8:** Air: Seoul to ORD/MKE.

INCLUDES

- **AIR** – MKE airport or O'Hare + Return to MKE
- **BUS:** To and from O'Hare & from Airports/Hotels/Cruise.
- **Ten nights Luxurious Cruise on Diamond Princess, *Inside Stateroom** included in price, Window Stateroom + \$594 pp, Balcony Stateroom + \$988 pp, Seoul Extension + \$1,794 per person. The following amenities are included:

- **Cruise Meals** – Breakfast, Lunch, Dinner - **Unlimited Beverage Package up to \$15 each drink** – Cocktails/Wine/Beer/Juice/Soft Drinks, **Free Internet, All Crew Tips and Gratuities, Unlimited Room Service / Delivery Anywhere on Board ++.** Some Shore Excursion at greatly reduced prices.
- **Hotel Nights at 5 Star Hotels above with Breakfast 3 nights in Tokyo and 4 nights in Seoul.**
- **TOURS** – Sightseeing - **City Panorama Tours** – Tokyo and Seoul +
- **PARTIES** - As usual, many parties, dinners and surprises.

NOT INCLUDED

- **TRAVEL INSURANCE** - Cancellation **FOR** Reason & Trip Interruption - **NOT** included but required by Vagabond Board of Directors – Group rate TBD. Cancel for Any Reason at extra cost; check with Bob.
- Some optional ports of call tours, additional city / outside-of-area tours & possible entry fees to some attractions. Tips and Meals not indicated above and possible exchange-rate increases, airline and boat supplemental fuel charges, possible \$211 port taxes and fees..*

Trip Opens Jan. 2 - Send check by U.S. MAIL FEDX, etc., Postmarked Jan. 1 or 2 (Not before):

- \$100 Japan only Inside Cabin - w/ Seoul add \$25 for total ck of \$125 pp.
- \$150 Japan only Window Cabin - w/ Seoul add \$25 for total ck of \$175 pp.
- \$200 Japan only Balcony - w/ Seoul add \$25 for total ck of \$225

“Hold your place in line only - not applied to trip” Make check payable to Vagabond Ski and Social Club. On trip ticket, indicate your CABIN choice and SEOUL OPTION choice. Send check and trip coupon and two address labels to:

Trip Leader **Bob Spindell**

1626 N. Prospect Ave, # 2210

Milwaukee, WI 53202.

Questions, (414) 276-6331.

Your \$100, \$125, \$150, \$175, \$200 or \$225 check is 100% returnable through the Trip Informational Party on Jan. 12. First payment of \$2,000 by credit card or check due Jan. 14. Dates of additional payments TBD.



**Sporting Activities
Mary Beth Braun**



Minooka Park on a sunny Sunday in November. Thanks to Betty Riley for leading and to Cindy Hum for the photo.

Sunday Hikes

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

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

Join us for Sunday hikes at area parks and urban locales. Please note that hikes begin promptly at the time indicated; late arrivals will not be accommodated.

We welcome volunteers to lead hikes in future months. Contact **Dan Heidemann** at danlmark@gmail.com or (414) 416-1678 if you know you can be a leader. **Hikes without leaders will be canceled.**

Dec. 29 – Lapham Peak State Park: Take I-94 west to Hwy. C, then turn left to park entrance. Meet at the middle parking lot, which is called Homestead Hollow: type “Homestead Hollow, Delafield WI” on Google Maps. From the entrance, go up the main road 0.7 of a mile, parking lot is on the left. This is the area where we usually stop for bathrooms. This significantly reduces the number of hills for the hike. We will hike approximately 5 miles. Hike from 1:45 to 3:45 p.m., then head to Revere’s Wells Street Tavern at 505 Wells St in Delafield for chili and drinks. Hike leader: **Betty Riley**, (262) 888-9978.



Crossing one of the Seven Bridges at Grant Park. Thanks to hike leaders Terese and Jay Zinn and to photographer Jim Stephens.

Jan. 5 – 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 pm, then to Michael’s on 1400 S N Grand Ave. 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.

Jan. 12 – Greendale Village and Scout Lake: Meet in front of Greendale Public Library, 5647 Broad St. Hike from 1:45 to 3:45 pm. After the hike, food at a downtown Greendale



A bright, brisk day in Whitnall Park, complete with freshly made snow at Crystal Ridge ski hill. Thanks to Betty Riley for leading and for the photo.

restaurant. Hike Leaders: **Jay** and **Terese Zinn**, (414) 708-1663.

Jan 19 – Glacier Hills County Park: Drive north on 41/45 to Hwy. 167 west (Holy Hill Road). Go west to the road for Fox & Hounds, go left (south) to park entrance. Please note there is a daily entrance fee of \$7; you can prepay online or get a mail-in envelope at the entrance. Moderate skill level hike, hilly, with gravel, grass, pavement, mulch trails. Possible ice, snow, frozen ground. Hiking shoes, Yaktrax and hiking poles suggested. Meet at 1:30 p.m., hike until 3:45. Then to Sawmill Inn & Pub in Richfield, 1729 Wolf Road, for food and drink.

Hike leader: **Gary Kovach**, (414) 712-3897.

Jan. 26 –Richard Bong State Recreation Area: 26313 Burlington Road (Hwy 142), Kansasville (west of Hwy 75). Meet at 1:30 p.m. at Trailhead B parking lot (past the entrance station to the left past the Molinaro Visitor Center). 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.

Bowling

Our fun, monthly Vagabond Bowling League is looking for substitutes. We bowl on the second Friday of each month at **2 p.m.** at **New Berlin Bowl**. Our league secretary is **Dee Hollstein-Pizur**, (262) 227-6322. Sign up at VagabondSkiClub.com.



International
Trip
Linda Horn

Winter Getaway

Hideaway at Royalton Riviera, Cancun
Adults-only, all-inclusive resort
Feb 12-19 (Wednesday to Wednesday)

Enjoy a premium getaway in the sun, just south of Cancun, Mexico. The luxury resort of Hideaway at Royalton Riviera offers 11 restaurants, 16 bars, afternoon hors d'oeuvres, high-speed Wi-Fi, satellite television, stocked minibar, reservation-free dining, tennis, pickleball, gym, casino, spa, kayaking, snorkeling, ping pong, yoga, cooking classes, dance classes, trivia games and access to neighboring Royalton Riviera Cancun.

Flights are non-stop charters between Milwaukee and Cancun. Call **Sue** at (414) 421-6248 for availability.



Bike and Barge Trip

France

Sept. 6-13

\$2,000 per person
double occupancy, excluding air

Tour the South of France by boat and bike Sept. 6-13, 2025. A week of cycling, suitable even for less experienced cyclists. The stages are led by a guide, mainly on back roads from Avignon to Aigues Mortes, with little traffic.

Price: \$2,000 per person, payable by check and based on double occupancy. Does not include airfare or bike rental. Meals included.

For details, go to Sitzmark.org/event-5665633; contact Trip Leader **John Graff** at jgrafl1809@gmail.com or (414) 403-3478.



Thanks to Gary Kovach for leading the Havenwoods State Forest hike.

Ways to Stay Youthful

Marc Milstein, PhD, has a number of suggestions to keep your body, mind and spirit young. These tips are excerpted from one of his recent seminars in Brookfield.

- ★ **Get a good night's sleep.** When you sleep well, your brain increases its memory capacity, cleans itself each night and supports anti-aging. A few ways to improve sleep include establishing a consistent bedtime, a dark bedroom (no TV, no technology) and daily exercise.
- ★ **Learn new things and be socially engaged.** Take a class in something you always wanted to explore. And what better way to be socially engaged than to participate in Vagabond events and, even more important, volunteer to lead events.
- ★ **Manage stress.** Ways to manage stress include acknowledging the negative but being thankful for the positive. For some, meditation helps.
- ★ **Moderate exercise.** If you don't want to exercise alone, take advantage of all that the club has to offer, based on the season: hiking, biking, walking, tennis, pickleball, golf and skiing. And dancing is a great exercise as well!
- ★ **Underlying conditions.** Take care of any chronic issues you may have and follow your doctor's advice.
- ★ **Eat Real Food.** Eat foods that spoil: fresh fruits and vegetables, for example. Shop around the perimeter of the grocery store for the best things to eat. Avoid canned goods and their high sodium content as much as possible.

For more ways to keep young, consult DrMarcMilstein.com.



Ski Activities
Joyce Szulc

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*. This has nothing to do with one's physical fitness but rather with your genetics. No one wants to get sick on vacation. Being as safe as possible on the slopes is key to having an enjoyable 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.

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, don't overconsume caffeine. Avoid drinking alcohol and sugary drinks your first night and the night before travel. Next, you want to counteract the natural dehydration that happens when your body is receiving less oxygen. Drink a lot of water and add electrolytes before and during travel.

If you do become sick: There are several things you can do to treat your symptoms if you do feel unwell at altitude. For headaches, take over-the-counter pain relievers such as acetaminophen or ibuprofen. For lightheadedness and insomnia, 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



Ski racing



The Vagabond Ski Team begins the race season Jan. 4, at Sunburst. Spectators are encouraged to come out and watch the team in action, along with the trophy presentation. Several people have joined the club after experiencing a race day.

Contact **Al Lemke** at aklemke2993@gmail.com or (414) 688-2938 or visit MMSCSR.com.



MMSC Senior Race Schedule

- Jan. 4 – Sunburst (CMSC race)
- Jan. 5 – Sunburst
- Jan. 12 – Sunburst
- Jan. 19 – Sunburst
- Jan. 25 – Holy Hill
- Feb. 1 – Holy Hill
- Feb. 8 – Sunburst
- Feb. 16 – Sunburst



Questions? Contact Ski Activities Coordinator
Joyce Szulc, 262-902-3248 or jszulc@wi.rr.com



Social Activities
Denise Kremel

Friday Fish Fry

Jan. 3
Bullwinkle's, Brookfield



Our next fish fry will be Friday, Jan. 3, at Bullwinkle's Sports Bar, 18900 W. Bluemound Road, in the Galleria West Shopping Center. Meet at the bar any time after 4:30 p.m. Dine at 5:30 p.m.

Our choices will be cod for \$22.50 or salmon for \$28.75. Questions? Call **Cathy Faust** at (414) 429-2384 or **Nancy Drolshagen** at (414) 491-3147. We are limited to 25 reservations; kindly call to cancel if you are unable to attend.

Festival City Symphony

The Vagabond Ski & Social Club continues a long tradition of promoting the Festival City Symphony to our members. Purchase tickets in advance at FestivalCitySymphony.org/order-Saturday-Classics-Tickets, 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.

Concerts are at 2 p.m. Saturdays

Schedule

- Jan. 25 -- Mendelssohn's Violin Concerto and Beethoven's Eighth
- March 8 -- Harmonies of the Heartland
- April 12 -- Spanish Dreams and Dances

Visit festivalcitysymphony.org/orchestra-concert-schedule for descriptions of each concert.



Over the Hump

Jan. 15
Champps Americana, Brookfield

Our next Over the Hump gathering will be from 4-7 p.m. Wednesday, Jan. 15, at Champps Americana, 1240 S. Moorland Road. Enjoy Happy Hour specials until 7 p.m.

No sign-up is necessary -- just show up. And send us your ideas for 2025!

Call **Cathy Faust** at (414) 429-2384 or **Nancy Drolshagen** at (414) 491-3147.

Cheer on the Packers

Dec. 29
New Berlin Ale House



Get together with other Vagabonds at noon Dec. 29 at New Berlin Ale House to watch the Packers play the Vikings on TV. There is no need to sign up, just show up. Any questions, call **Tom** at (414) 276-0479.



Scrabble

1-4 pm Tuesday, Jan. 7 and 21
New Berlin Ale House

We play Scrabble 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. 7 and 21**. Food is also available for purchase. Non-members are welcome. Call **Lynn Kozlowski**, (414) 539-8114.

Sheepshead

6-9 pm Tuesday, Jan. 14 and 28
New Berlin Ale House

We play Sheepshead from **6-9 p.m.** on the second and fourth Tuesdays of each month at New Berlin Ale House. The next gatherings will be **Jan. 14 and 28**. Non-members, members and all levels of play are welcome.



Fee: at least one food/beverage order (plus tip) plus \$1 per person; bring more money, and you may win or lose. Questions: **Jaе Hartnell**, (608) 712-7440.

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 30

FUTURE EVENTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Feb. 9 Heavenly	29	30	31	1	2	3	4
Feb. 12 Cancun						Bullwinkle's	
March 7 Japan							
March 8 Symphony							
April 12 Symphony	5	6	7	8	9	10	11
Aug. 21 Japan	Ski race Hike		Scrabble			Bowling	Vail
Sept. 6 France							
 <p style="background-color: #0056b3; color: white; text-align: center; padding: 5px;">Monday, January 13</p>  <p style="background-color: #0056b3; color: white; text-align: center; padding: 5px;">Monday, January 20</p>	12	13	14	15	16	17	18
	Ski race Hike		Sheepshead	Champps			
	19	20	21	22	23	24	25
	Ski race Hike		Scrabble				Ski race Symphony
	26	27	28	29	30	31	1
Hike			Sheepshead				

January