

## Zoom/Phone-in General Meeting

**WEDNESDAY, MARCH 3**

**6:45 pm Roundtable:** Featuring Vagabond Dr. Bill Gaertner:  
“Why and How to Lose the ‘COVID-15’ for a Fun Summer 2021”

**7:15 pm General Meeting**

The COVID-19 pandemic has impacted the lives of just about everyone. Though most of this impact has been negative, Dr. Bill will use this Roundtable to lift your spirits with a little knowledge and will show you how, with some self-discipline, you can control the outcome.

The “COVID-15” is a term borrowed from the popular phrase referring to the 15 pounds many freshmen gain when they go off to college. This Roundtable will include basics on the how and why of weight management. Dr. Bill will emphasize ideas designed to increase your motivation and knowledge of what works when it comes to achieving and maintaining a healthy weight.

If you have a question before the meeting, send it to Meetings Director Tom Wendt at [ThomasWendt@juno.com](mailto:ThomasWendt@juno.com) by Monday, March 1. If time allows, we will also accept questions online after the presentation.

### Zoom Video/Audio:

Join the meeting via Zoom video using your computer, tablet or smartphone. Sign in on your tablet or smartphone app using the Meeting ID and Password listed below. Or click on the email link sent the day before the meeting. Be sure to turn on the video portion so your Vagabond friends can see you!

### Dial In Only:

Call in to join the meeting by phone (land line or cell phone) and hear the latest updates about Vagabond events, activities and trips.

**Call (312) 626-6799 ... Meeting ID 837 3356 215 ... Password 8242 2663**

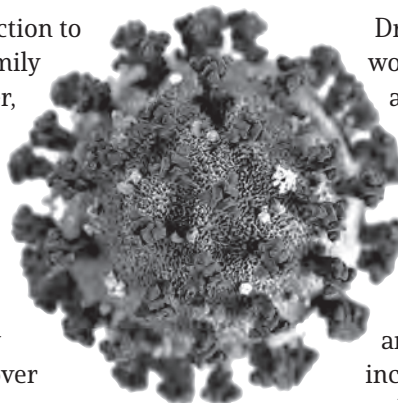
## ROUNDTABLE:

### Why and How to Lose the ‘COVID-15’ for a Fun Summer 2021



Dr. Bill Gaertner

Most of you need no introduction to Vagabond Bill Gaertner: family physician, triathlete, tennis player, downhill and cross-country skier and fiance of Vagabond Betty Riley, RN. “Dr. Bill” has presented a variety of Roundtables for us previously, covering health and wellness topics such as Metabolic Syndrome, Healthy Aging and Alzheimer’s Disease over the past several years.



Dr. Bill is still practicing medicine, now working one day a week with narcotic addicts, most of whom have mental health issues, including adult ADHD.

Dr. Bill’s interest in weight management dates back to his 40-year career in family medicine. His lifelong passion for wellness and healthy lifestyles starts with nutritious eating and regular physical activity. He also incorporates many other new ideas and research into his practice.

**Vagabond Ski & Social Club Inc.**  
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**VagabondSkiClub.com**

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**From the President  
 Joyce Szulc**

**Y**our Board is already working on summer activities for the club! Plans are under way for tennis, pickleball, golf and bike rides to name just a few of our upcoming events.

Will you be in shape and ready to participate? Maybe you have been sitting more in

front of the TV or computer, snacking more and not getting any exercise? The pandemic might have hindered your normal exercise and diet habits. Be sure to sign into our virtual March General Meeting, where our own Vagabond Dr. Bill Gaertner will share his tips for losing the dreaded COVID-15.

I anticipate that some (but not all) of the COVID restrictions will be relaxed this summer as the vaccine becomes more accessible. The club will continue to follow all health and safety guidelines to ensure a safe and fun experience for participants. Expect changes in event protocol as we move into the summer months. Once again, some venues may not hold events since they are not appropriate for larger groups at this time.

On another note, the club continues to recruit volunteers to lead individual events and to oversee activities such as the summer biking program and the Wednesday walks. We cannot run events without volunteers and will be forced to cancel if no one steps up. Being an event leader is one of the best ways to interact with other club members. Do you have an idea for a new or different event that you are willing to lead? Contact a Board member for more details on how you can keep the club moving forward.

Before you know it, it will be time for our annual May election. If you have any interest in running for a Board position, please contact me. There might be an opening for you!

*Regards, Joyce*



**From Membership  
 Jan Breitbach**

**WELCOME NEW OR RETURNING MEMBERS:**

*(Up-to-date information is available in the online directory.)*

**Cathy Delano • Cheryl Meloche**

If you have any questions, contact **Jan** at (414) 732-9749 or Jan.Breitbach@gmail.com.

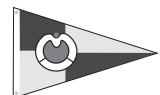
**Printed copies of the 2021 Vagabond Directory are still available.**

**Send a \$5 check to Jan Breitbach**

**7809 W. Mt. Vernon Ave. Milwaukee, WI 53213.**



**In light of the pandemic, events are subject to change.**



**Milwaukee Sail & Power Squadron  
 www.milwakeepowersquadron.org**

The U. S. Power Squadrons®/America's Boating Club® offers virtual courses on navigation, weather, and much more. For course and seminar schedules, go to our website or contact:

**Ted: 262-786-1475; tmsmyczek@netzero.net.**



Tennis & Pickleball  
Dee Hollstein-Pizur

### Pickleball Leader Needed

We hope to have a summer pickleball league again this year, running from June through August. We are looking for someone to step up as the event leader. Last year, the club played Thursday nights at Banting Park in Waukesha.

If you played last summer (or would like to play this summer), the previous event leader is ready to help you learn the ropes. You can reach her at JCHartnell24@gmail.com or (608) 712 7440.

Contact **Dee** at DeeHPizur@gmail.com (with subject line Pickleball Summer 2021) if you are interested.

### SUMMER TENNIS LEAGUE

**Mondays, June 7- Aug. 23 • 6-7:30 pm**  
(Every Monday except July 5)

**Elm Grove, Brookfield East and Brookfield Central**

The Vagabond Summer Tennis League, one of the club's most popular activities, will begin June 7 and run through Aug. 23 – every Monday except July 5, from 6-7:30 p.m. We plan on reserving the same court locations as last year: Elm Grove, Brookfield East and Brookfield Central.

Due to COVID restrictions, the club will not be organizing an indoor social event after tennis. However, for those who desire, we are looking for an outdoor venue where players can safely gather. If you have any suggestions, contact **Cheryl Jaeger** at cheryl.ann.jaeger@gmail.com or (262) 510-9676 or **Diana Schneider** at bschneider95@wi.rr.com or (414) 491-2217.

The league is for all skill levels – from beginners to accomplished players. The matches are social, mixed doubles, with teams paired up according to ratings. Plan to get out and play, enjoy some exercise and have some fun. Look for registration information at our next Zoom General meeting, online or in the next *Life*.

### INDOOR TENNIS AT BROOKFIELD ELITE

**13825 W. Burleigh Road**

Two indoor tennis events are scheduled for this spring: **Saturday, March 27** and **Saturday, April 24**. Sign in at **3:30 pm**, play from **4-5:30 pm**. Price is **\$18**. Players will be paired with similarly rated partners whenever possible. (Brookfield Elite is the former Highlander.)

Registration for both dates is open now. The club will provide bottled water and tennis balls. For those who wish, we will enjoy food and beverages at a local restaurant afterward. Questions? Email **Dee** at DeeHPizur@gmail.com.



Tech Tip by  
Linda Horn

### Don't Get Scammed!

An AARP study shows that people are more likely to respond to threatening email messages than to those that promise rewards. That might explain the growth of email extortion scams that threaten to publicize compromising information about you – true or not – if you don't make a quick payment. They claim they've implanted malware on your computer that lets them capture your keystrokes, watch through your webcam and amass embarrassing evidence about you (such as evidence that you visit adult websites), even if it isn't true. They threaten to share the information with all your email and social media contacts unless you pay hush money. They may refer to one of your passwords, obtained on the black market after a big corporate data breach.

Don't panic. It's unlikely that the cyber blackmailer has actually invaded your computer.

#### Warning Signs

- The message seems generic and doesn't cite any specific websites.
- The threat is poorly worded and includes grammatical errors.
- You are given a short deadline to respond, typically a day or two – a classic high-pressure tactic.

#### DO

- Do change the password you use for a website you've learned has been hit by a data breach.
- Do use two-factor authentication when it's available.
- Do keep your operating system, web browser and antivirus programs up to date.
- Do cover the lens on your computer's webcam with a piece of opaque tape when you're not using it, to block a hacker who might actually use it to spy on you.
- Do check that security settings on your social media accounts are activated.

#### DON'T

- Don't reply to an extortionist's email.
- Don't pay up in hopes that the blackmailer will go away. He or she may just ask for more money.
- Don't keep using the password the scammer mentioned in the email. Change it immediately.
- Don't use the same password for multiple sites.
- Don't click any links or open any attachments in an extortion email.

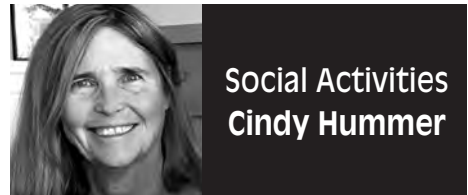
#### Excerpted from:

[www.aarp.org/money/scams-fraud/info-2019/extortion.html](http://www.aarp.org/money/scams-fraud/info-2019/extortion.html)





**Sporting Activities**  
**Mary Beth Braun**



**Social Activities**  
**Cindy Hummer**

### Sunday Hikes

Meet at 1:30 pm • Hike 1:45-3:45 pm

**March 7 – Neshotah County Park: We need a leader!**

Park entrance is on Hwy C, just north of Hwy 16. Meet in the main parking lot. Trail may be snowy and icy.

**March 14 – Menomonee Park: We need a leader!**

Meet at the Hwy Y entrance (on Lannon Road), which is about a half-mile north of Good Hope, at the Lannon Village Park parking lot on the east side of the road.

**March 21 – Havenwoods State Forest:** 6141 N. Hopkins St., Milwaukee. Meet in the parking lot. From Good Hope Road, go south on 43rd Street (Sherman Blvd.), then right onto Douglas Ave. From W. Silver Spring Drive, go north on Sherman Blvd., then left on Douglas. Leaders are **Gary Kovach**, (414) 712-3897 and **Connie Sandell**, (414) 712-3827.

**March 28 – Whitnall Park: We need a leader!** Meet at the golf course parking lot along S. 92nd Street.

Will someone volunteer to lead a Milwaukee Lakefront hike? Is there someone familiar with Muskego Park to lead a hike? Or Scuppernong State Park? Contact Mary Beth at (262) 443-7291 if you will volunteer to lead hikes.



### Wednesday Walks

We continue to find new and interesting parks to walk in, and we welcome more ideas. Thank you to all who have volunteered to organize these one-hour, Wednesday after-noon outings. Keep updated through our website and Joyce's Friday emails to learn the location of the next walk.

To offer ideas and volunteer, contact **Mary Beth** at (262) 443-7291.

As you know, social activities have been slow or non-existent these past few months, but with summer right around the corner and the vaccine more available, we may actually soon have something to do!

- **Baseball:** Our Milwaukee Brewers rep says the team is working to bring fans back into the stadium yet still provide social distancing, etc. So for now, there are no group tickets being offered. But don't worry. We still have the Milwaukee Milkmen, an independent professional baseball team in Franklin. We plan to attend a game there in June. Details will be in the April issue of the *Vagabond Life*.
- **Entertainment:** The Marcus Performing Arts Center will reopen to the public in October for a return of *Hamilton*, **Oct. 12-24**. If anyone is interested in seeing this show again – or if you didn't get a chance in 2019 – contact **Cindy** at (262) 894-1383 or [cjhum1383@gmail.com](mailto:cjhum1383@gmail.com). The Marcus has asked for a count of how many tickets we might be need. No price is available yet.

If anyone has any other ideas for activities that allow us to gather safely, please contact Cindy.

### Tapping a Maple Tree

March 2 • 11 am • \$6 per person

River Bend Nature Center

3600 N. Green Bay Road, Racine



Experience the Sugar Bush at River Bend Nature Center. Hike the woods, drill and tap a maple tree, carry the sap back and watch it turn to syrup. Sign up online. Space is limited. If we have an overflow of people, we can reserve an

additional day for Vagabonds. Event leader: **Joyce Szulc**, (262) 886-9328.

### Think Spring! Think Golf!

- There will be a **Wednesday Golf League** at Songbird Hills.
- There will be a **Friday Golf League** at Brookfield Hills.
- There will **not** be a Thursday League at Deer Haven in New Berlin this year.
- We may be able to add a Tuesday League at Brookfield Hills.

Stay tuned. Details will be in the April *Life*, and registration will open **April 1**.



Ski Activities  
Joyce Szulc

## Vagabond racers excel

The Vagabond men's ski team won all 14 of its races this season to claim the championship of the four-team MMSCSR league. Our women's team finished in third place, behind the Holy Hill and Sitzmark women. Together, the Vagabond men and women finished second in the combined standings.

More than 60 racers competed. Our team consisted of 24. Kenny Butler was the top overall racer, followed by fellow Vagabonds Zach Bluvstein and Eric VanWormer. In fact, the top six racers in the league, including Nick Leonard, Reiner Schlimbach and Norman Schlimbach, were all Vagabonds.

The following skiers earned an award by finishing in the top three or at least top half of their class.

**Class 1:** 1. Kenny Butler, 2. Zach Bluvstein, 3. Eric VanWormer, 4. Nick Leonard

**Class 2:** 1. Justin Gigstad, 5. Ken Smith, 6. Al Lemke

**Class 3:** 1. Kurt Sandstrom

**Class 4:** 1. Jan Vojta, 2. Chris Wills

**Class 5:** 1. Leslie Jamieson

**Class 6:** 3. Buzzzz Bluvstein

Ski racing is one way our club can attract younger members. We always have fun practicing and racing and then socializing after the skiing.

If you ski, consider skiing "around the poles" on a racecourse and having some fun with us next year. Encourage your children, grandchildren and friends to join us. We had an especially good time skiing at Heiliger Huegel's private ski area, near Holy Hill. Skiing there is a delight and so is the view of the spires of St. Mary's Church and a beautiful countryside. If we race there again next year, club members may be able to join us as in past years to ski, watch the races, and gather for lunch afterward in the rustic, mid-hill lodge.

For more information, contact **Al Lemke** at (414) 688-2938 or [aklemke2993@gmail.com](mailto:aklemke2993@gmail.com). For complete results, statistics and details on how Metro Milwaukee Ski Council Senior Racing operates, visit [MMSCSR.com](http://MMSCSR.com), a website maintained by Vagabond racer Jan Vojta.

## Next season

The club is getting ready to set out on its final ski trip of 2021, to Park City, Utah. Although we had to cancel the Breckenridge trip and the Big Snow Ski Weekend, we were able to enjoy a week in **Vail** in January, along with a day trip **Feb. 19** to Cascade Mountain.

For the 2022 season, we plan to visit three Ikon Pass locations: Big Sky in January, Aspen in February, and Banff in March. Watch the website and Life for more details.



From the  
Vice President  
Linda Horn

## INTERNATIONAL TRIPS

### Africa • October 28-November 9

**\$9,995 per person, double occupancy.**

This dream trip will explore Cape Town, Private Big 5 Game reserve drives in Kapama, sunset cruise on the Zambezi River, viewing majestic Victoria Falls and even seeing the African penguins. No visas are required, but your passport must be valid for six months beyond November 2021.

This trip is limited to 12 people (minimum 6). Price includes airfare, 10 nights lodging, most meals and trip insurance. (Upgrade, cancel-for-any-reason trip insurance also available).

Price is **\$9,995** per person, double occupancy. Single supplement is **\$2,595** additional. First deposit of **\$3,000** is fully refundable and **due by April 15**. Second deposit is **\$4,000**, due **May 12**, and final payment Aug. 13. Upgraded insurance is due with the first deposit.

For a complete brochure, call event administrator **Barb Schumacher** at (414) 305-1060.



### Greek Isles & Italy • September

We will depart from Athens and travel through the Greek Islands by cruise ship – the newest one in the line. Then we are off to Rome for an Italian adventure. As usual, we will stay at 4 and 5-star hotels both in Athens and Rome, with several parties and dinners.

Contact **Bob Spindell** at [RSpindell@Gottesman-Company.com](mailto:RSpindell@Gottesman-Company.com) or (414) 276-6331.

## Visit us on Facebook

@ Vagabond Ski & Social Club

You can also post pictures from club events.



Over 63 Years of Fun and Friendships

Vagabond Ski & Social Club Membership  
 P. O. Box 26173  
 Milwaukee, WI 53226

DATED MATERIAL

Deliver by Friday, February 26

**Facebook Help Wanted**

Help us find new members through Facebook: Click Like on the Vagabond Ski & Social Club page. You can also post pictures from club events.

**Stay Informed**

For up-to-date information – and to find out which events and activities are being affected by the restrictions on social gatherings – visit [VagabondSkiClub.com](http://VagabondSkiClub.com).

FUTURE EVENTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
4/24 Tennis Party - Brookfield Elite	31	1	2	3	4	5	6
6/7-8/23 Summer Tennis League			Maple Tree Tapping	General Meeting Walk			Park City Ski Trip
June-August Pickleball League	7	8	9	10	11	12	13
September Greek Isles & Italy Trip	Hike			Walk			
10/12-24 Marcus Center - Hamilton	14	15	16	17	18	19	20
10/28-9/9 Africa Trip	Hike			Walk			
	21	22	23	24	25	26	27
	Hike			Walk			Tennis Party - Brookfield Elite
<p>In light of the current pandemic, all events are subject to change.</p>	28	29	30	31	1	2	3
	Hike			Walk			

MARCH