

Zoom/Phone-in General Meeting

WEDNESDAY, JANUARY 6

6:45 pm Roundtable: Around the Corner with John McGivern – New Glarus

7:15 pm General Meeting

After the Roundtable, hear what is planned in the New Year. To ensure the health and safety of our members, we are going to Zoom in your Living Room. You can join either with video or dial-in only.

Hear updates on club events, including the new Walking group. Once again, to ensure the health and safety of our members, we are going to Zoom in your Living Room. You can join either with video or dial-in only.

Zoom Video/Audio:

Join the meeting via Zoom video using your computer or smartphone.

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

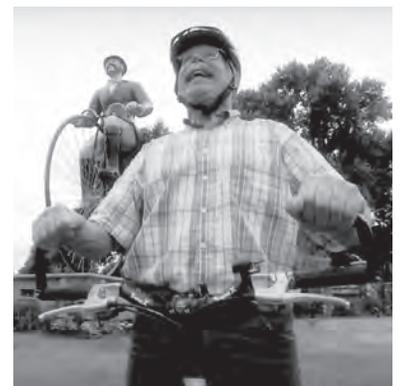
Dial In Only:

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:

Around the Corner With John McGivern – New Glarus



In this PBS Series, Emmy Award-winning actor John McGivern explores what it is like to live, work and play in New Glarus, Wisconsin. Many Vagabonds are already familiar with New Glarus, having visited on weekend biking trips or a bus trip. John McGivern was born in Milwaukee. He is a graduate of St. Lawrence Seminary in Mount

Calvary. In 2010, he received an Emmy Award for Outstanding Achievement for Individual Excellence on Camera: Programming-Performer in the Chicago/Midwest region. His bicycle-riding sidekick, John Gurda, also born in Milwaukee, has written 22 books. A local history expert, he reveals the past of the featured community and maps out the boundaries so you will know where to go if you want to do your own exploring.

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**From the
President
Joyce Szulc**

I do not think that any of us will ever forget the Year 2020: coronavirus, civil unrest, a combative political climate, all levels of sports and group activities disrupted, wildfires, hurricanes, murder hornets and more. It was supposed to be a great year for Milwaukee: The Democratic

Convention was expected to bring millions of dollars to the area; the Bucks were doing well; and there were high hopes for the Brewers, too.

Geez ... what happened?

I wish I had a simple answer for you.

Fortunately, as I mentioned at the December Zoom meeting, there seems to be some good news on the horizon, with vaccinations becoming available. However, there are probably more months of restrictions before activities return to “normal.” For example, those of us going on ski trips expect almost everything to be different – from the airport to the lift lines.

What have we learned from all this? I believe we have learned that we can adapt to just about anything! That is how human nature works, I suppose. Who would have thought that Zoom meetings would be the norm, or physical distancing, or face coverings?

When we finally exit all this, we should have a better appreciation for our friends and families and for the simple, daily routines of our lives. My sincere wishes to each of you for a safe and healthy 2021.

Happy New Year!

Regards, Joyce



**Social Activities
Cindy Hummer**



New Year's Eve Party

Thursday, Dec. 31

Tripoli Shrine • 3000 W. Wisconsin Ave.

Tripoli Shrine has upgraded its air-filtration system and received approval from the Health Department to host its annual New Year's Eve party.

Tripoli has held three events since Sept. 29 that have been over 250 people, and the Health Department has come to inspect during and after the gatherings. They also monitor if anyone tests positive after the events, and there have been no positive tests related to the events. So the shrine is able to offer food and dancing.

The New Year's Eve Party will start out with scrumptious hors d'oeuvres, open bar all evening, followed by a sit-down dinner, music to dance to, 11 p.m. buffet. Party favors and champagne at midnight.

It is a Black Tie Event, so dark suit or tuxedo for men, and a fancy dress for ladies.

Vagabonds will be grouped together. If you have request of who you'd like to sit with, it can be arranged. No need for a trip coupon as this is directly with the Shrine.

Further updates can be found on the Vagabond website as they become available.

Call **Diane** or **Greg Zarse** at (414) 327-2572 for pricing and details.



**Sporting
Activities
Mary Beth Braun**

Sunday Hikes

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

Sunday hikes are continuing as long as we have interest. However, we need **leaders** for each week.

For all winter hikes, consider the weather conditions for proper footwear.

Jan. 3 – Nashotah Park: Meet at Hwy 16 and C Park & Ride at 1:30 pm. Hike 1:45-3:45 pm.



Jan. 10 – Minooka Park: Meet at the park's parking lot on Sunset Drive in Waukesha, just west of Hwy Y (Racine Ave.) at 1:30 pm. Hike 1:45-3:45 pm. Leader is **Jean Duelling**, (414) 321-0258.

Jan. 17 – Whitnall Park: 5879 S 92nd St. (south of Forest Home) in Hales Corners. Meet at the golf course parking lot along 92nd Street at 1:30 pm. Hike 1:45-3:45 pm.

Jan. 24 – Menomonee Park: Hwy Y entrance (on Lannon Rd. about 1/2 mile north of Good Hope, at the Lannon Village Park parking lot on the east side of the road). Meet at 1:30 pm. Hike 1:45-3:45 pm.

Jan. 31 – Lapham Peak State Park: Park entrance is on Hwy C in Delafield, just south of I-94. Drive past the ranger's office and take a right at the first turn to the parking lot. Meet at 1:30 pm. Hike 1:45-3:45 pm.

Wednesday Walks

Wednesday short walks will continue weekly at 1 p.m. We are looking for a volunteer each week to give a location and lead. There has been great interest in the walks, and they are going smoothly. We are choosing parks that have paved walkways and relatively flat terrain for a one-hour walk.

A few guidelines for cancellations: a) If there's steady rain; b) if the temperature is below 25 degrees; c) snowy conditions would be up to the discretion of the leader. A walk in light, fluffy snow might be delightful, but a heavy, wet snow could be unsafe on the roads and probably canceled.

If you would like to volunteer, contact **Mary Beth** a week or two before your suggested date. Call (262) 443-7291



Think Snowshoes

Bonnie Lemmer is ready to lead snowshoe hikes this winter when there is enough snow on the ground. Contact her at (262) 370-6673 or bojean05@sbcglobal.net.



**Tech Tip by
Linda Horn**

ADD an APP to access the Vag website from your smartphone or tablet

Previous Tech Tips explained how to add the Wild Apricot app to your smartphone or tablet. I hope you did, so that you can take advantage of accessing the Members Only section. This is where you can view the member directory, view/update your profile and access many other features with just a few taps on the screen.

You also can create an app for the Vagabond main website at **www.VagabondSkiClub.com**. A single tap of the icon will display the main web page. Tap the tabs going across the top to see full-color pages about sports activities including skiing, walks, hikes, tennis/pickleball, Social Activities and more. You can access the Members Only website, like you would from a computer, view the current issue of the *Vagabond Life*, and the photo library which is updated frequently with pictures from recent club activities.

Instructions for an iPhone or iPad:

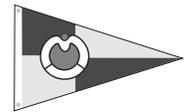
- Using the browser on your smartphone, go to the Vagabond website by entering **www.VagabondSkiClub.com**.
- In the shaded line at the top, find the box with an upward-pointing arrow and tap it.
- Scroll down until you see the icon that says **"Add to Home Screen"** and tap it.
- Touch the word **"ADD"** on the top right (usually in blue)
- Look at your home page and tap your new Vagabond app to go directly to the Vagabond website.

Instructions for an Android phone or tablet:

- Using the browser on your smartphone, go to the Vagabond website by entering **www.VagabondSkiClub.com**.
- At the top right hand side of the screen, find the three vertical dots and tap there.
- On the dropdown menu, tap **"Add to Home Screen."**
- Look on your home screen to find your new Vagabond app and tap it to go directly to the website

If you need help, contact **Linda Horn** at (262) 707-1450.

P.S. You may have already guessed that you can add an app for any website using these instructions.



Milwaukee Sail & Power Squadron

We offer courses on navigation, weather and many other boating topics. We also offer free safety inspections of your boat.

Call 262-786-1475.



**Ski Activities
Joyce Szulc**

How to Avoid Altitude Sickness

Altitude sickness, also called acute mountain sickness, happens when your body is unable to adapt to a low-pressure, low-oxygen environment, typically at about 8,000 feet above sea level. This can cause breathing issues and a host of other symptoms, which can range from very mild to life-threatening.

The pressure in the air (barometric pressure) drops at higher elevations. There is less oxygen in the air at these elevations. If you climb in elevation too quickly, your body does not have time to adjust to the less oxygenated air. You are forced to breathe more rapidly to compensate. This can cause hangover-like symptoms, such as dizziness and headache, even if you did not indulge the evening before.

Altitude sickness can affect anyone, but some factors put you at more risk, including:

- **What elevation you live at normally vs. how high you venture to.** For example, Milwaukee is about 615 feet. Vail Village is at 8,150 feet. At the peak, it is about 11,570 feet.
- **How quickly you move to higher elevation.** Moving abruptly from a lower to higher elevation seems to have more of an effect. Flying causes a sudden shift in elevation that makes it harder for your body to adjust, compared to driving, which provides a more gradual incline.
- **Your age.** Young people are more likely to experience altitude sickness. However, older people experience more severe symptoms.

If you head to the mountains and do feel the effects of the altitude, chances are likely your symptoms will be mild. Symptoms may include fatigue, headache, nausea, shortness of

breath and problems sleeping. Symptoms typically occur within hours after arriving at a high altitude and usually resolve on their own as your body acclimates. Over-the-counter medications should ease symptoms.

In rare cases, symptoms can become more severe and cause complications with your brain or lungs. If you feel confused or disoriented, it might mean the altitude is affecting your brain function. If you are having problems breathing, it could indicate you are having a pulmonary edema, where excess fluid builds up in your lungs. It is important to seek medical attention right away if you experience any of these symptoms: loss of coordination or trouble walking; severe headache that does not improve with OTC medications; tightness or congestion in your chest; cough, sometimes with a pink frothy substance and/or vomiting.

The best way to treat altitude sickness is to plan ahead.

- Avoid caffeinated drinks, such as coffee and tea, one day before leaving for your trip. Avoid alcohol before departing for your trip, too. And try to avoid them during your trip as well.
- One of the best ways to help your body adjust to high altitude is to drink more water. High-altitude areas have low humidity, which keeps the air dry, so you should drink twice as much water as you are used to.
- Eat more carbohydrates. Carbs can reduce acute mountain sickness because they require less oxygen than fats for digestion.
- Acclimate before heading up. Adjusting to a higher altitude can take a day or two, so if you are not in a hurry, give your body time to adapt to a lower level of oxygen and pressure.
- Talk to your doctor. This is especially important if high altitudes have bothered you in the past or if you have a chronic medical problem, such as lung or heart disease.
- It is also wise to find out where the local medical clinics are in case of an emergency. This is your backup plan in case your symptoms worsen.

Excerpted from Cleveland Clinic's Health Essentials

Questions about anything related to the Vagabond ski program? Contact **Joyce** at jszulc@wi.rr.com or (262) 886-9328.



**Tennis & Pickleball
Dee Hollstein-Pizur**

Winter tennis and pickleball party possibilities are being considered. Contact **Dee** at DeeHPizur@gmail.com if you would like to help or have some suggestions.

Help us find new members through Facebook:

Click Like on the Vagabond Ski & Social Club page
You can also post pictures from club events.



**From
Membership
Jan Breitbach**

WELCOME NEW OR RETURNING MEMBERS:

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

Richard Sawicki Susan Vergeront

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

Ski Racing Season Starts Jan. 3

The Metropolitan Milwaukee Ski Council Senior Racing season opener Dec. 19 was called off for lack of snow. So your Vagabond Ski Team is now set to begin its season at 10:30 a.m. Sunday, Jan. 3, with two giant-slam races at Sunburst. Spectators are encouraged to come out and cheer. This is a great opportunity to get outside!

The team practices from 7 to 9 p.m. Wednesday nights at Little Switzerland and Friday nights at Sunburst. Team Captain Al Lemke provides racer lift ticket pricing along with race and practice email updates.

All Vagabond skiers intermediate or better are invited to try running race gates. Just show up and identify yourself. Skiing down a course at practice – whether starting from the top or halfway down – is a way to make local skiing exciting and fun. Try it, and you will be hooked!

The team is always looking for more men and women to join. Even if you are not a skier yourself (or have retired from skiing), recommend a friend or relative to race with our club. Getting people interested in ski racing is a great way to add some youth to our club. After all, that is how the Vagabonds started in the first place!

MMSC Senior Race Schedule			
Date	Location	Race Type	Comments
Dec. 19	Alpine Valley	GS/GS	<i>(canceled)</i>
Jan. 3	Sunburst	GS/GS	
Jan. 9	Sunburst	SL/SL	Extra CMSC run race
Jan. 10	Sunburst	SL/SL	
Jan. 16	Holy Hill	SL/SL	
Jan. 24	Little Switzerland	SL/SL	
Jan. 30	Holy Hill	GS/GS	
Feb. 7	Sunburst	SL/GS	
Feb. 14			Make-up, if needed
Feb. 19-21	Granite Peak		Midwest Masters

For more information, visit www.mmcsr.com or contact **Al Lemke**: (414) 688-2938, aklemke2993@gmail.com.



From the
Vice President
Linda Horn

INTERNATIONAL TRIP UPDATE Greek Isles & Italy • September 2021

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, with many parties and dinners.

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

Updates to Western Ski Trips

Both the Vail and Park City ski trips are still on. The Breckenridge trip was called off because of COVID restrictions.



Vail, Colorado • Jan. 9-16

- Saturday, Jan. 9: SW #2125 - Lv MKE 4 pm; Ar DEN 5:40 pm
- Saturday, Jan. 16: SW #3066 - Lv DEN 10:35 am; Ar MKE 1:50 pm

Trip leader: **Joyce Szulc**, 262-886-9328, jszulc@wi.rr.com

Breckenridge, Colorado • Feb. 6-13

CANCELED

Due to Summit County being Level Red, the Breckenridge trip has been canceled.



Park City, Utah • March 6-13

- Saturday, Mar. 6: SW #4703 - Lv MKE 7:20 am; Ar LAS 9:25 am
- Saturday, Mar. 6: SW #2861 - Lv LAS 10:20 am; Ar SLC 12:45 pm

Flight Change on Return Flight!

- Saturday, Mar. 13: SW #2850 - Lv SLC 11:30 am; Ar DEN 12:55 pm
- Saturday, Mar. 13: SW #2833 - Lv DEN 1:45 pm; Ar MKE 4:55 pm

Trip leaders: **John Podsedly**, JohnPodsedly@gmail.com or 414-369-4199 and **Karen Bryant**, bryant55karen@gmail.com or 608-571-9303.

Weekend Bus Ski Trip • Feb. 26-28

Big Snow Resort, Wakefield, MI

\$370 per person • Registration deadline Jan. 21

Join us for a weekend of skiing in the Upper Peninsula. This trip to Indianhead is organized jointly with the Milwaukee Sitzmarks Ski Club. Check out www.BigSnow.com.

Cross-country trails are about a half-hour away by bus. Visit www.ABRski.com. Plus, bring your snowshoes or rent them!

Includes round-trip bus transportation, box lunch and beverages on the ride up, two nights lodging, two-day Indianhead/Blackjack lift ticket, two breakfasts, cocktail party and plated dinner. Ski rentals are \$27 a day. Lessons are \$22, NASTAR racing \$7.

The bus will leave from Goerke's Corners Park & Ride at 2 p.m. Friday and will return Sunday evening. Sign up online or mail your check to **Carol Gavigan**, 102 Portico Drive, Mt. Pleasant, WI 53406. Contact Carol at cjgavigan177@gmail.com or (262) 632-1922.



Over 63 Years of Fun and Friendships

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

DATED MATERIAL

Deliver by Saturday, December 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.

FUTURE EVENTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2/26 Big Snow Ski Trip 3/6 Park City Ski Trip 	27	28	29	30	31	1 New Year's Day	2
	Hike – 3 Nashotah Park Ski Race – Sunburst	4	5	6 Virtual General Meeting Walk	7	8	9 Vail Ski Trip Ski Race – Sunburst
	Hike – 10 Minooka Park Ski Race – Sunburst	11	12	13 Walk	14	15	16 Ski Race – Holy Hill
	Hike – 17 Whitnall Park	18	19	20 Walk	21	22	23
	Hike – 24 Menomonee Pk Ski Race – Little Switzerland	25	26	27 Board Meeting Walk	28	29	30 Ski Race – Holy Hill
 In light of the current pandemic, all events are subject to change.	Hike – Lapham Peak 31	JANUARY					