

December General Meeting

WEDNESDAY, DEC. 7

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

6 pm: Doors open and check-in at Welcome Area begins

6:30 pm: Socializing & event sign-ups

7 pm: General Meeting

7:30 pm: Dancing to the music of Dirty Boogie

Guests welcome – \$10 admission

Sign up in advance

- ◆ To help us plan, please register for the meeting online (an event announcement will be sent via email)

- or -

- ◆ Contact Membership Director **Jan Breitbach** at (414) 732-9749 or Jan.Breitbach@gmail.com.

Reminders

- ◆ Wear your Vagabond name tag.
- ◆ Parking is available on both the east and west sides of the building.
- ◆ If you have renewed your membership online, you may update your name tag at this meeting.

Dinner plans?

- ◆ For a meal beforehand, we suggest the New Berlin Ale House (on the west side of the building).
- ◆ No food or beverages may be carried into the meeting rooms.

THIS MONTH'S MUSIC



Dirty Boogie plays fun, danceable hit songs from the '70s to today. From Journey to the Black-Eyed Peas, make plenty of room on the dance floor with these guys. This trio has brought their show to festivals and clubs across Wisconsin, including Summerfest, State Fair, Milwaukee Ale House, and Miller Park. A fun, energetic, entertaining show is what you'll get with this band. When Dirty Boogie is in the house, you'll know "this party is just getting started."

Vagabond Ski & Social Club Inc.

VagabondSkiClub.com

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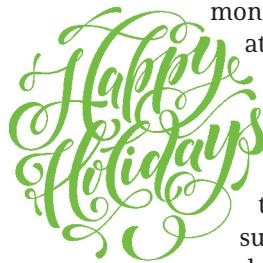
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A Message From the Board

Throughout this year, you have heard our pleas for volunteers willing to serve in various positions -- from event coordinators to board members to several other positions that assist with membership communications and public notifications of Vagabond events, as well as other positions that support the Club and keep it running smoothly. We still need more volunteers. Any help is appreciated. This month, in addition to asking for volunteers, we are drawing attention to members who have stepped up and volunteered.



A new monthly feature in the Life will focus on members who have consistently volunteered their time and energies to the Club. We plan to show our appreciation every month to selected volunteers. To kick off this column, we recognize the members who coordinated multi-session events this past summer. These are events, such as leagues, that run for several weeks. See this month's featured volunteers on this page, and be sure to say a few words of gratitude when you see these event coordinators.

It is December, and the joyous holiday season is upon us. The season of lights and laughter. Of spiritual reflection and renewal. Of gathering with dear friends and family. May your holidays be filled with joy and peace this holiday season.

We Couldn't Do It Without You

Featured Volunteers

This month, we begin a new feature that will highlight members who have consistently volunteered their time and energy to the Club.

To begin, we are focusing on those who coordinated multi-session events this past summer. These are activities that run for several weeks. Please be sure to express your appreciation to these event organizers.



Judy Cimbalnik – ran Friday Golf League



Jim Stephens – coordinated bike ride leaders



Pat Hummer – ran summer Pickleball League



Diana Schneider – ran summer Monday Night Tennis League



Cheryl Jaeger – ran summer Monday Night Tennis League



Suzanne Wiedner – coordinated Wednesday Golf League



From the Vice President
Linda Horn

INTERNATIONAL TRIPS

Paris, Rhone River & Southern France Enchanting 15-Day Cruise and Land Trip October 2023

Registration Opens Jan. 3

Be part of a phenomenal Vagabond land and cruise trip to Paris, Nice and southern France. Stay in 4- and 5-star hotels and visit the exciting cities of Paris, Nice, Cannes and/or Monaco. Cruise the Rhone on a luxurious AMA Waterways River Vessel (Gold Award for Best River Cruise Line – Travvy Awards 2022) to famous vineyards in France. Staterooms are fixed-window (included) or French balcony (additional).



Includes:

- Air from O'Hare or Milwaukee to Nice, returning from Paris.
- Bus to and from O'Hare, if necessary.
- 7-night luxurious river cruise with all gourmet cruise meals with wine/beer/soft drinks, internet, bicycles, amenities, shore excursion at each port.
- Panorama City Tours.
- Parties – As usual, lots of nightly parties, extra dinners and surprises.
- Details to come in the January *Life*, including dates and payment schedules.

Registration opens Jan. 3. Sixty spaces now available. Send a check payable to VSSC with two address labels and with an event coupon indicating cabin choice by US MAIL, FedEx, etc., postmarked Jan. 3 (not before) for \$150 for fixed-window stateroom or \$200 for French balcony room to trip leader **Bob Spindell**, 1626 N. Prospect Ave., Milwaukee, WI 53202. Questions? Call Bob at (414) 276-6331 or fax (414) 276-3582. The \$150 or \$200 is 100% refundable through the trip informational party, TBD. Payment schedule by credit card or check is TBD.



Feb. 10-17 Bahia Mita, Mexico

The weeklong trip at the gorgeous new, all-suite, eco-friendly, all-inclusive Dreams Bahia Mita Surf and Spa Resort, located north of Puerto Vallarta, is full at this time. To join the waitlist, go to VagabondSkiClub.com or contact Sue at (414) 421-6248.





Ski Activities Joyce Szulc

Preparing for Ski Season

There is nothing quite like sore legs, sore feet or fatigue to ruin a good ski day. Preseason conditioning is one of the best ways to prepare your body for ski season and to prevent injuries on the slopes. Your club offers a variety of activities to keep you in ski shape all year long, including hiking, biking, tennis, pickleball and golf.

- **When should I start?** It's a good idea to start training at least six weeks before the ski season starts. This will give you enough time to feel the benefits and to improve your performance.
- **What should I train?** Skiing requires a combination of muscle strength, balance, endurance and cardio. It is best to incorporate each of these elements into your workout routine, even if you split them between days.
- **How often should I train?** Try to commit to exercising two or three times each week.

Important: Remember to modify exercises to fit your own body, ability and level of training. If a specific exercise hurts, skip it until you are feeling better or find other ways to modify it. Finally, move at your own pace. You can always add more reps, weight or time as your training progresses.

-- From University of Colorado Health & Wellness Services



Sign up for the Waitlist

We are still accepting waitlist registrations for the three Western ski trips: Crested Butte, Breckenridge and Park City. There is no charge to join the waitlist. Details for each trip are at VagabondSkiClub.com.

Registration Closed for Ischgl

The Chicago Metro Ski council trip is now closed, but you can be added to the waitlist. Contact Trip Leader Sue Finis at (708) 203-3831 or sue.cmssc@yahoo.com.

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

Still Time to Sign up for Andorra

The Metropolitan Milwaukee Ski Council is organizing a ski trip March 4-15 to Andorra, with an extension to Barcelona. Call Trip Leader Mark Harris at (414) 453-6914.

Ski racing

Your Vagabond Ski Team begins the race season at 10:30 a.m. Sunday, Jan. 8, at Sunburst. Spectators are encouraged to come out and watch.

Metropolitan Milwaukee Ski Council Senior Racing has 14 races scheduled over seven

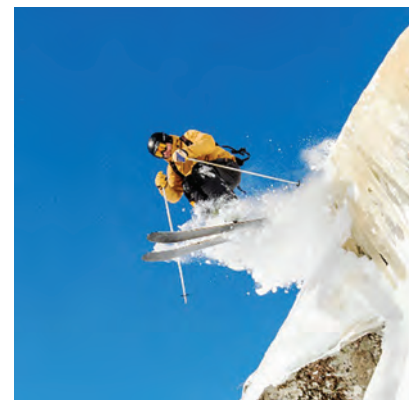
dates this winter. About 50 skiers race each week in one of six non-gender classes depending on skill level. The Vagabonds will again compete against three other teams.

All MMSCSR clubs practice from 7-9 p.m. Wednesdays at Little Switzerland and Fridays at Sunburst. Races are Saturday or Sunday mornings at 10 or 10:30.

Vagabond skiers intermediate or better are invited to try running race gates with us. Fill out and bring a waiver from the website (mmscsr.com), show up and identify yourself.

We always have room on the team for new people of any age or ability.

For more information, email JohnPodsedly@gmail.com, call (414) 369-4199 or visit MMSCSR.com



MMSC Senior Race Schedule



- Jan. 8 – Sunburst
- Jan. 15 – Sunburst
- Jan. 22 – Little Switzerland
- Jan. 28 – Holy Hill
- Feb. 4 – Holy Hill
- Feb. 12 – Sunburst
- Feb. 18 – Sunburst, CMSC race
- Feb. 19 – Sunburst

Practices:

Wednesday nights at Little Switzerland,
Friday nights at Sunburst.



Racquet Sports
Linda Horn

Indoor Tennis & Pickleball Party

Saturday, Jan. 28

More fun tennis! More fun socializing with Vagabond friends.

- Location:** Elite Brookfield Tennis Club
13825 W. Burleigh Road
- Time:** 4 p.m. – Check in
4:30 p.m. – Matches begin
6 p.m. – Food and social time



Something new this year.
Rather than providing food at this party, we are asking everyone to bring a dish to pass. Or, if you prefer not to bring anything, you can pay an additional \$10. Some of us enjoy bringing something homemade, and some of us

prefer to purchase something. Many purchased options are available at most food stores such as cheese-and-cracker trays, sausage-and-cracker trays, veggie trays, fruit trays, shrimp and cocktail sauce, desserts, etc.

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, either. We will provide paper plates, napkins and plasticware.

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: **\$25** for 90 minutes of tennis, tennis balls, bottled water and social time.
- Pickleball: **\$17** for 90 minutes of pickleball, pickleballs, bottled water and social time.
- Social only: **\$10** (if bringing a dish to pass) \$20 if not bringing something to share.



*** All participants: Please add \$10 if not bringing a dish to pass.***

Pay by credit card online (preferred) or 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.



Membership
Jan Breitbach

WELCOME NEW OR RETURNING MEMBERS:

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

**Bill & Louanne Bartels • Robert Mangen • Deb Menzia
John Nelson • Khiem Nguyen • Judy Salus**

The club is looking for friendly and smiling faces to assist at the Welcome Desk on meeting nights.

Call (414) 732-9749 or email Jan.Breitbach@gmail.com.

VagabondSkiClub.com



Whitnall Park hikers encounter an ancient tree.



Sporting Activities

Mary Beth Braun

Sunday Hikes

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

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

Please contact hike leaders if you have any questions on the difficulty of hike; some hikes are more challenging than others. We welcome volunteers to lead hikes in future months. 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.

Dec. 4 – Nashotah Park: Meet at Hwy 16 & C Park and Ride. Arrive at 1:30 in the parking lot. Hike 1:45 to 3:45, then head to Revere's Wells Street Tavern at 505 Wells St in Delafield for chili and drinks. **Hike Leader to be determined.**

Dec. 11 – 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 The Neighbor's Bar and Grill, S16 W22255 Arcadian Ave in Waukesha to eat and drink. County sticker or park entrance fee is required to park vehicle within park. Hike Leader is **Betty Riley** (262) 574-3648.

Dec. 18 – Bong State Recreational Area: Due to bridge/trail construction in the park, we will meet in a different parking lot and hike a slightly different route. Hike is about 5 miles, some of it on intermediate surfaces with rocks, stones and some inclines. At the park entrance, stay to the right and follow the signs to the Beach. Park at the far end of Parking Lot C (near the bathrooms). Afterward, we will eat and drink at the Dover Inn, 1909 Beaumont Ave, Kansasville (corner of Hwy 20 & Hwy 75). Hike Leaders: **Jim Stephens** and **Joyce Szulc**. Questions? Contact Joyce at (262) 902-3248.

Dec. 25 – No hike scheduled. Merry Christmas! .

WEDNESDAY WALKS

Our one-hour walks on Wednesday mornings will not be planned events in December, January and February. We encourage everyone to get out and walk whenever possible, though, whether it's at the gym, the Y, or outside when the weather is agreeable – not just Wednesday.

Come Spring, we will probably select a different day of the week for our planned Vagabond midweek walks, and also have an optional lunch stop afterward at the discretion of the leader.



Hiking at Lapham Peak.



Social Activities Denise Kremel

Scrabble



1-4 pm Tuesdays, Dec. 6 & 20
New Berlin Ale House

Scrabble is every other Tuesday from 1-4 p.m. at the New Berlin Ale House. Cost is **\$1 per person** for the server tip along with a purchase of one beverage, either alcoholic or non-alcoholic. Next games are

Dec. 6 & 20. Food is also available for purchase. Non-members are invited.

Contact **Carol Palmert**, (262) 366-5080, or **Lynn Kozlowski**, (414) 539-8114.

Game Night!

6-9 pm Tuesdays, Dec. 13 & 27
New Berlin Ale House

The next game nights at New Berlin Ale House will be **Dec. 13 & 27**. This is not just for Sheepshead and Dominoes.

Whatever game you come for, the rules are the same. Bring your game and a few friends to come along. Non-members are encouraged to attend. All levels of play are welcome!

Admission: **\$1 per person** along with a purchase of one beverage, either alcoholic or non-alcoholic. Food is available for purchase.

Contact **Jae Hartnell**, (608) 712-7440.



Have an Idea?

If you would like to do something this fall or winter that doesn't involve participating in a sport, please share your ideas and help make it happen with your fellow Vagabonds. We can't do it without you! Contact **Denise** at (262) 524-1023.

Fish Fry

Friday, Dec. 2
Silver Spur, Elm Grove

Come join your Vagabond friends for a fish fry to celebrate the holidays Dec. 2 at the Silver Spur, 13275 Watertown Plank Road. Plenty of parking in the rear and on the west side of the building.

Cocktails starting at 5 p.m., with dinner at 6.

Menu includes baked or fried cod for **\$18**, or perch for **\$24**. Meals come with coleslaw and choice of potato. Tax and tip included. Separate checks will be available.

Sign up online or call **Jae Hartnell** by **5 p.m. Nov. 30** to get on the list. Limit of 38 people. Questions? Call Jae at (608) 712-7440.

Festival City Symphony

2 pm Saturday, Jan. 28
Bradley Symphony Center



The Vagabonds have a long tradition of promoting the Festival City Symphony to our members. This year, we will be making some changes. Order tickets online at FestivalCitySymphony.org, or get them on the day of the concert at the box office in the Bradley Symphony Center, 212 W. Wisconsin Ave.

The requested donation is **\$8 for seniors**. If you have questions about attending the concert or obtaining tickets, call **Debra Habeck** at (262) 364-7710.

2 pm Saturday Classics concert schedule:

Jan. 28 • Beethoven's Debut: with Pianist Jeannie Yu

March 4 • Grand Passions and Tales: The Music of Italy and France

April 15 • His Greatest Symphony: Music of the Ballet and Antonin Dvorák

For details, go to FestivalCitySymphony.org.



Over 64 Years of Fun and Friendships

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

DATED MATERIAL

Deliver by November 25

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 on club events and activities, including news and photos, visit VagabondSkiClub.com.

FUTURE EVENTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan. 6 Crested Butte	27	28	29	30	1	2	3
Jan. 8 Ski race						Silver Spur fish fry	
Jan. 13 Bowling							
Jan. 15 Ski race							
Jan. 22 Ski race							
Jan. 28 Ski race	4	5	6	7	8	9	10
Jan. 28 Fest. City Symphony	Hike		Scrabble	General mtg		Bowling	
Jan. 28 Tennis/Pickleball							
Feb. 4 Ski race							
Feb. 10 Bowling							
Feb. 10 Breckenridge	11	12	13	14	15	16	17
Feb. 10 Bahia Mita	Hike "Beehive"		Game night				
Feb. 12 Ski race							
Feb. 18 Ski race							
Feb. 19 Ski race							
Feb. 25 Tennis/Pickleball	18	19	20	21	22	23	24
March 4 Fest. City Symphony	Hike		Scrabble				
March 10 Bowling							
March 11 Park City							
March 25 Tennis/Pickleball							
April 14 Bowling	25	26	27	28	29	30	31
April 15 Fest. City Symphony			Game night	Board mtg			
April 22 Tennis/Pickleball							
May 12 Bowling							

December