

November General Meeting

WEDNESDAY, NOV. 1

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 & event sign-ups

7 pm: General Meeting

7:45 pm: Dancing to the music of The American Graffiti Band

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 American Graffiti Band takes you back to the 50's & 60's Sock Hop favorites we all know and love! Sure to keep you dancing all night. So don't be square and join us for a groovy good time!



Vagabond Ski & Social Club Inc.
VagabondSkiClub.com

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From the
President
Mary Beth Braun

November is a very thoughtful month. It's when we give thanks for our many blessings – family, friends, material things and immaterial gifts. We have Thanksgiving Day and the beginning of long preparations for the holidays, but we must always be grateful for all aspects of our lives, more often than just one day a year.

Mary Beth



More Than a Day

As Thanksgiving Day rolls around,
It brings up some facts, quite profound.
We may think that we're poor,
Feel like bums, insecure,
But in truth, our riches astound.
We have friends and family we love;
We have guidance from heaven above.
We have so much more
Than they sell in a store,
We're wealthy, when push comes to shove.
So add up your blessings, I say;
Make Thanksgiving last more than a day.
Enjoy what you've got;
Realize it's a lot,
And you'll make all your cares go away.

--- By Karl Fuchs

International Trips by Linda Horn



**Winter Trip to Punta Cana
Feb. 11-18 (Sunday-Sunday)
Punta Cana, Dominican Republic**

If you are interested in the trip to Punta Cana this winter, contact **Sue** at (414) 421-6248 for availability and/or to join the waitlist. More information is available at VagabondSkiClub.com.



Ski Activities
Joyce Szulc

Getting Into Ski Shape



You don't want to call it quits early on your first day of skiing because your sore thighs and legs are screaming after just a few runs. A preseason ski conditioning workout can help you ski better, stay out longer and have more fun.

Here's a quick, general overview of how to train for skiing:

- **Boost muscle power.** Strengthen the areas that get worked the most: your quads, glutes, hamstrings and hips.
- **Focus on balance.** Work your core and the muscles around your hips, which in turn helps provide stability to injury-prone areas such as the knees.
- **Build endurance.** Condition your body so you can easily ski run after run without packing it in before you're ready.
- **Bump up your cardio.** Complement this exercise plan with cardio activity such as hiking, biking or interval training to get your lungs and heart pumping.



Before beginning any training plan, check with your doctor or certified training professional.

-- from REI
Expert Advice

Ski racing

Your Vagabond Ski Team begins the race season **Saturday, Jan. 6**, at Sunburst. Spectators are encouraged to come out and watch the team in action, along with a trophy presentation after the race. Several people have joined our club after experiencing a race day.

Metropolitan Milwaukee Ski Council Senior Racing has 14 races scheduled over seven dates this winter. About 40 skiers compete at each race in one of eight non-gender classes depending on skill level. Two different courses are run for each race, and the times are combined. Awards are presented in each class at each race. Awards are also given in each class at the end of the season. The Vagabonds will again compete against three other teams, with the fastest four men and two women counting for each team. Last season, the Vagabonds men's and women's teams each finished No. 1 overall.



All MMSCSR clubs practice from **6:30-8:30 p.m. Wednesdays and Thursdays at Sunburst.**

All 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. 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, you'll get hooked! We have fun, help each other improve our skiing, and race at a level that is appropriate.

Prepare for next season by starting an exercise program focused on your legs. Make sure your equipment is up to date. Get your skis sharpened and your bindings checked. We always have room on the team for new people of any age or ability. Every year, skiers as young as 21 join the club to compete on the race team. It's always been one way the club has maintained a sense of youthfulness.

For more information, 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**

Ski Activities
continued on page 4

2024 Ski Trips

Both of the club's Western ski trips are full, but both have waitlists.

Lift Ticket Options

If you signed up for either of the club's two ski trips and are not purchasing an Ikon Pass, you can buy group lift tickets through the club.

For **Winter Park**, lift tickets are **\$89** per day. Deadline to purchase is **Dec. 1**. Go to VagabondSkiClub.com and look for Winter Park Lift Tickets.

For **Aspen/Snowmass**, there are a variety of options. Purchase by **Dec. 15**. Look for Aspen/Snowmass Lift Tickets on the club website.

Questions? Contact **Joyce** at 262-902-3248 or jszulc@wi.rr.com.



WINTER PARK (Waitlist only)

Zephyr Mountain Lodge Condos

Jan. 6-12 (Saturday – Friday) • \$1,765



SNOWMASS (Waitlist only)

Top of the Village Condos

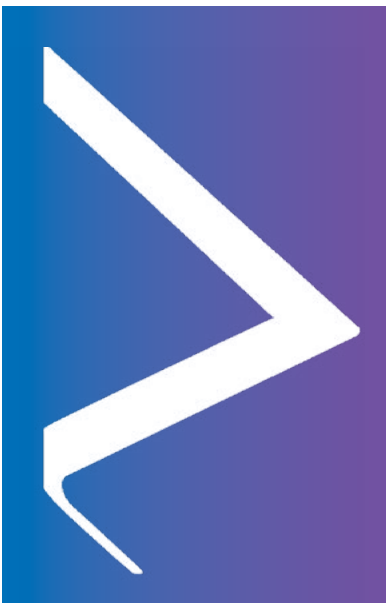
Feb. 10-17 (Saturday – Saturday) • \$2,170



In the woods at Nashotah Park.



Bender Beach.



Bicyclists on the Oak Leaf Trail Southeast.



Sporting Activities Mary Beth Braun

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 in future months. Please 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.

Nov. 5 – Lake Park: Meet at Lake Park Bistro, 3133 E. Newberry Blvd., Milwaukee. We will hike along the lakefront. Dinner afterward at Cafe Hollander-Downer, 2608 N. Downer Ave. Hike Leaders: **Jay** and **Terese Zinn**, (414) 708-1663.

Nov. 12 – Whitnall Park: Meet at the golf course parking lot along S. 92nd Street (south of College Ave.). Walk from 1:45 to 3:45, then head to Bosch Tavern at 5871 S 108th St. in Hales Corners for dinner and drinks. Hike Leader: **Keith Hauerwas**, (414) 333-4713.

Nov. 19 – Scuppernong Trails: This beautiful hike will be in the Kettle Moraine State Forest Southern Unit in Waukesha County. Parking at the trailhead is located on County Highway ZZ, east of Hwy 67 and north of the village of Eagle: address for your map app is S58 W35820 County Road ZZ, Dousman 53118. The trail is considered intermediate to advanced due to the uneven surface, some inclines and rocks/stones in some places. Gather at Sports Page Bar and Grill afterward for food and drinks. Hike Leaders: **Joyce Szulc** and **Jim Stephens**. Questions? Call **Joyce** at (262) 902-3248.



Grant Park hike.

Nov. 26 – Lapham Peak State Park: Take I-94 west to Hwy. C, then turn left to the park entrance. Meet at the middle parking lot, which is called Homestead Hollow: type "Homestead Hollow, Delafield WI" on Google Maps. From the entrance station, go up the main road 0.7 of a mile, and the parking lot will be 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, 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: **Dave Nelsen**, (414) 350-1433.

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 **Judy Williamson**, (262) 691-9391.



New Berlin Bowl

Weekly Walks

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



A weekday walk on the Fox River Trail.



Racquet Sports
Linda Horn



Drop-in Tennis

Saturday mornings
Monday evenings

Vagabonds meet and play tennis at 10 a.m. Saturdays at Nathan Hale High School and at 5:30 p.m. Mondays at Elm Grove Village Park as long as the nets are still up. There is no fee, and no sign-up is necessary.

Coordinator: **Diane Schmitt**, (414) 690-4689.

Drop-in Pickleball

Thursday evenings

Vagabonds will continue to play pickleball at **5 pm. Thursdays** at Banting Park in Waukesha as long as the weather permits. All are welcome. No fee and no sign-up required. Contact **Pat** at (262) 894-3375.



Tennis/Pickleball Party

See next month's *Life* for more information about the first indoor tennis party of the winter, early next year.

Want More Tennis Parties?

If you would like to have more indoor tennis/pickleball parties and are willing to coordinate a party this winter, please call Linda at (262) 707-1450. Guidance is provided if you haven't done this before.



Membership
Jan Breitbach

Welcome New or Returning Members

(For up-to-date information, see the online directory at VagabondSkiClub.com)

For many Vagabonds, it is time to renew your membership -- online, at the Nov. 1 general meeting, or by mail with a renewal application.

Congratulations to additional new members of the 80/30 Club:

**Maureen Baumann • Anne Fagan
Jack Niederer • Peter Saulnier**

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.

Visit us on Facebook

@ **Vagabond Ski & Social Club**

You can also post pictures from club events.

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



Refreshments in Oak Creek.



At the Chris Kegel Slow Roll.



Social Activities Denise Kremel



Scrabble

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

We play Scrabble every other 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 Nov. 7 and 21. Food is also available for purchase. Non-members are welcome.

Contact **Lynn Kozlowski**, (414) 539-8114.

Game Night!

6-9 pm Tuesdays,
Nov. 14 and 28
New Berlin Ale House

The next Game Nights at New Berlin Ale House will be Nov. 14 and 28. 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.



Cheer on your Packers



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.



Fish Fry

Friday, Nov. 3

Maxim's Restaurant

18025 West Capitol Drive

Drinks at 5 p.m., dinner at 6

Registration opens Oct. 1

A Special Menu with separate checks +20% gratuity and tax. Prices start at \$18 with tax and tip, depending on your menu choice.

RSVP online or leave a message for **Nancy** 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 **2023-24 season begins Nov. 18**.

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

Nov. 18 Beyond Words: Harmonious Symphonic Poems of Shostakovich

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 Copeland

For details, go to FestivalCitySymphony.org.

VagabondSkiClub.com

Over 65 Years of Fun and Friendships

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

DATED MATERIAL
Deliver by October 27

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.

FUTURE EVENTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan. 6 Winter Park	29	30	31	1	2	3	4
Jan. 6 Sunburst	Hike	Tennis		General mtg	Pickleball	Maxim's	Tennis
Jan.26 Zermatt	5	6	7	8	9	10	11
Jan. 27 Symphony	Hike	Tennis	Scrabble		Pickleball	Bowling	Tennis Ocon. Arts Center
Feb. 10 Snowmass	12	13	14	15	16	17	18
Feb. 11 Punta Cana	Hike	Tennis	Game night		Pickleball		Tennis Festival City Symphony
March 1 Val di Fassa	19	20	21	22	23	24	25
March 9 Symphony	Hike	Tennis	Scrabble		Pickleball		Tennis
April 27 Symphony	25	27	28	29	30	1	2
	Hike	Tennis	Game night	Board mtg	Pickleball		



November