

From: [The Vasbys](#)
To: [Undisclosed-Recipient::](#)
Subject: Lincoln High Newsletter - 6/26/08
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Lincoln High Newsletter

Address change:
Norm Arendt - njarendt@tds.net

Chuck Hinners chuck@crgfinancialconsulting.com writes:

Kent

I got your email yesterday morning just before running out the door to go to Rapids. The occasion was to play golf with Nick and Bill Brazeau and Dennis Conway. I look at golf and life as war, but I had great fun playing with these guys.

Nick would be a much better player if he paid attention. For example, on the first hole he put a great Brazeau swing on his tee shot and it sailed 255. The while talking about Harvey LaChapelle he chunked his second shot just short of the green, walked up, chunked his chip and two putted for a five, Like his father, a multiple Bull's Eye Club Champion, who would have been 102 8 days ago had he not died in 68, Nick has a natural golf swing. He COULD be mistaken for a pro on most of his shots--not too shabby for a once-a-week golfer!

Bill Brazeau WAS a professional golfer in his twenties, then went back to school at Purdue to study agronomy and was Superintendent at Westmoor in Brookfield, one of the fines courses in Wisconsin as well as at Bull's Eye. Bill inspired other to follow in his footsteps, Jeff Bottensek LHS 65 is the long time superintendent at Stevens Point Country Club. Bruce Worzella LHS 68 keeps West Bend Country Club among the best tracks in Wisconsin. Jerry Kershasky AHS 68 has kept Westmoor Country Club at the top for more than three decades. Bill Brazeau is about to turn 66 and can shoot his age on a good day despite having battled menacing heal problems that would have long ago killed lesser men. Bill's grandfather TW lived into his nineties.

Dennis Conway followed his father Byron's footsteps and served Wood County as its probate judge for over thirty years, retiring several years ago. Dennis was luck to get a word in edgewise with all the Brazeau-Hinners-Brazeau repartee. Fortunately he was able to keep the combatants at bay and we finished our round of golf in just under four hours.

The, and most importantly, it was on to Buzz's. The occasion was the Class Reunion planning meeting for the Class of 63's 45th bash. LHS and AHS, as they did with number 40, are having a combined reunion.

AHS had 113 graduates and LHS had 278 for a total of just about what LHS 65 had, depending on whose estimate is right.

When I mentioned to the committee members that OUR CLASS has its own WEEKLY newsletter I was greeted with stares of incredulity and utterances of amazement. I told them it was quite simple. We have Kent Vasby who cares more than any of the class members. I'll tell them later you also put out the Retired Military Newsletter to those capable of "getting it"

Before all of this excitement, I stopped at the Library and made a Heilman sighting. He is doing well after knee surgery and looking forward to returning to golf later this summer. Life is a war and I would gladly serve with any of the aforementioned.

I was to be in the Dells this weekend for the Tommy Bartlett reunion ski show, well since there is no Lake Delton it has been cancelled, I feel sorry for the kids that were working there. I leave for Canada and other stops on Monday, (I am a tour guide for Lamers Tour and Travel.) I don't know if we will run into any of the flooded roads. We are both still working so we don't get to do the long winter trips, but it would be nice to hear from people who do get to go and how they like the different places. I think, they think it is bragging, but it is not, it gives the rest of us some info, and we can dream while we are in the snow.

Lenore Crothers Haferman lhaferman@sbcglobal.net

ledelong@tznet.com (**and I have no idea who it is!**) writes:

I have been off duty for a week, but have been following the medical emergencies caused by the weather around the world.

To those that are suffering from the heat and the flooding, I am sorry and I feel your pain. As I prepare to return to work today and know that I will deal with the results of the heat of the first day of summer, I want to share the following:

Take it slow to keep hot-weather workouts safe

Last Updated: 2008-06-17 11:27:33 -0400 (Reuters Health)

By Anne Harding

NEW YORK (Reuters Health) - The best strategy for keeping up your exercise routine as the temperature climbs is, in a nutshell, acclimatization, the National Athletic Trainers' Association (NATA) advises.

On the first hot days of spring or summer, exercisers should cut back on the intensity of their outdoor workout, Brendon McDermott, an athletic trainer at the University of Connecticut, told Reuters Health. Once they've gotten used to the heat, they can gradually begin to exercise more strenuously.

"Somebody who's in shape will acclimatize more easily," McDermott added in an interview. "But if somebody is in shape, it doesn't necessarily make them immune" to heat-related problems.

NATA urges proper hydration before and during outside activity, and says that dark urine is a quick indicator of dehydration.

Not getting enough rest between bouts of exercise can increase the risk of conditions like heat exhaustion, McDermott noted, while new research shows that getting enough sleep is also key to coping with hot weather. Lack of sleep stresses the body's thermoregulatory systems, he explained, making it more difficult for people to handle the heat.

Heat exhaustion is the most common type of heat-related ailment that occurs among exercisers, he said, and it occurs when a person loses too much fluid or sodium in the heat. Symptoms of heat exhaustion include dizziness and loss of coordination; pale skin; profuse sweating; nausea, vomiting, stomach and intestinal cramps, and diarrhea; and muscle cramps that don't go away.

Heat exhaustion can progress to exertional heat stroke, which can be fatal. People with symptoms of heat exhaustion should lie down with their feet up in a cool, shady spot and drink fluids.

The symptoms of exertional heat stroke are similar, but also include a very high body temperature (typically above 104 degrees F) and confusion, mental instability, or even irrational behavior and combativeness. A person's heart rate and breathing may speed up, while their blood pressure can drop.

It's important to know that while heat exhaustion can precede exertional heat stroke, heat stroke can also occur on its own, McDermott said. Anyone suffering from heat stroke should undergo whole-body cooling immediately, ideally by immersion in cool water, and should receive emergency medical treatment, according to NATA.

Listening to your body is just as important as paying attention to acclimatization, advised McDermott. "If you're not feeling good and you feel as though you need a break or rest...do it."

Kent:

I am from the Class of '64 and have been enjoying your news letter for some time.

Sure would miss it.

Do not usually have much to say about things, have my opinions and respect the right of others to have theirs, regardless how absurd. This I the United States after all.

I was laid off last November and at 62 decided to start my own design business, after working for others for over 41 years. So far so good.

The reason for me coming out of the woodwork at this time is to plug my son-in-laws (DJ Crazzee Carroll) Radio stream. He has been on an internet radio station for a while, but the music they insisted he play I didn't care for. I prefer the 50's& 60's, probably due to my antiquity. They have now started a new stream of which he will have control and he plans to play older music. So, if you would let people know to tune in to www.bglradio.net, under navigation "click" BGL Rewind, in the box DJ ON-AIR near the bottom, (under tune in and high band) pick the player you want and enjoy. Previously, the stream was restricted to 50 listeners and when Carol was on he'd get enough listeners to kick the stream off. The new Stream is unlimited and the current plan is to run sock hops on Monday evenings so we'd like to see if we can break some records for number of listeners.

Thanks, Will try to be more proactive in your letter in the future.

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Hi Kent;

Its been a while since I contributed to the letter, but I enjoy them none the less. I just spent an entire week with my Granddaughter and Grandson, without their Mom and Dad. This will give you flashbacks of raising your own children, but even more concern for their needs and safety. My grandson Jackson got lost in the woods, I did not think I could move that fast in the woods anymore and Grandma can still shout out quite well. We found him in about 15 minutes and I found out I can still yell about wondering off by himself. The rest of the week saw Grandpa take off fish, bait hooks, and clean fish. and grandma was a soccer mom again. When the week ended we both were ready to go back to work to get some rest.

Grandchildren are great , but then again so is the less stressful life without them. they want to come back again next year for fishing and soccer camp, question is can we survive it again. I think yes!

BY THE WAY RETIREMENT ARRIVES JUNE 30TH 2009 IF THE ECONOMY DOES NOT GO TO FAR SOUTH. RADIO TALK SHOW HOST DAVE RAMSEY SAYS WE ARE NOT AND WON'T DO IN A RECESSION...UMMMMMM

Terry Stake class of 65 twots@wctc.net