



The Ibex Ski And Snowboard Club

THE OLD GOAT

Meetings: 1st & 3rd Wednesdays of every month

Gatsby's Sports Pub

427 East Rand Road - Arlington Heights, (847) 253-7200

March 2010

Vail Pictures	1
Trip Connections	2
Telluride	3
Ed's Philoso-Fee	4
Officer Election Notice	5
Activity Update	6
Chili Cook Off	7
Bar of the Month	8
Vail Pictures - Cont.	9
Vail Pictures - Cont.	10
Chile Ski Trip	11
Chile Ski Trip	12
"Da" Back Page	13
Refrigerator Calendar	14

GREETINGS FROM VAIL



See the rest of the Vail pictures on Page 10

NEW STUDY FINDS BEER HELPS INCREASE BONE DENSITY



Après might need a new saying: "Bone up to the bar." Skiers can raise their pints to the findings of a new study suggesting that beer is a significant source of dietary silicon, a key ingredient for increasing bone mineral density.

production to determine the relationship between beer production methods and the resulting silicon content, concluding that beer is a rich source of dietary silicon.

Based on these findings, this study suggests that moderate (read: not 10 beers, maybe two) beer consumption may help fight osteoporosis, and is also obviously good news for skiers who wish to keep bone density high to prevent injury fractures and breaks. The beer type with the highest silicon level was India Pale Ale,

Researchers from the Department of Food Science & Technology at the University of California, Davis, studied commercial beer

Ibex Ski Club Web Site
<http://skiibex.com/>

Special points of interest:

- *Chili Cook Off*
- *Annual Awards Banquet*
- *2010 Officer Elections*
- *Membership Renewal*
- *Sign up early, sign up often! After all this is Chicago. We now have over 144 members signed up.*

IBEX TRIP CONNECTIONS



New Years – Keystone, CO

Sold Out!



Spring Break – Telluride, CO

Price: \$1259.00

Trip Leader: Mike P.

Trip Dates: 3/20/2010 to 3/27/2010

Spots: 32-Spots added in groups of 4 based on availability

Sold Out!

VAIL Like nothing on earth.

Jan. Weeklong Trip – Vail, CO

Sold Out!



Chile, South America

Price: \$2783.00

Trip Leader: Glen C.

Dates: 9/10/2010 to 9/20/2010

Spots: 24

Optional Extension to Buenos Aires

Price: \$579.00

Dates: 9/20/2010 to 9/24/2010

Spots: 24



Feb. Long Weekend - Mt. Bachelor

Sold Out!

If you have any questions or need additional information on our 2009-10 ski vacation trips, please contact Pam at the E-Mail address listed below. Complete trip brochures are also available at the Ibex Web site, www.skiibex.com

**Pam A. C.
Trip Chair
847-915-2887**

**E-Mail
ibextrips2009@skiibex.com**

TELLURIDE - SNOW, SNOW, SNOW!

We depart on March 20, 2010 from Chicago O'Hare on American Airlines Flight AA-2447 at 9:25: AM and arrive in Montrose, CO at 11:30 AM. From there it is a 65 mile bus ride to Telluride.

Sold Out!

Contact Mike or Pam if you are interested as there is a possibility of adding additional spots!

The Town of Telluride is located in the southwest corner of Colorado in the spectacular San Juan Range of the Rocky Mountains. The town is situated in a dramatic box canyon and is surrounded by the twelve and thirteen thousand foot peaks of the Uncompahgre National Forest. Telluride a more out of the way, full-service ski resort with exceedingly short lift lines.



amenities at the Bear Creek Lodge include three hot tubs, sauna and a heated pool.

Telluride has over 1,700 acres of skiable terrain serviced by 18 lifts including, 2 gondolas, 8 quad express lifts, 2 triple chairs, 2 double chairs, and 4 surface lifts. This uphill capacity gives skiers and boarders access to 92 separate runs rated as 24% beginner, 38% inter-mediate, and 38% advanced/expert. The longest run, *Galloping Goose*, is 4.6 miles long. Gold Hill's Lift #14 provides access to the highest skiable point at 12,255ft. Although most of the runs descending from the top of Lift #14 are double black, there is an easy descent from this lift, coming down the *See Forever* ski run on top of the ridge is among the best alpine vistas in the world.

Some of the Ibx group activities include a wine and cheese welcome party, group dinner and pub crawl.

We return to Chicago on March 27, 2010 departing Montrose Airport on American Airlines Flight AA-2456 at 12: 25 PM arriving at Chicago O'Hare at 4:05 PM.

All of this for \$1259. Be sure to reserve your spot on this trip because it will fill up fast.

-Mike P.
Trip Leader



We'll be staying in the Mountain Village at the Bear Creek Lodge. The Bear Creek Lodge is ski in/ ski out and located near the gondola. All condominiums include a generous size living room with a gas fireplace, furnished in a warm and inviting mountain decor; a spacious dining area, full gourmet kitchen, jetted tub, mountain views, plush robes, luxurious bedding, washer/dryer, wireless internet, DVD/VCR entertainment center, in room safe, hair dryers, ironing board/iron, daily housekeeping, and premium coffee. Luxury

<u>August 28</u>	<u>September 16</u>	<u>October 21</u>	<u>November 18</u>	<u>December 16</u>	<u>January 20</u>
\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$259.00

ED'S PHILOSO-FEE

Hello members,
 The group outing to the Retro-Bistro was a huge success. The food was spectacular and the wine selection and Triple-Chocolate Martini's were outstanding! I did feel a little sympathy for the poor folks eating in and around the bar area. It took a little while to set up all our tables so we waited in the bar area. As a rule, Ibex are an outspoken group and once the liqueur started flowing, with all our people jostling around and the ever increasing noise level from our group of almost 30 people may have started to interfere with some of the Valentine's day couples' romantic intensions...My thanks goes out to Joe Heater for choosing and coordinating the activity with the restaurant owners and Pam Oz. I for one will be going back there again for dinner sometime soon.

Speaking of gastronomical events, we need more cooks for our Chili cook-off! Everyone has a favorite recipe for chili so please contact Joe Davis and let him know you will be bringing



over your own world famous family Chili fix'ens to his home Saturday night, March 13th. There are prizes within various categories, last year, yours truly won "Best Tasting". Think your chili is better? It is time to prove it!

Ibex is run by volunteers who give their time and efforts in making the club the fun, active social club it is today. This month we need more volunteers step up and offer to help out. At our two regular meetings we will be nominating folks for various positions on the Executive Board. The Executive Board handles the day to day planning of Ski trips and social & athletic activities. The six positions are President, Ski Trip Chairperson, Activities, Membership, Treasurer and Secretary. Except for president, all the positions need assistants to help out when folks are busy with life outside of Ibex. If you want to volunteer or get additional information about the various positions, please contact myself or any of the Executive Board

(Continued on page 5)

IBEX MEMBERSHIP

WELCOME to Eric Hampton and Mike Nelson, new members that joined Ibex in February! They have both joined Ibex on the Jan. & Feb. trips so some of you have hopefully had a chance to meet them.

We are currently at 144 members for the 2009/2010 fiscal year. This is 95% of last years

numbers. Just a couple more months and we start the whole process over again.

As always, we need everyone's help in communicating about our club to help increase membership so please help in advertising to your friends, co-workers, and families.

REMINDER that if you are not a current 2009/2010 Member, you will not receive the Newsletter or quarterly Directory until you renew. Pre-printed forms will be available for all past members at the Ibex meetings. Blank forms are posted on the Website for downloading in case you can't make it to the meetings

Postcards are available and can be used to advertise IBEX at local town events. Please see me at the next meeting if you have an event that you can help distribute our information.

Thanks for your help!

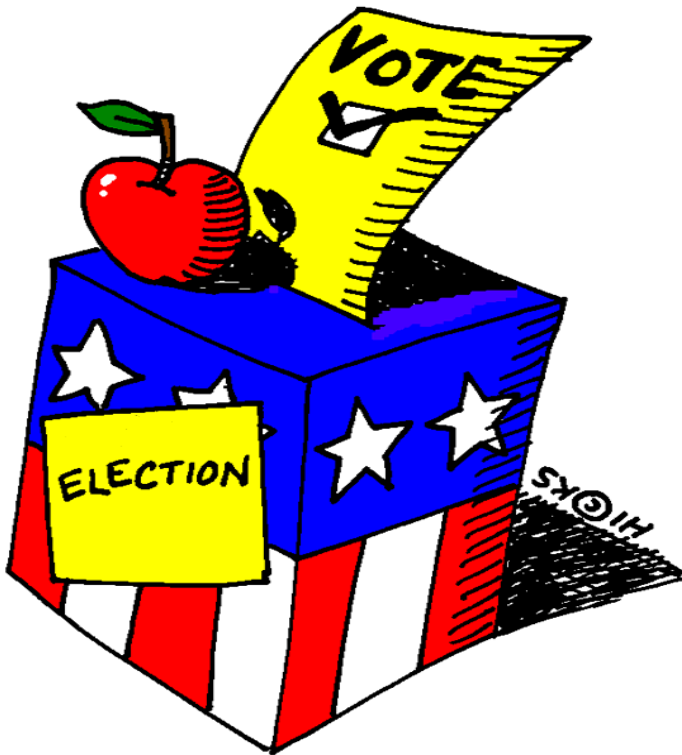
- Jacquie W.
 Membership Chair



OFFICER ELECTIONS FOR 2010

The Ibx year begins May 1st. Nominations for positions will take place at the March 3rd and 17th meetings with the election taking place on April 7th.

Remember the elected officers choose the ski and social destinations and activities. By being a board member you will have a voice in making these decisions. The Club only works if people volunteer for the following positions.



Executive Board (EB): **President, Trip Coordinator, Membership, Secretary, Activities and Treasurer.** All EB positions are one-year positions, except Trips which is a 2-year position. All positions are open. The Ibx Constitution mandates that candidates running for President to have been an Ibx member in good standing for 2 -years.

Board of Directors (BOD): **Three** positions will be elected. These are 2-year terms, and the candidates must have been an active member for 24 months prior to the election.

Job descriptions for all elected positions can be found on the website www.skiibex.com. Click on the officer's link to view the constitution and view the job descriptions.

The EB is responsible for the day-to-day operations of the Club, while the BOD oversees the year-to-year and long range planning for the Club. Please contact me or any current Ibx officer if you would be interested in a position, or have any questions about the election.

Thank You.....**Joe D.**
joehawkeye@hotmail.com

Alternately you may call: 847-985-1699

ED'S PHILOSO-FEE - CONT.

(Continued from page 4)

members and we would be glad to assist you. I have made a lot of friends while in the club, though never more than when I started to contribute my time towards making this club all it can be and should be. I am looking forward to

working with more of our membership and taking credit for all the new ideas, procedures, destinations and activities new people tend to bring to our little club.

Thanks,

-Ed F.

ACTIVITIES

Annual Awards Banquet

April 17, 2010

April 17th at Chandler's Restaurant at the Schaumburg Golf Club should go on your calendar right now. Stop what you're doing and reserve that date!

Cocktail hour along with a fine selection of h'orderves will begin at 6:00 PM with dinner served at 7:00 PM.

Wine will be served with dinner and then the bar will reopen and serve refreshing adult beverages until 12:00 PM.

Our annual awards ceremony will follow dinner and then it's dancing time. And yes, set your watches for 9:30 pm because that's when the chocolate fountain will start flowing!

A great evening of food, fun, entertainment, all for the miserly sum of **\$50.00/person**.

ibex Summer Golf

June 12, 2010

This years' summer golf outing is being planned for June 12, 2010 at **Boone Creek** Golf Club in McHenry, IL., with a party afterwards at Debbie & John's house also in McHenry. Additional details will follow later in "The Old Goat".

The Golf Committee

John & Debbie

Bike The Drive

May 30, 2010

For those of you who like getting up at the crack of dawn to do a little bike riding, this year we are kicking off the biking season early by Biking Lake Shore Drive. The event begins at 5:30 am and traffic resumes on Lake Shore Drive at 10:30 am. There are post-ride festivities featuring an all-you-can-eat pancake breakfast from Goose Island for \$7.00.

Registration is \$42 (\$37 for Active Trans members), which gets you access to hours of uninterrupted bicycling, volunteer support, access to rest stops and access to the post-ride festival. Sign up now! Youth registration available for \$15 and includes an event T-shirt. Link to sign-up page: <http://bikethedrive.org/sign-up>

Group registration

Bring your friends for Bike the Drive! Groups of 10 or more adults can register for just \$37 per person. Click here to register now!

Please note that Bike the Drive is a fundraiser for the Active Transportation Alliance and will take place rain or shine. Refunds are not available.

Post ride Festivities

Stop by the post-ride festival to enjoy live entertainment from American English, fun giveaways, merchandise, and more! Stop by the Active Transportation Alliance tent to find out more about the organization and our work to improve biking, walking and transit in your community.

<i>Date</i>	<i>Activity</i>
Saturday - March 13, 2010	Annual Chili Cook-Off
Saturday - April 17, 2010	Annual Awards Banquet
Sunday - May 30, 2010	Bike the Mile - A morning ride on LSD
Saturday - June 10, 2010	Annual Summer Golf Outing

Annual Chili Cook-Off



Saturday, March 13

Joe D. will again be hosting the Ibox Annual Chili Cook-off. As in the past there will be fabulous prizes awarded for excellence in different categories of Chili; Spiciest, Hottest, Best Overall, and Most Unusual. Originality and spices are encouraged especially the last category.

The event is **FREE, that's right FREE**, to the cooks who bring Chili.

For those of you who enjoy chili but don't want to dirty your kitchen, the entry fee for the evening is a mere pittance, \$5.00 if paid at one of our regular Club meetings and only \$7.00 if you defer your payment till the evening of the event. Beer, soda and other munchies will be on hand to complement the chili and soothe your palate.

Please let Joe know if you plan on bringing your favorite chili recipe. You can see him at our regular Club meeting or E-Mail him at: joehawkeye@hotmail.com

Start Time: 7:00 PM (Cooks: 6:30)

Address: See maps below



Bar of the Month

Due to this years ski trip schedule and other events there will be no Bar of the Month in March.

If you have a favorite "watering hole" that you like the club to try, please contact our "hostess with the mostess", also known as the Activities Chair, Pam O.

Activities Chair e-mail: ibexactivities2009@skiibex.com



NEW STUDY FINDS BEER HELPS INCREASE BONE DENSITY — CONT.

(Continued from page 1)

with an average of 41.2 mg/L. Bottoms up.

"Beers containing high levels of malted barley and hops are richest in silicon," concluded Dr. Charles Bamforth, lead author of the study. "Wheat contains less silicon than barley because it is the husk of the barley that is rich in this element. While most of the silicon remains in the husk during brewing, significant quantities of silicon nonethe-

less are extracted into wort and much of this survives into beer."

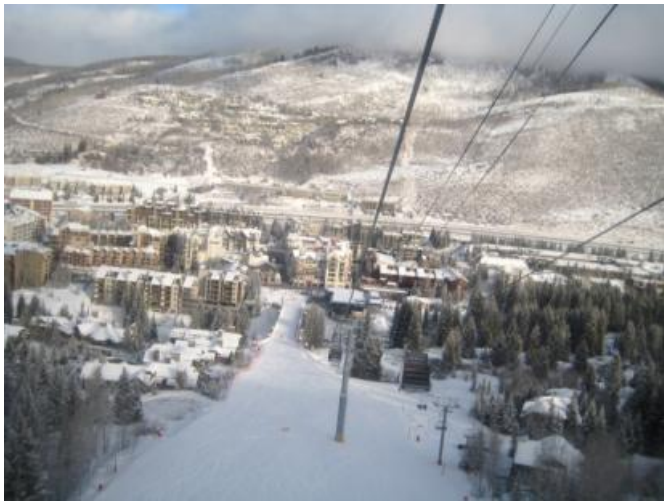
Details of this study are available in the February issue of the Journal of the Science of Food and Agriculture, published by Wiley-Blackwell on behalf of the Society of Chemical Industry. Article: "Silicon in Beer and Brewing."

- Article Courtesy of Skiing Magazine
By Jessica Higgins

VAIL PICTURE - CONT.



VAIL PICTURES - CONT.



CHILE - SANTIAGO & VALLE NEVADO

Adventure, Wine Tasting, Skiing & Fun – don't miss out on your chance to participate in the 1st ever Ibex trip to the Southern Hemisphere. We will depart on Fri., Sept. 10, 2010 to Santiago, Chile with skiing @ Valle Nevado returning on Sun., Sept. 19, 2010 arriving in Chicago on the 20th. Those taking the optional excursion to Buenos Aires will return on Thurs., Sept. 23, 2010 arriving in Chicago on the 24th. Tango anyone? Hey, it takes 2 to tango and we have 13 signed up already! It's important to sign up early for this as we need to work with our trip provider to add additional air spots. Take advantage of the credit card option; let me know if you require information regarding payment by credit card option for the Chile trip (after the initial sign up deposit). Don't miss out – sign up today!

Santiago City Tour

You will visit the most important historical sites of Santiago including the downtown area surrounding the **Plaza de Armas** and the **Presidential Palace**. You will also pass by the **Mercado Central**, one of Chile's largest fresh



seafood markets and take a stroll by the many bustling stalls to see the tremendous variety available from Chile's bountiful sea. You will visit some of the lesser known barrios of Santiago including, **Republica** and **Concha y Toro**. Initially constituting the outskirts of the city, the capital's constant growth transformed the area into a privileged neighborhood and home of Santiago's high society. There will be time to walk around and take photos of the many styles of architecture from dating back to the 19th and

early 20th century. Continuing through the **Las-tarrias** neighborhood you will walk through the **Parque Forestal** passing by the **Bellas Artes Museum**. For a scenic vista of the city, you will visit the top of **Cerro San Cristobal** hill 600 feet above the city. Your final stop will be the picturesque **Los Dominicos Craft Market** with over 150 Chilean artists where you can enjoy a stroll through the pleasant atmosphere of the artisan village or have lunch independently.

Maipo Valley Wine Tour

Departing Santiago, you will drive south along



the foothills of the Andes to the **Maipo Valley**. The valley, the oldest and most famous of Chile's wine valleys, is home to many of Chile's famous wineries. You will travel back in time to 1883 when Don Melchor **Concha y Toro** brought grapevines from Bordeaux to Chile and established one of Chile's most important wineries. You will see how the new merges with the old, including a visit to the Casillero del Diablo, the "devils corner" in the ancient part of the cellars. Next stop, one of the jewels of Chile, **Viña Santa Rita**, founded in 1880. You will visit the winery and cellars before our lunch in the winery's Doña Paula Restaurant, which is a certified national monument.

Concha y Toro Vinyards

There are few places in the world where nature has favored a territory as much as in the Chilean Central Valley, where rich sun shines on the vineyards about 300 days a year. The soft ocean breezes, impressive Andes mountains, perfectly balanced soil components and clean mountain rivers create an ideal micro-climate for cultivat-

(Continued on page 12)

CHILE - SANTIAGO & VALLE NEVADO

(Continued from page 11)

ing the noblest of French stock: Cabernet Sauvignon, Chardonnay, Merlot, Carménère, and Sauvignon Blanc, among others..

The Port City of Valparaiso and Viña del Mar (full day)

You will drive west approximately one hour and a half in the direction of the coast and pass through the lush agricultural valley of **Curacavi** and the now famous **Casablanca** wine valley. Our coastal tour will begin in **Valparaiso**, one of the first cities founded by the Spanish, it is now a UNESCO World Heritage site. You will begin your tour in the downtown sector of the port learning about the history of Valparaiso and its importance in South American trade and commerce. Spread along spectacular steep hills and splendid aging buildings you will ride the century old hillside ascensors (elevators) and walk through the **Concepcion** and **Alegre** neighborhoods. Your lunch in Valparaiso will be at **Coco Loco**. Located on the 22nd floor of the prestigious Costanera building it has magnificent views of the Pacific coastline. After lunch, our destination will be the resort city of **Viña del Mar**, also known as "ciudad jardin" (city of gardens) because of its lush gardens and palm-lined boulevards.

Valle Nevado

Located in the heart of the Andes, 1-1/2 hours from Santiago, Valle Nevado Resort is the largest winter resort in the Southern Hemisphere and is probably the most modern in Chile. Nested in a wonderful natural setting, it is a world apart, offering more than 22,000 acres (34 square miles) of skiable terrain Valle Nevado Resort is famous for powder skiing and phenomenal views of the Andes Mountain Range With modern lifts, you can enjoy more than 25 dive4rse, fully-groomed runs; the terrain is immense and all above tree line.

Valle Nevado Resort Stats:

- 278 inches of annual snowfall
- 22,236 acres, 12 lifts
- Top elevation: 12,038 ft.
- Lowest elevation: 9,381 ft.



- 14% beginner, 30% intermediate, 56% advanced / expert

Buenos Aries Extension — \$579.00

4 nights lodging at the Hotel Helia

Includes:

- Airport transfers
- Airport meet and greet
- Breakfast daily
- ½ day city tour Buenos Aires
- Tango show with dinner and wine

Options available for lunch and horse back riding
Option available to take tour to Uruguay.

Glen C.
Trip Leader

Pam A.
Trip Assistant

August 28	October 21	December 16	February 17	April 21	May 19
\$200.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00
July 21	Buenos Aires Extension	August 28	February 17	April 12	July 21
\$583.00		\$100.00	\$100.00	\$100.00	\$279.00

"Da" Back Page

EXECUTIVE BOARD MEMBERS

President

Ed Fee (847) 496-7457

Trip Chair

Pam Arnold (847) 358-1504

Membership Chair

Jacquie Wodach (847) 223-7932

Activities Chair

Pam Oziemkowski (773) 427-9298

Secretary

Joe Heater (847) 991-2160

Treasurer

Jean Bagel (847) 436-6876

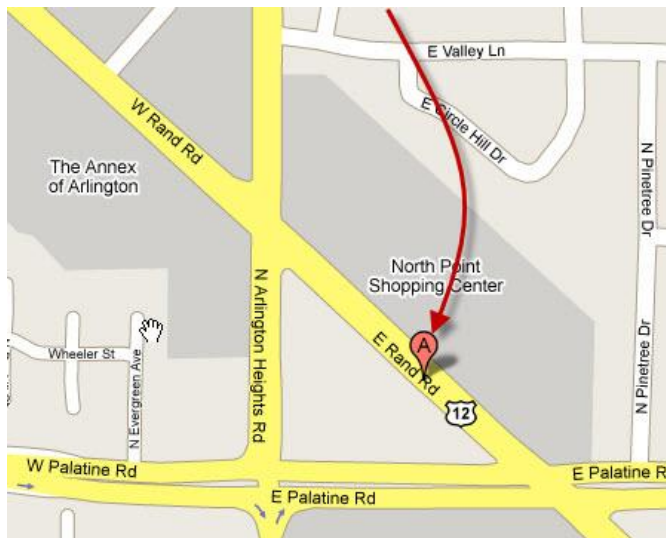
Sarah Schmeichel (Asst.) (847) 496-7457

Web Address: WWW.skiibex.com

Meetings: 1st & 3rd Wednesdays of every month

Gatsby's Sports Pub

427 East Rand Road - Arlington Heights, (847) 253-7200



Address Change? Let us know by mailing your new address to:

Ibex Ski & Snowboard Club

P.O. Box 1542

Palatine, IL 60078

or via E-Mail at:

IbexMembership2010@SkiIbex.com

Name: _____

Street: _____

City, State, Zip: _____

Home Phone: _____

2009–2010 MEMBERSHIP RATES

Single \$20.00

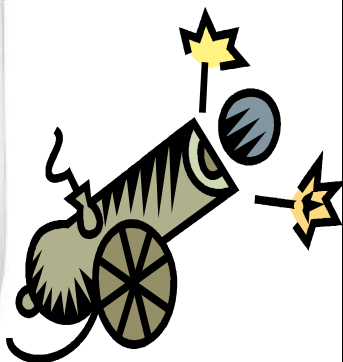
Couple/Family \$35.00

Note: The Old Goat is distributed via E-Mail or you may access it on the Ibex Web site.

MARCH BIRTHDAYS

Joe Heater	03--03	Susan Linzing	03--18
Lynda Jaszczak	03--03	Paula Hiller	03--20
Andria Panagopoulos	03--04	Bonnie Butzke	03--21
Holly Ruedlinger	03--07	Colleen Gale	03--22
Denise Boba	03--07	David Lee	03--24
Lorna Ballam	03--08	Paul Nearing	03--24
Karen Geborek	03--09	Rich Fontagneres	03--27
Bob Coles	03--11	Kurt Kolseth	03--29
Thomas Neyhart	03--12	Barb Kimicata	03--29
Andrew Ozimek	03--16	Linda Yurka	03--31

PARTING SHOTS



Come on, Bobby! You're never gonna need orthoscopic surgery if you sit in the snow. Let's get out there and tear some ligaments!



Ibex Ski & Snowboard Club

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Mt. Bachelor Returns</i>	2	3 <i>Club Meeting At Gatsby's Nominations for 2010-11 Officers</i>	4	5	6
7	8	9	10	11	12	13 <i>Chili Cook Off 6:30 PM</i>
14	15	16	17 <i>Club Meeting At Gatsby's Nominations for 2010-11 Officers</i>	18	19	20 <i>Telluride Departs</i>
21 <i>Telluride</i>	22 <i>Telluride</i>	23 <i>Telluride</i>	24 <i>Telluride</i>	25 <i>Telluride</i>	26 <i>Telluride</i>	27 <i>Telluride Returns</i>
28	29	30	31			

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 <i>Club Meeting At Gatsby's Officer Elections</i>	8	9	10
11	12	13	14	15	16	17 <i>Annual Awards Banquet at Chandlers in Schaumburg</i>
18	19	20	21 <i>Club Meeting At Gatsby's</i>	22	23	24
25	26	27	28	29	30	