



# THE OLDE GOAT

## Ibex Ski & Snowboard Club

Meets the first and third Wednesday of each month at:

**Crave**

1204 W. Rand Road

Arlington Heights, IL

VOL. XLIV NO. V

September 2006

September Meetings  
Wednesday, Sep 6  
Wednesday, Sep 20

Location: Crave  
1204 W. Rand Road  
Arlington Heights, IL

Brews 'N Schmooze Hour: 7:00PM  
Meeting Time: 8:00 PM Promptly

# Big Fun at Big Mountain!

**20 Ibex will be ringing in the New Year at the "Last Best Place" for winter fun.**

You have to ski this place to say you have been to all the great places!

**Only, 10 spots left.** If you snooze, you will lose the opportunity to experience 3,000 acres of diverse terrain serviced by ample lifts that eliminate lift-lines, world-class dining, premier art galleries, excellent music, and a host of other snow activities.

The snow terrain at Big Mountain consists of 93 marked runs. Vast amounts of bowl and tree skiing are there. Terrain difficulty is 20% beginner, 50% intermediate, 30% advanced/expert. The terrain includes top-to-bottom corduroy groomers, adventurous chutes, and massive bowls and glades.

**Only: \$999.00** Trip includes: 3 days of lift tickets, welcome party, mountain shuttle, air and ground transportation.

Lodging at Grouse Mountain Lodge, [www.grousemountainlodge.com](http://www.grousemountainlodge.com) Hotel rooms. "The comforts of a Montana Bed and Breakfast, the Value of a Whitefish Hotel, and the Quality of the Premier Montana Resorts. The Grouse Mountain Lodge Has It All. Amenities include: free, multiple, departure dedicated mountain shuttles, access to municipal town/mountain shuttle, lodge transportation to downtown, indoor pool and 2 outdoor spas. Plus, a hot/cold breakfast buffet is available. **Note: upon our 21<sup>st</sup> guest, we all eat breakfast free!**

**Only 2 vacation days needed!**

**Depart-** Wed. 12/27 Northwest #141, 6:00 pm, to Minneapolis, 7:33pm. Party in MSP, depart 9:05 pm, arrive Kalispell 10:53 pm

Grouse Mountain Lodge is 15 minutes from the airport.

**Return-** Mon. 1/1, Northwest #938, 8:50 am to Minneapolis. Depart MSP to ORD 1:15 pm arrive ORD 2:31 pm.

Other details: 8 miles to the mountain, resort shuttle.

4 days of skiing available. Night skiing included.

Cross Country Skiing, Nordic, free at Big Mountain, and free with night skiing available at Grouse Mountain Lodge.

Children 6 and under ski free, other children possible reduced lift rates through college age.

Ibex Ski Lessons will be provided.

**New Year's Eve** activity planned for your enjoyment, optional and additional cost.

**Nightlife-** The entertainment scene on Big Mountain and in Whitefish is, in a word, legendary. The Bierstube, Moguls, and Hellroaring are all mountain classics for the après ski crowd. For the late-night scene, Whitefish offers selections like classic ski-town bars with live rock bands, a coffee house featuring live acoustic music, old timer rancher and railroader bars, and sports bars. The music scene continues to blossom with everything from blues and jazz performances to rock and roll, reggae and more.

**Restaurants-** Right off the slopes, Big Mountain Village offers every kind of

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# IBEX SKI & SNOWBOARD CLUB 2007

## NEW YEARS - BIG MOUNTAIN, MONTANA \$999

WED 12-27-06 through MON 1-1-07 2 vacation days needed  
Grouse Mountain Lodge hotel, 3 days Lift, Ground Transfers, Breakfast likely.  
AIR: Northwest thru MSP to Kalispell: OUT 6PM 10:53PM/ RETURN 8:50AM 2:31PM

## CORTINA d'AMPEZZO ITALY \$1500 w/ 4 DAY, 3 NIGHT EXTENSION to FLORENCE \$1835

FRI 1-19 through SAT 1-27 6 vacation days needed  
Parc Victoria hotel, Ground Transfers, Breakfast & Dinner daily  
AIR: Lufthansa thru MUC to Venice: OUT 4:35PM 12:20PM/ RETURN 9AM/ 2PM

EXTENSION: SAT 1-27 through TUE 1-30 2 vacation days needed  
Hotel Cavour in Florence, 1/2 day guided city tour, breakfast daily

## MIDWEST: SUNDOWN & CHESTNUT \$180

FRI 2-09 through SUN 2-11 0-1 vacation days needed  
DRIVE trip to Iowa  
Two nights Holiday Inn Dubuque, 2 days Lift, Buffet Breakfast, Pizza party

## CRESTED BUTTE, CO —*Limited Availability* \$1030

THU 2-22 through TUE 2-27 4 vacation days needed  
Grand Lodge hotel, 4 days Lift, Ground Transfers, Breakfast  
AIR: AMERICAN thru DFW to Gunnison: OUT 8:30A 1:16P/ RETURN 2:05P 8:23P

## SPRING in SUN VALLEY, IDAHO \$1335

SAT 3-24 through SAT 3-31 5 vacation days needed  
In conjunction with Chicago Metro Ski Council—CMSC CHICAGO WEEK  
Lodge Apt Condos, 5 days Lift, Ground Transfers, Racing, MANY social events.  
AIR on ALASKA thru SEA to BOISE: OUT 8:15A 4:55P/ RETURN 9:30A 4:59P

Visit [www.skiibex.com](http://www.skiibex.com) for more details

Prices do not include membership cost (\$35 maximum).

Prices based on double occupancy.

Trips plan to include ski & snowboard instruction by Ibex.



# Moons Musings

Last year at this time I was planning a two week odyssey into Central America with friends of over thirty years. This year, with a new job position, I cannot find the time to take two extra weeks and be on vacation, let alone out of the country. Thinking about the trip of a year ago, the friendships that Lynne and I have made in the last ten years with Ibex, I had to think about another relationship that has lasted at least three decades. About thirty years ago, just about the time Denny joined the club, I was in love with a group that brought me a lot of happiness and pride, being part of them, albeit from the outside. Moving to Chicago, living not on the south side, and the seeing a new beautiful face changed the direction of that affection. I moved the fan pride from the south side to the north side of Chicago to become a Cubs fan in 1984. Waterloo Iowa did not have a major league team, so we had to pick from several major league teams located around Iowa, the Twins, White Sox, Cubs, and Cardinals to name a few. Now the White Sox have won the World Series, Say it Loud, Say it Proud (Greg), and the temptation is there to move back to the south side team, but as loyal Cub fans, we have to believe that with the removal of Pluto as a planet, the solar system has been realigned, the curse has been wiped out, and "In Dusty we Trusty." Well, maybe not Dusty. After taking a friend to Wrigley Field last Tuesday evening that had never attended a game before, I will remain a Cub fan no matter how long it takes to win the World Series for the North Side. The Red Sox did it also! Now, what you ask, does this have to do with a ski club?

Nothing, except that we all build friendships and relationships with each other and other friends that are club members that will endure the test of time and some frustration. As with the Cubs, this club is well worth the time and effort to get involved and enjoy the activities, trips and just general overall great times and friendships Ibex has provided over the years.

Hope you all had a great summer, Think SNOW it's almost time to go skiing!

*Craig*



## TRIPS

HAVE YOU HANDED IN A PAPER COPY OF YOUR ID YET? We need those prior to ticketing.

**TRIP DETAILS:** See the one page Trip List elsewhere in this mailer. Better yet, for all the details, check the ibex website at [www.skiibex.com](http://www.skiibex.com)

*Patrice Conaway*

[ibextrips@skiibex.com](mailto:ibextrips@skiibex.com)

## Ibex welcomes its newest members (and a few lost and now returning members)

Dean & Kris Foster  
Jerry Jensen  
Ginny Johnson  
Debbie Kuby  
Ken Kuby  
Leena Liang

Glenn & Paru Norley  
Mike Nottoli  
Jennifer Polk  
Christian Robins  
Susan Salerno  
Karen Stahl

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scrumptious morsel from pub fare to award-winning cuisine and wine- dinner evenings. While most people might expect a good steak in Montana, what they find in Whitefish is often far beyond their expectations with many restaurants offering eclectic, creative and unique culinary creations using locally grown and harvested products.

Wine connoisseurs will love the award-winning selections.

[www.bigmtn.com](http://www.bigmtn.com)

[www.whitefishmap.com](http://www.whitefishmap.com)

Don't delay, sign-up today. For more information contact:

Jean Bagel [big@skiibex.com](mailto:big@skiibex.com) 847.749.193 **Remember 9/30 spots will be cut. Don't delay sign up today!**

*Jean*

## Come Wipe Out with us at Crested Butte

When it comes to having fun and tearing up 3,062 vertical ft. of mountain side, Crested Butte is the trip for you. This 6 day trip, of which 4 days of hill time, only requires 4 days of vacation. When we're there we'll be staying at the Great Lodge at the base of the mountain. Crested Butte boasts good food, shopping and a great atmosphere, so come join us.

Right now spots are still available; so if you are looking for a great getaway in late February, 22-27, talk to Paul Mroczenski or email questions to:

*Paul*

[Crested@skiibex.com](mailto:Crested@skiibex.com)

# September's Social Schedule

<u>Date</u>	<u>Event</u>	<u>Coordinator</u>
Mondays	Volleyball	Denny*Sue
Thursdays	Bike Rides	Joe*Roger
September 9	Glow Golf	Sue Linzing
September 16	Lake Geneva Bar Tour	Janine Westlund
September 22	BOM	Pete Millers, Wheeling
Sept. 30-Oct 1	Colors Weekend	Craig Moon
<b>Looking Ahead...</b>		
October 7	Fox River Ride	Joe Heater
October 13	BOM	Fox and Hound
October 21	Scavenger Hunt	Westlunds'
November 7	Activities Planning Meeting	Mindy
November 22	BOM	Mill Rose

## Friday September 22, Bar of the Month at Pete Millers, Wheeling:

Located on Wheeling's famous restaurant row, 412 N. Milwaukee, in the northwest suburbs of Chicago, Pete Miller's is a tribute to our late friend and mentor, Harold "Pete" Miller. A WWII veteran and as colorful as a character can be, Pete had a great thirst for adventure. Our restaurant celebrates his love for swingin' jazz, a great steak, a friendly game of billiards, and a good, honest drink. <http://www.petemillers.com/wheeling/index.html>

## Chicago Party Cruise

George Anagnostopoulos has donated 16 Chicago Party Cruise boarding passes to Ibex and there are a still a few left!!! Thank you George!! The cruises depart from Soldiers Field (Lake Michigan) area or House of Blues area (Chicago River) Friday's, Saturday's and Sunday's during the summer for a 2 hour cruise, buffet, 2 drinks and a live DJ all for 30\$, reservations necessary. If there is a high interest level, we will do a group event this summer or even next, see Mindy for additional details. <http://chicagopartycruises.com/index.html>

## Annual Ibex Picnic Wrap-up

It seems to be an eternity ago now, but I just want to extend a huge THANK YOU to everyone who helped out in any way to make this year's Picnic a great time and a huge success!! We joked that maybe we are going to have to move Joe's annual bike trip to the last Saturday of July cuz it was a hot one, (followed by many more hot ones!) We got an early visit from the nice Park Rangers, shutting down our Margarita's and Denny's music, but Lou to the rescue with a battery operated boom box!! Joe D and Mike cooked us up some burgers and brats, the beer was flowing! Volleyball was had by many brave souls, along with a couple other fun games ran by Sue Linzing and Bagel, followed up by the trip sign up party! Thanks again!!

**Mindy**

***IbexActivities@SkiIbex.com***



Architectural boat tour tickets are still available contact **Patty** [pezwoman@aol.com](mailto:pezwoman@aol.com)



LGBT:

# LAKE GENEVA BAR TOUR



## (by bicycle!!) 10TH ANNUAL!!!

On **Saturday, September 16<sup>th</sup>** we will meet in downtown Lake Geneva for our annual circum-navigational bike ride around the lake. Talk with anyone who's been on this ride before and they'll tell you how much fun they've had!

Here are just the facts:

**THIS IS AN ALL DAY EVENT STARTING AT EITHER 6a, 9a or 11a depending on what you want to do:**

- Want to ride UP to the event (from Palatine)? This is the 6a start (ie. we will be hitting the road **AT 6:00a**). Please contact me so we can coordinate meeting times as well as ensure we can get you home (since you'll be sans auto).
- Want some breakfast before the ride? We will meet for breakfast at **Lake-Aire Restaurant** (804 W. Main Street, Lake Geneva) **around 9a** (maybe a bit earlier, maybe a bit later). I don't suggest bringing your bike to the restaurant the sidewalk is small; but if it jeopardizes your ability to be **READY TO RIDE at 11:00a**, then bring it along with a lock.
- Just want to ride? We'll meet in the **Champs parking lot** (Champs is 747 W. Main Street) **READY TO RIDE at 11:00am**.

### PARKING

- There are 4-hour meters all over Lake Geneva — try to find a spot without meters. We've had luck with a little lot at the corner of **Sage St and Geneva St**. (Look for the Starbucks on the corner of Main St aka Hwy 50 and Center St, turn right to first street which is Geneva and turn right again to end which is Sage)

### THE RIDE

- The ride is approximately **21 miles** along a **rolling landscape**: some of the landscape is gentle, a small bit of it is not, all of it makes for a fun ride.
- There are **5 pubs** for us to rest our pedals - although we try to stop at them all, the total number of stops is a *fluid* evaluation of the fun had at each stop.
- We will have **lunch** at either pub stop 3 or 4, depending on the hunger level of the group.
- The **annual group picture** will be taken in front of the lake at our favorite stop.
- We end the day about 6pm at **Popeye's for dinner** and chuckles of the day's events.
- **CAN'T RIDE BUT STILL WANT TO PARTICIPATE??**

We'd love to have you! Joanie Heater has graciously offered to be our Official Sag Hostess; however every vehicle has it's capacity restrictions, so please make sure you touch base with either Joanie or me (numbers below) to make sure there is room for you. If you are interested in co-sagging, that would be very appreciated as well — just let me know!!

### WHERE DO I SIGN?

An **electronic invitation** was sent out to the membership, et al, in mid-August. It's **important that you reply to that message** so we don't leave without you. If you are an email member and did not receive the invitation, or you're a paper member and need more details, give me a call: 847.998.1495 or 847.846.3709.

**Come join us to celebrate the end of summer and welcome in the fall fun!!!**

*Janine*

## Congratulations to Almost Everyone Reading This

Congratulations are in order to those of you who are reading this because you successfully followed the directions we have been giving you the last few months and renewed your membership (and are now smug in the realization that you will not be missing even one issue of The Olde Goat!).

For those who are new members, welcome to the club. We hope you have already made a friend or two and will be making more. And if you are reading this and have not yet become a member (or renewed)? Just complete the attached membership application and either bring it to an Ibex general meeting or mail it (with payment) to the address listed. If possible, please choose the e-mail option. This will ensure that you get your newsletters and important announcements quickly. It also saves in printing and mailing costs, so that money can be put to better uses. We can even help you get set up using the free Adobe Acrobat Reader software needed to view the newsletter electronically.

### September birthday wishes to:

Michael Hunter	09-01
Sally Childress	09-05
Michael Borowiak	09-06
Paula Cowan	09-07
Jerry Stein	09-10
Susan Binzel	09-17
Jean Bagel	09-23
Tom Zolna	09-23
Jennine Mroczenski	09-28

*Dave*

IbexMembership@SkiIbex.com

# Ski School Stuff for the Slopes.

## Snow tips from the Ibex Ski School.

Ibex ski & snowboard instructors are nationally credentialed by Professional Ski Instructors of America (PSIA).

### Conditioning: How to make my trip fun!

By Jean Bagel, MS, ATC

A Certified and Licensed Athletic Trainer

#### Hey, Ho, Let's Go, Ski Season is only around 17 weeks away!!

I've got a deposit down. I'm going on a trip. I better get in shape. Good News there still is time! Ooops, forgot to sign up for a trip, do it today!

Good news is that research shows significant gains in fitness levels with 8-12 week programs. Forget about what you did not do yesterday, make your commitment to exercising today!

**Note: substitute the word boarding for skiing anywhere in this article, it's all the same except for the equipment. By the way boarders need to address their Core Strength more!**

Things to address in your program: aerobic capacity, flexibility, strength, and balance. So, amend your schedule to take time for yourself, and begin or intensify your exercise program. The better shape you are in; the more fun you will have on your trip. Remember anything you do above your normal activity will produce some benefits. The guidelines listed below are the minimum levels to obtain significant improvement by ski season. Each of you have individual needs. A person, who has been sedentary, needs to get something going. A person, who is doing a moderate level of exercise, needs to increase intensity and begin ski specific exercise. A person, who has a high fitness level, needs to start tailoring his/her exercise program to address skiing specific activities. Our bodies respond and make adaptations to specific stresses.

**Aerobic capacity:** the ability of your body to use oxygen. Oxygen is needed for your muscles to work. The higher the altitude, the less oxygen that is available. Therefore, the more efficient your body can use oxygen, here at home, the less fatigue and gasping for air you will experience at your ski destination. Oxygen use is indicated by your heart rate. In order to improve your aerobic capacity you need to overload, so you are working at 60-80% of your maximum heart rate for 15-30 minutes at least three times per week. Maximum heart rate = 220 - your age. Multiply Max. Heart Rate by .6 = minimum target heart rate. Multiply Max. Heart Rate by .8 = maximum target heart rate. Your heart rate during your workout should be in that range, this equals your Training Zone. Heart rate is beats per minute. Take a 6 second heart rate during exercise, multiply by 10 = your exercise heart rate.

Aerobic activities: walking, running, Nordic Track, step aerobics, bike, any activity that can maintain your heart rate for 15-30 minutes in your training zone.

**Flexibility:** Stretch in a slow, gradual motion, each body part for a 15-30 second hold. Repeat 3-5 times per muscle group. Stretch before any exercise session. Key muscle groups to stretch are: quadriceps (front of thigh), hamstrings (back of

thigh), calf (back of lower leg). Remember skiing uses your whole body, so also, stretch arms, back and abdomen. There are many flexibility exercises. Goal is to lengthen a muscle. Perform a movement that achieves that while producing tension not pain, and you have a desirable stretching exercise.

**Strength:** performing exercises that stress your body at 60-80% of your maximum lift. That is a good definition, but for our purpose we will simplify things. In order to improve our body we need to overload it. Strength exercises are repeating a motion with more resistance and fewer repetitions. When performing a strength exercise it is "not how much you can lift, but how much you can lift with good form". Strength exercises equal repeating a motion 5 to 10 times, with "good form". Performing an exercise one time = a repetition. Repeating that motion 5-10 times = a Set. Strength exercises should be done 3 sets, 3 times per week, rest a day between strength exercises.

Strength exercises can be performed using many types of resistance: weights, exercise bands, hand weights, food cans, body weight. The best way to improve your strength for skiing is to use your body weight and perform ground based exercises. Remember, your legs are important, but the Experts rely on their Core (abdomen and back) for stability, balance, and power. Don't forget the arms. If I fall and have no arms to help me up, I'm a turtle in a bad way!

Skiing is the performance of weight shifts and leg extending and absorbing moves, all performed while keeping balance.

Movements can only be performed, efficiently, when the force you exert is concentrated over your skis. A person's body core needs to remain tight and respond to changes in forces to maintain balance.

#### **Strength/Balance exercises:**

1. Stepping up to a step.
2. Standing on a step and lowering down to touch your heel.
3. Variations on a step: side step, back step, step over.
4. Slide board, aerobic and works weight transfer
5. Leg press-do unilaterally.
6. Leg press- jump from leg to leg

Remember your Core. Crunches and sit-ups. Better abdominal exercises use an exercise ball.

Skiing involves rotary motion. Work your oblique abdominal muscles. Choose an exercise that involves rotation.

The overall message is **get going, any exercise program is better than none**. If you have any questions or would like some individualized help, please contact me. Hey, ho let's go. Later,

*Bagel*

[jeanbagel@comcast.net](mailto:jeanbagel@comcast.net)

# DOWNTOWN BIKE HIKE

Fourteen intrepid Ibexers ventured to the Chicago River North area for a wonderful experience on a Saturday night in mid-August. Fun and excitement were had by all who joined us for Bobby's Chicago Bike Hike, which was a guided tour of the city on these really cool retro bicycles. Several awards need to be bestowed on the participants:

**"WHAT'S A COASTER BRAKE"** Award goes to **Cindy Warta** who wiped out in the first 20 seconds. Luckily, Cindy got her sea legs back quickly and had an enjoyable and uneventful ride after the first public spill on the Odgen Slip in decades. Guess that's why they call it a 'Slip'. (Patrice gets honorable mention on this award for making it almost through the entire ride and then trying to do a Ben Hur on Roger's bike when we were 200 yards from home.)

**"BROUGHT UP THE REAR"** guy – **Carl Berg** graciously volunteered to be the Guy in Back (and Black, too for that matter) and kept the tour guide informed about which sheep was lost from the herd. Janine was heard to say, "Carl is my shepherd – I shall not want."

**"HYDRATION EXPERT"** Award goes to **Joan Heater** for looking for a beer cart on the first leg of the tour. That's golf, Joanie. But a good idea, nonetheless.

**"SPECIAL STORY"** Award goes to **Gimpy the Monkey's best friend**. . . . You all make fun of me for taking notes, but there's no way I would have remembered that two weeks later!

**"HIGH MAINTENANCE"** Award goes to **Joe Heater**, who managed to break his chain on his bike and got the entire group to wait while a new, niftier bike was brought to him. His Fred Flintstone imitation getting through the first leg of the ride was impressive. Check out the website for Joe on his cool blue bike.

**"FLASHER ED"** Award goes to **Ed Bendickson** for inappropriate use of headlights. He put on quite a show.

**"I'M JUST A TOOL GUY"** Award goes to **Roger Kasch**, who was heard to say "All I've got is a pliers and a 15" wrench" when called to Joe's aid.

**"SCREAMS LIKE A GIRL"** Award goes to **Mindy Parry** for discovering that using one's vocal cords really doesn't add to the mechanical force needed to stop one's bike.

**"BEST INNUENDO"** Award goes to **Diana Clarke** for this beauty: "Patrice has no tail (light), but I have great headlights."

**"MOST PUBLIC DISPLAY OF DISGUSTING LUST(?)"** Award goes to **the drunk girl** who plastered herself against the plate glass window of Dick's Last Resort during last call and appeared to be imitating a catfish. Someone was heard to say, "Where is Mike Psaras when you need him?"

The weather was perfect, and the displays at Millennium Park, Buckingham Fountain and the Navy Pier fireworks were breathtaking. Plus, you cannot explain the rush you get when you have 22 bikes assault one lane of Rush Street on a Saturday night, ringing bells. People stop and stare at anything in that large a group, especially when you're on identical bicycles. Makes me think we could stage this in a different venue – volunteers, anyone?

*Patrice*

## SCUBA NEWS

**CURACAO – November 11 to 18**

We are staying in town at the Lion's Den so not only good diving, but good restaurants, shopping and gambling near by. Airfare, hotel, diving & breakfast for only \$2099.

**BELIZE – March 17 to 25, 2007**

Spend a week diving Lighthouse & Turneffe Reefs from the floating hotel. The Nekton is known for no seasickness.

**BONAIRE – May 2007**

Enjoy a week of great, easy diving. If you haven't been diving for a while or are new to diving, this is a great place. We will be staying at Buddy's Dive Resort where the package includes a rental truck for the great shore dives.

*Cindy Warta*

847-394-8805 [IbexScuba@SkiIbex.com](mailto:IbexScuba@SkiIbex.com)



## EXECUTIVE BOARD MEMBERS

### President

Craig Moon (630) 579-8670

### Trip Chairperson

Patrice Conaway (847) 749-1946

Assistant Sarah Schmeichel (847) 592-7263

### Membership Chairman

David Toy (847) 638-2202

### Activities Chairwoman

Mindy Parry (847) 309-0214

### Secretary

Ed Bendickson (847) 223-2871

Assistant Diana Clarke (847) 255-8155

### Treasurer

Lou DiFrancisco (847) 341-4583

Assistant Joe Davis (847) 985-1699

Thank you for your help with this mailer:  
Janine, Cindy, David, Patty, Mindy, Patrice,  
Sarah, Bill, Craig, Paul, Jean, Diana  
**Ed Bendickson**  
Secretary [IbexNewsletter@SkiIbex.com](mailto:IbexNewsletter@SkiIbex.com)

## Eight Ibex and a Dog

No, it's not the latest chart topper in country music. It's who had fun adventuring up to Wisconsin on August 4-6 to camp atop the Baraboo Bluffs at Sky High Camping Resort. The fun campers were Carl Berg, Anita & Jim Bojan, Patrice Conaway, Rich Fontagneres, Karen Helfrecht, Barb Schwartz, Dave Toy and Bella (you figure out which one was the dog!)

On Saturday morning, the whole group traveled over to Devil's Lake to explore and climb the bluffs. The scenery and the weather were great. We even thought about crashing a wedding that was being set up (we decided not to). In the afternoon, four of our more adventuresome campers decided to try out "Chucker Golf." After each of us got our single all-purpose club, the question arose as to where they found these things. Some of the guesses were that the club heads were: pool tiles, Dan Ryan resurfacing rejects and dinosaur molars. All I know is that they were about ten times heavier than a real golf club. That may be the reason only one person finished the grueling nine-hole course – or it might be that the other three ran out of beverages.

Saturday dinner was a veritable smorgasbord, with more shared food being passed around than could possibly be consumed (but most everyone still found room for s' mores later). We were all grateful that Patrice and Carl brought a screened dining fly because it started raining lightly during dinner. The rain subsided until late that night. Sunday morning brought heavy rain, so the group wisely stuffed everything into the cars (and one motorcycle) and headed over to the Iron Skillet for breakfast before heading home. Even with the rain, it was a fun trip.

*Dave*

## 2006-07 Membership Rates

	E-mail	Paper
Single	\$20	\$30
Couple/Family	\$35	\$45

## IBEX Ski & Snowboard Club

P.O. Box 1542

Palatine, IL 60078

*First Class Mail*

*Check out the IBEX web site*

*[www.SkiIbex.com](http://www.SkiIbex.com)*

*Email: [IbexMembership@SkiIbex.com](mailto:IbexMembership@SkiIbex.com)*