

IBEX SKI & ADVENTURE CLUB



Ibex THE OLDE GOAT

JANUARY 2020

MEETINGS:

JANUARY 15

7:00 PM

BOOZE & SCHMOOZE

8:00 PM

MEETING

HIGHLIGHTS IN THIS ISSUE:

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Follow us on:



Ponderings from "Da Prez"

Happy New Year to everyone! I hope Santa was good to all this holiday season. Time for New Year's Resolutions which hopefully includes some exercises to get ready for skiing!

December was full of camaraderie and cheer with the annual Ibex Holiday Party on December 4th. Thank you Sue for doing such a great job organizing this event. Thanks also to Santa aka Joe D for making an appearance. We had about 90 folks in attendance and by all accounts a good time was had by all.

December all brought the Ibex Rocking the Holidays in NYC Trip which was fabulous. Please see Debbie K's recap article in this Newsletter.

On to the upcoming January trips... As I write this article, a group of us are at the Zermatt Resort – Midway, UT which affords folks the opportunity to ski @ Deer Valley, Park City and Sundance. The next trip departs for Val Gardena, Italy on Jan. 24th followed by the extension to Kraków, Poland; as of this writing we still have 1 spot available for a male!

I believe there are only a couple spots left on the Crested Butte trip so, if you are interested, don't delay in signing up. See Lynn's article for more details regarding all of our trips, open spots and / or wait list status.

Please check out Joe's article for information regarding upcoming activities.

See you at the Jan. 15th meeting.

Think snow!

Pam Chiechi, President



TRIP EDITION—2019/2020

Happy New Year!

I hope everyone's holidays were happy and relaxing. I spent Christmas in Wisconsin with my family and it was much warmer than two years ago when it was -2°!

Our first ski trip of the season left on December 28th. So far, text messages indicate the resort is great and it snowed all day on the 29th.

Below you will find our remaining openings:

- **Val Gardena (Jan. 24—Feb. 1)** - One male opening. It is land only but we will work with you to get air. Price: \$1371 (w/o air)
- **Crested Butte, CO (Feb. 9—14)** - Two openings, one male, one female. We needed to give up our air but we will work with you to get air into Gunnison. Land only price: w/Epic pass - \$656; w/o Epic pass - \$946.
- **Boyne, MI (Feb. 21—23)** - Bus Trip! Don't miss out on the party bus and fun with your fellow Ibexers. **Please sign up by Jan. 8!** Price: \$425; w/Ikon pass \$260
- **Breckenridge, CO (Mar. 21—28)** - Two openings. Price: \$1380 w/Epic pass; \$2030 w/o Epic pass.

Wishing you all the best in 2020,

Lynn Dean, Trip Chair

NOTE:

Also, please consider trip insurance. Here are a few companies to check out (no particular order and Ibex does not endorse any).

- Berkshire Hathaway Travel Protection: <https://www.bhtp.com>
- Travel Protectors, LLC: <http://www.travelprotectors.com>
- Travel Guard: <http://travelguard.com>
- Travel Insured: <https://www.travelinsured.com>

I've also heard there are annual plans that can cover all your trips for a year – you may want to look for one of those if you are doing multiple trips.



TRIP EDITION—2019/2020

Ibex 2019-2020 payment schedule

Payment date	8/7	9/4	9/18	10/2	10/16	11/6	11/20	12/4	12/18	1/15	2/5	3/4	Total
New York City	\$200**	\$500			\$520								\$1,220
New Year's - Park City Area	\$200	\$500		\$500		470*							\$1,670
Val Gardena, Italy	\$300	\$500		\$600			\$610*						\$2,010
Krakow, Poland	\$100	\$100					\$185*						\$385
Crested Butte, CO	\$200		\$500			\$500			\$335*				\$1,535
Bus trip - Boyne, MI	\$75				\$175					\$175*			\$425
Vail, CO	\$200		\$400		\$400				\$399*				\$1,399
Breckenridge, CO	\$200		\$400			\$400				\$280			\$1,280
Croatia Boat & Bike	\$200			\$800						\$800		TBD	TBD
Dubrovnik	\$100			\$200						\$200		TBD	TBD

* See your trip leader for final payment amount

** Unless previously paid.

Pay for your Trip with Zelle!!

What is Zelle?

- Zelle® is a fast, safe and easy way to send money in minutes to your friends, family and **Ibex**. **Look for it in your banking app., or on your bank's website**
- Zelle's partner banks make it fast, safe and easy to send money to more people in your life that you know and trust. To get started, search for your bank or credit union to see if you already have *Zelle* in your bank's mobile app or online banking. (And don't worry. You can still use *Zelle* if your Bank or credit union isn't listed below).

Does my Bank of Credit Union partner with Zelle?

Here's a list of major banks in Chicagoland that partner with Zelle....for a complete list, Google "Zelle"

Ally	MB Financial
BMO Harris	PNC
Bank of America	USSA
Capital One	US Bank
Chase	Wells Fargo
Citi	Wintrust
Fifth Third	

Don't see your bank or credit union? You can still download the *Zelle* app to pay Ibex

How do I pay for my Ibex membership and other events?

Once you have access to Zelle via your bank or the Zelle app.,

1. Zelle will ask the email or mobile number of the recipient, since we are using email, add this **new Ibex payment email** to your list payibexzelle@skiibex.com
2. In the memo tab, enter the following separated by comas for all payments:
 - your first and last name,
 - the Ibex event you are paying for,
 - the amount you are paying,
 - any special notes, e.g. for a trip – Val Gardena or Boyne
3. Please continue to send a separate payment for each person, like you would with a check

FAM TRIP REPORT

Crested Butte, CO—February 9th—14th



Are you thinking of a trip? Then, Crested Butte is your destination.

Powderhounds reviews say “Crested Butte in Colorado is a real beauty of a ski resort and ski town! Whether you call it “Crusty Butt” or Crested Butte, this is a place of extremes. It’s well known for the extreme ski and snowboard terrain, the extreme friendliness, and the extremely laid back culture.

Most of the terrain is beginner and intermediate, but the resort hosts a variety of extreme free skiing championships due to its gnarly terrain on mountaintop.

There is plenty of accessible nordic and snowshoeing options, as well as ice skating

horseback riding.

The main drag in town, a short shuttle drive away, is lined with charming historic wooden buildings housing the shops and restaurants.



Two (2) openings (Land only). We will work with the trip provider to price out air (to Gunnison). Please contact me if you are interested.

- February 9-14, 2020
- Land only price for those without Epic pass: \$946
- Land only price w/Epic pass: \$656
- Includes:
 - * 4 days skiing, with the Silver Queen EXPRESS 100 yds from our lodging
 - * 5 nights lodging in 2 bed/2 bath condos at The Plaza with hot tubs and a bar/lounge for group gatherings

Cindy Halik, Trip Leader

FAM TRIP REPORT

Krakow, Poland

By Lynn Dean

On **November 6-10, 2019**, I traveled to Krakow to attend the 3rd INTERNATIONAL CONGRESS OF RELIGIOUS TOURISM AND PILGRIMAGES (ICORTAP) – the biggest religious tourism event in Central and Eastern Europe. The event consisted of three parts: a congress, an expo and a three-day study tour. Snow Tours, our Europe trip provider, invited Ibex since we are going to Krakow in February.

After arriving in Krakow, I was taken to the Legends, a three-star hotel across the street from Old Town. It is situated in a lovely area with a walking path that leads to the Old Town entrances. It is a quiet location away from the activity of Old Town but convenient to public transportation and all that Old Town has to offer.

While the Legends Hotel was quaint and clean, and in a great location, I wouldn't recommend it for Ibex. The rooms were very small and storage space was limited (even more than we are used to). Also, the Wi-Fi was weak and didn't work in my room for my entire stay. I know others had the same issue although the hotel didn't acknowledge it. I didn't have an opportunity to see the other two properties folks stayed at (Hotel Galaxy 4****, Plus Q 4****). However, our bus stopped there each day and while they were very nice hotels (per folks I talked to), they weren't as near to Old Town as I think Ibex would like.



I walked around Old Town on the first day and also checked out the hotel Ibex will be staying at – the Hotel Indigo Krakow Old Town. It is only two blocks from the entrance to Old Town and I think it will be a great location for our group. The hotel lobby looks exactly like the pictures and I think Ibex will love it.

Nov. 7 – the all-day congress and expo was held at the Pope John Paul II Center, Totus Tuus Street in Krakow. Pope John Paul II was from Poland and this is his 100th birthday year. We attended a Holy Mass and then the congress and expo were held in the same center. The center may be of interest to those who are Catholic. In the evening we visited the Divine Mercy Sanctuary where Sr. Faustina Kowalska spent a part of her life. Sr. Faustina's diary was published and it inspired a nun we talked with to become a nun. Next to the convent, a very modern sanctuary was built. It was founded by John Paul II and is amongst the most important sanctuaries in Poland and Europe. Here is Sister Faustina's diary:

<https://www.amazon.com/Diary-Divine-Mercy-My-Soul/dp/1596141107>

Nov. 8 – We traveled to Oswiecim (Auschwitz in German). It is hard to find the right words to describe this guided tour of Auschwitz-Birkenau, where over a million people from different nationalities - mostly Jews - were killed. It is a very worthy visit and something I will never forget.

After the tour and lunch, we traveled to Czestochowa and the sanctuary of Black Madonna with its famous painting (said to be the work of St John) is a symbolic place for all the Poles. Along many, sometimes difficult, centuries of the Polish country, the Polish would come and still come here to ask for help of the Blessed Virgin. The Mother of God was pronounced the Queen of Poland by the King John Casimirus in the 17th century. It is one of the main European pilgrimage destinations, receiving between 3 and 4 million of pilgrims every year. The Sanctuary is also a fortress, an interesting architectural complex.
was delicious.

FAM TRIP REPORT

Krakow, Poland

Nov. 9 – I walked around Old Town Krakow in the morning and afternoon. The main street is filled with many, many very nice restaurants and shops. I ate lunch at Restauracja Pod Zlotym Karpim where I had some typical pierogies – delicious. It is the #6 rated restaurant in Krakow and very reasonable.

https://www.tripadvisor.com/Restaurant_Review-g274772-d14113248-Reviews-Restauracja_Pod_Zlotym_Karpim-Krakow_Lesser_Poland_Province_Southern_Poland.html

There are shop windows filled with Pączkis (Polish jelly- filled doughnuts). I had to try an orange glazed one and it was delicious.

That evening the group went to the Krakow Salt Mine. It is a must-do (along with Auschwitz). I don't want to give too much away but it truly is amazing. There are a lot of initial stairs to get started into the salt mine, but for those folks who prefer, there is an elevator that goes part way down. This is not the place for anyone who gets injured on the trip though as there are lots of steps and a fairly long walk. There is an elevator that goes up at the end although it was not working when we left (after having dinner in the mine) so we needed to take a small service elevator up.

Nov. 10 – we had a walking tour of the Old Town. There are many churches (including the very old Saint Mary's, where a trumpet sounds every hour), Wawel Hill (castle and cathedral), the main square (the biggest medieval market square in Europe), and the Cloth market (which I did not see) – and many other sites.

That evening I attended a nightly classical concert at Saint Peter and Paul's church in Old Town. It costs 15 euros and tickets can be purchased at the door, the day/night of the performance. This was a highlight of the trip for me as I am a classical music lover. It is a must do.

I departed the next day. Krakow has an amazingly small airport but the security wait lines can be long. I think Ibex will love Krakow.

Note: allow extra time for any trips out of the main Krakow center as traffic is heavy. You will see the remaining effects of Communism as you get out of the Old Town area – lots of construction and renovation everywhere but I don't think the road infrastructure has kept up.



TRIP EDITION—2019/2020

The ski season is upon us!

Well fellow goats, it's here. Some of us have been skiing/riding since November, and the club's first trip is already in progress (Park City). So Time to get serious about what skills you want to work on this year. At Ibex we offer free lessons on all trips, and will have a couple local lesson days at Wilmot. The Wilmot survey had 14 responses and we hope to set the first date in soon for some time in January. With Local Epic you have one less excuse for not coming out. This is also a perfect opportunity to try out Snowboarding without committing to a day out of a trip out west. Wilmot it a perfect place to take a 1-2 hour lesson and learn the basics.

For the trips, if you are interested, or just thinking about lessons, please talk with the lead instructor or the trip leader. We will work together with you to select the best day and time for the lesson based on what you want to work on and the current weather conditions.

Have a great and wonderful ski season!

~Chuck Binzel, Ibex Ski School Director



Trip	Lead Instructor	Instructors
Park City, Utah	Ed	Ed, Jean
Selva Val Gardena	Jim	Jim, Ed
Crested Butte, CO	Chuck	Chuck, Jean
Boyne Mt, MI	Jean	Jean, (Chuck?)
Vail, CO	Jean	Jean, Chuck, Ed, Suzanne
Breckenridge, CO	Bill	Bill, Jim, Bob
Wilmot	Bob	Jean, Chuck, (Bob)

Ibexers:

I listed below some good articles or training program that you can do right in your own home. These are simple, low impact and cardio type exercises that can get you prepared for the season or enhance your current work out regiment. Don't forget to drink plenty of water when on the slopes or hiking up that mountain.

~ john graves

Interesting links for:

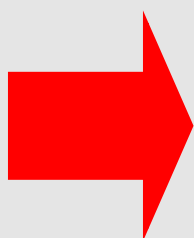
[5 Ski Exercises that you can do at HOME](#)

[Preparing For Ski Season](#)

[Workouts to Prepare for Winter Ski Season](#)

[Skiing Exercises @ HOME](#)

[Exercises to Get Your Body Ready for Skiing](#)



ACTIVITIES

I Hope everyone had a great holiday! Below are the upcoming activities.

A big thank you to Sue Weides for organizing the Holiday Party. Great job and we all had wonderful time.

~Joe

Joevkelley@sbcglobal.net



Upcoming Activities:

- 1/5/20: Bar of the Month—McGonagal's, 105 Cook St, Barrington
⇒ Ragged Rascals Irish Band Is playing. Please email Sydney at sparkerswhitey@gmail.com if you are going so she has an idea of amount of people attending. This helps with saving seats.
- 4/8/20: Ibex Annual Banquet—Save-the-Date
- 7/18/20: Ibex Annual Banquet—Save-the-Date
- 8/8/20: Cubs Game @ Milwaukee
- 8/29/20: CMSC Norge Picnic—Save-the-Date

NOTE: I am looking for a volunteer for someone to Chair the April Banquet. If interested please let me know.

Opportunity to get involved

We are always looking for Ibex members to get involved. If you are thinking of getting more involved, we do have opportunities for you. I am looking for volunteers to run a couple upcoming events:

- Ravinia 2020
- Year-end Banquet on 4/18/20. The venue and DJ are already book. If interested please contact me at joevkelley@sbcglobal.net

How to Run an Ibex Activity

If you want to be involved but not sure how. How about running an event—bar of the month is an easy way to start. Below is the process of running an Ibex event.

1. Talk to the activities chairperson about running an event.
2. Investigate the event and determine the cost.
3. Work with the Activities Chairman to set the date and sell price (if required). The chairperson will then get the Executive board approval.
4. Once approved adversities the event to the club.
 - Set a dead line date to sign up.
 - Write an article for the newsletter.
 - Work with the Activities Chairman to get the event posted on Groupspaces.
5. Track sign ups and collect money.
6. Communicate with the group any details they need to know before the event.

CMSC UPDATES



CMSC Board, Members and Clubs,

Our training center has seen an increase in new athletes. We currently have 25-30 kids on our small hills (5-25m) that's as many as I've seen in my 15 years with the club. Great problem to have and we want the trend to continue! We strive to update and maintain our facilities and equipment to the highest level, these goals go directly to the attraction, retention and safety our athletes.

We are in need of updating and adding to our equipment. We do our best to supply our junior athletes with skis, boots, and bindings. All of our equipment is sourced in Europe, and is difficult for new families to acquire on their own. It's a great benefit to our athletes and families to have quality equipment in house, without this equipment it is doubtful we would be able to attract and retain kids in the program.

With your help we will buy new equipment that is much safer for our juniors. Please consider making a donation, the CMSC board has generously agreed to match funds up to \$2500 raised from CMSC's member clubs.

Let's keep the Olympic dreams alive for the next generation.

Donation options: Go to our website www.norgeskiclub.com and use the PayPal button (can use credit card), Checks can be sent to: Norge Ski Club, PO Box 31, Fox River Grove IL 60021.

Please add note in PayPal, or memo on check "CMSC fundraiser".

Norge is a 501c3 non for profit #36-4418213

Please reach out for any questions 847-804-6190, glarson164@gmail.com

Thanks,

Guy Larson

Chairman-Ski Training Center

Save-the-Date
CMSC Norge
Picnic

August 29th, 2020

More details to follow.

Interested, contact Patrick Clark—patrickclark@gmail.com

IBEX ANNUAL CHRISTMAS PARTY RECAP

On December 4th the annual Holiday party for Ibexers was celebrated at Gatsbys. We had around 75 in attendance. Our annual Santa (thanks to Joe Davis for bringing Santa from the North Pole) came with presents for our younger Ibexers and some grab bag presents for the others...

Pizza and appetizers were provided by the club and were delicious!

Thanks to all who provided desserts as well..

Everyone was in a jovial spirit as the holiday season was just beginning. With some in their holiday gear and jingle bells, all had a good time.

Hope everyone had a joyous holiday season and looking forward to celebrating many more Ibex Holiday parties in the future!

~Sue Weides



NEW YORK CITY TRIP RECAP

Ibex "Rocking the Holidays in New York" Adventure began on Sunday, December 15th, and we were off and running as soon as our feet hit the ground! As soon as the suitcases were securely tucked away at "Hotel Mela", we were out the Hotel door with some of us heading to the "Irish Outsiders" Tenement Apartment Tour learning and actually seeing how the Irish Immigrants lived when they first came to America. Others may have been off sightseeing, or making their way to the 9/11 Memorial meeting up later at "Ayza Wine & Chocolate Bar" for a "Welcome Drink" and dinner which was awesome!! Monday morning we were treated to a wonderful breakfast at the "Saju Bistro" right next store to the Hotel. This little Bistro turned out to be a wonderful place for any type of meal or as a meet up for an evening drink.



After breakfast many walked over to the Empire State building to tour the museum, where we met up with "King Kong" for a picture, and then onto the outdoors to view the sights of New York from high above the city. From the Empire State Building some walked over to Bryant Park's Winter Holiday shops to do some Christmas shopping, watch the skaters, while drinking hot chocolate, or enjoy some lunch, and boy were those "Truffle Fries" good!!! Later a group of ladies joined up for afternoon tea (maybe some Champagne) and lunch at "The Plaza". This was fabulous and couldn't have been enjoyed more!! After Tea some of us were off to see "Wicked", "Waitress", "To Kill a Mocking Bird", or maybe a stroll past the Holiday Windows and tree at Rockefeller Center.

Tuesday morning was open for most to enjoy a walk or breakfast, or with others going back to the Tenement to learn about "Sweatshop Workers" and their daily lives when first arriving in America. Later in the day we all joined up for a "Tour of Radio City Music Hall", where we ventured thru the Halls and viewed many Pictures of past performers and the Hall itself from way up in the building. We also had the pleasure of meeting one of the "Rockettes" who was kind enough to answer questions and take pictures with each of us. After our Tour we had a dinner at "Tricolori", also very very good, then on to the "Rockettes". The "Rockettes" was much more than anyone expected with beautifully colorful staging and effects throughout the Hall and a flawless performance. There was the most beautifully done Nativity Scene with live animals.....unbelievable!!!



Wednesday began at the 9/11 Memorial for some with others choosing to go to the "Museum of Modern Art", or just perusing the City. Later that day some of us took in "Tina Turner", also fabulous, as well as "Hamilton", "Come From Away", or "Jersey Boys". Wednesday was definitely filled with much theater viewing. Thursday, our last day in New York, some dined at the "Rustic Table" featuring a very good and very healthy menu. It was extremely cold that day, so many of us made our way back to the Hotel to wait for the Bus to the Airport. However, we had some venture out into the cold including our President and Leader, Pam Chiechi. The cold didn't stop her from making her way over to Columbus Park Winter Holiday shops, etc. All in all, a lot was accomplished within a short period of time and the location of "Hotel Mela" could not have been better with a 3 to 5 minute walk to Times Square. Rocking the Holidays in New York was "AWESOME" and a whole lot of fun!! Thanks to everyone for their hard work in pulling everything together to include the Travel Provider, Trip Chair, Trip Leaders, and the Ladies who helped bring together all the different ideas on sightseeing, theater, restaurants, etc.!!

Debbie Kappler
Co-Trip Leader



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MEMBERSHIP MATTERS

Renew Membership Now

I hope everyone had a great Christmas. Now it's time to start the New Year off right. Renew your membership with Ibex. If you don't ski, there is still plenty to do all year round. So go to <http://www.skiibex.com>

You can always bring a check and filled out form to the next meeting. Or mail it to:

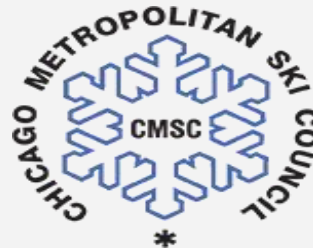
Ibex Ski Club
P.O.Box 1542
Palatine, IL 60078

Hope to see everyone at the next meeting,

Mike Akutagawa ~ Membership Chair

Social Media & More

Check out our social media sites. We have been busy posting pictures daily from our first three trips. Be part of the trip and post about it. Click on the icons below to get connected with Ibex & CMSC



Welcome New Members

Cheryl Trunda
Justin Graham

Returning Members



Birthdays

Bill West	Jan. 1
Jacqueline Wodach	Jan. 1
Mark Westlund	Jan. 3
Cheryl Wisniewski	Jan. 3
Dan Brossard	Jan. 8
Greg Kujawinski	Jan. 8
Frank Quattrochi	Jan. 8
Andrew Golota	Jan. 9
Ron Hadsall	Jan. 9
Linda Wagner	Jan. 10
Diane Stranc	Jan. 26
Linda O'Connor	Jan. 27

happy
birthday

Happy Holidays!

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EXECUTIVE BOARD MEMBERS

- ◆ President—Pam Chiechi
- ◆ Trip Chair—Lynn Dean
- ◆ Membership Chair—Mike Akutagawa
- ◆ Activities Chair—Joe Kelley
- ◆ Secretary—John Graves
- ◆ Treasurer— Sydney Whitley

BOARD OF DIRECTORS

- ◆ Jean Bagel
- ◆ Ed Bendickson
- ◆ Pam Chiechi
- ◆ Glen Chiechi
- ◆ Barb Kimicata
- ◆ Ed Fee
- ◆ Paula Hiller
- ◆ Jan Vinopal
- ◆ Linda Wagner
- ◆ Sue Weides

<http://groupspaces.com/ibex>

Get registered now! Be on our list for email updates, membership, payments and MORE!

CHECK OUT THE IBEX WEBSITE!

www.skilbex.com

E-MAIL: ibexmembership2019@skilbex.com

2020

• HAPPY NEW YEAR •

**HAPPY
NEW YEAR**

When life bring changes...

- ◆ Help us keep our records up to date. When your information changes please fill out this form and bring it to a meeting, email to address below, or better yet update your profile at Group Spaces!

ibexmembership2019@skiibex.com

Name: _____

Street: _____

City, State, Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Twitter/Instagram: _____

Facebook: _____

2019-2020 MEMBERSHIP RATES

Single	\$25.00
Couple/Family	\$45.00

We'd love to hear from you. Tell us how we are doing with the newsletter or if you have suggestions on improving our communication.

ibexnewsletter2019@skiibex.com

MEETS THE 1ST & 3RD WEDNESDAY OF EACH MONTH AT:

GATSBY'S SPORTS PUB

427 E. RAND RD. ARLINGTON HEIGHTS, IL.