

Wine Tasting Party, October 1

Saturday night more than 20 Nordic Foxes gathered at the Smiths for a festive evening of food and wine. The wine selections represented seven foreign countries as well as various regions of the United States.

Saturday October 15 Lake Geneva Hike Trip Report

Nine hikers enjoyed a perfect weather Lake Geneva hike. We started about 8:45 AM from Lake Geneva Library hiking from the town of Lake Geneva along the north shore to the Abby resort in Fontana. The distance was about 13 miles and it took us a little over 4 hours. The tree colors were great. (Nine photos are posted on the NordicFox.org website.) As always, the lake views, lake side houses, and mansions were outstanding. The fellowship added to the fun.

We had a good lunch at the Abby resort in the dining room overlooking the bay and boat docks. We returned to Lake Geneva using Susie's van that we had parked at the Abby (Thanks again Susie). Everyone had a great time.

Ellen and her friend, Susie, (from the Quad Cities area), camped at Big Foot State Park in Lake Geneva on Friday and Saturday night. On Sunday they biked around Lake Geneva. Next year we will have a hike, bike and camp outing. Members can participate in any or all activities.
Jim Adams

Glider flying on Saturday, October 22nd hosted by Ron Ridenour

We had 7 Nordic Foxes for glider rides on October 29. After canceling the week before, we had a beautiful day to enjoy the fall colors and also had a little lift to allow for longer rides. I was able to get another pilot to give some rides which allowed some of us to soar in the same thermal together, which is an interesting experience. We flew in the glider clubs Duo-Discuss and ASK-21. Both gliders were built in Germany and imported into the US. I'll try to pick another day next year for anyone interested.
Ron Ridenour

On Saturday, Oct. 29, Ron Ridenour took a few of us on a glider ride at the Chicago Glider Club in Minooka. As most of you know, Ron has been flying most of his life and is a captain for United Airlines. If you ever get a chance to do this, don't pass it up. It's a remarkable experience, floating in the air. Ron pointed out landmarks that look totally different from the air. The houses look like Monopoly pieces. It was a clear day, and we could see for miles. Ron said that on Friday he was able to see all the way downtown.

Thanks Ron for a great adventure.

Julie Hnatiuk

Dry Land Training Clinic

We had a great turnout for ski training. We viewed a training video while waiting for everyone to arrive and then we demonstrated the use of an exercise ball to improve core strength and elastic chords to increase upper body strength. We then headed across the street to work

on ski walking and bounding in Knoch Knolls Park. It was a good workout. After the outdoor exercises we all enjoyed a buffet of soups and breads. Scott and Marianne Smith