



Special Two-Month Issue

The Easy Glider

Kick 'n Gliders Nordic Ski Club

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Ok, so it has been an iffy start to the season. But as the attached schedules show, there are plenty of chances to make your 2004-2005 season memorable. Check the schedule, make the plans, strap on your skis and go for the white.

* * * Please Note * * *

Space Still Available

Attention, Kickers and Gliders, wherever you are. Rumors that all ski trips are full have been greatly exaggerated. There is space left on some of the most spectacular ski trips this year!

In particular, space is available:

2 at Lapland Lake (Feb 4-6),
2 at Black Forest (Feb 11-13),
4 at Turin (Feb 18-21)
one (female only please) at Inlet, New York (Feb 25-28).

Send a \$50 deposit for each reservation to:

Kick n' Gliders
PO Box 7054
Mechanicsburg, PA 17050.

Your devoted Treasurer,
Dave LeRoy

Next 30 Days

February 1: Social Meeting; Outback Steakhouse; 7:00 PM
February 4 thru 6: Lapland Lake; Rich Levin; 610-926-5977
February 5: Nolde State Forest Day Trip; Bill Pickering; 232-1326
February 11 thru 13: Black Forest; Tim Musser; 843-4911
February 12: Laurel Highlands Day Trip; Dave & Nancy Leroy; 561-1647
February 16: Business Meeting; Wildware 7:00 PM; Chesapeake to Bahamas Sailing Trip
February 18 thru 21: Tug Hill/Turin, NY; Dave & Nancy LeRoy 561-1647
February 25 thru 27: Inlet, NY; Inlet, NY; Bill & Kay Pickering; 232-1326
February 26: Crystal Lake Day Trip; Rick Close
March 1: Social Meeting; Bangkok Wok; 7:00 PM
* * * * *

If you cannot get in touch with your leader after a reasonable number of attempts, contact Dennis Major, Day Trip coordinator at dennis.major@bigfoot.com or 432 7068. The club website can also be used as a message board for other trips. Look into it!

Trip Reports



You Fill Up My Senses

A trip to Craftsbury Vermont, December 29, 2004 to
January 2, 2005

Thirty-one people made our annual pilgrimage to Craftsbury, VT, including 29 regulars plus Jesse and Karen, rogue trip members, and a passel of old friends from New Jersey whose company we enjoy every year.

Most of the time we went outside and found something white to ski or to snow shoe across between major navigational excursions to the dining hall. And, yes, there was a bonfire on New Year's Eve. The skies were clear enough to see Orion's Belt. The temperature was warm enough to linger longer than usual, and to enjoy without gloves or hats if you so chose.

Here then, is Craftsbury '05 through our 31 sets of senses:

1. The sound of Farkle*. Rick Close.
2. The sight of the Farkle Wave. Tim Musser
(* Farkle is a simple, group dice game learned by Bill and Sandy Stine during their eight-month sailboat cruise, while anchored in formations called "rafts" at long cocktail hours in the Bahamas.)
3. The red barn in Murphy's Field. Jim Brandon, the philosophical leg puller, perhaps convinced me it was yellow.
4. Norma Brandon's leadership in finding the lost Yellow Snowshoe Trail.
5. The sound of Snow shoes crunching and Rick Begley on quiet crampons.
6. A little row of mice watching videos in the Yoga (aka Class) Room, according to Fred Burgess.
7. Ed Rockland & Fred Richter performing a tree duet in yoga class.
8. Being shown up by 9- year-olds, Will and Grace, whose indifference to their flexibility reminded us what yoga might have looked like in our youth.
9. Sandy Stine's classic hospitality (aka cheese trays) filling the gap between those ubiquitous meals.
10. Unseen bruised rising on hidden spaces of Jennifer Marhevka and Fred Richter.
11. Mick Marhevka earnestly earning his busboy certification.
12. Orange blazes on the trail to the Black River, and Ed Rockland trustfully following colored blazes into the wilderness when he is color-blind. Priceless.
13. Earnestly missing Joan Short.
14. Dave Powell's Pink Poles. It just shows that Real Men can ski with pink poles for a very long time before anyone notices.
15. Sean and Stacey Richter and their spouses Mary and Tom taking The Club to the next generation.
16. A cameo appearance by Dick Rubin (wearing traditional skis) pushing Sean Richter up hills (wearing skate skis.)
17. The image of the red-tailed hawk swooping down to pick up Bill Stine by the tag on his collar.
18. - 19 - 20. Lake Hosmer looking liquid, just a day after Carol and Ed Rockland with Peggy Hampton skied the circumference.
20. Dennis Major's Brown Beer.
21. Beth Major skiing down Elinor's Hill with complete élan in spite of a major leg brace, while people with whole knees knocked them in terror as they anticipated a three turn and a two mogul run on ice at full speed.
22. Tanya Richter skied Elinor's mostly on her thumb.
23. Dave LeRoy who managed to add to Chub legends by losing one snow shoe on a long hike without knowing it was gone.
24. The smell of new spruce and the sight of mounds of porcupine skat along the orange blazed trail. Skat Identification courtesy of Tanya Richter who has taken a whole class in skat identification. Take that woman with you when you ski the wilderness!
25. Steve McClure who won the Perseverance Award for simply showing up, no matter what.
26. Nan Reisinger laughing.
27. Pete Oswald chewing. (three helpings or more)
28. Jan Powell filling in the missing details in the Peru slide show.
29. Nancy Kahl LeRoy reading her house designs book.
30. Your Scribe and XC-Stretch Tailored Yoga Leader: Roberta Strickler

Vermont '05 lingers in our senses as the sound of water pipes dripping. The feel of bare earth emerging from the base of ski trails just before you round the corner on Ruthie's Run to find men shoveling snow onto the ski trail. The taste of last summer in the raspberry jam. The sight of a "glide" of KnGers taking off to the trails from the lesson field. The touch of rare powder snow under your skis near the tennis camp. The sound of popping champagne corks mixed with snapping pine pitch in the bonfire.

Check out that form!



Craftsbury Photos

Happy to be at the top:
Skiing Craftsbury's Grand Tour



Someone call the ski patrol!
I've fallen and can't get up!



Back to the Basics - Ski & Stay in a Yurt

Chris and Cindy Champion ventured north to Bleeker Mountain in the Adirondacks, home of the Arctic Circle Ski Center. Skiing in to our yurt (nicknamed "Crows Nest"), we slept in relative comfort (we had to stoke the wood stove a LOT - it was ten below at night), and skied each day down the private trail to the Ski Center. Alas, the snow wasn't the best - it rained the week before we went and melted some of the snow, but it snowed 4 inches overnight, so it was mostly ski-able. The rest of the time we read by lantern, cooked over a camp stove, and bundled up in our sleeping bags to sleep. On one particularly cold night, our hosts Kim and Dan and their two daughters brought us a piping hot thermos of spiced apple cider and a pan of Kim's apple brownies. Nothing makes your cold nose recover like hot cider and home cooking!



At ten below, this is only fun for about one minute!

Arctic Circle Ski Center is owned by part-time college Art professor Al Gessinger, and is located in Gloversville, New York, 10 miles west of Great Sacandaga Lake, and only about 10 miles south of Lapland Lake. It is a family-run center with 25 km of groomed trails. The "lodge" is also Al's home, and the rental skis are wedged between the ceiling and beams of this log home. Very quaint - and free hot chocolate!

Back to Basics is a backcountry Yurt and Cabin wilderness retreat hosted by Kim and Dan, outdoor enthusiasts, certified Adirondack guides, survivalists, and really friendly people. All of their Yurts and Cabins are connected to the Arctic Circle Ski Center, and they have ski & stay packages.

Check out the website for both places at
<http://www.gobacktothebasics.com/>



Cindy tends to the wood stove - a.k.a. the furnace

Lake Placid

As we arrived in Lake Placid on Friday of Martin Luther King weekend, we were not hopeful of good, or even any, skiing. The weather the day before had been very warm, and heavy rain washed away much of the base. By Friday it had turned colder and about 3" of snow fell. As we discussed skiing options while enjoying Sandy Stine's chili for dinner, Dave Leroy opined that our best opportunity Saturday was at Mt. van Hoevenberg. As frequently happens in these matters, he was right. Although many trails weren't open, there was enough snow for complete coverage, and some of us got in 10 miles, albeit by repeating two trails twice. The weather was ideal—low 20s with sunshine and light winds.

Sunday we went to the Fish Pond truck trail. It had decent cover, although we discovered two water hazards that were not visible last year. Bernie & Dave R. went back to van Hoevenberg, where Bernie's daughter Rosalyn came up and met them.

Monday was a cold day, not getting up to 10 from a low of 0, but there was negligible wind. A very light dusting of snow overnight helped conditions. We went to the VIC at Paul Smiths, where the close-in trails were a little thin due to the crowd at the Chilly Festival Sunday. But we managed OK, with most doing the 4.5-mi. Esker trail. After lunch Bill S. & yours truly did a 1-1/2 mi. out-and-back on the Jack Rabbit Trail, while Fred, Bernie, and Dave P. went partway up Jenkins Mountain. The rest returned to L.P. to enhance the local economy, a gesture undoubtedly much appreciated in this season of (so far) relatively little snow and warm temperatures. We had our traditional apres-ski at the Cottage before returning home for dinner and tales about the leader's food intake on this and previous trips. Often exaggerated, these stories were very much



like those about the fish that got away. As part of our evening entertainment, our resident techno-geek Mr. Stine showed the photos he had taken during the day with his digital camera, on the TV.

So we enjoyed better than expected skiing. And we didn't do badly in the culinary department, either. After Sandy's chili—meat and vegetarian versions—Friday night, Tanya Richter prepared Mediterranean chicken breasts with couscous on Saturday. Sunday was the leader's day to play cook. His easy-to-fix mélange of ham, ravioli, and various other ingredients brought forth requests to publish the recipe. You'll probably find it somewhere in this issue. On Monday the other half of Team Stine served up delicious pork tenderloins done on the outdoor grill.

Tuesday morning the temperature was -18 with a -31 wind chill, but everyone's car started, and all got home safely. By unanimous consent, the house has been booked for the same weekend in 2006, at the same price as this year. It's a long drive from Harrisburg, but the great skiing venues and dependable snow make it worth the trip.

Participants: Nancy Kahl, Dave Leroy, Mike and Pam McMullen, Bill Pickering, Jan and Dave Powell, Fred and Tanya Richter, Dave Robinson, Bill and Sandy Stine, Bernie Webber, and the leader, Bill Hoffman.



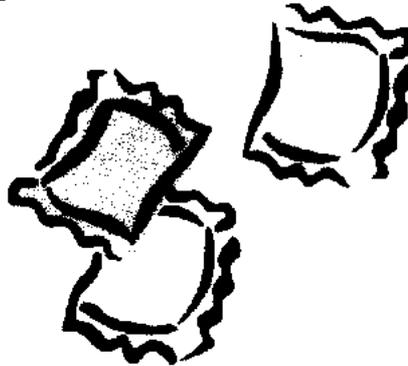
Skiing Lake Chatauqua

Mick and Jen spent a long weekend at the lakefront home of Pete and Lynn Smith in Jamestown, NY for a fine weekend of skiing gentle trails in the Bemus Point State Park. The temperature never got above 5 degrees, but who cares when the snow is deep and the sky is blue and the glide is so smooth.

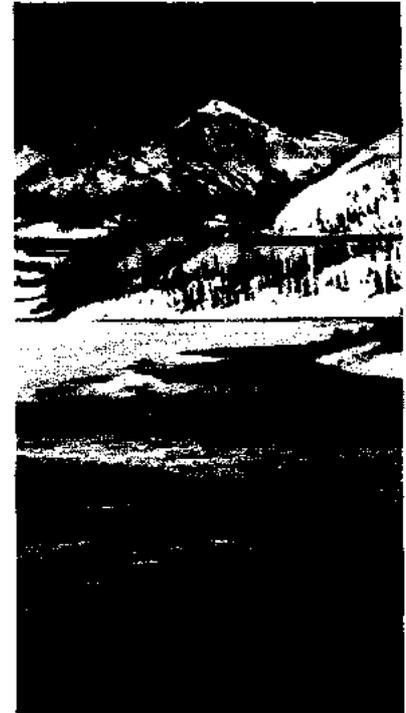
Bill Hoffman's "Ham and Ravioli One Pan Easy" recipe

Note: This recipe does not indicate how many people this dish serves, so when preparing for 14, er, make that 20 since I was included, I multiplied all the listed quantities by 5. I didn't measure all the quantities precisely, but this recipe is very forgiving of adjustments. It probably can be made ahead of time and re-heated.

- 2 cups cut up pre-cooked ham
- 2 cups square cheese ravioli (frozen)
- ½ cup sour cream
- ½ cup apricot preserves
- ½ cup light brown sugar
- 1 cup cooked frozen green beans
- 2 tbsp. cooking oil
- ½ cup green peppers, cut up
- 1 5-1/2 oz. can pineapple chunks
- 2 tbsp. corn starch
- 1 11-oz. can Mandarin oranges



Cook ravioli per package directions, set aside. Saute peppers in oil. Place sour cream, preserves, brown sugar, green beans, pineapple chunks (do not drain), corn starch, and oranges (drained) in a large bowl. Add peppers and stir. Then add ham and ravioli. Cook 10 minutes and serve.



Crystal Lake Trail Pass Fee Reductions

Your day trips to Crystal Lake this season will cost you only \$5.00 per day thanks to the continuation of our Trip Subsidy Program. The rules are simple:

- Plan your trip to Crystal Lake any snowy day during the 2004-2005 season.
- Pack your skis.
- Take your Membership Card.

Arrive at the Ski Center Office. Say to the desk attendant, "Great day to ski, eh? My name is (Use your name). I'm a Kick 'n Gliders member, here is my membership card."

You can expect to not pay the listed Day Pass cost of \$10.00 Weekdays or \$15.00 Weekends. You can hand over a new \$5.00 bill and be on your way.

Your membership card has been attached to the new "People with Whom You Ski". Please look for it, detach and use it for savings at Crystal Lake.



For Sale:

Women's Fischer Crown Cross Country Skis and size 7 1/2 Alpina Boots. (Also bindings and poles) Will fit a woman 5'2" to 5'8" who weighs 130 lbs or more. They are in excellent condition. Will sell for \$95.00. Call Grace at 766-4054.

Thanks,
Grace House

Master Schedule 2003 - 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>30</u> Pulaski	<u>31</u>	<u>2/1/2001</u> Social Mtg Outback Steak House 7:00 PM	<u>2</u>	<u>3</u>	<u>4</u> Lapland Lake	<u>5</u> Lapland Lake Day Trip: Nolde SF
<u>6</u> Lapland Lake	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u> Black Forest	<u>12</u> Black Forest Day Trip: Laurel Highlands
<u>13</u> Black Forest	<u>14</u>	<u>15</u>	<u>16</u> Business Mtg Chesapeake to Bahamas Stein's Trip 7:00 PM at Wildware	<u>17</u>	<u>18</u> Tug Hill/ Turin	<u>19</u> Tug Hill/ Tu- rin
<u>20</u> Tug Hill/ Turin	<u>21</u> Tug Hill/ Turin	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u> Inlet, NY	<u>26</u> Inlet, NY Day Trip: Crystal Lake
<u>27</u> Inlet, NY	<u>28</u>	<u>3/1/2001</u> Social Mtg Bangkok Wok 7:00 PM	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u> Lake Tahoe
<u>13</u> Lake Tahoe	<u>14</u> Lake Tahoe	<u>15</u> Lake Tahoe	<u>16</u> Business Mtg Welcome to Spring 7:00 PM at Wildware	<u>17</u> Lake Tahoe	<u>18</u> Lake Tahoe	<u>19</u> Lake Tahoe



KICK 'N GLIDERS
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ADDRESS CORRECTION REQUESTED

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