



The Easy Glider

Kick 'n Gliders Nordic Ski Club

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2005

Meeting Schedule

by Sandy Stine

Meetings Start in November

All meetings begin at 7:00 p.m. and are held at Wildware Backcountry on Peiffer's Lane in Union Deposit.

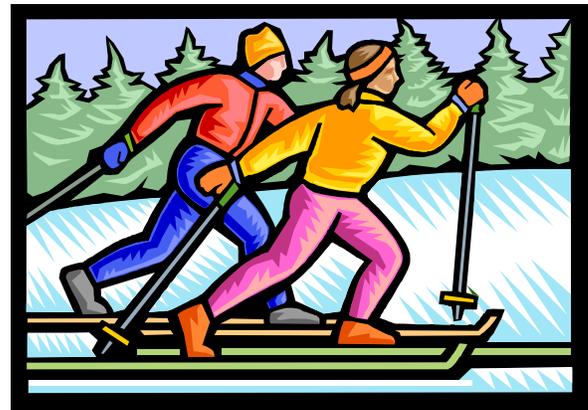
Wednesday, November 16

Our first program of the year features Kathy Watts, skiing enthusiast and owner of Wildware Backcountry. She will show us what's new in the way of gear and clothing for cross-country skiing. Also, Kathy will cover the basics of ski prep.

Tuesday, December 6

Our speaker tonight is John Snyder, a sports nutritionist, who will talk about Performance Eating: How to eat before, during and after cross-country skiing. They'll be lots of time for questions. Refer to the September 2005 newsletter for more info on John.

Jibe Ho! See page two for details on the K&G Sailing Trip



Programs for 2006

Please note that the programs for January/February/March have been rearranged as follows:

Wednesday, January 18

Speaker: Diane Roffe, Olympic Gold Medal Skier. The 2006 Winter Olympics begin February 11. Come on out to hear Diane's experience as an Olympian and her perspective on the upcoming games. More about Diane in the December issue of The Easy Glider.

Wednesday, February 22

Travelogue: Fred & Tanya Richter

Wednesday, March 22

Travelogue: Dennis & Beth Major

Reminder:

Our first "social" gathering will be held on Tuesday, November 1, at the Outback Steakhouse in Union Deposit. Just show up at 7:00 p.m., have a beer and catch up with your cross-country skiing buddies.

If you have anything that you would like to have included in a future newsletter, please send it to me at:
editor@kickngliders.org Thanks, Pete Oswald

For those of you who missed the sailing trip, here is a report from the...

Chesapeake Cruise October 9 – 14, 2005 by Bill Stine

Kick ‘n Gliders began arriving at the Sailing Emporium marina in Rock Hall on Maryland’s “Eastern Shore” late on a rainy Sunday afternoon. The forecast was for dreary but windy weather. For once the weatherman had it right!

We still had to make a final choice of a charter boat. Four of the nine of us would board the Stine’s 34-foot O’Day, Whistwind. The other five had a choice between a 38 footer and a 34 footer. They chose the smaller boat because the accommodations actually worked out better. The boat was named “Ceilioh” but we never got the pronunciation figured out and ended up calling it “Sea Lion”. After provisioning and stowing everyone’s gear we headed to Waterman’s restaurant for dinner. We were accompanied by Mary Jo Harris who lives aboard her 30-foot boat, Circe, for the summer and which she single-hands.

Monday dawned rainy, as predicted, but it was really just misting most of the time. We settled the details of the charter arrangements and headed out of the harbor, bound for Davis Creek off the Chester River. There was little wind as we departed but a nice breeze filled in and we had a lovely sail almost to our destination. Whistwind put down her anchor and we all rafted for the night. (Rafting means tying the boats together and sharing the anchor.) Happy hour celebrations followed after which chili and salad were served aboard Whistwind.

Tuesday also dawned rainy, as predicted, but there was a nice breeze for sailing. We were bound for the Wye River and would anchor in Dividing Creek. This small creek extends into Wye Island, a large wildlife refuge bounded by the river. On this day we’d have to negotiate the Kent Island Narrows and pass through a draw bridge in the process. The sailing

was delightful as there was plenty of wind and it was blowing in the direction we were headed. All went well except that repairs were being made to the draw bridge and Whistwind had to wait for an hour for the bridge to open. Ceilioh was first on the scene and put down the hook for the evening. A few hardy souls boarded Whistwind’s inflatable dinghy to go ashore for a walk. The walk was wet but delightful. However, the tide went out while the walkers were ashore and they had to wade through the mud to get into the dinghy. After toweling-off ceremo-



nies we all enjoyed another happy hour. Drinks were followed by pork tenderloin grilled on Whistwind’s tiny barbeque grill, sweet potatoes and steamed green beans.

Wednesday dawned, you guessed it, rainy! Anyway, the breeze was still fine and we sailed to nearby St. Michaels where we tied all three boats up at the Chesapeake Bay Maritime Museum. Here we’d have hot showers and shore power to charge the boats’ batteries. Folks split up, variously touring the museum and the town and shopping the many fine shops that line Talbot St. We gathered, again, at day’s end and headed for the Carpenter Street Salon for dinner.

Well, we had headed, generally, down wind on previous days and now it was time to pay the piper. A wet breeze continued to blow out of the north and that meant we’d have to “beat” our way back to Rock Hall. On Thursday we headed back through Kent Island Narrows and back up the Chester River a couple of miles to Queenstown. We’d hoped to dinghy into this little town that time has passed by. However, persistent showers dampened enthusiasm for dinghy rides.

Instead, we had fun getting Bill to the top of his mast to retrieve his jib halyard. A shackle had broken near the end of the sail, torn the sail and left the halyard and furling system swivel at the mast head. Bill wiggled into his boson’s chair and the crew worked the winches to get him to the top of the mast, some 48 feet above the water. Halyard retrieved, Bill installed a spare, smaller, jib to replace the torn one. Afterwards, we talked, drank and celebrated a job well done. We topped the evening off with grilled teriyaki chicken, baby white potatoes and steamed carrots.

Friday morning was actually pretty windy, averaging nearly 20 knots. Oh, and, yeah, it was still rainy. Anyway, those who thought that Thursday’s sail was challenging entered some new sailing territory. With the small jib and a reefed main Whistwind lead the sail home. The rail was under water much of the time but the sail was invigorating!

Returning to the Sailing Emporium, we took the obligatory group photos and, after hugs and kisses, we went our separate ways. Yeah, it was a damp week for weather but a bright one for spirit! Sail on!

Deck hands on Whistwind with Bill and Sandy Stine were Norma Brandon and Rick Close. On “Sea Lion” with Dave and Jan Powell were Elaine Lehman, Nan Reisinger, and Pete Oswald.

Thanks to Captain Bill and Captain Dave for the sailing lessons! When can we go again?

Like snow? You'll like this winter

By AD CRABLE
New Era Staff Writer
Printed October 18, 2005

Is there portent in the fact that Lancaster County's woolly bear caterpillars didn't appear in force until this weekend, and after Penn State's heart wrenching last-second loss to those Wolverines in the Big House?

Or that the leaves around the county are taking their good ole time taking on color? Could be.

Woolly bears are shy creatures — they'll soon burrow under rocks and logs all winter before metamorphosing into Isabella tiger moths. And rather nondescript moths at that.

It could be that woolly bears are procrastinating — kind of like the Rolling Stones getting around to retiring for real — because they are the bearers of bad tidings.

Bad tidings, that is, if you don't like lots of snow. If you do, you're going to see the white stuff fall in waves that will keep the ground covered almost until the Lancaster Barnstormers put on their mitts again in April.

It's not that there will be a plethora of big snowstorms. More like a tele-marketer that won't take no for an answer, the snow will keep coming in troublesome bursts all winter long.

Beginning with a squall that will give us a coating of snow for Christmas, the hits will just keep on coming.

Temperature-wise, it will be a normal Lancaster County winter, without any prolonged deep freezes.

There also will be a fair amount of cold rain and freezing rain events. But most of the precipitation will settle in the form of 1- to 3-inch snow blankets that will barely have time to melt before another round arrives.

Kids, count on a bonanza of snow days, but be prepared to pay the piper come next June with extra school days.

Adults, consider one of those odd-shaped ergonomic snow shovels, because you're going to have more aches than Donovan McNabb.

We know all this will happen because of a painstaking analysis of the bristles and bands of the local batch of woolly bears.

An esteemed line of New Era woolly bear prognosticators have been doing this for 70 years.

Scientists, the party-poopers, say the length of a woolly bear's black bands holds no meteorological wisdom. Rather, it's a function of the caterpillar's age and moisture levels in the area when it developed.

Yeah right. These are the same people who claim the moon isn't made of green cheese.

For those who believe in the integrity and all-knowingness of woolly bears, here's a rundown of the upcoming winter:

- December. A mild enough start but a great white winter kicks off with a snow-burst a day or two before Christmas. It gets windy and cold for the last week of the month and a second 2-inch snow around New Year's Eve.
- January. No less than four well-spaced measurable snows sandwiched around up-and-down temperatures.
- February. The snowy theme continues with two snows, including the largest snow of the season, an 8-inch affair around the third week. Some rain events keep the winter's snow blanket from getting out of hand. A cold snap takes hold for 10 days at the beginning of the month.
- March. A couple more snows of 2 inches. Very windy, making it seem colder than usual.
- April. No more snows, but a cold snap keeps snow on the ground until the middle of the month, worrying gardeners.

There are great sounding changes afoot at Crystal Lake!

Michael Gross who organized the Crystal Lake Skiers Association sent this to Jesse:

Dear Jesse,

Things have quickly evolved at Crystal Lake and very much for the better! The Summer Camp board negotiated a new arrangement with Dottie so that they will run the lodging and food as well as the

skiing; the board was concerned that they not be exposed to losses. They then replaced the position Rex had (lodging manager) with a new one (facility manager/ski staff) and brought back the original designer of the trails and founder of the skiing: John Manifold. John gave them a passionate speech about the perfect glacial terrain and the opportunity to develop one of the best XC trail systems in the country. I've known John for 25 years and think the world of him. He has great ideas for grooming, clearing, expanding, and lighting the trails. So our club role will shift into auxiliary mode.

--Michael Gross

I had an idea that might help K'nG folks connect with one another when skiing at CLC. How about getting CLC to agree to let us designate a certain table in the dining hall to be K'nG members. We could make some kind of sign for the table and that way members who may not know one another previously (like me as a new member) could link up and then ski together. I hope this helps! Jesse Jepsen - 610-960-8060

Check out Crystal Lake's web site:
<http://www.crystallakeskicenter.com/>

Thanks, Jesse, for the update on this wonderful nearby ski area!



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ADDRESS CORRECTION REQUESTED

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