



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

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Issue: February, 2007

## Kick 'N Gliders

President's Message

January 22, 2007

Jan & I just returned from six days of downhill skiing yesterday. If any of you were to see me now you might not recognize me. On the last run of the last day before heading home an out of control skier plowed into me at high speed and took me out. I never saw him until he was five feet from me. Thank goodness I was wearing goggles and a helmet. He knocked me out of my skis and bruised my whole body. I slid down the slope headfirst on my back. My lower face took a serious blow and is puffed up and black & blue. I was able to ski down the mountain on my own and luckily there does not seem to be any long lasting injuries other than aches and pains. This brings to mind a message for all of us to be aware of: **skier safety**.

I was injured on a slope with Ski Patrol available. However, most of the times we Nordic skiers are long distances from emergency medical care even

if we are skiing at a commercial Nordic ski center. I just want to throw out a few common sense reminders to keep in mind as we go through the rest of this ski season. You have heard all this before but it does not hurt to reiterate.....

✚ Always ski with three or more. If someone is injured at least one person can stay with the injured party while others go for help. Never ski alone.

✚ Carry trail maps or topo maps of the area along with a compass and GPS. If you are in unfamiliar territory put a waypoint in your GPS of where you started.

✚ Refresh yourself of the symptoms and remedies for frostbite and hypothermia. In severely cold or windy terrain check each other for symptoms regularly.

✚ Carry a pack with basic medical supplies, ace bandages, extra clothing, space blanket, rope, twine, duct tape, electrical tape, multi-tool, food, water, matches and/or lighter, bright light, candles, small metal cup, small saw,

whistle, knife and a cell phone (if there is coverage). I'm sure you can think of additional items.

✚ Eat and drink at regular intervals to maintain energy and hydration levels. Physical activity suppresses the appetite so make it a habit to eat a few mouthfuls and take a few swallows of liquid every half hour or so even if you don't feel hungry or thirsty, especially at higher elevations.

✚ Let others know where you are planning to ski and approximately when you plan to return.

✚ Don't take chances, especially on long steep slopes and when crossing lakes and streams.

Let's hope all our members come through this ski season in good health with no bumps or bruises other than bruised egos when we take those non-injurious falls. Ski safely!

Dave Powell

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## **A REMINDER ABOUT CRYSTAL LAKE TRAIL PASSES**

Just a reminder that, for 2007, the Board has decided not to subsidize the cost of trail passes at Crystal Lake. Instead the club donated \$500 to the Center's Trail Maintenance Fund. Now if we had just donated to their cloud seeding program...

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**Win a \$ 25 Gift Card  
for Wildware  
Backcountry**

**How?? Just come to the  
regular Kick 'n Gliders'  
business meeting on  
Tuesday, February 6.**

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**February and March  
Meeting and Social  
Schedule**

### **Past Meeting Report:**

On January 9, 2007, Nancy Kauh and Dave Leroy shared slides and stories of their Alaska trip in June 2006. We quickly ran out of seats and many stood for the two-hour presentation. As a matter of fact, we almost had to be ushered out of Wildware Backcountry so the employees could close the store. There was a lively discussion about this once in a lifetime trip.

### **Coming Events:**

**Tuesday, February 6, 2007.  
7:00 PM  
Wildware Backcountry  
Community Room**

Last summer, Dennis and Beth Major joined Ed and Carole Rockland for a bicycle trip in Eastern Europe. Dennis and Beth will share slides and stories of their experiences in an area where bicycle touring is still catching on. This was a trip with its high points and low points. Come and find out why.

There will be a brief business meeting before the presentation.

**Wednesday, February 21,  
2007. 7:00 PM  
Bangkok Wok,  
125 Gateway Drive,  
Mechanicsburg (near the  
entrance to the Naval Depot  
off Carlisle Pike)**

This will be a social meeting. No business, just the fellowship of other K 'n G skiers. Have we had a successful ski trip yet where we actually got to ski? There are still two months in the season, so there are upcoming trips to be discussed. And its not too early to start to think about next year. Come join us!

**Tuesday, March 6, 2007.  
7:00 PM  
Wildware Backcountry  
Community Room**

This meeting will be the last in a trilogy of travelogues. Fred and Tanya Richter often volunteer to work in National

Parks and their work (vacations?) have taken them to some interesting places. Last year they were in Natural Bridges National Monument in Utah. They will show pictures of their travels and Fred will regal us with tales of their adventures. We might even see other K 'n G folks in the pictures.

There will be a brief business meeting before the presentation.

**Wednesday, March 21, 2007.  
7:00 PM TGI Friday's,  
Union Deposit Road, just  
west of the I-83 Interchange**

This will be a social meeting for dinner and talk. Come and hear stories about the weeklong trip to Winter Park, Colorado and start thinking about where we should ski next year.

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**And Then There Were  
Six! A story about a ski  
trip to Lake Placid.**

And then there were six. Four of the ten signups dropped out, although in Dave and Nancy's case, it was due to Nancy getting sick on the trip up. They dropped Bill Pickering off and immediately headed home. By Saturday evening Nancy was feeling fine.

The snow god hasn't been kind to KnG so far this winter, and the Lake Placid trip over MLK weekend wasn't spared his (her? its?) wrath. The ground was bare until Sunday

morning, when a scant inch or so fell. Clearly not enough for skiing, so we had two days of hiking. Saturday's jaunt was three miles around Mirror Lake, and Sunday we went to ADK Loj. There, the group split up, with the Stines and Melanie doing the Avalanche Lake trail, while Bill Pickering, Joan, and I did part of the shorter (but not easier, it turned out) climb to Mt. Jo.

On Sunday night about 3-4 inches of snow fell, and we seized this blessing to ski on Monday at the VIC (Visitor Interpretive Center) at Paul Smiths. But even there we only managed about 2 hours until the snow turned to sleet, then rain that froze on contact, the temperature still in the mid-20s.

Monday night brought another inch of snow and much colder temps, but nobody opted to try skiing on Tuesday, get-a-way day. Most likely the trails would have been slick, and any falls would be rather painful due to the layer of ice just beneath the snow and the harder still terra firma not far below that.

But in typical KnG fashion, we stoically accepted our lot. Certainly our knife, fork, and spoon exercises didn't suffer. We enjoyed fare such as the Stines' chili (those who attended the Christmas party got to sample it) and a delicious sausage and pasta dish, Joan's baked ham with brussels sprouts casserole and baked corn, and your not-so-humble scribe's honey mustard chicken, and his apple

cinnamon pancakes for a couple of breakfasts.

Participants: Bill and Sandy Stine, Joan Short, Melanie DeMartyn, Bill Pickering, and Bill Hoffman, leader. Absentee participants: Dave Leroy and Nancy Kauh, Steve Seidl and Tony Bernes.

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Just a reminder that up-front costs for scheduled trips have to be paid out of the club treasury. Some trip participants are behind in their payments for these trips. It is important to make the scheduled payments for trips to help with those costs.

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### Trip Information

If anyone would like to join the Colorado Trip in March there is plenty of room available at the ranch. Since the reservation deadline has passed, though, you will need to make your own flight arrangements and meet the group in Denver. If you are interested contact Carolyn

There is no room left on the Garnet Hill or Inlet trips, but there is always the waiting list.

The Canada trip may need additional participants for Ottawa as the trip leader tries to distribute people to the suites at the hotel. Call Dave if you are interested.

For those of you planning on driving to Ottawa, only traveling across the Canadian border by AIR requires a passport. SURFACE travel is exempt from passport requirements until 2008. In the interim, photo ID, such as Drivers License, plus birth certificate, will work (this from the telephone information line at the Department of State).

As far as your automobile insurance is concerned, you may want to insure (no pun intended) that it is valid in Canada.

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Pictures from the Pulaski ski trip, January 26-28, proving that the lakes do have an effect!



Cindy and Tim Hoehn on Bill's Belly



Melanie DeMartyn and Sandy Stine hiking near Avalanche Pass.

This salad dressing was enjoyed by all at 1880 House in Pulaski; several folks requested the recipe.

Creamy Salad Dressing  
1880 House  
Pulaski, NY

- 1/4 C Buttermilk
- 1/4 C Mayonnaise
- 1/4 C Sour Cream
- 1/2 Avocado, peeled & diced
- 1 T Apple Cider Vinegar
- 2 T Green Onion, minced
- 1 T Parsley, minced
- 1 t Dill, minced
- 1 t Garlic, minced
- 1 t Salt
- 1/4 t Black Pepper



Tim Musser on his way up!

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The Laurel  
Highlands trip  
has been  
cancelled!

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## DAY TRIPS

<u>DATE</u>	<u>DESTINATION</u>	<u>TRIP LEADER</u>	<u>REMARKS</u>
Sunday February 4	Mt Gretna area	Jeff and Marilyn Grove	717-944-7227
Sunday February 11	Pinchot State Park	Wanda Pritulsky	717-232-4420
Saturday February 17	Crystal Lake	Joan Short	Rentals & lessons available

Please contact the trip leader during the week before a scheduled trip if you are interested in going. This insures that the trip leader knows that someone is planning to ski that day. The trip leader will call you if the trip destination needs to be changed or the trip needs to be cancelled at the last minute.

If you have any questions about day trips, please call the trip leader. The actual location of the trip may change so that the leader may "go for the snow." Changes are at the discretion of the trip leader.

The Day Trip Coordinator is Nan Reisinger. Phone (717) 763-8094

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ADDRESS CORRECTION REQUESTED

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