



The Easy Glider

Kick 'n Gliders Nordic Ski Club

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Issue: September, 2009

Ox Roast

October 17, 2009

The social season for Kick 'n Gliders begins at Black Birch Hollow, the woodland home of Nancy Kahl and David LeRoy. This event will occur on Saturday, October 17 starting at about 3:00 pm. There will be a big chunk of ox (really beef) roasting over an open fire and lots of room to socialize in the shade of trees sporting their autumn colors. A large crowd always attends and this is a great time to talk to other members about ski trips and make ski trip reservations. The Season Guide will be distributed at this time.

A large display board with pictures of this year's scheduled ski trip destinations will be available, so bring your calendar and check book to sign up for one or more great trips. When you arrive, you will need to pay your dues if you haven't done so as well as make a \$5 donation for the ox. Also bring some beer or wine to drink and share and a snack or main dish to pass. We need

to know how big an ox to kill, so please call Peggy Hampton, the official Ox Roast coordinator by October 15 to RSVP. Her number is 717-737-2721 (or email to Pham608238@aol.com); tell her what food you plan to bring. Paper plates, cups and plastic silverware will be provided. Directions to Black Birch Hollow will be E-Mailed to you when you RSVP.

Bring a lawn chair so you can sit outdoors and enjoy the wonderful fall weather.

This is a great opportunity for new members to find out details about our ski trips. Why not bring a new member with you? Any questions, call Peggy or the proprietors of Black Birch Hollow at 717-582-2562.

Nissley's Vineyard Report

Saturday, July 25, 2009

Leaders: Kay and Bill
Pickering

On this lovely Saturday evening, 24 Kick and Gliders,

family and friends assembled on the grass at Nissley's Vineyard for food, drink, music and talking. The weather was perfect with temperatures in the 80's early and down into the 70's later. We found a space on the lawn large enough to accommodate us all, purchased the wine of our choice and shared the variety of food we brought. The conversation was lively as we talked of ski trips past and ski trips for this coming year. When the music started, we danced (some of us did, at least) and continued to enjoy ourselves.

This annual outing to Nissley's Vineyard is an opportunity to catch up with each other over the summer and to plan for the coming season. Plan to come next year!

Mt. Gretna Bike Ride and Breakfast Report

August 29, 2009

Thirteen Kick 'n Gliders' had a filling and nutritious breakfast at Mt. Gretna's Le Sorelle, though only eleven chose to

work off their meals along the Lebanon Valley Rail Trail. Before leading us to the Canal Park in Lebanon, Fred Richter gave a brief history of the park and rail trail and also took the pictures. The original 15 mile ride kept getting longer as new

destinations were added to the original trip. The LVRT's eastern terminus did not end the ride as the group continued through Lebanon's streets. The group rode on despite threatening weather which eventually dumped a shower

on the intrepid cyclists. When the rains came the group was ready and unphased.

Trip leader Nancy Borremans' ride was enjoyable and educational.



At the Dairy Queen



"Wet Backs"



Group



At the Union Deposit Canal Tunnel
(The oldest transportation tunnel in the U.S.)

Trip Sign-Up Time

by Sandy Stine

Now is the time to make your trip reservations and deposits for the 2010 Ski Season! We have a number of exciting new trips, including Bennington, VT, our western trip to Yellowstone and another Vermont trip to Morrisville, VT (between Stowe and Craftsbury).

A brief listing of this season's trips with dates, leadership and prices follows on the next page. And, the club's website (www.kickgliders.org) was recently updated to include detailed descriptions of the trips. The full Season Guide, also with all the trip details, can be picked up at the Ox Roast and will be mailed to those members not in attendance shortly after that event.

The best chance to make sure you'll get on a trip is to make your deposit BEFORE Oct 1st. Rarely is a trip filled before then. But, if a trip is "filled" early, only if your deposit was postmarked or received BEFORE Oct 1st, will you be eligible to be entered in the drawing to see who gets on the trip. Deposits received on or after Oct 1st are simply added to the trip roster on a first-come-first-served basis.

See the club's website for full details on how we work finances for our extended trips.

Trip Information 2009 - 2010 Season

(Full Information will be published in the Season Guide and on our Website.)

Trip Dates	Leader(s)	Nights Capacity	Deposit Total Cost
Craftsbury, VT Dec 30 – Jan 3	Dave LeRoy & Nancy Kauh	4 Nights 28 People	\$150 \$380
Pioneer Lodge, Turin, NY Jan 8 – 11	Joan Short	3 Nights 12 People	\$75 \$225
Laurel Highlands, PA Jan 16 – 17	Dennis & Beth Major	1 Nights 16 People	\$0 \$118/dbl rm
Morrisville, VT Jan 16 – 21	Nan Reisinger	5 Nights 10-12 People	\$125 \$300
Pulaski I, NY Jan 22 – 25	Peg Hampton	3 Nights 16 People	\$180 \$275
Bennington, VT Jan 22 – 24	Dave Powell	3 Nights 14 People	\$75 \$150
Yellowstone, WY/MT Jan 27 – Feb 3	Jean Geiger	7 Nights 12 People	\$600 \$1,200
Highland Forest, NY Jan 29 – 31	Bill Hoffman	2 Nights 10 People	\$91 \$91
North Conway, NH Feb 6 – 12	Bill & Sandy Stine	6 Nights 18 People	\$100 \$250
Lake Placid, NY Feb 12 – 16	Bill Hoffman	4 Nights 11 People	\$150 \$300
Black Forest, PA Feb 12 – 15	Christine Brubaker	3 Nights 8 People	\$65 \$130
Laurentians, Quebec, CA Feb 19 – 25	Bill & Sandy Stine	6 Nights 14 People	\$150 \$630
Inlet, NY Feb 26 – Mar 2	Bill & Kay Pickering	4 Nights 18 People	\$125 \$250
Pulaski II, NY Mar 5 – 8	Peg Hampton	3 Nights 16 People	\$180 \$275

Day trips

2010 season

Jan 9, Sat - Bill Hoffman, Nolde Forest

Jan 16, Sat - Andrea Hospodar, Crystal Lake

Feb 27, Sat - Chris Brubaker, Eagle's Mere: this can be done as an overnight if you want to ski a second day; contact Chris for available lodging

Impromptu trip to be led by Rick Begley to Allegrippis trails at Raystown Lake; date to be announced by email based on snow conditions.

Social Schedule

2009-10 season

Saturday, October, 17, 2009 see first page
Ox Roast hosted by Dave LeRoy and Nancy Kauh

Wednesday, November 18, 2009 7pm
Piazza Sorrento Restaurant & Bar, 16 Briarcrest Square, Hershey, PA
Try this nice Italian eatery that opened last year in Hershey.
It's just down from the Hershey Medical Center on the opposite side on Rt. 322.
Serves great 8" & 12 " pizzas plus much more.

Wednesday, December 16, 2009 7pm
Christmas Party hosted by Bill and Sandy Stine
627 N. School Lane, Lancaster, PA
More details to come.

Wednesday, January 20, 2010, 7pm
The Pizza Grill, 901 State Street, Lemoyne
Always a favorite. BYOB makes it a good deal.

Wednesday, February 17, 2010 7pm
TJ Rockwells, 800 Elizabethtown Road, Elizabethtown
Discount coupons available on the web. Good food, good portions.
Bicyclers go here why not skiers?

Wednesday, March 17, 2010 7pm
Bangkok Wok, 125 Gateway Dr., Mechanicsburg
Great variety of wonderful Thai food, BYOB.
Menu online.

Programs

2009-2010 Season

Saturday, October 17, 2009 see first page
Ox Roast hosted by Dave LeRoy and Nancy Kauh.

Tuesday, November 3, 2009 7pm
Gear Expo presented by Andy Clements of Wildware. Come and find out the latest in the world of outdoor clothing and gear.
Bring your burning questions to the kick off meeting of the year hosted by our new president, Peg Hampton.

Tuesday, December 1, 2009 7pm
The Benefits of Acupuncture for the Athlete Dr. Mark Foley, DO of The Wellness Point in Annville.
Studies have shown the efficacy of acupuncture for things like knee pain. It works but no one knows exactly why which is a problem for western medicine. If you can't explain it, it can't be real. Hear about it from a practitioner who is also a licensed physician. Coincidentally, the next three programs all have something in common – people in the ski club volunteering in some interesting and worthwhile capacity.

Tuesday, January 5, 2010 7pm
Cruising Aboard the Columbus Replica Ship NINA, Dave Powell.
Dave will share his six weeks as a volunteer crewmember journey aboard the NINA as she toured Lake Michigan this past summer. The NINA is the most historically accurate Columbus replica ship ever built. She is a floating museum visiting ports throughout the western hemisphere.

Tuesday, February 2, 2010 7pm
Adventures of a Peace Corps Volunteer in Morocco, Don Youngblood.
From 1998-2000, Don Youngblood volunteered in Morocco. Bicycling was his primary mode of transportation as he lived with the Berbers in a

High Atlas mountain village, hiked up the tallest mountain in N. Africa 13 + thousand feet, and taught forestry technicians in Marrakech.

Tuesday, March 2, 2010 7pm

Medical Mission to Addis Ababa, Ethiopia, Cheryl Capitani.

This is not in Cheryl's write up but when she spoke about the removed cyst almost the size of a basketball I knew we needed to hear more about her last February mercy trip. This was a surgical mission at the Tikur Anbessa Hospital (Black

Lion) where 174 surgical procedures were performed in a mere two weeks. Cheryl was responsible for recording "medical records" for each patient on a spreadsheet and the old "and other duties as may be assigned" that included running to the bakery for "goodies" for the staff.

Tuesday, April 6, 2010 7pm

Election of officers and trip planning.

Help plan the trips that the club will take in 2011.

Ski Boot Recall

Park City, UT - The U.S. Consumer Product Safety Commission (CPSC) and Health Canada, in cooperation with Rossignol on Tuesday announced a voluntary recall of cross country ski boots, asserting that the sole could separate from the upper boot during use, posing a fall hazard to skiers.

"Health Canada recalls cross-country ski boots

Canwest News Service July 14, 2009

Story OTTAWA — Health Canada and the U.S. Consumer Product Safety Commission are warning people to stop using five types of Rossignol cross-country ski boots because the sole could separate from the boot while skiing

Health Canada says the defect could cause skiers to fall.

The recall involves Rossignol X-IUM and X-11 cross-country ski boots sold under the following model names: X-IUM World Cup Skate, X-IUM World Cup Classic, X-IUM World Cup Pursuit, X11 Skate and X-IUM J Skate.

Health Canada says the model name is printed on the upper boot with a five-or six-digit lot number stamped in the right boot under the removable insole.

Ski boots without a lot number printed in the right boot under the removable insole are not included in the recall.

Approximately 936 pairs of the recalled boots were sold in Canada and approximately 1,912 pairs were sold in the U.S. from December 2007 to June 2009.

The boots were manufactured in Romania and imported by Groupe Rossignol Canada Inc., of Granby, Que."

Source:

<http://www.calgaryherald.com/business/Health+Canada+recalls+cross+country+boots/1790031/story.html>

Bill Stine



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