



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kicknogliders.org)

Issue: April, 2010

## President's Corner

Peg Hampton

Wow! We had a fantastic ski season this year! We had fourteen extended trips. Our schedule included two trips to new destinations - Bennington, VT and Yellowstone National Park. Both trips were successful thanks to the efforts of the trip leaders who were willing to lead us to a new location. And, we returned to many of our favorite ski destinations again this season - Craftsbury, Turin, Morrisville, Pulaski (twice), Inlet, Black Forest, North Conway, Quebec, Laurel Highlands, and Highland Forest. I want to thank all that lead and participated in our "Glider family" trips. Ski conditions were good locally and gave some of us a chance to try out local trails that we never skied before. Thanks to Bill Stine's efforts on the web page, non-members got the chance to find information on local ski venues and our Club. It sure seemed like a short winter and was entertaining to hear non-Gliders complain about the long, miserable winter weather.

As President, I have one more official duty - to officiate over the General Membership meeting on April 6. I appreciate all that the Club Officers did to support the Club and make it a successful year. Thanks to the following: Bill Hoffman (Vice President/Pres. Elect), Dave Leroy (Treasurer), Marilyn Grove (Secretary), Sandy Stine (Weekend Trips), Andrea Hospodar (Day Trips), Mike McMullen (Membership), Tanya Richter (Programs), Pete Oswald (Newsletter Editor & Publisher), and Bill Stine (Web Master). A special Thanks goes out to Sandy Stine for chairing the upcoming end of season Dinner on April 21. Thanks to all!

One final reminder: Don't forget to put a coat of wax on your skis to help preserve the bases for next season! A little lube in the bindings will make entry and exit easier.

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**Reminder ...  
April 6 Meeting**

## Election of Officers and Trip Planning

Be sure to attend our next meeting to elect new officers for the 2010-2011 season and participate in the trip planning for next year. (See list of nominees at end of newsletter.)

Remember, we are always looking for new venues to ski. So, if you have any suggestions for new trips, bring the information along to present at this meeting. The following info is needed in order to make a decision:

- Location
- Type of accommodations
- Estimated cost
- Possible dates

**See you on the 6<sup>th</sup>!**

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**End-of-Season Dinner  
Wednesday, April 21**

*What If...Hershey*

*by Sandy Stine*

Attached to this issue of Easy Glider is the information and reservation form for our End-

of-Season Dinner to be held in Hershey at the "What If" Restaurant.

**Make your reservations, NOW, (Deadline: Monday, April 12) for:**

### **The 2010 Kick 'n Gliders End of Season Dinner!**

Come for the great food, to see your skiing friends and, of course, for the always entertaining video of the past two ski seasons.

**RESERVATION DEADLINE:** Send your reservation form and check to Sandy Stine by April 12.

- Gather together with your fellow Kick 'n Gliders.
- Help celebrate the past two excellent ski seasons.
- Preview the trips we have in store for next season.
- Feast upon a great dinner.
- Enjoy entertaining videos of the club's origins and of its past two ski seasons.
- Laugh as we present tongue-in-cheek awards for past accomplishments.

### **All this for only \$25!**

**When: 6:15 p.m., Wednesday, April 21**

**Where: What If Restaurant....Hershey, PA**

**Menu choices:**

**Bistro Tenderloin Medallions**  
*Char-grilled, marinated filet medallions in a mushroom Madeira demi-glace*

**Sesame Chicken**  
*Baked sesame chicken served with an apricot mustard sauce*

**Stuffed Flounder**  
*With crabmeat*

### **Dinner Reservation form is at end of newsletter.**

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### **2010 Ski Season Wrap** *by Sandy Stine*

I think we'll all agree that the 2010 ski season was a very successful and fun year. As a real bonus this year, we had tremendous snowfalls here at home. I know those of us who "left town" for skiing farther north were very jealous of the snowfall we left behind!

The club ran 14 extended trips this season. The Craftsbury trip had 35 participants, which is the most we've had in a long, long time. Several new trips made the schedule this year, including Morrisville, VT, Bennington, VT, and the big trip to Yellowstone. And, with the good snow conditions on the homefront, club members took lots of day trips. We all have many ski miles under our belt!

I want to thank the trip leaders for a wonderful job of planning and running the trips. We couldn't do it without you! Thanks also to all the participants who pitch in to

help make the trips so successful. We are really a great bunch of people and Bill and I are sure happy we are part of that bunch!

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### **Black Forest Trip Report** by Christine Brubaker

Fred Burgess summarized the Feb.12-14 Black Forest K&G trip in the Tiadaghton State Forest, Lycoming County: "We saw a lot of real estate." Yes, we (Christine Brubaker, trip leader, Bernie Webber, Fred Burgess and Kim Hershey, aka. ski trail guru) skied all of the trails in this listing in two, not three, days. We settled into the newly renovated Black Forest Inn on Friday night minus two great friends, Georgiana Berry and Al Hoch, who had to cancel at



the last minute. On Saturday we four began with the George Will trail loop, 5.6 miles. Thanks to Bernie's suggestion for a bowl of hot chili at the Black Forest Inn, we rested and afterwards tackled the Ruth Will trail loop, 2.5 miles.

On the way back to the Inn, with one more trail planned, we cruised through the Pine Bog trail loop of 2.5 miles. Kim, who was eager to get

back to the Inn in order to see more of the Olympics on the restaurant's big flat screen TVs with newly installed satellite TV system, got his wish with time to spare before the program temporarily ended. The rest of us enjoyed the new TV quality in our rooms. The Inn has up-graded their offerings in the rooms by adding a refrigerator, but has taken away the cozy little breakfast room that we all liked. The dinners are always good, with very fair prices and ample amounts. You can now get a hot breakfast on weekends!

On Sunday we already knew that the advertised 3-day President's Day weekend trip, that helps area K&Ger's who are teachers and state employees, was now a 2-day trip. We packed in a first trip down the Pipe Line, gas line

who ski in the area. He and John Eastlake, both past DCNR employees, are credited with planning the scenic Black Forest Trail and promoting XC skiing in the commonwealth. We were told that we missed the Lancaster newspaper reporter Ad Crable by about 5 minutes. Ad and his winter buddies were in the area for their annual winter camping trip and wanted to interview Bob again. He and his wife live on Webber family property with none of the civilized benefits that we have grown to expect in our daily lives. Bob is a well qualified survivor and a local lore hero. He is often visited by outside news media. Bernie told us his family sold nearly 600 acres to the state but were allowed to maintain a residence on 10 acres with the understanding that ultimately the state will own that property. It is a lovely

with a piece of the Black Forest hiking trail.

Again, we were on time for another bowl of soup at the Inn before we headed home via two more ski trails: the new-to-us Hiding Bear and the Pitch Pine. The Hiding Bear XC ski trail is hard to find but is very close to Pat Reeder's Bar and Restaurant. In fact a trail sign



points the direction, which you can see if you are on the snowmobile trail. We found the ski from the trailhead to the natural gas pipeline rewarding, with a satisfying ski downhill on the return. We think that the total was 4 miles. Finally we skied the Pitch Pine loop, a total of 2.4 miles. It is appropriately in the shape of a heart for our last Valentine's Day ski. The trail has a vista over the Miller Run Natural Area and is well worth a visit if you can find the trailhead. Look for signs of the Haneyville Snowmobile Club first as you go north on Rt 44. At the McHenry/Lycoming Co. signage you are almost at the entrance.



#4, off Manor Fork Road. We skied to see Bernie's cousin, the legendary Bob Webber, former forester with DCNR, who now is a volunteer for the forest service and trail maintenance worker for those

compound of an original cabin and Bob's quaint cabin and outbuildings. Our 4-mile, round-trip trek included two lovely vistas, the Birch and Moss Hollow, and connected

The 3<sup>rd</sup> day of the trip was canceled for a variety of newly announced plans and we headed home late Sunday afternoon. The total of ski miles Saturday was 10.6 and

Sunday was 10.4 for a grand total of 21 miles. Just think what other real estate we could have seen on Monday if we had stayed? For starters we could have skied all the Santiero DiShay for 13.2 miles if the snow had been deeper and/or chosen the Francis X Kennedy for 4.6 and the western section of the Sentiero DiShay for 4.0. All are accessible from Rt. 44.

Our K&G best advice is go with maps. But do not expect many helpers with ski tips since this is snowmobile country first and XC skiing second, even though the Tiadaghton State Forest has over 40 advertised miles available, plus the forty-plus miles of the Pine Creek Rail Trail. Also get a copy of the Haneyville Snow Mobile trails map since it contains a good overview.

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### The Kick 'n Gliders Cookbook

Cheryl A. Capitani

1. To all x-c skiers aka bicyclers, backpackers, campers, canoeists, kayakers and hikers

Please contribute your favorite recipes that can be prepared in kitchens, on a campfire or on a cook stove. Include hints and tips about food preparation that have worked for you in the wilderness and on the trail. Don't underestimate your culinary skills. Tim and David prepared a sausage and spaghetti dinner that was fantastic while we were in

Yellowstone. Beth has a great salad dressing recipe. Jamie can do amazing things with leftovers. And I hear that Nan is a great cook. I would like to personalize this cookbook with brief anecdotes – you decide what that may be. Include the number of servings and increasing amounts for a larger and very hungry crowd.

Send them to [cherylcapitani@comcast.net](mailto:cherylcapitani@comcast.net)

Also, let me know if you are interested in helping to compile the cookbook.

2. World Surgical Foundation  
<http://www.worldsurgicalfoundation.org/>

Thank you for the opportunity to share with you about my volunteer experience to Addis Abba in Ethiopia with the World Surgical Foundation. Check out this website for more information about this trip and see a video called "Black Lion Sunrise" about Tariku, a poor Ethiopian boy who was born without an anus and lived with a ragged colostomy since birth 7 years ago.

<http://www.goodmedicine.org/MainMenu/Volunteering/Stories/Alvear.aspx>

The World Surgical Foundation was founded by Domingo Alvear, MD, in 1997 to help physicians in developing countries acquire skills, medical equipment, and supplies, while providing aid and comfort to patients in those countries. Based in Harrisburg, physicians from various parts of Pennsylvania as well as the nation have

joined the World Surgical Foundation during past mission trips to the Philippines, Thailand, Honduras, and India. Future plans include a return to the Black Lion Hospital in Addis Abba September 17 - October 2, 2010.

Volunteers are always needed at a warehouse on Cameron Street in Harrisburg to sort donated medical supplies. Each hour you donate will earn me \$10 off a future trip. Warehouse days are the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month from 9AM to 1PM. Contact me if you are interested.

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### **Laurentians Trip Report** **Val David Shines, Again**

*by Bill Stine*

Five hundred and fifty miles is a long way to drive for a bit of skiing. But, oh, what a delightful bit of skiing it was!

The small village of Val David is nestled in the Laurentian Mountains, about an hour north of Montreal. The area is blessed with a profusion of scenic mountains and lakes; sort of a ruggedized version of the central Adirondacks. And the Canadians, devotees of winter sports, have peppered the area with a cornucopia of cross-country ski trails. In the middle of this wintery glory, our host, Ludovic, continues in his efforts to bring his Auberge - Parker's Lodge back to it's former glory. As for Parker's and our stay ... little appeared to have changed regarding the

place's rustic charm. You needed to look closely, however, because improvements were done well and were difficult to spot. And Ludovic has apparently found the cook he needs. She did a very good and creative job feeding us with interesting, tasty and filling dishes; an excellent addition to the lodge!

As in previous years, we started out skiing the Parc régional Dufresne. This trail system is co-run by the neighboring villages of Val-David and Val-Morin. We entered the system from the Val-David end. The trails are narrow on this end of the system which, while

Morin end of the system. Some of the trails on that end are wider and are groomed for both diagonal and skating techniques. Some of us explored a few trails in the Far Hills' area before eating our lunches at



the center. Then, we found another route back to Val-David and drove back to the lodge.

Last year we discovered the

boasts five charming warming huts that can be rented for overnight stays. (The park even offers a service to haul your overnight gear back to the huts!) Narrow side trails loop off the road and form a network of more interesting skiing. For the most part, we used



the main trail to head back into the park and followed the network of narrower trails back out in the afternoon. Should you choose to ski here, take seriously the warnings on a couple of the narrower trails. When they say difficult, they mean it! These trails were a blast, to be sure, but they required all the skills we could muster to negotiate safely.

Day three found the group splitting up according to our ambitions for the day. Those ready for an easy, scenic tour headed south from Val-David for a one-way ski down the P'tit train du Nord linear trail. This multi-use recreational rail trail, running from Saint Jerome north to Mont Laurier, totals 120 miles in length. The largest group headed for Du Parc des Campeurs in neighboring Ste-Agathe-des-Monts. Beginning by following roads through a summertime campground, it enters what may be the prettiest trails we've ever



beautifully groomed, offers only diagonal stride trail widths. This was a "low snow" season for the area. However, we found the conditions to be excellent except that a few of the expert trails were closed. We took the easy route toward the Far Hills Ski Center at the Val-

low-key Parc régional de la Forêt Ouareau just over half an hour drive from Val-David. It was our destination for day two. The foundation of this small park's trail system is a small road that winds up through a scenic woodland, passing several small lakes along the way. The system

skied. The main trails follow a small valley and circumscribe two small lakes while others



feature some pretty ambitious climbing among the neighboring hills.

Finally, a few of us opted to explore some trails that were new to us at Centre de Plein Air in Ste-Adolphe-d'-Howard, a bit to the west of Ste-Agathe. The attraction of the new trails, to us, was that the center featured access to several ungroomed, back-country trails. What we found was a modest ski center with pretty, nicely groomed trails on the south side of this small village. True to what we'd heard, signs directed us to a



network of ungroomed trails that we elected to follow. Well, let me tell you, we

worked our butts off! Yeah, part of the work was that the sunny weather and warm temperatures conspired to make for sticky going in the open areas. But most of the work was in climbing and descending the multitude of hills. We recommend these trails but make sure there is adequate snow for control and that your skills and nerves are up to the adventure!

Most surprising, of all, however, was the last short trail we followed back to the ski center. The map showed two roughly parallel trails between the center and nearest main trail intersection. The one we'd come in on was unremarkable so we thought we'd take the other one back. Ski, ski, ski, climb, climb, are we sure we're on the right trail? Climb, climb, negotiate a corner and OMG! We encountered the steepest, long downhill any of the four of us had ever encountered! Sandy made it down unscathed, physically, but was left mute from the shock. The rest of us, Dennis Major, Pete Oswald and myself all fell at least once and even sidestepped portions of the hill!

We stopped in the charming downtown area of Ste-Agathe on our way back to the lodge. While there we checked out our favorite ski shop and paused to linger over specialty coffees and hot chocolate at a café up the street. It turned out to be a good week for the ski shop, with at least three of our number purchasing new skis and bindings while there!

The Parc national du Mont-Tremblant Secteur de la Diable is a remote location. The trails are wide and beautifully groomed with an excellent ski center. And, it's a big trail system so even if there's a crowd, you almost never see anyone. The group split up, taking trails that, again, appealed to our ambitions. The small group I skied with was tempted to tackle a new trail but we succumbed to the lure of the same route we'd taken the year before. The A-5 loop traverses a mere eight miles, climbing through lovely woodlands and passing a few lakes, most notably, the striking Lak Poisson with its towering, 600-foot headlands. The pièce de resistance, however, is the thrilling, one-mile descent to the end of the trail. The run is fast, but easy to control, taking only about 4½ minutes. The descent leaves you laughing out loud!

On our final day we again split into groups; some opting for a



return to Du Parc des Campeurs while others chose Parc régional Dufresne. The group I skied with decided to give a try to an ungroomed,

back-country trail that went up and over Mont Thérien on the north side of Dufresne. We'd had about ten inches of snow the night before so there was plenty of snow for control, etc. However, one of us suffered an injurious fall that threatened to become a problem so we bailed and did some of the easier, interior trails. Disappointed? Maybe. But it was an excellent day of skiing, anyway.

So, do we want to return to the Laurentians? You bet!

Attendees: Sandy & Bill Stine (leaders), Nancy Borremans, Tom Hooper, Nancy Kauh & Dave LeRoy, Ginny & Jim Magee, Dennis Major, Pete Oswald and Dave Walborn

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### **Inlet Trip Report** **Variety is the Spice ...** *by Bill Stine*

How many times have we been to Inlet? You'd think we'd get tired of the place! There's not even a ski center to be found! (Well, that's not quite true if you count the small trail system at McCauley Mountain in Old Forge.) So, why do we keep going back? For one, Bill and Kay Pickering keep running the trip! But, mainly, we go for the reliable snow and for the variety of back-country skiing experiences.

With only a dozen people in two condos at Rocky Point instead of the usual three, attendance was light this year. That may have been because

there were so many extended trip offerings this year and we'd extended the trip to four nights. It may have been that we already consumed most everyone's budget and vacation time. Never mind the



attendance, though. Those of us who went had a great time!

We tried to start the trip by heading to Fern Park on day one. When we arrived there we found that the snow was frozen hard. However, the groomer had just arrived so we followed it as it headed up into the trail system. All seemed fine until the groomer simply seemed to have disappeared! We still can't figure out where the groomer went but the going got pretty bad with hard frozen snow punctuated by trails post-holed by walkers. Ugh! We headed back to the parking lot to regroup.

We decided, instead, to head to the Sagamore great camp and ski the trail around the lake.

We'd never skied the trail before but had talked to the caretaker the day before and he recommended the trail. It was a delight, with easy going through the woods on an ungroomed but well marked

path. It was only about three miles long and most of us wanted lots more skiing than that. About half the group elected to stay and ski the same trail, again. But some of us decided to head back to Fern Park because the day was warming and we thought the snow would be softened enough for good skiing.

Imagine our surprise when we



encountered near white-out conditions on the 12-mile drive

back to Fern Park. By the time we got there more than six inches of fluffy, new snow had accumulated on the trails, obliterating any sign of the groomer but also covering up all the post-holes. Four of us skied a big loop through the trails, including a side trip to Lake View Loop at the top of the hill.

On our second day we decided to ski a perennial favorite, the



Cascade Lake Loop. We had to break trail since no one skied since the snow on Saturday. But conditions were very good and we had a good time. The waterfall (cascade) at the lake's inlet was completely frozen with only the slightest sound of moving water. And, the configuration of the ice was such that it was possible to ski up onto the



waterfall, which Bart Richwine did. Trouble was, there wasn't room to turn around! How did he resolve that problem? Well, he's not still there but you'll have to come to the Season Dinner on April 21 to find out

the answer. Afterwards, a few of us skied around Moss Lake.

For our final day we followed Dave LeRoy's desire and returned to the Big Otter Lake Truck Trail.



We had not skied this trail for a couple of years and it was nice to renew our acquaintance. The snow was plentiful and it did not appear to have been skied for at least a week. A few of us even went beyond the traditional turnaround but only for half a mile or so. This section of trail had not been maintained for some time and we got tired of skiing around, under and over obstructions.

Oops, did I mention the meals? As you may recall, this is a trip where we cook for ourselves, each condo taking turns at dinner. Lisa & Bart did the honors on Saturday evening with chili, homemade bread accompanied by a salad prepared by Cindy & Tim. The real treat, however, were the biscuits and peach cobbler Bart prepared out on the deck in his Dutch oven over a charcoal fire! Kay & Bill treated us to meatloaf and potatoes on Sunday night. Sandy & Bill offered up ham and edamame (for the uninitiated, like me, that's

code for baby soybeans) with roasted sweet potatoes and applesauce. An accumulating assortment of desserts followed the dinners. Too much!

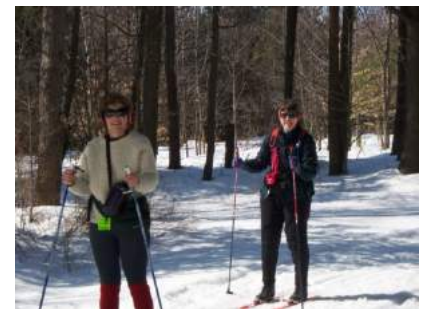
Attendees: Kay & Bill Pickering (leaders), Lisa Baer & Bart Richwine, Nancy Kauh & Dave LeRoy, Cindy & Tim Hoehn, Ruth & Rich Spittler and Sandy & Bill Stine

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### Pulaski II Trip Report - March 5 - 8 Peg Hampton

Attendees: Marilyn & Jeff Grove, Jean & Frank Geiger, Emory Ehrenfeld, Jamie Hackman, Nancy Borremans, Lois Froelich, Mary-Liz Todaro, Nancy Kauh, Dave LeRoy, Tim Musser, Bernie Webber, Cindy & Tim Hoehn, and Peg Hampton (trip leader)

Nine Gliders met at the 1880 House on Friday afternoon: We sampled from the soup pots prior to departing for Winona Forest for the



afternoon ski. We parked at the Wert and Center Road parking lot and tip toed through the muddy surface to get to the "white stuff.." The last snow was twelve inches on February 26. Snow in the Pulaski area is usually dry and



powdery. This storm brought wet snow. That combined with the warmer days and cold nights made ungroomed trails challenging. The trails were icy and somewhat rutted. We were happy to get to the snow mobile trails - never thought that I would say that!

On Saturday morning, two of our Gliders, Dave LeRoy & Bernie Webber, headed to the CCC Camp at Winona Forest for "the race." The race was the Winona Forest Tourathon. Both Bernie and Dave had signed up for the 12.5km (7 mile) race. The rest of the group went to the Osceola Tug Hill Ski Center. Conditions were



very good. Some of our folks don't ski much so they were happy to ski the gentle terrain on the South side of the center. The south side also offers more advanced skiing on "The Wall" and "Screamer" trails. After lunch, we went to the trails on the north side of the center. We enjoyed the "Can of Worms" and "Finally Flat" trails and did our best to avoid "Big Hill." As always, Hugh Quinn, the ski center proprietor, treated us well. We enjoyed the end of season sale including: new boots for Marilyn, Cindy, & Emory and new skis for Jamie. We

returned to the 1880 House after a pleasant day. Bernie and Dave entertained us with stories of the race. Linda & Dawn prepared an excellent lasagna dinner that helped to rejuvenate us. We enjoyed a fireside chat in the comfortable living room.

The Race Loop conditions were described as great by Bernie & Dave so most of the group headed to the CCC Camp for the Sunday ski. We were greeted by a paved parking lot and very good ski conditions. The day was pleasantly warm (mid to high 30s) and we had lunch sitting on downed trees along the trail. The few down-hills were pleasant so Cindy and "the Tims" decided to back track to repeat the fun. At the end of the race loop, several folks bailed on us - pleading exhaustion from skiing six days in a row. Marilyn, Jeff, Tim Musser, Emory & Peg weren't ready for the season to end. We headed across route 90 and picked up Pussycat, Bronze, and Musher Hill Trails. We skied for some time before admitting that we wished we had stayed on the race loop side of the trail system. I think we were all glad to get back to our cars. The baked ham dinner with carrot coins and scalloped potatoes was a great end to the day.

Jamie taught the group a new game called "Left, Right, Center." It was my kind of game - no skills or memory required - just luck and a few quarters.

On the return trip, we stopped at Highland Forest. They should have had excellent ski conditions with a 12 - 15 inch base; however, the Snowshoe Championships diverted the staff from trail grooming. It was three days since the last grooming. Conditions were icy and rutted. I never skied there before and was very disappointed by trail conditions. The trail system was beautiful and could provide some wonderful skiing under the right conditions. It was a beautiful day.

I made reservations for next year for March 4-7. The Tourathon Race is March 5, 2011.

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### **Tug Hill Tourathon Race Attracts Kick 'n Gliders**

Dave LeRoy

Bernie Webber and I left the 1880 House at 7:30 am on March 6 of this year, after a hasty breakfast. We drove to the northern end of the Winona Forest at the site of an old CCC Camp. There we were fitted with jerseys proclaiming our ID number and an ankle bracelet that would indicate our time at the finish line. Conditions were quite good with no ice, no bare spots and no sticky snow. The course was not particularly challenging, favoring those with stamina rather than technical skill. There were about 180 of us and we seeded ourselves with the help of signs along the trail leading to

the starting line, Bernie being located well ahead of me.

At 9:00 am, we all started and immediately the spaces between us started to grow. It was fun skiing on the well-groomed trails with lots of friendly skiers although Bernie saw more of them at first because I was at the end of the group and only passed one person. There was a nice food stop with juice, bananas and GORP and the volunteers were helpful. Before too long, I was passed by those who were skiing 3 loops (Bernie and I had opted for one loop or 12.5 kilometers). These folks were flying and they yelled "track" so that they wouldn't hurt us as they went by. Those doing 2 laps soon were passing me as well.

Approaching the finish line, Bernie encountered a second food stop and was encouraged to stop, not realizing that this would increase his race time. Taking this into account, his time was about 1.5 hours for



an average of about 5 miles per hour. My time was over 2 hours and 7minutes (poorer than my time last year which was less than 2 hours).

After shedding our jerseys and ankle bracelets, Bernie and I went to the High School in Sandy Creek where we were

served a hot lunch which was not so hot and where the awards were presented. Bernie won a prize for 3<sup>rd</sup> place in the 70 and over group and I placed quite poorly in the 60 to 69 year group.

The rest of the group at the 1880 House were so impressed by our experience that a number traveled to the CCC Camp the following day to go around the race course for themselves. And Tim Hoehn promised to compete in the race in 2011. Kick 'n Gliders have contributed to the Winona Forest Recreation Association for the last few years and they were responsive to Bernie's and my suggestions regarding food stops. Maybe there will be a larger group of Kick 'n Gliders racing in the Tug Hill Tourathon next year.

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### **Bangkok Wok Dinner Social-March 17**

Eleven Gliders met at the Bangkok Wok. Our table was ready and waiting and the staff did a great job of preparing our orders. Almost everyone did a round of vegetable rolls, Thai rolls, or other unique appetizers. The meals were tasty - no complaints from anyone. A few folks even took leftovers home with them. The conversation was interesting and fun, just like it always is at a Glider event. Sandy discussed Celiac disease with the owner and gave her some contact and resource information. It seems that the

owner's son was recently diagnosed.

We had first rate service. Let's go back again next year!

Attendees: Sandy & Bill Stine, Joan Short, Rick Begley, Don Youngblood, Beth & Dennis Major, Nancy Kauh, Dave LeRoy, Rich Levin, and Peg Hampton

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The Nominating Committee, consisting of Bill Stine, Dave Walborn and Pam McMullen, is pleased to nominate the following persons for election at the April meeting of the Kick 'n Gliders Nordic Ski Club:

- President Bill Hoffman
- Vice-President Jean Geiger
- Treasurer Dave LeRoy
- Secretary Marilyn Grove
- Extended Ski Trips Sandy Stine
- Day Ski Trips Ron Henry
- Membership Chairman Mike McMullen
- Programs Dave Walborn & Pam McMullen
- Newsletter Editor Pete Oswald

Also recommended for jobs that are not explicitly specified in the club's standing rules are:

- Publicity Dave Powell
- Webmaster Bill Stine

Respectfully submitted,  
Bill Stine

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# Celebrate the 2010 Ski Season! End-of-Season Dinner

<b>When:</b> <b>Wednesday, April 21</b>	<b>Restaurant:</b> <b>What If...Hershey</b>
<b>Schedule:</b> 6:15 p.m. Appetizers 7:00 p.m. Dinner 8:00 p.m. Program	845 East Chocolate Avenue Hershey, PA 717-533-5858

- **Cost: \$25 per person**  
*Includes appetizers, salad, dinner, dessert and coffee, tea or iced tea.*
- **Cash Bar**
- **Dinner Choices:** *(Your selection will be made that evening.)*

**Bistro Tenderloin Medallions**

*Char-grilled, marinated filet medallions  
in a mushroom Madeira demi-glace*

**Sesame Chicken**

*Baked sesame chicken served with an apricot mustard sauce*

**Stuffed Flounder**

*With crabmeat*

- **Reservation Deadline: Monday, April 12**

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**Reservation Form for Kick 'n Gliders 2010 End-of-Season Dinner**

**Mail this portion (along with your check) to:**

Sandy Stine  
627 N. School Lane  
Lancaster PA 17603

\_\_\_\_\_ # of people @ \$25 = \$\_\_\_\_\_ Check made out to "Kick 'n Gliders"

**Names(s) of attendees:**

\_\_\_\_\_  
\_\_\_\_\_

(Please note any dietary restrictions.)



KICK 'N GLIDERS  
P.O. Box 1353  
Mechanicsburg PA 17055

ADDRESS SERVICE REQUESTED

## In this Issue of Easy Glider:

President's Corner

### Reports:

Black Forest

Laurentians

Inlet

Pulaski II

Bangkok Wok Dinner Social

Kick 'n Gliders Cookbook and World Surgical Foundation

Two K 'n G members dominate? Tourathon Race---Olympics next?

Slate of Officers awaiting your vote

**End of Season Dinner Reservation Form**