



The  
**Easy Glider**  
 Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: November, 2010

**Meeting Location**

We will be using the Community Room at the Harrisburg Mall (formerly known as the Harrisburg East Mall) for our membership meetings that are held the 1st Tuesday of every month.

The entrance to use is the main entrance to the mall (currently under construction). Immediately inside the building, take steps to the downstairs and the community room is on the left.

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**2011 Trip Status**

Sandy Stine

Our first club social of the season, the "Ox Roast", was well attended, we had a beautiful day and trip sign-up was the main order of business.

The good news is there was space available for all those who made deposits for a trip prior to October 1. The following summarizes the

status of each of our 2011 ski trips as of October 23:

Trip	Status
Craftsbury, VT	Space available. <i>Deadline for reservations is November 24.</i>
Middlebury, VT	Full. <i>Call Bill Stine re additional availability.</i>
Lake Louise	Full
Port Leyden, NY – I	Space available.
Pulaski, NY – I	Space available. <i>Deadline for reservations is November 24.</i>
Laurentian Mtns, CA	Space available.
Highland Forest, NY	Space available.
North Conway, NH	Full
Hut to Hut, ME	Full. <i>Call Bill Stine re additional availability.</i>
Lake Placid, NY	Full
Inlet, NY	Space available.
Pulaski, NY – II	Space available.
Port Leyden, NY – II	Space available.

Note: Although a trip is full, if you are still interested in

participating in that trip, we encourage you to send a deposit in to be waitlisted.

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**Business Meeting  
 Tuesday, November 3,  
 2010 at 7:00 p.m.**

**Hubble Astronomer Nolan  
 Walborn**

Nolan Walborn, an astrophysicist at the Hubble Space Telescope Science Institute, will speak on the topic "Birth, Life, and Death of the Stars" at the first business meeting on **Tuesday, November 3, 2010 at 7:00 p.m.**

Nolan explains that the stars are essentially nuclear reactors. Since they do not have unlimited fuel, stars have finite lifetimes. The nature of their deaths depends on their initial masses.

Although the fusion of hydrogen nuclei into helium nuclei is the nuclear reaction that produces most stellar energy, stars can also synthesize heavier elements

such as carbon, oxygen and iron. Those elements, essential for biological life, return to the interstellar medium during the final phases of stellar lifetimes, and can be incorporated into new generations of stars and planets.

Nolan writes, "A complete panorama of stellar life cycles will be presented, largely based on images from the Hubble Space Telescope. The emphasis will be on the most massive stars, the spectacular regions they inhabit, and their violent ends as supernovae. These titanic explosions occur at a rate of about one per second in the Universe, and they have now been observed in the form of gamma-ray bursts at distances corresponding to the first 5% of the age of the Universe.

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## Trying Again! The Kick'n Gliders Cookbook

Email your favorite x-c ski and camping recipes to [cherylcapitani@comcast.net](mailto:cherylcapitani@comcast.net)

Here is one delicious submission from Beth Major's that was enjoyed by 12 hungry skiers on the Yellowstone trip in February 2010.

Pear, Walnut, and Blue cheese Salad with Cranberry Vinaigrette  
6 servings

For the Vinaigrette:

½ cup canned whole-berry cranberry sauce  
¼ cup fresh orange juice (about 1 orange)  
1 Tablespoon olive oil  
1 Tablespoon balsamic vinegar  
1 teaspoon sugar  
1 teaspoon minced fresh ginger  
¼ teaspoon salt

For the Salad:

18 Bibb lettuce leaves (about 2 heads)  
2 cups sliced peeled pear (about 2 pears)  
2 Tablespoons fresh orange juice  
1 cup (1/8 inch thick) slices red onion, separated into rings  
1/3 cup (2 oz) crumbled blue cheese  
2 Tablespoons coarsely chopped walnuts, toasted

Note: Beth recommends Bartlett pears; let them ripen for a couple of days or use whatever is ripe.

Preparation:

To prepare the vinaigrette, place the first 7 ingredients in a medium bowl; stir well with a whisk.

To prepare the salad, divide the lettuce leaves evenly among salad plates, toss pear with 2 Tablespoons orange juice & divide pear & onion evenly among leaves. Top with 1 Tablespoon of cheese and 1 teaspoon walnuts. Drizzle each serving with about 1 ½ teaspoons vinaigrette.

**Pear, Walnut, and Blue Cheese Salad with Cranberry Vinaigrette** from *Light Cooking*  
<http://find.myrecipes.com/recipes/recipefinder.dyn?action=di>

[splayRecipe&recipe\\_id=521744](http://www.viewers.zmags.com/publication/cdf4ba7d/#/cdf4ba7d/55)

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## News from Crystal Lake Ski Center

Fri, 15 Oct 2010

The leaves are turning orange and red and the nights are getting colder. It's not winter yet, but the snow will be here before we know it and here at Crystal Lake Ski Center we are busy getting ready.

We had a great work weekend last week with help from our friends from The Country Ski Shop, BSA Troop 7 and a group of Recreation Majors from Lock Haven University. Our next work day is scheduled for Saturday, October 23. We start work at 9 AM and we provide lunch. Bring cutting tools and work gloves if you have them. If you'd like to participate please let us know in advance so we can plan to have enough work and lunch for everyone.

We are also getting ready to mail out our new brochure. E-mail <mailto:elski@windstream.net> your mailing address if you would like to receive a copy or if you would like us to send you a bunch to distribute.

One of our regular skiers has written a wonderful article for *Cross Country Skier Magazine*. You can read it online at: <http://viewer.zmags.com/publication/cdf4ba7d/#/cdf4ba7d/55>

*Cross Country Skier Magazine* is now available online free at:

<http://www.crosscountryskier.com/>

We look forward to seeing you here on the trails soon.

Anna Alford, Manager  
Crystal Lake Ski Center  
[www.crystallakeskicenter.com](http://www.crystallakeskicenter.com)  
<mailto:clski@windstream.net>

submitted by Jesse Jepsen

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## **Pulaski 1 and Pulaski 2 Trip Updates**

by Peg Hampton:

There are still a few spaces left for the Pulaski 1 trip on January 21 to 24, 2011. This trip is three nights and lodging and dining are at the 1880 House in Pulaski, NY. The Pulaski area is one of the areas that gets "lake effect" snow; therefore, snow conditions are usually excellent. If you need a little more excitement or a challenge for the weekend, the Winterfest / Try-It Ski Race is January 22 at Winona State Forest. Plans for the Winterfest include a snowshoe race. What a great way to stay fit and have fun!

There are many spaces available on the Pulaski 2 trip on March 4 to 7, 2011. This trip is also three nights with lodging and dining at the 1880 House. The weather is usually a little warmer and skiing conditions are still very good. The Winona Forest Tourathon XC Ski Race is scheduled for March 5. Last year, Bernie Webber and Dave LeRoy participated in the race - Bernie even got a medal! We

skied the race course the day after the race and found it to be a nice loop and well groomed.

If you are interested in either trip, your deposit must be sent to the club treasurer by Thanksgiving, Nov. 25. I must turn all of the unused rooms for both trips back to the 1880 House at that time. Please contact Peg Hampton, trip leader, at (<mailto:pham608238@aol.com> or cell 805-3593) or Dave LeRoy, club treasurer, at ([kauhlbbh@pa.net](mailto:kauhlbbh@pa.net) or cell 418-9665) if you are interested in going on either trip.

Dave LeRoy talked to the folks at Winona Forest and confirmed the dates for both the Try-It and Tourathon Races.

More information is available on the Winona Forest web site. The Try It Race Registration form is available. A link to register for the Tourathon race will be added to the website soon. Here's a link to the Winona Forest Events page:

<http://www.winonaforest.com/events.html>

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## **Mt. Gretna Breakfast & Trail Ride Sept. 11**

The group met at Le Sorelle Porch & Pantry in Mount Gretna at 9 AM. It was cold outside and the group voted for the warm interior versus sitting outside on the porch. We enjoyed the delicious

breakfasts, flavored coffee and camaraderie of fellow Gliders.

With our bellies full, it was time for the ride leader, Marilyn Grove, to set a pace that would burn off the calories. Marilyn gave us a little warm up time with a quick tour around the Mt. Gretna area including a stop by one of the carousel horses. Then, it was time to bike the trail toward Lebanon. The pace was casual over the dusty gravel trail. There were lots of other folks out using the trail for biking and walking. The trail toward Lebanon had a slight downward slope. The group of bikers arrived at Lebanon together and decided to turn around instead of going into town with its many street crossings.

By this time, the temperature was up and so was the pace! The trail does have a slight upward tilt on the return to Mt. Gretna. The group was stretched out. It gave some of the bikers a chance to exert more energy and burn more calories than they typically do on a ride - and they liked it! The ride was 18.5 miles.

Bikers: Marilyn Grove (leader), Jesse Jepsen, Karen Northeimer, Carole & Ed Rockland, Jim (I'm getting a more expensive bike) McGraw, Jeff Petrasek, Tom Hooper, Jon Mummaw, Nancy Kauh, Dave LeRoy, and Peg Hampton (ride reporter)

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## **In this Issue of Easy Glider:**

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**2011 Trip Status**

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