



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kickngliders.org)

Issue: December, 2011

Meeting place Rookies Sports Bar

2238 Derry St., Harrisburg.
Tuesday, Dec 6, at 7:00pm

From I-83 southbound: exit 45 to Paxton St., west to 29th, right on 29th to Derry (about 1/4 mile), left to Rookies.

From I-83 northbound: exit 44B to 19th St., left on 19th to Greenwood (1st intersection, after RR bridge), right to Derry, sharp left to Rookies.

As of November 22, 2011, the following trips have space available:

- Craftsbury has 3 vacancies
- Cazenovia has 3 vacancies NOTE the correct trip cost is \$175 (not \$320)
- Hut-to-Hut has 3 vacancies
- Inlet has 2 vacancies

Owls of Pinchot

Tuesday, Dec 6, at 7:00pm

Learn a little about the owls found at Gifford Pinchot State Park in York County! Our discussion will focus on the characteristics common to all owls, as well as more in-depth profiles of Pinchot Park's most common owl species. We will also discuss some of the myths and folklore associated with owls by using mounts, skulls, feathers and photographs.

Beth Kepley-McNutt is the environmental educator at Gifford Pinchot State Park in York County. She has worked with the Bureau of State Parks since 2005. Kepley-McNutt has a degree from Penn State in Wildlife and Fisheries Science. She teaches various

lessons on nature, the environment and the outdoors to kids and people of all ages. She also provides outdoor recreation opportunities at the park, including kayaking, hiking, disc golf, and pontoon boat tours. She currently lives with her husband in Dillsburg, York County. Her email is: ekepley-mc@pa.gov.

Reminder

Holiday Party!

7:00, Wed, Dec 21

Bill and Sandy are delighted, once again, to host the annual Kick 'n Glider Christmas Party at their home in Lancaster. Join your fellow Kick 'n Gliders for this festive holiday gathering. It's a chance to meet new members, swap stories about past exploits on the ski trails, and plan for an exciting 2012 ski season.

As usual, bring a dish to share and your beverage of choice.

DIRECTIONS: From the intersection of PA 283 and US 30 near Lancaster:

Follow US-30 west
Take the 1st exit, Harrisburg Pk (Park City)
Turn LEFT onto Harrisburg Pk
Go to the 2nd light after RR overpass
Turn RIGHT onto President Ave
Turn RIGHT onto Valley Rd (4th street)
Turn RIGHT onto N School Ln (1st street)
627 N School Ln is 4th house on RIGHT (Tudor style, brick sidewalk)

Any problems? Call 717-392-1675

Proposed Bylaws Change

At the December and January membership meetings (Dec. 6 and Jan. 3), those members in attendance will be asked to vote on a bylaws amendment that, if approved at both meetings by a 2/3 vote, will modify the lottery provision from Article XII, Section. 1. Below is what you'll be voting on. ~~Strikethrough~~ text is to be removed. Red underlined text is to be added. The bylaws have no requirement for a quorum at a membership meeting, so the vote will be binding no matter how many or how few members vote. If you attend both meetings, you can vote twice.

Article XII. Ski Trip Finances

Article XII, Section 1. Members' deposits for ski trips, ~~or the portion of deposits stated as~~ shall be considered non-refundable except as noted herein, and will be accepted by the Treasurer ~~as soon as~~ on or after a publicly announced specified date after the trip calendar and deposit amounts have been published in the clubs' newsletter or on its web site. ~~However, depositors will not be added to the trip roster, nor will their checks be cashed, until after October 1. Shortly after October 1, allowing for delivery lag of first class mail, the Treasurer and Trip Coordinator along with other available Executive Committee members will hold a lottery to determine the order in which members whose deposits are postmarked or received in hand before October 1 are added to the roster.~~ To be eligible to be on the trip roster, a member's deposit must equal or exceed the prescribed deposit. Deposits postmarked on or before the date specified will be considered as being received on the specified date, thus giving all such deposits equal priority on the trip roster. Should the number of such persons exceed the trip capacity, their position on the roster or waiting list shall be determined by lot. Couples making joint deposits for a trip will be considered as couples, not as individuals, for the purposes of determining their position on the roster. Members whose deposits are postmarked ~~or received in hand~~ after the above-mentioned specified date will be added to the roster in the order their deposits are postmarked or received ~~except as specified in the rules set forth in Article IX, Section 2(b). Trip leaders are exempt from the lottery.~~ assumed to be on the roster regardless of when their deposit(s) are received.

Important Quebec trip change

I must apologize but some changes have occurred with the hotel.

When I received the original information from the hotel I misinterpreted the schedule of complementary rooms. I thought we qualified for some free rooms, but, in fact, we do not. I based the trip costs on this. In addition, I allowed for one single person in one room. In fact, we have a single female and a single male on the trip. Unless these two unattached folks want to share a room, (I'm not going there.) we are subject to additional costs.

The bottom line is these rooms will cost each of us an additional \$5 per night, or \$35 for the week. I guess I was too close in my budget planning.

I was also quoted a full American breakfast buffet at \$13.25 including taxes and gratuities.

They did not specify that **this was the cost only if included in the hotel billing.** If we have breakfasts on our own, the cost is \$17.25 each. So, in order to receive the lower cost, I must now include it in the cost of the trip. This is a cost of \$93 each for the week. Knowing what I know now, I should have included this cost in the original trip cost.

So the final payment from each of you will be \$220 (as originally listed in the trip guide) + \$35 (hotel) + \$93 (breakfasts) = \$348. This payment is **due by December 31, 2011.**

I hope these changes don't cause undo concerns. Please call me if there is a problem. I apologize again for these misunderstandings. I'm sure that, if desired, you may opt out of the breakfast, but the \$5 per day must remain.

Dave Powell

Panic...not to worry! Think..."little red sports car"
A cross country skiing primer

Standing at the top of a hill, with only skinny skis underneath you, does not mean you are on a downhill trip to a faceplant. The strategy is a simple visualization technique called The Little Red Sports Car.



Said Greg: "You are in a little red sports car. Forget your skis. Forget the snow. Sit down in the bucket seat AND DON'T STAND UP." Would you stand up in a sports car? Of course not. Wait until the victory lap. Bend your knees and get down low. Put your hands on the steering wheel—in front where you can keep your eyes on your hands. (Just like driving a sports car, where your eyes go, you go.) If the road curves left, turn the steering wheel to the left. When the road curves right, steer to the right, into the turn. Don't let your hands drop down or out. Keep your hands and your eyes on the wheel. Would you steer the car into the turn and lean your body the opposite way? Of course not. Would you lean outside the chassis of your little red sports car? Of course not, you would keep your weight right over the center of it. And stay low. You are supported by your bucket seat, remember. Keep your eyes on your hands and follow your hands down the hill. Otherwise, your brain will project a danger that may or may not be ahead of you. Take it if it comes. Steer around it. Stay low. Really, that is all.

Credit for this technique belongs to Greg Prisby..

Roberta Strickler

For Sale: Fischer 168 Vista Crown BC X-country skis. NNN bindings. \$100.00 OBO.

Grace House - 766-4054 or housegal@verizon.net

Spring in the Finger Lakes

Join us for a fabulous weekend of wine in the Finger Lakes next spring! Enjoy wine tastings at several popular wineries around the Seneca Lake, including Hazlitt 1852 Vineyards, Three Brothers

Winery & Estates, Wagner Vineyards and Brewery and more! Visit fat happy cows at an old fashioned working dairy farm where we'll take a tour and sample the many varieties of cheese. Savor in a four course dinner at Belhurst Castle, a Nationally Registered Historic Castle. Take in the spectacular views of the Seneca Lake while you enjoy a Vineyard Luncheon Buffet at the Ginny Lee Café. You won't want to miss out on this exciting weekend!

Package Pricing: Double: \$270; Triple: \$250; Quad: \$240; Single: \$325

Package Includes: Motorcoach Transportation, 1 night lodging, luggage

handling, 1 full hot breakfast, 1 lunch buffet, 1 dinner, wine tastings at all wineries (wineries subject to change), 1 cheese tour and tasting, all applicable taxes & gratuities, (with the exception of driver gratuity) Luxury Transportation provided by Elite Coach

Deadline to Register: December 31, 2011

Call Jamie Hackman for additional details: (717) 471-0969



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

ADDRESS SERVICE REQUESTED

In this Issue of Easy Glider:

Meeting place Rookies Sports Bar Tuesday, Dec 6, 7:00pm

Trip space available

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Proposed Bylaws Change to be voted on at December and January meetings

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A brief cross country ski lesson

For Sale: cross country skis and bindings

Fabulous weekend of wine in the Finger Lakes next spring

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