



The
Easy Glider
Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kickngliders.org)

Issue: March, 2012

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

2238 Derry St., Harrisburg. It's on the north side of the street, between 22nd and 23rd Sts.

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.

Program Meeting
7:00 pm, Tuesday, Mar 6

Join us for a program discussing the benefits of buying locally produced foods. Presented by Cheryl Burns.

PROGRAM: Why Buy Fresh Buy Local? Access to locally produced food is vital to the health of our region's watersheds, soils, economy, and population. Cheryl Burns, Coordinator for the South Central PA Chapter of Buy Fresh Buy Local will discuss the impacts of local food production, food security/access and keeping our food dollars within our region. Join us to discover what locally produced food is available within the region, how to find food resources, and about chapter & partners events. Email Cheryl at cburns@capitalred.org

The South Central PA Buy Fresh Buy Local chapter serves Adams, Cumberland, Dauphin, Franklin, Juniata, Lebanon and Perry counties and works closely with chapters in York and Lancaster counties to promote the availability of fresh local farm products. www.buylocalpa.org/southcentral

Social meeting
7:00 pm, Wednesday, Mar 21

Hummelstown House
5 W Main St, Hummelstown, PA
717-566-4840

April, last meeting of the season
7:00 pm, Tuesday, Apr 3
Election of Officers and Trip Planning

Got any new ski venues that you would like the club to visit? Gather up as much info as you can find on the areas and present it at the April meeting. You would need to know the approximate cost, possible dates, type of lodging, and eating and skiing arrangements.

If you have any questions about the meeting or how to propose a trip, please contact Andrea Hospodar at <mailto:ahospodar10@comcast.net> or call 717-832-1354.

Nominating Committee Charged

by Peg Hampton

As is our custom, Club President, Bill Hoffman, charged Immediate Past President, Peggy Hampton, with forming a Nominating Committee for the purpose of proposing a slate of officers for elections at the Club's regular meeting in April. Peggy selected Sandy Stine and Tanya Richter to work on the committee.

The section of the Club's bylaws that covers elections is cited below: "The Club, at a regular meeting in April, shall nominate and elect, by ballot of the members present, officers for the following year. A slate of nominees shall be presented by the Nominating Committee. Open nominations from the floor, properly nominated and seconded, shall also be received before the ballot is held.

The following officers, together with the appointed Executive Committee Board Members, shall constitute the Executive Committee:

President
Vice-President/President Elect
Secretary
Treasurer
Trip Coordinator
Program Coordinator
Membership Chairman
Immediate Past President
Day Trip Coordinator
Newsletter Editor

The terms of the office of each of the officers shall be one (1) year commencing with the installation in April. Each officer shall continue to serve until his successor shall have been duly installed.

2012-2013 Slate of Officers

The Nominating Committee, consisting of Sandy Stine, Tanya Richter, and Peggy Hampton (Chairperson), is pleased to nominate the following persons for election at the April meeting of the Kick 'N Gliders Nordic Ski Club:

President:	Jean Geiger
Vice President:	David Walborn
Treasurer:	Dave LeRoy
Secretary:	Marilyn Grove
Extended Ski Trips:	Andrea Hospodar
Day Ski Trips:	Ron Henry
Membership Chair:	Nancy Kauh
Programs:	Cheryl Capitani
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,
Peggy Hampton

Pulaski 1 Trip Report

Jan. 20-23, 2012

by Peg Hampton

Skiers: Marilyn Grove, Emory Ehrenfeld, Tim Musser, Jim Neff, Nancy Borremans, David Walborn, Bill & Kay Pickering, and Peg Hampton (Leader)

This was another great trip to Pulaski. There were nine Gliders in attendance - that meant that we all got to dine at one table instead of splitting up at meal time.

Marilyn, Emory & Peg arrived at the 1880 House first on Friday followed by Tim & Jim. Emory helped Marilyn & Peg carry all of their gear to the third floor which we really appreciated since he was rooming on the second floor. The soup pots were on and the five of us filled up while deciding on our afternoon ski destination. Tim & Jim went to Chateaugay and reported that conditions were pretty good. Both reported getting into a wet area at different times and having to stop to scrape their skis. Marilyn, Emory & Peg headed to Winona Forest (Wert & Center Road). The area did not have much snow until the week prior to our arrival. We found conditions to be reasonably good even with the small amount of snow. The trail was broken and we eventually met the two

guys that were acting as groomers. We did some creative route planning and skied on some of the snowmobile trails. Eventually, we arrived back at the parking lot just before dark with temps dropping to 11 degrees. We decided to stop at McDonald's for salad to go with the soup that the 1880 House would be serving. Marilyn & Peg chugged down some hot chocolate to warm up.

Nancy and David were at the 1880 House when we returned. They were taking it easy, reading and enjoying the soup pots. The Pickerings arrived later and we made plans to ski at Osceola on Saturday. We learned that there was a biathlon on the ski center side; therefore, we broke routine by skiing on the trails across the road first. We usually start on the lower side first and cross the road after lunch. Conditions were great and the trails were well groomed. It was a great day. After a full day of skiing, we headed back to the 1880 House for the lasagna dinner. As usual, the food was excellent and we were stuffed when we finished.



On Sunday morning, we drove to Barnes Corner hoping that conditions would be good. We started skiing to find that the trails had been over skied the day before. David, Nancy, Marilyn & Peg decided that we weren't having a good time and would do an about face and return to Osceola where we knew the conditions would be better. On the way out, we met Bill and Kay skiing in and not having the best time either. They decided to go with us. Tim, Jim and Emory decided to stay at Barnes Corner. At the end of the day, all skiers reported that they were happy with their decision on ski venue. We all arrived back at the 1880 House and were treated to a dinner of baked ham,

carrot coins, escalloped potatoes, and carrot cake. We sampled some new wines shared by the group. Nancy brought a Spanish wine - RIOJA Sierra Cantabria 2008 and Peg brought an Italian wine - Principato Rosato 2010. Both wines received positive reviews.

Yes, Teeka, the 1880 House cat, is still there. He made the rounds to the rooms at night and especially enjoyed keeping Emory company during his stretching routine. Linda Tarbox, our hostess, reported that Teeka goes down the block to the beauty shop and they let him in to visit. He also does his Buddha routine out on the sidewalk.



The forecast for Monday was questionable with a high of 48 degrees forecasted. Most of the group went to Selkirk Shores State Park and hiked around. They reported a nice experience. Peg's van made a speedy departure from her illegal parking space at the front door to avoid two oversized trucks that couldn't make the corner turn in front of the 1880 House without demolishing her van! Marilyn reported that was the fastest she ever saw Peg move!

North Conway, NH Trip Report

Feb. 10 – 17, 2012

Andrea Hospodar, Trip Leader

Although the snow gods did not smile on us with new snow, 18 K'n G'ers arrived at N. Conway on Friday to find between 10" – 20" of snow, depending on the ski venue. We did not see ANY snow until north of Manchester, NH, so were relieved to find the snow reports at our final destination to be accurate. Trip participants were:



Jim & Ginny Magee, Jen Marhevka, Tom Hooper, Barbara Brandt, Rick Begley, Bill & Sandy Stine, David Walborn, Dave Leroy & Nancy Kauhl, Bill Pickering, Ben & Peggy May, Dave Powell & Cheryl Capitani, Bill Hoffman, and trip leader Andrea Hospodar. We checked into our three comfy condos at Stonehurst Manor, and then headed to the Flatbread Co. for a delicious dinner of wood fired flatbread pizza and salads, not to mention assorted local beverages! Each pizza was hand tossed and baked in the wood fired oven and, in spite of our number – 18, were all served promptly. Kudos to the staff and their friendly and efficient service. All left with big smiles on their faces!

We decided to start off on Friday at Jackson Ski Touring center, one of our favorite venues for the excellent grooming and extensive trail system. The temperatures were in the low 30's and the snow was good, despite being "old snow". Their groomers had the trails in very good shape. We split into three groups with most heading out the Ellis River trail. Rick Begley with skate skis on headed for "The Wave" and other fun trails. We broke for lunch and headed into the ski center. There we were all saddened by the news that Bill Hoffman's brother had passed away and Bill would be heading home Sunday to take care of funeral matters. After lunch most of us headed over to "The Wave" to have some fun there. Some opted to drive part way to avoid the uphill, but others of us relished the extra ski miles and skied over from the ski center. At day's end we were treated by Peggy and Cheryl and condo mates to a delicious chicken casserole, rice and a spinach salad. Dessert was a pound cake made by Ginny.

Again all seemed satisfied and pleased as we shared stories of the day's adventures!

We decided to ski Bear Notch on Sunday, as the forecast was for cold temperatures and wind, and Bear Notch is a small venue, nearby and mostly in the woods. The high temp was 10° with a wind-chill factor around 1-2°. It was, however, sunny and the snow was good. We again broke into smaller groups and headed out in various directions. Most stopped at the warming hut to thaw out and enjoy lunch and the hot homemade soups and fresh-baked bread offered by the brothers that run the trail system. Some hearty souls headed out after lunch for more skiing, while others headed into town to hit the outlets and outfitters to shop for the always-needed gear. That night we went across the street to Moat Mountain Brewery and Smokehouse for a hearty meal and, as always, found a plethora of good food and beverages.

We had a bit of snow overnight Sunday, maybe 1-2 inches, and headed northwest of Crawford Notch on Monday to Bretton Woods. The temperatures had climbed to 20°, but with strong gusty winds blowing around the snow, it felt frigid for the morning ski! Once again Rick headed out to enjoy the wide trails skating. The rest broke into 2 groups to ski classic. Again the trails were impeccably groomed and once we got into the woods, it was rather pleasant. One group headed to the Yurt for a trailside lunch, while the rest of us headed for the ski center. We did a longer ski after lunch this day, as the sun came out to warm up the day and the winds settled down. We had bluebird skies and awesome views of the Presidentials, with occasional views of the summit of Mt. Washington Observatory, which otherwise held onto the clouds most of the day. Barb, Jim & Ginny headed back around 3:30 to prepare the night's meal as others headed up to Mount Washington Hotel to "rehydrate" and enjoy the views of the mountains. Dinner was a scrumptious meal of baked spiral ham, baked potatoes and broccoli/cauliflower medley. Peggy contributed a dessert made of ice cream sandwiches topped with all kinds of gooey stuff and crumbled malted milk balls for topping. Yum!

Tuesday we awoke to a sunny day with robin egg blue skies and temps in the mid 30's. Rick, Jen,

Tom and I headed to Wildcat mountain for an awesome day of downhill skiing. Wildcat faces Mt. Washington and from the top of the lift we took in the most spectacular views of Mt. Washington and surrounding Presidentials all day long. This is a rarity as the top of Mt. Washington

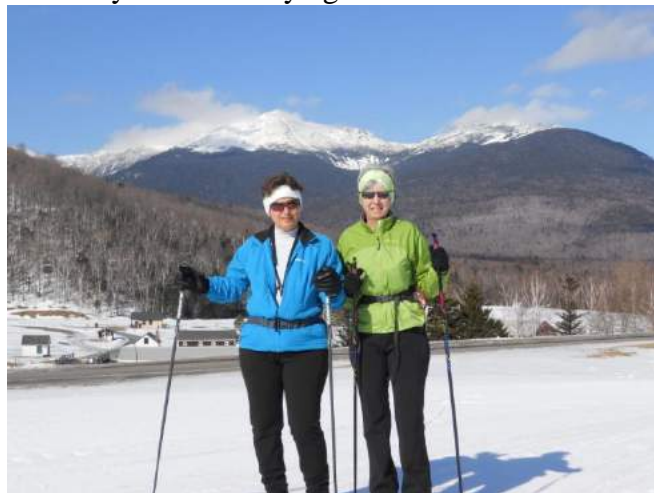


is rarely out of the clouds for long. The rest of the group split up with some doing the Intervale trails which lead right from our condos, while others returned to Bear Notch for a second day there. Good skiing was had by all! Dinner this night was a wonderful marinated pork tenderloin prepared by Bill & Sandy accompanied by sweet potatoes and roasted asparagus. Sandy treated all to personal valentines and a sweet dessert of chocolate dipped strawberries hand dipped by Sandy herself and raspberry tarts. WOW! You can tell by now we didn't eat well at all on this trip!

We had a rain prediction scare Tuesday night into Wednesday, but awoke to find it had rained just slightly. It was cloudy and a balmy mid 30's to start, ending up near 40 for the high. We headed back to Bretton Woods to take advantage of their two-for-one Wednesday deal. Four of us – Jen, Sandy, Tom and I – took a group skate ski lesson, then played around on the trails skating till lunch. Except for Tom Hooper – the man is hooked! He skated on to the yurt by himself and continued well into the afternoon till he called it quits. And this was his FIRST time on skate skis! Watch out Rick! After lunch a few of us went out for an afternoon ski, and others headed into town for more shopping. Nancy, Dave and condo mates prepared a delicious pasta dinner with homemade sauce and an assortment of sausages and meatballs with salad and bread. Dessert was Jello with fruit.



Thursday treated us again to blue skies and mid to upper 30's temps. We all went to Great Glen just beyond Jackson. This is a small venue, but very nice trails and wonderful scenery. Again the group broke up into smaller groups and headed out. I was waiting for Bill & Sandy and finally went back in looking for them only to find them in the ski shop looking at new skis for Sandy. We walked out with a completed purchase of two new pair of Fischer Crown Superlight waxless skis, the same ones Bill bought at Garnet Hill, one pair for Sandy and another for me. They had a 20% off sale so who could resist! Bindings would be mounted as we did our morning ski and we anxiously awaited trying them out after lunch.



Although we had split into several groups, we kept running into each other (NOT literally) all day. Like I said, it is a small venue! But again the grooming was good and we all enjoyed the skiing. They have a nice lunch counter, so many of us ordered sandwiches which we enjoyed along with the fantastic views of the mountains through the large windows that line the lunch room. Most called it quits early but Sandy and I HAD to try out our new skis. We glided down the hill outside the ski center and by the time we got through the

tunnel that crosses under the road about a hundred yards away, Bill KNEW we LOVED our new skis from all the hoots and hollers and giggling as we zoomed down the slight decline! Watch out Bill!! Two new speedsters! Dinner tonight was a meal of leftovers and 72 hours split pea soup prepared by Barb, Jim & Ginny. They had been working on it for three days, starting with cooking down the ham bone all day after our ham dinner, then adding in the other ingredients and cooking them all to perfection. Cheryl made a wonderful rice pudding for dessert.

Alas, Friday came and we had to pack up to leave for home or Lake Placid, the next ski venue. All except for Jen, Rick and I – we hadn't had our fill of downhill, so we spent the day skiing Attitash right at N. Conway, then spent the night at Tewksbury, MA before finishing the journey back home. All in all a fantastic ski week, despite the sparcity of snow in the northeast this year. I do expect we will return to this venue again next year!

Dinner Social Report

February 22, 2012

Fifteen Gliders met at the Lancaster Brewing Company in Harrisburg on Wednesday night. Peg Hampton was the first to arrive only to find no other Gliders at the bar or in the restaurant. She took the only empty seat at the bar and soon met Lawrence. The discussion was in full swing when some familiar faces arrived. Each Glider was introduced and we learned that Lawrence is bi-coastal - not Pennsylvania and Washington State - but Pennsylvania and Florida. At age 60, Lawrence advised us that he enjoys warm, open water swimming. As a former XC skier, he listened as we shared stories of our ski venues. Finally, most of the group was present and our table was being seated.

The night got better as LBC's brews were ordered and then the food arrived. There was a variety of soup, salads, fish & chips, and other entrees. The conversation was lively and laughter in abundance. We talked about past and future ski trips. The big news flash of the night was - Cheryl

and Dave are not going to the co-housing in Ithaca, NY. They will be staying here with us. YIPPEE!

I never cease to be amazed by the range of topics discussed during a Kick 'N Glider gathering.

Attendees: Jim Neff, Tim Musser, Kay Pickering, Bill Pickering, Nan Reisinger, Pete Oswald, Cheryl Capitani, Dave Powell, Mike McMullen, Pam McMullen, Beth Major, Dennis Major, Bernie Webber, Al Hoch, and Peg Hampton

From Rain to Powder

Rocky Point, Inlet, NY Trip Report
by Tom Gibson

Attendees: Bill and Kay Pickering, Nan Reisinger, Pete Oswald, Chris Mummert, Robert Durand, Nancy Kauh, Dave LeRoy, Kim Lausch, Matt London, Bernie Webber, Tom Gibson, Fred and Carol Wilcox, Marilyn and Jeff Grove, Andrea Hospodar, and Lin Pomeroy.

Rain poured as we drove up to Inlet on Friday, and little snow covered the ground until we got north of Utica. I stopped to ski at McCauley Mountain, a downhill ski resort overlooking Old Forge that has a system of cross-country trails accessed from its parking lot. Meanwhile, Matt, Kim, and Bernie skied the BREiA trails off Egypt Road near Boonville. While we got wet, the skiing was decent, and it gave us a preview of what would come for the weekend.

The rain turned to a sprinkle and eventually snow, making the drive from Old Forge to Inlet a white-knuckle affair on the slushy roads (at least for me in my Toyota Corolla). Some people made their way to the Old Mill restaurant in Old Forge, per the usual tradition, but a bunch of us decided against venturing that far on the slippery roads and instead stayed local and went to the Screaming Eagle in Inlet for pizza, wings, and subs. How was the food there? That depends who you ask – let's call it mixed reviews.

We had previously heard reports of scant snow in the area, consistent with the mild winter we're

having – maybe 8” on the ground. But the area received 4” a couple days before the trip, and then it snowed a foot through Friday and Saturday. I measured two feet on the ground with my pole in the woods with about half of it fresh powder.

After Dave and Nancy perused their vast collection of maps and got our input, they steered us to the trails at Moss and Bubb Lakes Saturday morning. We found fresh, untracked powder and had to break trail and clear snow off low-hanging branches, but it was well worth the effort. That afternoon, we went down the road to Cascade Lake and skied the trail around it, making the obligatory stop to view the ice falls.

Some 18 people filled three condo units at Rocky Point Resort near Inlet on the Fulton Chain lakes. Saturday and Sunday nights featured hors d’oeuvres and happy hour in one of the condos followed by dinner, including salad, bread, and dessert. Brownies (including the blond variety) and chocolate cake with ice cream made a big hit, as some of us couldn’t resist more than one helping.



On Sunday, we ventured to the Big Otter Lake Trail, more affectionately known as the Truck Trail (I’ve never actually seen any trucks on it or figured out how or why they would be there). Following Nan’s instructions (spread the tracks out and don’t just pack down two narrow grooves), we broke trail and cruised through the powder, which made the ups and downs gentler than they would normally be. On the way back, Matt and I took a side excursion on the Moose

River Mountain Trail, which proved a fun downhill in the powder. The final long downhill on the way back to the road at the end gave a little excitement, as a couple of us tumbled in the snow.

After packing our bags and checking out of the condo on Monday morning, six of us headed back to McCauley Mountain for a last couple of hours skiing before we had to head home to a land of no snow. McCauley grooms these trails nicely, and they’re full of undulating (I like saying that word, and I heard Dave use it once this weekend) ups and downs that challenged us. A few people commented that we should incorporate these trails more into the mix for this trip. After skiing, a few folks went into the ski lodge for drinks and a bathroom stop before heading home.

Thanks again to Bill and Kay for leading this terrific trip and to those who prepared the wonderful food.

Warm Pear & Spinach Salad

Recipe from Peggy May

Serves 4.

- 4 slices bacon, crisply cooked and crumbled
- 2 pears or apples, peeled, cored and cut into wedges
- 1/3 cup red onion, cut into thin wedges
- 1/4 cup red wine vinegar
- 2 teaspoons packed brown sugar
- 1/2 teaspoon salt

- 1 package (10 ounces) fresh baby spinach leaves
- 1/4 cup (1 ounce) crumbled blue cheese
- 1/4 cup walnuts or pecans, toasted
- coarsely ground black pepper to taste

Combine first 6 ingredients and heat. Pour over spinach while warm and mix. Sprinkle with blue cheese and nuts.



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

ADDRESS SERVICE REQUESTED

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