



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kicknsliders.org)

Issue: June, 2012

Summer Activities

Sunday June 24 Canoe/Kayak Trip with Potluck Picnic

Canoe/kayak/tube on the Conodoguinet Creek from the Youth Park to Nan's back yard at 1097 Oyster Mill Rd. No canoe? Come for the picnic.

Meet at the Conodoguinet Youth Park off Orr's Bridge Rd at 2:00 to paddle/float down to Nan's.

If you are not coming by water plan to arrive at Nan's house at 4:30. Bring your beverage of choice and a dish to share. Nan will have hot dogs, rolls and fixin's.

Please call if you plan to attend as water levels can vary and the put-in may change. Tubers will not be starting at the Youth Park so we will have a few logistics to work out.

Call Nan at 717 763-8094 for more details and reservations.

Monday Jul 23 Harrisburg Senators' Home Baseball Game

When?.....July 23, 2012
Where?.....Riverside Stadium Harrisburg City Island
Seats?.....Behind home plate
Cost?.....\$10 per person, \$8 for 20 or more group rate
Time?.....7:00 PM
Opponent?...New Hampshire Fisher Cats
Contact?.....David Powell <mailto:dpandjp@gmail.com>
717-796-7635
Deadline?.....July 16, 2012

Over the past few years we have attended a baseball game during the summer. It's been fun. We'll do it again this summer. Those who wish to can arrive early and eat on City Island or at the stadium. Let Dave know soon of your reservation plans.

Saturday Aug 11 Nissley's Vineyard Lawn Concert

Nissley Vineyards & Winery Estate
140 Vintage Drive
Bainbridge, PA

Once again we will return to Nissley Vineyards for a concert and dance under the stars. This year's "summer trip" to Nissley's will be led by Kay and Bill Pickering. The music will be played by the Uptown Band, a versatile and talented group of seven performers. They play a rich variety of music from Motown to the present.

The concert will be from 7:30 PM to 10:00 PM, but we suggest you arrive by 6:00 PM to find our group and get a good seat on the lawn. Tickets are \$15.00 per person and credit cards are not accepted

Bring your supper and some to share with others. Don't forget your lawn chairs and/or blanket.

This has been a most enjoyable evening in the past as we enjoy an evening under the stars, good wine and food and the companionship of other Gliders.

Please let Bill & Kay know if your are joining us so we can save enough space;

Email: billpick55@comcast.net

Saturday Sept 8 Bike Rail-Trail Ride

After the ride join Tom Hooper & his wife for wine, beer & cheese in their cottage at 208 Maple Ave in the Heights of Mount Gretna.

Contact: Marilyn.....717-944-7227 for time and place

And don't forget.....Saturday, Oct 6, 3:00 pm- Ox Roast

--\$\$\$-- Dues due, Dudes! --\$\$\$--

Note: there is a new online application at kicknsliders.org that can be used for membership renewal but a check will still have to be sent in.

Why Pay Your Dues Now?

Quick answer: Because they're due now. Longer answer: Because we need the money now. Longest answer: The club's year officially starts on the first of May, when the new officers take charge and make arrangements for the trips we selected at the April planning meeting. Logically, then, dues would be due on May 1st. (They are!) And this also makes sense because we start having to make deposits to our innkeepers around that time. To date we have made about \$5,500 in deposits for next winter's ski trips! So fill out the application on line (preferably, but don't forget to mail your check to the Treasurer) or use the included application and include a check for \$20 (\$30 for a family membership). Mail them to **Kick 'n Gliders, PO Box 1353, Mechanicsburg, PA 17055**, right away.

2012-2013 TRIP SIGNUP IS NOW OPEN!

By Andrea Hospodar

It's time! Our 2013 trip signup is ***now open*** so get your deposit money in soon so you don't miss out on any of your favorite trips. **Any deposits received in the club P.O. box between now and July 15, 2012 will all be considered as received ON July 15, 2012.** If any trips are overbooked as of that date, participants and waiting list will be determined by a lottery. Any trips that have openings remaining will be filled in the order in which they are received in the club P.O. box after July 15.

Just a few reminders:

- You must be a club member to participate in our trips
- The full deposit amount published is required to make a trip reservation
- All payments are to be paid to the Treasurer, *not* to the trip Leaders. Send checks to the Treasurer at: P.O. Box 1353, Mechanicsburg, PA, 17055
- Contact trip leaders for further details on a trip
- Details on trip finances are on our website under the "Trip Finance" link.

Further details on each trip will be posted on our website, as well as published in our 2012-2013 Season Schedule and Guide. We look forward to another great season of skiing, and please be sure to thank our trip leaders for all their hard work organizing and planning this year's trips!

2013 EXTENDED TRIP SCHEDULE

Trip	Dates	Leader
	Arrive - Depart	
Craftsbury	Dec 29 - Jan 2	Dave LeRoy/Nancy Kauh
Cazenovia	Jan 4 - Jan 6	Bill Hoffman
Laurentians	Jan 12 - Jan 18	Bill & Sandy Stine
Pulaski #1	Jan 18 - Jan 21/22	Peg Hampton
Boonville	Jan 25 - Jan 28	Bill & Sandy Stine
Potter County	Feb 1 - Feb 4	Chris Brubaker
Ottawa	Feb 4 - Feb 9	Bill Hoffman
North Conway	Feb 9 - Feb 16	Andrea Hospodar
Laurel Highlands	Feb 15 - Feb 18	Lisa Baer
Lake Placid	Feb 16 - Feb 20	Bill Hoffman
Inlet	Feb 22 - Feb 25 or 26	Bill & Kay Pickering
Garnet Hill	Feb 26 - Mar 1	Barbara Brandt
Pulaski #2	Mar 1 - Mar 4	Peg Hampton
Maine Hut-to-Hut	Mar 5 - Mar 11	Dennis & Beth Major

CRAFTSBURY, VT

December 29, 2012 thru January 2, 2013

Leaders: Dave LeRoy & Nancy Kauh
717-582-2562, kauhbbh@pa.net

Lodging: 4 nights

Trip Capacity: 30
Deposit: \$100
Deposit Due: November 20, 2012
Total Cost: \$380
Balance Due: December 20, 2012

- Includes lodging, 3 meals per day, a modest gratuity for kitchen workers, etc., trail passes for 5 days and a campfire party with champagne on New Year's Eve.
- Craftsbury is a XC touring center in northern Vermont. It encompasses an endless assortment of trails, snowshoeing, skating pond, nice dormitory lodging, a dining hall, ski shop and little store.
- Located in a picture-book New England setting, it is a wonderful, non-commercial way to ring in the New Year

CAZENOVA, NY
January 4 - 6, 2013

Leader: **Bill Hoffman**
717-560-3636, 717-490-3839 (C), billhoffman1@verizon.net

Lodging: 2 nights
Trip Capacity: 10 (expandable if rooms available)
Deposit: \$60
Deposit Due: November 15, 2012
Total Cost: \$115
Balance Due: December 15, 2012

- Lodging in the Brae Loch Inn.
- Breakfasts included.
- Lunches on your own; bring food because most venues don't have cafes or eat-in facilities.
- Dinners out (not included in trip price).
- Skiing at Highland Forest County Park, Stoney Pond; for backcountry, Green Lakes State Park.

VAL-DAVID, LAURENTIAN MOUNTAINS, QUÉBEC, CANADA

Leaders: **Bill & Sandy Stine**
717-471-6326 (C), william.t.stine@gmail.com

Lodging: 6 nights
Trip Capacity: 24
Deposit: \$225
Deposit Due: October 15, 2012
Total Cost: \$450
Balance Due: December 15, 2012

- We return to the lovely Chalets Chanteclair this season, staying in the same three units we rented last year, between the charming villages of Val-David and Sainte-Agathe-des-Monts.
- Breakfasts and dinners are included, prepared by trip participants. The Laurentians boast a bonanza of superbly groomed, intimate ski venues, favorites of your well-traveled leaders.

PULASKI I, NY

January 18 – 21 or 22, 2013

Leader: **Peg Hampton**
717-805-3593, pham608238@comcast.net

Lodging: 3 nights **with optional 4th night**

Trip Capacity: 16

Deposit: \$150 (3 nights); \$180 (4 nights)

Deposit Due: November 15, 2012

Total Cost: \$285 (3 nights); \$360 (4 nights)

Balance Due: January 4, 2013

- Lodging at the 1880 House B & B includes cooked dinner on Saturday and Sunday nights, cooked breakfast each morning, and a variety of soup each day. Ski venues include groomed trails at a ski center and un-groomed forest ski trails.

BOONVILLE, NY

January 25 - 28, 2013

Leaders: **Bill & Sandy Stine**
717-471-6326, william.t.stine@gmail.com

Lodging: 3 nights

Trip Capacity: 12

Deposit: \$110

Total Cost: \$220

Balance Due: January 1, 2013

- We return to the beautifully renovated North Country Manor on a working beef farm in Boonville on the east side of Tug Hill.
- Breakfasts and two dinners included.
- Help us celebrate the plentiful lake-effect snow on your choice of groomed or back-country trails, all beautiful and all free!

POTTER COUNTY

February 1 - 4, 2013

Leader: **Christine Brubaker**
717-872-8971, ccbsailing@aol.com

Lodging: 3 nights

Trip Capacity: NOTE: can be extended before or after by contacting the lodge.
Approximately 14 in a mix of rooms with private and shared baths.

Deposit: \$50

Deposit Due: November 30, 2012

Total Cost: \$200

Balance Due: January 1, 2013

- Lodging at Susquehannock Lodge, located in the center of Pennsylvania's famed Potter County.
- Saturday and Sunday "home cooked" breakfast and dinners included. (Thursday and Friday meals can be purchased separately.)
- Ski trails in multiple, nearby state parks. Downhill available at nearby Denton Hill. Rental gear available. Sledding hill behind lodge; bring your own sled.
- Also at the lodge will be the Case/New Holland Ski Club who are very knowledgeable about skiing this area.

OTTAWA, CANADA

February 4 – 9, 2013

Leader: **Bill Hoffman**
717-560-3636, 717-490-3839 (C), billhoffman1@verizon.net

Lodging: 5 nights

Trip Capacity: 10 (expandable if rooms available)

Deposit: \$225

Deposit Due: December 1, 2012

Total Cost: \$450.00

Balance Due: January 1, 2013

- Lodging: Extended Stay Suites in downtown Ottawa—each suite has 1 bedroom w/2 double beds, living room, kitchen.
- Ski venues: Gatineau Provincial Park, may be others in area (will check this summer).

NORTH CONWAY, NH

February 9 - 16, 2013

Leader: **Andrea Hospodar**
717-832-1354, ahospodar10@comcast.net

Lodging: 7 nights

Trip Capacity: 6 couples & 6 singles

Deposit: \$150

Total Cost: \$290

Balance Due: January 15, 2012

- Multiple three-bedroom modern condo units.
- Breakfasts & dinners included, prepared by trip participants.
- Skiing on nearby groomed (fees not included) and backcountry trails. Downhill venues abound also.

LAUREL HIGHLANDS, SUMERSET COUNTY, PA

February 15 - 18, 2013

Leader: **Lisa Baer**
H 717-582-7620, lbaer@embarqmail.com, 717-713-5562 (C)

Lodging: 3 nights

Trip Capacity: 10 or more

Total Cost: Comfort Inn Group Rate: \$102.46 per night including tax if 10 or more rooms are booked; possibly \$115 if less than 10 rooms.

- You are responsible for making your own motel reservations at the Comfort Inn – call 814-445-9611; ask for the Kick 'n Gliders Group Rate, or ask for Stephanie.
- Complimentary breakfast is included, as is internet access, refrigerator and microwave.
- Dinners will be out at one of the many area restaurants
- There are a number of groomed and un-groomed trails in the area; trail fees not included.
- Make your reservations early, as this is a busy time of year for them. (You can cancel up to 6:00 PM on Friday with no cancellation fee.)

LAKE PLACID, NY

February 16 - 20, 2013

Leader: **Bill Hoffman**
717-560-3636, 717-490-3839 (C), billhoffman1@verizon.net

Lodging: 4 nights
Trip Capacity: 12, expandable up to 18
Deposit: \$150
Deposit Due: November 1, 2011
Total Cost: \$290
Balance Due: February 1, 2013

- Brooks Sunshine Cottage (inn).
- Ski venues: many, including Mt. Van Hoevenberg, VIC, Cascade Lodge, Adirondack Loj, backwoods trails

ROCKY POINT, INLET, NY

February 22 – 25 or 26, 2013

Leader: **Bill & Kay Pickering**
717-232-1326, billpick55@comcast.net
Lodging: 3 or 4 nights
Trip Capacity: 18
Deposit: \$120 (3 nights); \$160 (4 nights)
Due: January 15, 2013
Total Cost: \$200 (3 nights); \$275 (4 nights)
Balance Due: February 15, 2013

- We've reserved three 3-bedroom condos at Rocky Point Resort which is located at the east end of Fourth Lake in the Adirondack Mountains.
- There are skiing opportunities for everyone from beginner to advanced skiers. There are groomed trails in Fern Park in Inlet and also many back country trails to enjoy.
- The cost includes three or four nights lodging (depending which you have registered for), two dinners, three breakfasts, bed linens and towels.
- Everybody always has a good time.

GARNET HILL, NORTH CREEK, NY

February 26 - March 1, 2013

Leader: **Barbara Brandt**
609-844-0078, 412-526-3760 (C), bbrandt46@gmail.com
Lodging: 3 nights
Trip Capacity: 8
Deposit: \$100
Total Cost: \$210
Balance Due: January 29, 2013

- We'll be staying at the Goose Pond Inn, a turn-of-the-century B&B in North Creek.
- Modern amenities include private bathrooms and WIFI.
- Breakfasts are included, and there are a number of fine restaurants within walking distance.
- The excellent groomed trails at Garnet Hill XC Ski Center and numerous backcountry trails await us as do the slopes of Gore Mountain for any downhillers amongst us.

PULASKI II, NY

March 1 - 4, 2013

Leader: Peg Hampton
717-805-3593, pham608238@comcast.net

Lodging: 3 nights

Trip Capacity: 16

Deposit: \$150

Deposit Due: November 15, 2012

Total Cost: \$285

Balance Due: February 15, 2013

- Lodging at the 1880 House B & B includes cooked dinner on Saturday and Sunday nights, cooked breakfast each morning, and a variety of soup each day. Ski venues include groomed trails at a ski center and un-groomed forest ski trails.

HUT-TO-HUT, MAINE HUTS & TRAILS, KINGFIELD, ME
March 5 – 11, 2013

Leaders: Dennis & Beth Major
717-432-7068, 717-856-0518 (C), dennismajor@ymail.com, beth.major@ymail.com

Lodging: 6 nights

Trip Capacity: 18

Deposit: \$250

Deposit Due: December 2, 2012

Total Cost: \$500

Balance Due: February 3, 2013

- Year #3 for a great trip!
- The trails are groomed through the beautiful Maine Woods between each of the near-new lodges.
- Our hosts will transport your gear from trailhead to lodges and then each day to the next one. Also included are prepared breakfast and suppers by our hosts. Lunches can be purchased.
- KNG'ers on the 2011 and 2012 trips called it "Civilized, wonderful"...
- What will you call it in 2013?

Black Bean and Corn Salad

Servings: 8
Yield: 1/2 c
Serving Ideas: This dish is refreshing, crisp, and slightly sweet. It's great as a salad anytime or at parties as an appetizer served with tortilla chips.

Carol Lentz

- 1/4 C balsamic vinegar
- 1/4 C cider vinegar
- 2 Tbsp brown sugar
- 1 1/2 tsp lime juice, fresh
- 1/2 tsp ground cumin
- 1/4 tsp salt
- 1 garlic clove, minced
- 1 C corn, fresh or frozen whole-kernel, thawed
- 1 C red bell pepper, chopped
- 3/4 C onion, chopped
- 1/3 C cilantro, fresh, minced
- 15 oz black beans, canned, rinsed and drained

- Bring first 7 ingredients to a boil in a small saucepan. Reduce heat, and simmer 2 minutes or until sugar dissolves.
- Combine vinegar mixture, corn, and the remaining ingredients in a large bowl; cover and chill.

Obituary

Anna Elizabeth Alford from Crystal Lake

<https://www.sungazette.com/page/content.detail/id/578288/Anna-Elizabeth-Alford.html?nav=5012>

Kick 'n Gliders Nordic Ski Club

www.kicknsliders.org

2012-2013 Membership Application & Release

<p>Type in information & print form or Print form & fill in by hand</p> <p>Important: Be sure to sign release on second page</p>	<p>Dues Year: May 1 to April 30</p> <p>Dues: \$20 Individual \$30 Family</p> <p>Make Checks Payable to: KICK 'N GLIDERS</p>	<p>Mail Application and Check to:</p> <p>Kick 'N Gliders P.O. Box 1353 Mechanicsburg, PA 17055</p>
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Check the box to the right of any information to **not** be published in the club's roster, *People to Ski With*

Name:	<input type="text"/>	<input type="checkbox"/>
(Other family members)	<input type="text"/>	
Address:	<input type="text"/>	<input type="checkbox"/>
	<input type="text"/>	
City:	<input type="text"/>	State: <input type="text"/>
		ZIP: <input type="text"/>
Phone 1 Name:	<input type="text"/>	Number: (<input type="text"/>) <input type="text"/>
Phone 2 Name:	<input type="text"/>	Number: (<input type="text"/>) <input type="text"/>
Phone 3 Name:	<input type="text"/>	Number: (<input type="text"/>) <input type="text"/>
E-Mail 1:	<input type="text"/>	<input type="checkbox"/>
E-Mail 2:	<input type="text"/>	<input type="checkbox"/>
E-Mail 3:	<input type="text"/>	<input type="checkbox"/>
Check here <input type="checkbox"/> if you are willing to forgo the paper copy and receive the <i>Easy Glider</i> electronically. <i>We MUST have a valid email address for you to receive the Easy Glider electronically.</i>		

Be sure to sign and date the release on the next page.

RELEASE

(Excerpted from the Bylaws of the Kick 'N Gliders Nordic Ski Club)

Article XI. General Rules of the Club

Article XI, Section 1. No member or members of this Club shall obligate or commit the Club to any major endeavor, unusual activity or extraordinary action, unless Executive Committee approval shall have previously been obtained.

Article XI, Section 1A. Every member agrees to abide by the Kick 'N Gliders' Constitution and Bylaws and the Club Rules of Conduct, recognizing the social nature of the group and the authority and discretion granted to the Executive Committee herein.

Article XI, Section 2. Members desire to participate in the various activities of the Club. Each must recognize that all activities are strenuous and involve substantial risks of accident, injury and even death. Such activities, although engaged in as a group, are essentially individual activities/sports for which each individual must be physically and mentally prepared and capable, and in which each individual is essentially responsible for his own safety. The Club is simply an unincorporated association of interested persons which offers a central meeting point for those desiring to engage in the various activities; the Club does not sponsor or operate the activities for its benefit or profit; the leaders, the providers of motor vehicles, and drivers are all volunteers who lead or drive as an accommodation and not for their benefit or profit; the Club, its officers, the trip leaders, the activity leaders, vehicle owners, and vehicle drivers may not have (and in reliance hereon may not purchase) any insurance covering the individual or benefiting him in the event of accident, injury or death. Finally, each individual must recognize that many Club activities are conducted in wilderness or backcountry areas where appropriate medical care may be either totally unavailable, or hours and miles away and therefore inadequate in the event of emergency, but trip leaders and activity participants do not necessarily have any specific rescue, first aid, medical, or leadership skills or training. Each individual must understand that any and all trip leaders, activity leaders, and fellow participants are entitled to, and will rely on, the individual's ability to participate with the others.

I hereby recognize the Kick 'N Gliders as a nonprofit, unincorporated association of persons who have voluntarily organized themselves to participate in and enjoy various activities. I hereby certify that I have read the above section of the Club's Bylaws and understand the responsibilities of being a Club member and release, discharge and waive the Kick 'N Gliders and each and every one of its members from any and all liability for any loss, damage or injury I may suffer or sustain as a result of any of the activities of the Kick 'N Gliders by signing my name below.

I agree to abide by the Kick 'N Gliders Constitution and Bylaws and the Club Rules of Conduct.
I recognize the authority of the Executive Committee to revoke membership for violation of the Kick 'N Gliders' Constitution and Bylaws or the Club Rules of Conduct.

I recognize the authority of each trip leader to determine the composition of the roster for his trip.

**SIGNATURE OF
MEMBER(S)**

DATE

If member(s) are under 18 years of age, a parent or guardian must also sign:

DATE

Signature and Relationship



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

ADDRESS SERVICE REQUESTED

In this Issue of Easy Glider:

Summer Activities first is a canoe/kayak paddle, Sunday, June 24

Dues due, dudes!

2012-2013 Extended Trip Schedule

Black Bean and Corn Salad Recipe

2012-2013 Membership Application & Release