



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: March, 2013

**Please Note: Our meeting Place has changed!**  
Meetings are now held at [Center Street Grille](#), 4 Center St, Enola PA, 717-732-6900.

The Center Street Grille is on the east side of Center Street just south of Wertzville Rd (PA-944).

#### Directions from 581 and Rt 15 interchange:

- Go north on Rt 11/15 about 1.7 miles to N. 21<sup>st</sup> St stop light
- Turn left on N 21<sup>st</sup> St and go 0.3 miles to Center St stop light
- Turn left on Center St then continue northward (changes to E. Penn Dr) 2.7 miles to Wertzville Rd stop light
- Turn right onto Wertzville Rd, go 0.1 mile to first right
- Turn right on Center St; Center Street Grille is on the left.

#### Directions from I-81 and Rt 11/15 interchange:

- Go south on Rt 11/15 about 0.5 mile to Valley Rd stop light
- Turn right on Valley Rd and go 1.8 miles to Salt Rd
- Turn left onto Salt Rd and continue southward (changes to E. Penn Dr) 0.9 miles to Wertzville Rd stoplight
- Turn left onto Wertzville Rd, go 0.1 mile to first right
- Turn right on Center St; Center Street Grille is on the left.

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## TWO NEW EVENTS

Mark your calendars:

### Kick 'n Gliders Banquet **Wednesday, April 17, 2013, 6pm**

At Gilligan's, 987 Eisenhower Blvd, Harrisburg  
Registration form at end of newsletter.  
Deadline for submitting registration is Apr 10.

February 2014 - Jean Geiger, Sandy Stine and Cheryl Capitani are planning a Kick 'n Glider trip to cross country ski in Austria. A number of members indicated that they were interested. More information will follow as plans are made.

Thank you to Dick Norford, member of the Capital Area Greenbelt Association (CAGA), for his presentation February 5<sup>th</sup>. He covered a brief history of the "Harrisburg, City Beautiful Movement" of the early 1900's and the revitalization of the Greenbelt in the 1990's followed by a pictorial ride around the trail and future plans. Although only 9 people attended (many KnG members were skiing in Ottawa), it was an excellent presentation and very informative.  
<http://www.caga.org/>

### Program Meeting – Tuesday, March 5, 7pm **Center Street Grille**

*"Cycling the TransAmerica Bicycle Trail"* Wendy Palmer will talk about her summer 2012 cycling experience when she biked the 4,253 mile TransAmerica Bicycle Trail from historic Williamsburg to Florence, Oregon, a self-contained experience with Adventure Cycling Association.

## Social Meeting – Wednesday, March 20, 7pm

### **Herbie's El Mexicano**

Bressler/Harrisburg, PA

717-939-0624 <http://www.herbysmexican.com/>

## Business Meeting - Tuesday, April 2, 7pm

### last meeting of the season

### **Election of Officers and Trip Planning for the 2013-2014 Season**

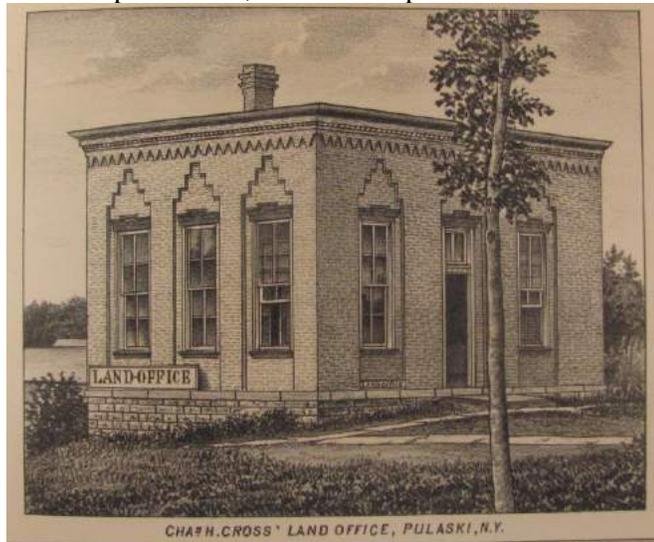
Are you interested in leading a ski trip? Or have a new venue you would like to suggest to the club? Gather up as much info as you can find on the areas and present it at the April meeting. You would need to know the approximate cost, possible dates, type of lodging, and eating and skiing arrangements.

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.

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## **How Old is the 1880 House?**

Numerous Kick 'n Gliders have enjoyed the ambience and hospitality of the 1880 House in Pulaski, New York and most of us realize that the B and B that we occupy is actually two buildings connected by an unusual set of stairs. The accompanying picture, from an 1877 publication, shows one part of the structure



which, as you can see, was once a land office. It was built in 1860. The owner of a large block of land near Pulaski sold lots on credit and the Land Office was where periodic payments were received. The other part of the building served many purposes over the

years including both the home and the office of a dentist. It, of course, was built in 1880.

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## **Boonville Trip Report**

by Bill Stine

The outlook wasn't pretty. The National Weather Service snow depth charts showed that there wasn't much snow in the Boonville area except right on top of the southern portion of Tug Hill. That meant we could only expect to see decent snow on Carpenter Road or at Osceola, where Hugh was struggling to compact a couple of feet of new snow. The BREIA trail report was pretty dismal, too, reporting only a couple of inches of cover on the trails with icy conditions and no more grooming until more snow fell. What to do?

Most of the eleven trip participants arrived at North Country Manor by 1:00 pm so we dressed to ski and headed to Carpenter Road to survey the situation. We were pleasantly surprised to find good conditions with about a foot of snow cover in the woods and a heavy dusting of fresh snow on the existing tracks. We had a nice time, covering a bit more than four miles before returning to greet the last of our arrivals and dig into dinner.

A late afternoon recheck of the BREIA trail report revealed no change so we were resigned to head over to Osceola. Now, don't get me wrong. Osceola is a great place. But the club skis there on the two Pulaski trips and the Boonville experience should be different. Then, about 8:00 pm, we rechecked the BREIA trail reports and, behold, they'd been updated. Now they said that they had groomed after the light additional snowfall we'd seen at Carpenter and that all their trails were now in excellent shape! Great news!

After a hearty, hot breakfast provided by our host, Craig Trainor, we headed down to BREIA's Jackson Hill Trails. They were in glorious condition, freshly trackset into new powder. It was near 0° F, so we skied into the beautiful warming hut to light a fire so it would be cozy for lunchtime. Then we proceeded to pretty much ski the top of the trail system out. Meeting for lunch at the warming hut, we were disappointed to not find Cindy Hoehn and Joy Reardon, who had skied separately to nurse minor preexisting injuries. Cindy finally called to report that the sole had become detached from one of Joy's ski boots and they had to return to the Manor to change gear. We broke into groups after lunch, some to ski the morning trails in reverse while others skied the advanced loops of the Hillside trails and on down to the canal. It was an

excellent day of skiing! We topped it off with dinner at the River Valley Inn.

Sunday's plan was to head south to the BREIA trails at Egypt Road. Again, the conditions were excellent. After lighting a fire in the warming hut we set out on a loop, out the Rim Trail and back on the Glacier Trail. After a snack we broke into two groups. The more ambitious group headed down the Gully Trails to Creekside and then took Glacier and the Link Trail to the lower trails where we pretty much skied out the system, including the Great Trail. We'd pretty much had the trails all to ourselves during the weekend. But, it warmed up to about 20° F during the afternoon and we finally began to see other skiers. Again, an excellent ski day! Dinner was one we made at the Manor.

Snowy conditions were predicted for Monday's drive home. While some of us left early for our destinations,



others stayed on to ski Carpenter Road, again, before returning home. We took other trails this time, heading out along Mill Creek. It was beautiful! At 20° F the temperature was perfect. It was snowing lightly and the dusting of fresh snow made for quiet, fast skiing. And, we were alone, again. What a treat! After changing into dry clothes back at the Manor, we bid farewell to our host, headed into town for a light lunch and then on the road toward home. We had some snow along the way but the drive wasn't too bad.

Threading the eye of the snow conditions needle is becoming a theme, it seems. But Mother Nature, coupled with the Boonville area trails, produced yet another excellent ski experience for we Kick 'n Gliders. We'll be back!

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## Potter County Trip Report

February 1-4, 2013

Many of us feel that Kick 'n Gliders has become a trusted extended family as we travel together from ski place to ski place to XC and downhill ski, eat, sleep and socialize. Therefore, I am sad to report that some of our Potter County ski roster buddies had events that took them off the roster: Jean Geiger with a wrist fracture and Cheryl Capitani and Dave Powell with a cousin's death. We missed them!

We however in the ski venue process added to our K 'n G family our trip co-trip leaders, Mary Anne and Gil Linde. Welcome! Let me report that they are very strong skiers and know our area well. May they now enjoy new adventures with us.

In the future, trips to Potter County will be directed by Mary Anne and Gil who have lead trips for his venue for 30 plus years. They know the area well. My attempt to get K 'n Gers involved was to explore and enjoy the local trails and the Susquehanna Lodge.

The 3 day food and lodging plan was enjoyed by Chris Brubaker, Jim and Martha McGraw, Ron Henry and Nancy Borrman. The 2 day food and lodging plan was made available to Jamie Hackman and Joy Reardon. Others in the group were from the Sperry New Holland Ski Club and made their arrangements separately.

Thanks to Mary Anne we had yoga exercises and encouragement each morning after breakfast. She acted as the front leader, but we noticed Nancy Borrman and Tom Hooper also advocating their ideas. All were lead by Gil in the afternoon on his self-designed ski to sled conversations which brought forth whoops of joy



from all participants as they scooted down the lodge slopes before dinner. Chris and others also took a half-day or more downhill ski break at Denton Hill. Note:

No drinkable water is/was available at this public ski area! Welcome to polluted water from resource extraction processes in the headwater areas!

Yes, we XC skied . First we skied in the woods on the Susquehanna Trail from the Susquehanna Ranger Station to the lodge. On this ski we had to climb up and over some downed trees, not just branches. Day 2 we skied on the Denton Hill XC Ski trails but encountered wells with gravel roads no thanks to Marcellus Shale actions. Note: We will have to endure ski challenges in the future! Welcome to gravel and widened roads instead of trails and wetter trails due to drilling traffic.

We want to thank the owners of the Susquehanna Lodge for their fine hospitality and financial flexibility. We were able to accommodate Kn Gliders who were going to Ottawa and/or just signed-up for a special weekend. The food was especially bountiful and well cooked. The lodging and public space was very warm and cozy.

What more do we need to have good cheer and friendships!? Thank you for sharing your personalities and skills!

Remember: The Potter County local area has many state parks and the Pine Creek Little Grand Canyon and rail-trails to make your next visit memorable!

*Christine C. Brubaker*

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## Ottawa Trip Report

February 4-9, 2013

Seventeen KnG'ers gathered in Ottawa, Ontario on February 4 for four days of skiing, mostly in Gatineau Park just across the Ottawa River in Quebec. There was barely an inch of snow in Ottawa but less than 10 miles away in the park there was an adequate amount for skiing. Not a lot, but enough.

The first day we checked at the Gatineau visitor's center for recommendations, given the scant cover we'd seen thus far. We were sent to a trailhead several miles away where we did an out-and-back ski on what was listed as a moderate trail. It started with a fairly steep climb of about half a mile that I would not rate as moderate, even with decent snow. After that the terrain eased up, but still not what I'd call easy as it was marked. We went as far as a warming hut for lunch and then returned to the parking lot. The long steep downhill at the end was not quite as bad as we feared.

Wednesday (day 2) we returned to Gatineau after driving to Nakkertok Park, another highly rated venue. Races were being held at Nakkertok that day and Thursday, but the management said they would groom specially for us on Friday. They did, and most of the group went there during a heavy snowstorm for a great skiing day. Unfortunately, the trip leader was not one of them, so I cannot give a first-hand report. Ottawa wound up with about 10" of snow on Friday, just in time for us to try to drive home or to the North Conway trip on Saturday.

But back to Wednesday. There we drove to parking lot 17 and did a gentler one-way trail of about 8 miles. Wednesday was not as cold or windy as Tuesday (which saw a high of only about +5°F and a low of -15°F). Both days' ski involved lunch in a trail shelter, as it was too cold to eat outside.

Thursday was a museum day for most people, but David Walborn and I, and Dave Leroy and Nancy Kauhler, drove to the far north end of Gatineau and did another in-and-out ski of 8 miles to Lake Lusk, where a shelter awaited us for lunch. This trail starts on a wide park road, then moves onto a narrower road, and



finally onto a real trail for the last 2 miles. Most of the hills are on the trail, but they were manageable even with thin cover in a few sheltered spots.

Our headquarters was the Extended Stay Suites hotel in downtown Ottawa. It has been the practice on previous club trips to Ottawa to stay in such places because of proximity to attractions for non-ski days, and the ability to prepare our own meals. The only shortcoming of ESS was that the suites--all one-bedroom units--were too small to accommodate all 17

people in one suite for dinner. So I split up the group as many ways as I could so that people would have a variety of dinner companions. This required two cooks for each dinner, although one night the Stines made a Weaver's ham (from Lancaster) for both groups, and someone else made the side dishes.

Another logistical problem was the fact that the nine rooms we occupied were spread throughout the hotel, which has two wings that are only connected through the lobby. Six rooms were in the east wing, and the others in the west wing. Because we could not all be together for dinners, we adopted a meeting every morning in the lobby where we would decide upon the day's ski venue. I had requested the rooms to be close together, but the hotel was unable to do that because of other guests' varying check-out dates.

There was one sad intrusion on our trip. On Friday morning, Tom Hooper got a call that his father, whose health was precarious, had passed away overnight, and Tom left for Lancaster. He had to give up the North Conway and Lake Placid trips as well.

Otherwise, everyone had a great time (or so they said). Ottawa is not likely to be an annual staple on the club's roster, but we undoubtedly will go back in a few years.

Participants: Nancy Borremans, Barbara Brandt, Tom Hooper, Dave Leroy and Nancy Kauh, Mike and Pam McMullen, Jim and Virginia Magee, Dennis and Beth Major, Dave Powell and Cheryl Capitani, Bill and Sandy Stine, David Walborn, and the leader, Bill Hoffman.

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## North Conway, NH

**Feb. 9 – 16, 2013 by Andrea Hospodar**  
"Brilliant minds think alike"

This trip was off to a precarious start with Winter Storm Nemo coinciding with our travel day to N. Conway. Eleven of our group were coming from the Ottawa trip, so travel time was 5-6 hours, and they were coming from the northwest, so missed the worst of the storm. But the 7 coming from PA had to travel through Massachusetts, Connecticut and southern New Hampshire – the heart of the storm – so five of us decided to wait and make our journey on Sunday. Two braver souls – Tim Musser and Chris Brubaker – made the trip Saturday (heaven forbid to miss a ski day!), taking a more western route to miss the worst roads. All made it safe and sound and without incident.

This trip seemed destined to be defined by its meals. It is said that brilliant minds think alike - we must have numerous geniuses in our club, as all our meal volunteers had planned a chicken dinner! Stines prepared Southwestern Chicken; Nancy Kauh created Chicken Delite; Chris Brubaker and Nancy Borremans offered Mexican Chicken; and finally we had pasta and sausage, thanks again to Stines, with... OF COURSE, CHICKEN SAUSAGE!! Our last night's meal was leftovers, so chicken again! I don't think anyone sprouted feathers, but it *is* reported that some of our group were spotted doing the Chicken Dance in the vicinity. We did try a new-to-our-group venue on Wed. night – Wildcat Inn in Jackson. They have a two'fer \$24.50 night offering a very nice selection of entrees, and guess what – NOBODY ORDERED CHICKEN!

SUNDAY: Those who made the trip on Saturday were blessed with the gift of nearly a foot of fresh snow, comfortable temps and sunny blue skies, so ventured to Jackson Ski Touring center where they broke into several smaller groups. Some enjoyed the scenic Ellis River trails, while others played on the rolling hills of "The Wave". All had a good day and shared their stories with the PA travelers who arrived just before dinner.

MONDAY: We all headed to Bear Notch and broke into 3 groups to head off in various directions. It snowed most of the day and accumulated to nearly 4 inches before changing to a misty rain around 3:00. Some opted to head first to the Saco River trail. Others climbed to the high grounds first to do numerous smaller loops up and down the mountain, then broke for lunch. Still others of us decided to continue on to do the river trail before breaking for lunch, fearing the snow would change to rain and we might miss this scenic trail. We all had our fill before the rain started. And once again they offered delicious homemade soups and freshly baked bread for lunch. This place is a favorite of all of us for its down-home atmosphere and interesting trails.

TUESDAY: This was the first year the Mt. Washington Valley Ski Touring trail system had good snow. One of the pluses of this system is that we can get on the trails right from Stonehurst Manor where we were staying. So we all headed towards N. Conway on the Powerline Trail which leads to Whittaker Woods – a system of many small loops up and down the foot of the mountain. We did multiple loops before heading into town for a lunch break. Most went to Horsefeathers and found the food to be very delicious. (This is also where we got the tip from our hostess on the two'fer night at their sister restaurant – Wildcat

Inn.) Heading back to the trails after lunch most stopped in at the Mt. Washington Observatory Weather Discovery Center. We enjoyed the 10 minute movie about the wind, ventured into the replica of the 1934 weather station and experienced the simulation of the 231 mph world record wind they recorded there, and had fun playing around with the interactive weather related displays. Then we continued on for more ski loops, heading back to the condos as our energy ran out.

WEDNESDAY: This is two'er one day at Bretton Woods, with a wonderful trail system nestled around



the scenic Mount Washington Hotel, a grand hotel from the late 19<sup>th</sup> century. With the above-freezing temperatures all week and having received less snow on that side of the notch, conditions were not what we were accustomed to there and many trails had not been groomed for several days (due to insufficient snow). However we again broke into several groups and enjoyed a full day of good skiing. Yours truly rented a pair of skate skis and ventured out to practice what I learned in a lesson at Craftsbury. I enjoyed it very much and was quite pleased with my improvement, but bit off a little too much after lunch. I rejoined the rest of the group and we did mostly intermediate trails - too much uphill for me!

THURSDAY: This was a "dealer's choice" day. Several small groups headed out for varying destinations. Some returned to Bear Notch for a second day; others returned to Whittaker Woods; those downhillers amongst us headed to Attitash for some wonderful Alpine skiing; Fred & Carole Wilcox took the Snowcoach up Mt. Washington Auto Road and got some awesome photos; and Nan and Pete, Dave L. and Nancy K. did some backcountry ski exploring off the Kancamagus Highway on the Nanamocomuck Ski Trail and found it to be very beautiful and enjoyable. They did not ski the entire trail on this venture, but it is very probable that we will return there next year to do some more exploring.

FRIDAY: 'WHO'S GOT SANDY'S SKIS?'" Our last day is usually reserved for Great Glen trails. It is a small system so is good for a last day on weary legs, and oh, by-the-way it is their two'er one day! (We find all the bargains!) It is my favorite place for scenery, nestled in a bowl formed by Mt. Washington, Mt. Jefferson, Mt. Adams and Mt. Madison. We set our skis in the racks by the trails and went in to buy our trail passes and get ready. I was planning to use my waxable skis for the morning and set my Superlights aside for use in the afternoon. Bill Stine had discovered at Bretton Woods that his Superlights (Bill, Sandy and I all ski on the same skis) had broken right in the middle of one of the skis, so he had to rent skis. When we finally got out to start our ski, Sandy discovered that her Superlights were missing and only a pair of size 192 cm remained! Apparently since they are a popular ski, someone else had headed out earlier and grabbed her pair by mistake! So now Sandy needed to use a borrowed pair of demo skis! All day long everyone was looking out on the trails to see who might have Sandy's skis, but to no avail. Our various groups kept crossing paths but no-one saw the skis. After lunch Bill & Tim headed off to do some



ungroomed trails while the rest of us got our fill on the groomed trails. By the end of the day we had still not found the missing skis. When Sandy and I returned to the lodge, Bill was already done and had checked in with Nate, the ski shop pro. Nate pointed out that the bindings on two of the sets of skis were not what they normally mount on their skis, and also there was not much difference in the two sets that remained - is it possible the two women got their skis mixed up?? Sure enough when we put them side-by-side ANDREA HAD SANDY'S SKIS! We must have gotten them mixed up getting them off the car. NOW they have our names painted on them! While all this was going on, Nate got a resolution for Bill - he arranged for Bill to

get a new set of skis from the Fischer rep to replace his broken one! So all ended well.

Meanwhile, Nan and Pete had an adventurous day hiking most of the way up Tuckerman Ravine trail, and had some wonderful pictures to share with the group that night. Many headed home early to do some final shopping. Bill, Sandy, Tim and I were the last to leave and also made a final stop at Ragged Mountain (one of our favorite shopping places). Tim went in to buy a ski bag and came out with the bag and a new pair of... SUPERLIGHT SKIS. That makes 4 of us now skiing on them! Oh, and he got a new pair of boots on sale at LL Bean... watch out for Tim!

SATURDAY: Alas, the end of the week! Nine of the group left to go on to Lake Placid, while the rest of us headed home. It was a wonderful week and we hit some of the best snow the area had this season. We will be back next season... I can't wait!

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## Lake Placid Trip Report

Fifteen KnG'ers gathered in Lake Placid over President's Weekend for the club's annual sojourn to this beautiful Adirondack Mountains community. We had a new house this year, larger and less expensive than the house we'd stayed in for the past three or four years. Due to an oversight on my part, several participants had to be housed in a motel a few blocks away. That'll be rectified for next year.

So as not to overlap with the North Conway trip, this trip did not begin until Saturday, and ended Wednesday. Our first ski day was Sunday, which was



quite cold but mostly sunny. We went to the VIC (Visitors Interpretive Center) at Paul Smiths, which has been expanded since Paul Smiths College took it over

two years ago. New trails have been added, and there is now grooming on all the ski trails. To pay for this, a modest fee is now charged, but it's well worth it. The VIC had about a foot of snow on the ground, and although there was no new snow, conditions were very good and not at all icy. Most of us skied about 8 miles on new trails and old favorites, returning to the Center for lunch since it was too cold to eat outside. Walt Pomeroy, who was recovering from eye surgery, could not ski but was able to snowshoe. His wife Lin accompanied him in the afternoon after skiing with the group in the morning.

Monday six of us went to Mount Van Hoevenberg. We might have saved this venue for Tuesday when I expected it would be less crowded, but Tuesday's weather forecast was iffy. Given the fairly high trail fee here, we wanted to have a full day to enjoy the place. Despite it being a holiday, the place was not crowded. Bonnie, Ellen, Barb, Nancy B., David, and I enjoyed a good ski there; although there was no new cover, we did fine. I did the Ladies 5K in the morning, while the others did the East Mountain loop. After lunch we all did some moderate trails on the west side of the road, but we still got in plenty of climbs. After skiing, Bonnie, Ellen, and Barb took a bobsled ride, which cost each of them \$2 per SECOND. They just beat out another team of testosterone-enhanced males. Hey, you need some bragging rights for an event as expensive as this.

The others in the group did back-country trails at Adirondack Loj, while a few explored the Ausable



Lake trail in Keene Valley.

On Tuesday, the warmest day, six of us skied the Connery Pond-to-Whiteface Landing trail. Evidently a few hills were added since our last trip on this trail, as all of us remembered it as mostly level. With all the powder skied off, the return trip, which included a long, slightly twisty downhill, was, well, interesting, but we all made it. The rest of the group explored a

new trail, Hayes Brook, near the VIC, and pronounced it very nice.

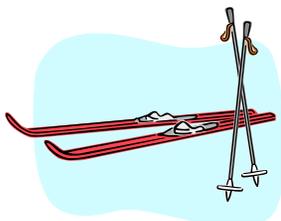


Rainbow Falls near Ausable Lake

Not only did we ski well, we ate well. On Friday I made lasagna. Well, actually Stouffer's made the lasagna, I only cooked it. On Sunday the Stines made pork and sauerkraut with red mashed potatoes. Monday night was meat loaf and roasted sweet potatoes and green beans by the "maidens"--Barb, Bonnie, and Ellen. Tuesday night--leftover night--featured the Nancys' soup containing Monday's vegetables and potatoes, meat loaf, pork and sauerkraut, and mashed potatoes, plus pumpkin and blueberry pies and ice cream.

Participants: Nancy Borremans, Fred Burgess, Bonnie Gardner, Ellen Hughes, Dave Leroy and Nancy Kahl, Pete Oswald, Walt and Lin Pomeroy, Nan Reisinger, Barb Sears, Bill and Sandy Stine, David Walborn, and the leader, Bill Hoffman.

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## Cranberry-Pumpkin Seed Energy Bars

- 1 cup pecans, crushed
- 1 cup rolled oats
- 1/3 cup pumpkin seeds
- 1/4 cup flaxseeds (rich in Omega-3 essential fatty acids)
- 2/3 cup muscovado (unrefined brown sugar w/a strong molasses) or dark brown sugar
- 1/2 cup honey
- 4 tablespoons unsalted butter
- 1/2 teaspoon salt
- 2 teaspoons vanilla extract
- 2 cups puffed rice cereal
- 1/2 cup dried cranberries

Preheat oven to 350 degrees & spread pecans, oats, pumpkin seeds & flaxseeds on cookie sheet. Bake until fragrant, about 8 minutes. Transfer to a large bowl.

In a saucepan, bring the sugar, honey, butter & salt to a boil over moderate heat. Simmer until sugar is dissolved & a light brown caramel forms, 5 minutes. Remove from heat and stir in vanilla.

Drizzle caramel over nut mixture. Stir in puffed rice and cranberries until evenly coated.

Line an 8 inch square pan with parchment paper extending the paper over the side. Scrape the mixture into the dish in an even layer. With the overhang paper, press down to compress. Let stand until firm about 2 hours. Lift out with over hanging paper, transfer to a cutting board & cut into 12 bars.

You can make these bars with any mix of nuts & dried fruit.

Recipe from *Food and Wine Magazine*, February 2013. p.22.

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### For Sale

Fischer Super Crown xx skis, 75 inches  
Solomon bindings, and carry bag  
\$75 (used approx 5 times!).

Terry Brown  
Phone: 717-569-0224

# Kick'n Gliders Banquet

Wednesday, April 17, 2013

Gilligan's Bar & Grill

987 Eisenhower Blvd, Harrisburg, PA 17111, 717-939-9575 <http://www.gilligansbarandgrill.net/>

6:00 PM Cash Bar & Appetizers

6:30 Dinner - Followed by Program

**Price Includes: Appetizers, Salad, Vegetable Medley, Garlic Bread, Coffee, Tea, Iced Tea, Dessert, Gratuity & Tax**

- Homemade Baked Lasagna \$19.00

Seasoned ground beef, Ricotta & Provolone cheeses layered between lasagna noodles & topped with mozzarella

- Chicken Parmesan \$21.00

Lightly breaded & topped w/meat sauce & Provolone cheese, served with spaghetti

- Broiled Haddock in Citrus Butter \$22.00

- Broiled Salmon in Citrus Butter \$24.00

- Prime Rib au Jus - House Specialty 12 oz. \$25.00

----- cut here -----

Mail this portion along with your check made out to "Kick'n Gliders" to:

Cheryl Capitani

3028 Meadowlark Place

Harrisburg, PA 17104-1534

717-480-7350 [cherylcapitani@comcast.net](mailto:cherylcapitani@comcast.net)

**RESERVATION DEADLINE: WEDNESDAY, APRIL 10**

**(Please note any dietary restrictions)**

Name of attendee and entree choice

Attendee _____	\$19 Lasagna
Attendee _____	\$21 Chicken Parm
Attendee _____	\$22 Haddock
Attendee _____	\$24 Salmon
Attendee _____	\$25 Prime Rib

**TOTAL: \$ \_\_\_\_\_**



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

ADDRESS SERVICE REQUESTED

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

**Kick 'n Gliders Banquet -Deadline: April 10**

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**North Conway, NH Trip Report**

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**Skis for sale**

**Banquet Registration Form -Deadline: April 10**