



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickgliders.org)

Issue: April, 2014

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. 21st St stop light
- Turn left on N 21st 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.

Slate of Candidates for club offices 2014/2015 term

President-----Dave Powell
 Vice President ----- Lisa Baer
 Secretary ----- Marilyn Grove
 Treasurer -----Dave Leroy
 Trip Coordinator -----Ron Henry
 Program Coordinator - Cheryl Capitani,
 Jean Geiger, and Nancy Martinez
 Membership Chairman --- Nancy Kauh
 Day Trip Coordinator-----Jean Geiger
 Newsletter Editor-----Pete Oswald

Events:

Dues Are due!!!!!!

Please fill out the online application form, a downloaded copy, or the one included in this newsletter and submit it along with a check for the appropriate amount.

We all thank you for your timely renewal.

Tuesday, April 1, 7pm Election of new officers and trip planning for the 2014-2015 ski season at the Center Street Grille.

Reminder: This is the last general meeting of the year.

Join us at 5:30pm for dinner prior to the meeting.

Endless Mountain Canoe Weekend

Muncy Valley, PA
July 12-13, 2014
Nancy Martinez

I would like to thank Tom Hooper and Christine Brubaker for reaching out to members of their canoe club to help fill out the attendance for this kind of last minute summer outing. Four of us seemed able to commit to July 12th and four others expressed an interest so I decided July 12th had just as good a chance as any of getting a good attendance. Tom and Christine, thank you again for your kindness.

I have spoken with Pioneer Campground and they have offered to reserve 4 adjacent sites for us until May 1st without a deposit. They will waive their extra tent and extra person fees and only charge us \$25.00 per site per day (\$50.00 per site for the weekend). Three of the sites can have 2 tents and one can have 3 tents. These are primitive sites, there is a stone fire ring and a picnic table at each site and the sites are wooded. Sites 84/85 share a fire ring and might be good for communal get togethers.

This is based on a count of 10 people. If by May 1st we have less than that we can reserve fewer sites. We would have to make a deposit of half the total amount on May 1st. The maximum deposit would be \$100 and the maximum total amount would be \$200. I stayed at Pioneer Campground in 2010. It is well-run and clean and has a swimming pool.

We would be attending a canoe trip on Saturday to the Laceyville Community Day sponsored by Eastern Mountain Outfitters. Information on that event follows this article. Eastern Mtn Outfitters has penciled us in for 10 people on July 12th.

Because some people have their own kayaks/canoes, I decided it would be best for people to make their own, individual reservations with EMO.

Their contact information is: Endless Mountain Outfitters David and Melody Buck 7474 Route 187 Sugar Run PA 18846
570-746-9140
<mailto:Kayaks@ptd.net>
www.EMO444.com

On Sunday we would be eating brunch at Berry Fields Farm where they have field-to-table meals (everything in the meal was grown on the farm including the bacon). The dining room is at the top of a hill and has a panoramic view of the Endless Mountains. After the meal they have a free guided tour of the farm. They also have a farm store if you want to bring a shopping bag. The cost of the brunch is \$15.00/person plus tip and taxes.
<http://www.berryfieldfarm.net/dining/>

After brunch we can either hike in Ricketts Glen or go on a bike ride with 11 covered bridges.

Please let me know by April 30 if you would like to come and if you could tell me sooner, all the better. I'm a little worried about waiting too long to make reservations at Berry Fields Farm because they are known far and wide. At the time I was there in 2010 there was a family in the dining room from Pittsburgh and another family from Manhattan.

*River Trip from Sugar Run to Laceyville
July 12, 2014*

**FREE SHUTTLE FOR EMO CLUB MEMBERS
with EMO STORE BOUGHT KAYAK**

Come join us for the annual kayak/canoe trip on the North Branch Susquehanna River to Laceyville. We will meet at Endless Mountain Outfitters in Laceyville or on Rte. 187 in Sugar Run at 10:00 and launch by 11:00 July 12th. We will offer a shuttle leaving at 9:30 from the River Bridge in Laceyville up river to Sugar Run. We expect a sunny day for this 8-mile leisure paddle. Bring dry clothes, binoculars (eagles are common), proper footwear for water, and plenty of drinking water with a snack. We will stop at the Quick's Bend for a break.

There we have an update on the North Branch Water Trail and a talk on the nature of the River.

We offer recreational and some touring kayaks. They are very stable and user friendly. Tandem kayaks and canoes are also available. The recreational kayaks are \$40, touring kayaks are \$45, and tandem kayaks and canoes are \$55 per day. PFD and paddles are included. A lesson on how to kayak will be given.

Visit our web page for more information and registration. www.emo444.com. Phone us for reservations at 570-746-9140 or e-mail kayaks@ptd.net

Reservations are required.

Visit our web page for more information.

If you bring your own boat, registration for the event is \$12 per boat. Bring your boat to Sugar Run and we will shuttle you either prior to the float or afterwards. If you need to livery your boat from Laceyville there will be \$5 additional charge.

We should arrive at Laceyville Community Day in time for the famed turtle race. There will be plenty of good food and fun is available. After you have had time to enjoy Laceyville, we will shuttle you back to Sugar Run.

Call 570-746-9140 or email kayaks@ptd.net with your questions.

*Thank you,
Melody and David Buck
Endless Mountain Outfitters, Inc.
7474 Route 187, Sugar Run PA 18846*

Rocky Point, Inlet, NY Report

February, 21 – 25, 2014
Bill Pickering and Dave Powell

Eighteen Glider's arrived at Rocky Point Friday evening and most all participated in a group dinner at the Old Mill Restaurant in Old Forge, NY including new members Gil & Mary Ann Linde and

their son Brent. Also along were Laura Ford and first time X/C skier Chas Ford.

Saturday morning the contingent drove out to Sagamore to ski the trail around Sagamore Lake. A



ski of about 5 or 6 miles through beautiful Adirondack woods. Laura & Chas went with Pickering's to ski the tamer and shorter trail on the back side of Fern Park. The snow conditions were



skiable, but those who had been out on many trips were a bit disappointed since coming from North Conway, NH with near perfect conditions, these conditions did not compare.

After returning to the Rocky Point Condo's and resting a bit, all then gathered for a cocktail hour

prior to dinner. Many lies and laughs were had. The report was that Chas had a good first day on skis.

Sunday there were two groups. Bill, Kay, Laura, Chas, and Dave headed for the golf course. The rest of the group went to Fern Park. Since this was Dave's first ski following the stroke he didn't want a long day and wanted to avoid hills.

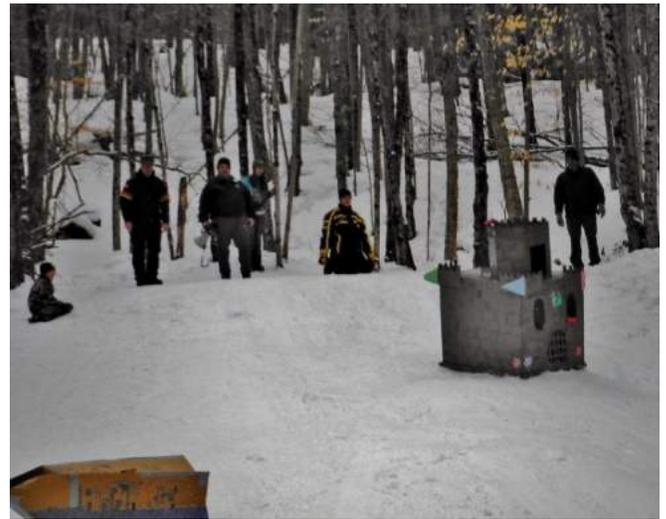
The golf course was very crusty and windy, so this group also headed back to the back side of Fern Park to ski the same trail done the previous day. The less challenging terrain was good for Chas and Dave. Chas had another good day. After skiing we headed over to the Red Dog for lunch. After an enjoyable lunch, Dave was last out. He walked out the door to find Bill lying in the parking lot. Another non-skiing fall. The parking lot was icy, Bill slipped and fell and banged his head. Apparently no harm done.

The group enjoyed the annual Inlet cardboard sled race at Fern Park. Participants of all ages and



construction abilities created sleds of many styles and raced them down the hill. Some made it down unscathed. Most went out of control flipped over spilling the drivers into the snow and leaving sled parts all over the slope. It was a fun afternoon.

A lesson of the north was reinforced when leaving a car parked in sub-freezing conditions. That being



DO NOT use the emergency brake. One of our members did so only to find the car was undrivable the next morning. The cable had frozen in the brake lock position.

During happy hour Bill was his old self again.

On Monday, eight of the skiers left us. We again were in two groups with Bill Stine leading a group



on the trails on the back side of Fern Park. Bill P., Laura and Chas again tried the golf course but the wind drove us back to the condo in short order. The Fern park group had a good ski on both groomed and ungroomed trails. We finished the evening with Bill Stine's slide show.

When not skiing, we enjoyed good food and fellowship which is standard for this trip.

Pulaski 2

Feb 28 – Mar 3, 2014

Skiers: Peg Hampton (Leader), Tim Musser, Mary-Liz Todaro, Chris Brubaker, Andrea Hospodar, Matt London, Kim Lausch, Jeff Fournier, Marsha Freedom, and Rich Johnson.

Two days before our arrival, the Pulaski area received 14 inches of new snow setting us up for perfect conditions! My van load of eager skiers (Tim, Mary-Liz, and Chris) made a quick stop at the Hazelton McDonald's for caffeine and a few other essentials. All went well and we were out of there shortly and thirteen miles further north when Mary-Liz discovered that she had left her purse at the McDonald's. With two more miles to the next exit and Peg's heavy foot on the gas pedal, we returned to the McDonald's in record time. From the parking lot, we could still see the purse hanging on the back of the chair where it was left. Good fortune continued as it was determined that the purse still contained all of its original contents. One disaster avoided and no speeding tickets acquired in the process!

We arrived at the 1880 House to more chaos. Linda had the long brick wall inside the Jefferson Street entrance sanded and repointed between the previous weekend and our weekend. We were not



able to stay in the suite because it was still being cleaned. It was agreed that Andrea, Mary-Liz and

Peg would stay in room 8 instead of splitting up and someone sleeping in the annex. The remaining rooms were cleaned. Fortunately, we did not need the closet room 7 because it looked as if a bomb had gone off in it.

Nine skiers (minus Jeff) arrived for soup (tomato basil) and the traditional Friday afternoon ski. We met new members (and new Grandparents) Marsha and Rich. They had read information on the club's interest in attracting younger members and hoped we would accept them even if they did not fit the chronological age. They were young in spirit and fit in nicely with the group. And, they skied like youngsters using their *wood skis*! The group left from the Center and Wart Road parking lot and enjoyed great conditions out Winona Way, to Sally's Ride and then to Hiscock. At this intersection, Tim, Matt, Kim & Chris opted to take a left on Hiscock and return to the parking lot via the Bill's Belly trail. We all returned to the parking lot at about the same time and the Bill's Belly group



shared their adventures with those that opted to backtrack on the easier trails. Marsha and Rich opted to ski from the CCC Camp and went back on the Pussy Cat and Bronze trails. We returned to the 1880 House for more soup and a social gathering in the homey living room while we waited for our 10th skier. Jeff had planned to arrive earlier but his work schedule prevented that.

On Saturday, we were treated to a wonderful cooked breakfast prepared by the 1880 House staff and then drove to Osceola for a great day of skiing. Considering how fantastic conditions were, there

weren't a lot of skiers, but we did bump into Lin and Walt Pomeroy extending a previous ski trip prior to driving home. We split into various groups



based on ability and goals for the day. Andrea opted to do some skate skiing, Chris was happy to keep Peg company on all of her favorite trails. We passed Marsha & Rich several times on the trails. We passed Jeff, Matt & Kim during the day. Mary-Liz had just donated blood a few days prior to the trip



and took it easy. I did not see Tim all day, but heard rumors of "Tim sightings" on the trails. Marsha & Rich's wooden skis were coming apart so they purchased new skis. They did not even "test drive" them first – just took Hugh's recommendation on brand and length! And, Kim purchased new skis

and boots. After a fantastic day of skiing, we returned to the 1880 House for Linda's black bean soup and later, the baked ham dinner. Our vegetarians had stuffed portabella mushrooms.

Several inches of snow fell overnight and we awoke



on Sunday to great snow conditions. We had another great cooked breakfast with pumpkin pancakes and other goodies. The Sunday ski venue was the eight mile race loop from the CCC Camp



at Mansfield. We did encounter some skiers that spent the night camping in the woods – good for them! The groomer was out the day before and

much of the loop was groomed and tracked until the remaining three or so miles. Peg set a pace that allowed each person a little space to enjoy the quiet of the woods. We regrouped where the trails split or when we found a port-a-potty. It was a cold day and most of us called it quits when we completed the loop. Matt & Tim opted to go on the trails north of the CCC buildings while the rest of us returned to the 1880 House for hot showers and corn chowder. The soup held us over until the lasagna dinner was served. We socialized in the family room until Peg had to split for the basement to watch the Walking Dead show – did not want to subject anyone else to that!

The weather forecast was predicting a major snow storm on the East coast so we weren't sure what was going to happen on Monday. Linda did offer to let us stay an extra night free of charge if the roads would be too hazardous for travel. Jeff rolled out at "o-dark-30" and was gone before the rest of us climbed out of our incredibly comfortable beds. He missed another great breakfast of French toast and breakfast pizza. Marsha & Rich did stay for breakfast and then went to Syracuse to check on their new grandson and to pick up their dog which was staying with their daughter. Six skiers set off for Chateaugay and Kim opted to relax for the morning at the 1880 House. Conditions were pretty good. Tim measured three feet of snow in the woods. We split into groups at various times with some of the folks desiring more challenging conditions and others preferring conditions that required less coping skills. At one point, I caught up to Chris which wasn't too difficult because she was rolling around on the ground. It seems that she was going to take a picture of some animal tracks from the three foot level, but gravity brought her to the six inch level. Even Andrea circled back looking for her. We ended together and returned to the 1880 House to finish off the corn chowder and load up for the return trip to PA.

I did not want to leave town without seeing the ice on Lake Ontario. Locals from the area reported more ice than they ever witnessed in previous years. The road was not paved down to the parking lot at the shore so we had to hike it down. It was worth the hike. From the concrete pier where the water normally just gently laps to the shore, the ice pile was about 20 feet high. It totally blocked us from seeing the cooling towers of the nuke plant

across the lake. It was a great ending to a great trip which ended a fantastic ski season for me. The drive home was uneventful with dry roads, no lost handbags, and no major traffic delays.

Thanks to everyone for making this a fun and easy trip to lead.

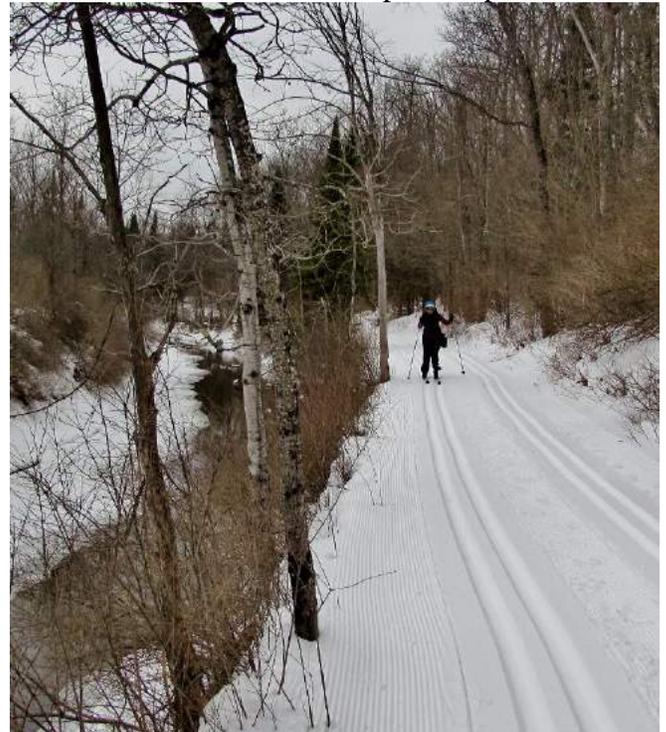
If you have not done so already, now is the time to put a little lube into those ski bindings and put some F4 on the base of your skis before putting them away until next ski season.

Boonville Shines Brightly

March 7 – 10, 2014

Bill Stine

Our flight of Kick 'n Gliders began gathering at North Country Manor in Boonville about noon on Friday, anxious to take advantage of what appeared to be excellent ski conditions. We drove south a few miles to the BREIA Jackson Hill Trails to see just how good they really were. And they were amazing; perhaps the sweetest conditions this writer has seen in more than 250 miles of skiing this winter! The trails were freshly groomed and track-set. We skied the usual loop on top of the hill,



adding the Plantation Loop and had a wonderful time! Afterward, several people extended the day

by skiing one-way down to the Canal Trail. What a rush! We returned to our B&B to discuss the following day's agenda over dinner of salad and pizza.

While many of us wanted a day of back country skiing, others decided on more bucolic pursuits. The latter chose to ski the seven-mile BREIA Canal Trail while the rest of us headed for the trails at Barnes Corners, some 40 miles distant. Conditions at both venues were excellent. The Canal Trail group dropped two southbound skiers at the north end of the trail and drove their car to the south end of the trail to ski north. They passed car keys when they met in the middle.

The Barnes Corner group found the trails in great shape. They'd been nicely packed by a snowmobile



on all but the trails that followed the rim of Inman Gulf. (For those not familiar with the term "gulf", in Tug Hill parlance it means canyon.) We headed straight for the Gulf trails and were delighted with what we found. What a cool sight. Continuing the grand loop, we returned to the parking lot for lunch and then headed back out to ski some loops that were closer in. We compared notes for the day over a dinner of chili & rice and another delicious salad.

Perennial favorite, the trails at Carpenter Road, were the unanimous choice for Sunday's ski. Most of the group headed out the far reaches of the trail system. Although the trails had all been tracked, the final "Snow Ridge Loop" had not yet been broken. We all very much appreciated that Emory



Ehrenfeld and Fred Burgess elected to break trail through the deep stuff. The most ambitious of our number skied most of the trails in the system except for Mill Creek Run. In that area some folks who have permits to gather maple sap in the spring were setting up their gear and they usually chew up that trail in the process. Part of the group left Carpenter



Road early, opting to check out the Drunkard Creek Trail. They found it to be freshly groomed without a snowmobile in sight!

For dinner that evening we chose the Steak & Brew in Turin. As usual, they did a very good job with the food and delighted us with a tableside preparation of Bananas Foster for dessert.

Monday morning found some folks departing early while others chose to take a few hours to ski at places like the BREIA Egypt Road Trails or at Osceola. Regardless of our Monday morning

choices, we all agreed that it was a weekend to remember. Excellent!

Garnet Hill Trip Closes Ski Season

Mar 14 – 17, 2014

Nancy Borremans

The Garnet Hill trip was a perfect conclusion to a fabulous ski season. The snow was abundant, the weather sunny and not too cold, and camaraderie great. Our only regret was that Dave Walborn, our leader, wasn't able to attend because of a broken arm.

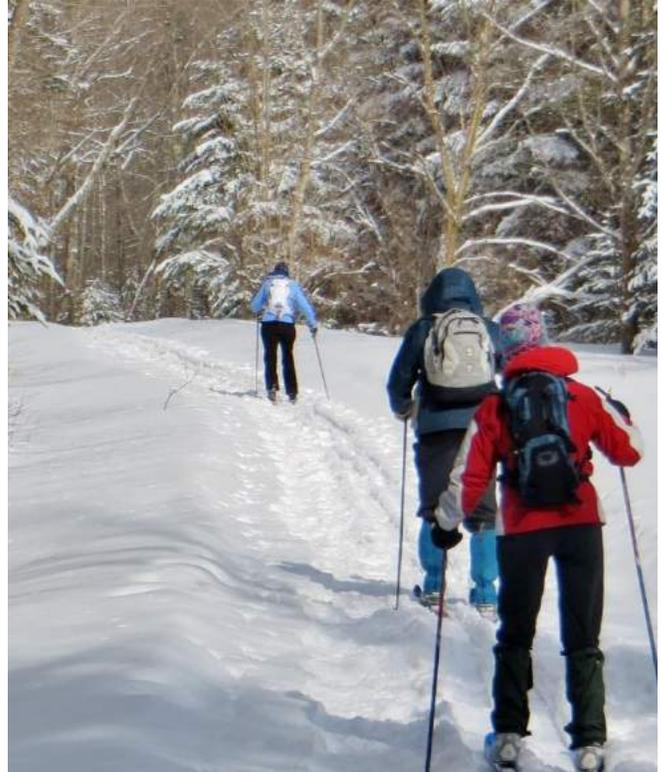
Bill and Sandy Stine, Tim Musser and Nancy Borremans arrived Friday afternoon, March 14, at the Goose Pond Inn in North Creek, and skied about an hour and half outside of Garnet Hill on some trails in the Siamese Ponds Wilderness Area. The snow was fresh and tracked and the woods were beautiful with deep billows of snow lit up by the slanting rays of afternoon sun. Peggy and Ben May



arrived later in the day bearing a delicious dinner of taco soup and salad.

On Saturday, we skied at the Garnet Hill Lodge Trails. We skied trails near the top during the morning and then, in the afternoon, downhill to the bottom taking an easy ride back on the shuttle.

On Sunday we skied the 9 mile round trip to Santanoni. It had snowed the night before, a light



dusting, and the pines were laden with snow. It was a winter wonderland. The artist's studio at Santanoni had hot drinks and a cozy fire to warm us up. A young, knowledgeable guide, named Neena, took us on a tour of the Main Lodge which is several cottages all connected by 5000 square



feet of covered porches facing the lake. We learned about the construction, the restoration and the Pruyn family who developed the original 12,000 acre camp for their family in the late 1800's.

After skiing each day we enjoyed happy hours at the Goose Pond Inn and, of course, Bill's videos on



our activities. And, during our last evening's dinner at Basil and Wickes Restaurant, we toasted a memorable ski season replete with wonderful trails, abundant snow, and good friends.

Quebec City

Feb 2 – 8, 2014
David Walborn

Québec was still digging out from an overnight



storm that had added at least six inches of new snow to the blanket covering the city as seven Kick 'n Gliders arrived on a Sunday afternoon at the Hotel Clarendon. Four of the group, Pam and Mike

McMullen and Tom Hooper and David Walborn were revisiting Vieux Québec with memories of good times enjoyed two years previously and the hope of reliving some of the magic. Three others,



Joy Reardon, Bonnie Gardner and Ellen Hughes, brought hopes of new experiences that would meet the enthusiastic recollections of the veterans. Neither group would be disappointed. The skiing, the Winter Carnival, the cuisine, the Hôtel Clarendon, and beautiful Vieux Québec all filled our senses. I will only review the skiing and dining

The skiing was magnificent. Conditions at Camp Mercier, about 37 miles from the Old City, were superb. At the outset everybody was accorded senior status for purchase of the ski passes (11.75\$). Although it was cold, there was no wind and the sky was a deep blue. Snow had been swirled over the pines in impossibly thick layers. The tracking was the deepest and sharpest I've ever skied. In the morning we climbed to La Gélinothe warming hut for a quick lunch in the toasty warmth of a well-tended wood stove. On the way back we enjoyed some of the best downhill glides most of us had ever been on. At one point there was a roller coaster series of decreasing-height hills with gentle curves that allowed for a long, fast and continuous in-track ride. I believe it was the fastest I've ever moved (in control) on skis. The motto of the day was, "Trust the track." A word about the Camp Mercier trails. Although not the narrowest single lane trails that are K 'n G favorites, these trails are double-tracked with just enough space in between to allow for a snowplow, and since the majority are one-way, two people can ski side-by-side without fear of encountering opposing traffic in the left lane. Also, only 10 miles of trail at Camp Mercier are actually groomed for skating. Back at the ski center we

capped off the day with some very good soup (3.39\$).

The Plains d'Abraham offer about 8 miles of groomed trails through an expansive park easily accessible on foot that lies on a bluff between the (new) city and the St. Lawrence a few blocks west of the Old City. Pam and Mike McMullen, having



previously skied the Plains (in the face of biting wind-driven snow), served as our guides on a sunny morning promenade. The trails were surprisingly well groomed--a PistenBully was busily at work--and the vistas were certainly unique for cross-country skiers

The newest ski venue for our trip--discovered by Bill and Sandy Stine on an independent visit to Quebec--proved to be a two-time favorite of the group. Ski de fond Charlesbourg is located in a Quebec suburb of the same name about 10 miles from the Old City. It is a member-supported, non-profit venture with some local government funding. Ski passes are 9\$ weekdays and 12\$ weekends (seniors 8\$ and 9\$). The center is small with approximately 19 miles of trails laid out in two parallel chains of narrow stacked loops running on either side of a central ridge. All the trails are one-way and at the point that each loop turns back towards the center, another loop opens away from the center until the final loop shared by the twin chains and connecting both sides of the ridge. Besides the ski center there are only two places where the two chains of stacked loops intersect: at the beginning of the final, shared loop, and at a point about a mile from the center. For the most part you climb away from the ski center on one side of

a chain of loops and descend back on the nearby, opposite side of the same chain all on the same side of the ridge. The final, shared loop, is a black diamond trail as is the next-to-last loop on one side of the ridge, so that it is not possible to complete either chain or cross from one chain to the other without venturing into black diamond territory. We were not skiing great distances on this trip so our first day at Charlesbourg we skied up one side of a chain to lunch at a nicely heated warming hut



at the start of the next-to-last, black diamond, loop and back down the other side of the same chain for a total of 5 miles. On the second day we skied to another warming hut and back to the center on the other chain for a total of 6 miles. Although the next-to-last loop (beyond the warming hut) on this side of the ridge is blue, we decided against adding another 3 miles to our total for that day. A word about the Charlesbourg trails. These are beautiful woodland narrow snowmobile groomed and tracked trails, but a notch or two more difficult than the greens and blues of Camp Mercier. If the motto there was, "Trust the track," here the motto was, "Have blind faith in the track," because the downhills and blind curves got scary fast. There wasn't really enough groomed snow on either side of the track to allow for an effective one-foot-plow so the sharp turns had to be negotiated at speed with

the hope that the track would hold. It did, but the sensation was one of skiing on the edge. It was very exciting but we all agreed that we would not want to ski Charlesbourg if the trails were the least bit icy.

Our meals had the added flavor of foreign cuisine (and more than a touch of “big city spice.”) After our two breakfasts at the Clarendon, we found two restaurants off-site, Pain Beni, 24 Rue Ste-Anne and Paillard, 1097 Rue St-Jean for our morning coffee and scrambled egg platter (11.44\$) or bacon-egg croissant (10.11\$). Sunday evening we dined with all the locals at Casse-Crêpe Breton, 1136 Rue St-Jean where our resolve to share a dessert crepe was broken after partaking of main-course crepes composed to order with ingredients such as a ham, asparagus and mushroom (8.33\$). Monday evening some of us intended to order the lamb stew at Pub St-Patrick, 1200 Rue St-Jean, but they were out. Their fish and chips was a tasty substitute (17.19\$). Tuesday’s evening meal took us to Buffet de l’Antiquaire, 95 Rue St-Paul in the lower city where the locals eat dishes such as a hearty meat pie (17.76\$). Wednesday evening we splurged at Chez Boulay Bistro Boreal, 1110 Rue St-Jean which featured dishes such as a (shared) charcuterie platter of Canadian game meats, a duck and goose parmentier, and a crème brûlée (50.00\$). Thursday featured a walk through the city leading to lunch at the Cochon Dingue, 46 Boul. Champlain in the lower city where a soupe du jour (vegetable) and poutine midi (typical quebecois casserole, but this one with shrimp) broke the monotony of trail lunches (11.50\$). That evening we ate at the 1640 Restaurant, 16 Rue Ste-Anne and a bajoue (a meat dish I will not elaborate on) plus a crème brûlée was one choice (34.99\$). Friday we ate in at the Charles Baillairgé dining room of the Clarendon. A salade du jardin, pavé de saumon and crème brûlée made up my farewell dinner (43.69\$) Neither drinks nor tips were included in the meal prices. Opinions varied but the majority seemed to rank the crème brûlée at the 1640 at the top.

With this shortened report, I wanted to give a quick snapshot of the skiing and eating--always the two main components of a trip, and what these central activities cost. All-in-all, the skiing was excellent and relatively inexpensive. The meals ranged from good to very good in quality and reasonable to excessive in price--although the second variable

could have been subjected to more rigorous control. Overall Quebec City is an expensive trip, but the added fun of Winter Carnival, the first-class accommodations at the Clarendon and the European atmosphere of Vieux Québec have to be weighed in the balance. The advantage the US dollar held over the Canadian dollar this time around resulted in about a 5% reduction of all prices which are quoted in Canadian dollars. Maybe this is an “every fourth year trip” price-wise, but it is still a lot of fun even when repeated the second year.

Cheryl Capitani's Inlet Warm Brownie Pudding Cake

- ¾ cup flour
- ¾ cup granulated sugar
- 1 ½ teaspoons baking powder
- ½ teaspoons baking soda
- ¼ teaspoon salt
- 1/3 plus ¼ cup unsweetened cocoa
- ½ cup milk
- 3 tablespoons butter, melted
- 1 teaspoon vanilla extract
- ½ cup firmly packed brown sugar
- 1 ¾ cups boiling water
- Vanilla ice cream

1. Preheat oven to 350 degrees. Grease 9 inch square baking dish.
2. Combine flour, granulated sugar, baking powder, baking soda, salt and 1/3 cup cocoa in medium bowl. Combine milk, butter, and vanilla in measuring cup; stir into dry ingredients just till blended. Spoon batter evenly into prepared dish.
3. Combine brown sugar and remaining ¼ cup cocoa in small bowl. Sprinkle over batter. Pour boiling water over entire mixture; do not stir.
4. Bake 35 to 38 minutes until toothpick inserted into center comes out clean. Cool 10 minutes. Serve with vanilla ice cream while still warm.



Kick 'n Gliders Nordic Ski Club

www.kicknogliders.org

2014-2015 Membership Application & Release

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

Name(s)	<input type="checkbox"/>
(Other family members)	<input type="checkbox"/>
Address	<input type="checkbox"/>
City State ZIP	<input type="checkbox"/>
Phone (primary) ()	<input type="checkbox"/>
Phone (cell) ()	<input type="checkbox"/>
Note: Please indicate your cell phone number because it may be necessary for the trip leader to contact you when you are traveling to/from a Kick 'n Gliders' trip.	<input type="checkbox"/>
E-Mail: Please print clearly	<input type="checkbox"/>

Please print clearly!

Check here if you are willing to forgo the paper copy and receive the *Easy Glider* electronically.

We **MUST** have a valid email address for you to receive the *Easy Glider* electronically.

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(S) OF
MEMBER(S)** _____

DATE _____

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

DATE

Signature and Relationship

Let Tuesday, April 1, be your day of efficiency.

You can accomplish four things in a matter of hours! You can:

1. Have dinner out with your Kick 'n Glider friends,
2. Get a preview of the next ski season trips and/or propose new ski trips for the coming season.**
3. Nominate/vote for your favorite club officers, and lastly,
4. Submit your membership renewal check in person thereby saving yourself postage which has the effect of helping to offset the cost of your meal earlier.

This is no joke!

****Note:** proposals for new ski trips should include information about dates, lodging, meals, available ski venues, cost, etc.



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

ADDRESS SERVICE REQUESTED

In this Issue of Easy Glider:

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Events

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Cheryl Capitani's Inlet Warm Brownie Pudding Cake

2014-2015 Membership Application & Release