



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kicknsliders.org)

Issue: October 2015

Meetings are held upstairs 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 to Center Street Grill at end of newsletter

\*\*\*\*\*

## Note from the president

Summer has officially ended. The heat and humidity are behind us, I hope. Time to think about colder weather and snow.

The season kick-off event will be the annual Ox Roast on October 17<sup>th</sup> back in the woods at the Perry County home of Dave LeRoy and Nancy Kauhl, Black Birch Hollow. It's always a fun time. Hope you can make it. As many of you know, I am having a full left knee replacement on October 16<sup>th</sup>, so will not be at the Ox Roast. I'm told I'll be up and walking about the day of surgery, but will be very tired, so I'm not counting on being able to join you. Sad to say, but I'll also miss the early part of the ski season. I hope to be able to ski by February.

Many trips are already booked to capacity with folks on waiting lists. But there are many trips with

openings left to choose from. If you haven't already done so, check our website at:

<http://www.kicknsliders.org/pages/extendedtrips.html>

Perhaps my first K 'n G event I'll be attending will be the November 3<sup>rd</sup> membership meeting. Be sure to note the new location for this meeting, Bass Pro at the Harrisburg Mall, Paxton Street, Harrisburg, 2<sup>nd</sup> floor community room. All other meetings will occur at our usual location at the Center Street Grille in Enola.

See you sometime soon.

\*\*\*\*\*

## Event Calendar

### Ox Roast

3:00 p.m. Oct 17, 2015

This year's Ox Roast will be similar to those held in the past. It is a great place to get acquainted with the club and get answers to any questions about our activities. Of course you will be able to sign up for ski trips too. This event will again be held at Black Birch Hollow, Nancy and Dave's place in Perry County and will begin about 3:00 pm with dinner served between 5:00 and 6:00 pm. The cost is \$5.00 and all are asked to bring a dish to pass and some beer, wine or soda. Salads, baked beans, desserts, or vegies are good choices. Beef, brauts and table service will be provided. Those who do not wish to cook are suggested to bring chips, nuts,

cheese or other snack foods rather than deli salads which do not compete well with homemade stuff. Members who have not yet paid their 2015-16 dues will need to pay them along with their \$5.00. Guests, hopefully those interested in cross-country skiing, need only pay the \$5.00. Bring a lawn chair if you like.

Reservations are required – call 717-582-2562 or e-mail [dhbbh@pa.net](mailto:dhbbh@pa.net). Let us know what dish you plan to bring so we don't have too much duplication. And ask for directions to 1254 Mountain View Road, Shermans Dale, if you need them.

### **First Meeting of 2015-2016 Ski Season**

#### **Program Meeting**

**7:00 pm, Tuesday, Nov 3, 2015**

**Note: Special location for this meeting in the Hunt Club Room at the Bass Pro Shop, Harrisburg Mall, 3501 Paxton St, Harrisburg.**

#### **Hands-Only CPR" by Julie Groh**

Hands-only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a person suddenly collapse in an "out-of-hospital" setting such as at home, at work or a park. The hands-only technique increases the likelihood of surviving cardiac emergencies that occur outside medical settings. We will have hands-on practice. Julie and her husband, Brandt, are members of our club. Julie has her BSN, RN degree and works part time for Hershey Medical Center in Community Outreach and also part time at Pinnacle Health in the Corporate and Community Wellness Department.

Julie has been teaching CPR for about 9 years. She first became interested in it when her three sons were in scouts (all Eagle Scouts). Basic CPR was a requirement for many of the scouting badges and it was difficult to find an instructor for their troop every year, so she became certified so she could just do it herself.

Julie is very passionate that everyone know how to perform CPR!

**Note:** Following the program, for those who wish to do so, we will convene at the nearby Lancaster Brewing Company to imbibe (or maybe eat something!).

#### **Dinner Social**

7:00 pm, Wednesday, Nov 18, 2015

T. J. Rockwell's American Grill & Tavern  
800 Mt. Gretna Road  
Elizabethtown, PA 17022  
717-367-5544

#### **Program Meeting**

7:00 pm, Tuesday, Dec 1, 2015

### **The Gettysburg Campaign to the Susquehanna River"**

by Steve Runkle

The presentation covers the June 1863 Confederate Campaign (Invasion) into Pennsylvania prior to the Battle of Gettysburg. This campaign stalled at the Susquehanna River with the Confederates attempting to cross the River to take Harrisburg, sever the Pennsylvania Railroad and Canal, and threaten Philadelphia.

Presentation pictures depict Harrisburg at the time of the invasion and analyze the bridges crossing the lower Susquehanna in 1863. The efforts of the Union militia to stop the advance of the Confederates are outlined. Local landmarks significant to the campaign are discussed.

Note: A Susquehanna River Basin Commission Civil War Trivia Quiz with Answer Key is available as a handout with this presentation. Also, an audio recording of Civil War music is played as an introduction to this presentation.

#### **Holiday Party**

7:00 pm, Wednesday, Dec 16, 2015

More information available at:

<http://www.kicknsliders.org/pages/meetings.html>

\*\*\*\*\*

**Ski Trip openings available as of Sep 14**

If you want to join a trip, submit your deposit immediately – you may have competition! Trips are listed in chronological order:

- Craftsbury** – 6 spaces left (\$100 deposit)
- Pulaski-1** - One space left, call Peggy Hampton to see if the space is for a guy or girl or doesn't matter. (\$150 deposit)
- Cazenovia** – Appears to be full. Call Bill Hoffman to see if he wants to expand it. (\$100 deposit)
- Boonville** - Full, but with a short waiting list.
- Stowe** – Four spaces left (\$100 Deposit)
- Crystal Lake** – Three spots left. (\$50 deposit)
- Bennington** – Three spots left. (\$50 deposit)
- Hut to Hut** – Six spots left. (\$100 deposit)
- North Conway and Lake Placid** - Both full, but with short waiting lists.
- Laurel Highlands (Kooser SP) – 6 spaces left. (\$30 deposit)
- Laurentians** – 11 spots left. (\$285 deposit)
- Pulaski-2** – 7 spots left. (\$150 deposit)
- Garnet Hill and Inlet** - Both full, but with short waiting lists.

\*\*\*\*\*

Approximately six KnG'ers--Dave Powell and Cheryl Capitani, David Walborn and Maria Pieretti, Bill and Kay Pickering, Becky Cotich, and myself--enjoyed a concert at Mt. Gretna with the New

\*\*\*\*\*

**Meetings are held upstairs at the Center Street Grille, 4 Center St, Enola PA, 717-732-6900.**

**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.

\*\*\*\*\*

Black Eagle Jazz Band, which was making its 39th and last appearance at Gretna's summer music program. This six-piece band features ragtime and early jazz numbers, many of which are unknown to all but the most serious aficionados (like me). And there were even a few on the card that I didn't know. Several of the musicians have been with the band since its inception in 1971. If you want to hear the NBEJB, you'll most likely have to go to the Boston area, where they're based.

Bill Hoffman

\*\*\*\*\*

**You are invited to attend an Appalachian Trail hike presentation**

Nan Reisinger is the guest speaker at the Susquehanna Appalachian Trail Club's (SATC) Fall Membership Meeting in the Community Room upstairs in the Camp Hill Giant, October 22 at 6:30 PM.

The meeting will begin with a social prior to the business meeting and guest speaker. Nan, aka "Drag'n Fly" will talk about her 2014 Appalachian Trail thru hike.

Nan will also be talking about her AT hike at the Kick 'n Gliders program meeting January 5, 2016.



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

ADDRESS SERVICE REQUESTED

## In this Issue of Easy Glider:

**Note from the president**

**Event Calendar, Ox Roast, 3:00 p.m. Oct 17, 2015**

**Ski Trip openings available as of Sep 14**

**Attend an Appalachian Trail hike presentation by Nan. No hiking required!**

**Center Street Grille, directions to**