



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kicknsliders.org)

Issue: March 2017

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

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## Note from the president

It's hard to believe there's only one month left in the season. This winter has really flown by. The good news is that at this point the snow belt up in New York State is showing 40-50 inches of snow. Our final trips should finish in good style.

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**Inlet:** There are last minute openings for the Inlet trip, one for a couple and one single. If you're interested just email Mike McMullen

[president@kicknsliders.org](mailto:president@kicknsliders.org).

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## Events

**7:00 pm Wednesday Feb 22, 2017 Dinner Social**  
Herbie's El Mexicano, 720 Main St, Harrisburg

**7:00 pm Tues Mar 7, 2017 Program Meeting**  
Milepost, the Research and Effort Involved with Publishing a Book, by Dave LeRoy

**7:00 pm Wed Mar 22, 2017 Dinner Social**  
Thai Palace, 3608 Market St, Camp Hill

**7:00 pm Tuesday Apr 4, 2017 Program Meeting**  
Election of new officers and trip planning for the 2017 season. Last general meeting of the year.

**7:00 pm Wed April 19, 2017 Dinner Social**  
Blue Bird Inn, 2387 Cornwall Rd, Lebanon

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**Food for thought:** On the North Conway trip two members fell off of the trail into soft snow. One was in motion, the other was standing on the bank of a stream when the cornice collapsed. Neither could get up without help of some sort. One was alone and had to wait for someone to come by, the other was in a group who, after they stopped laughing, were able to offer assistance. We aren't spring chickens anymore. It can be hard, or impossible, to maneuver to get up with skis and poles attached. You may start with a group but if the person ahead doesn't look back occasionally, you may find yourself alone. **If each person in the group would check on the person behind them occasionally, nobody will get left alone.** If you choose to ski alone, you are essentially on your own

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# Nominating Committee Report

## Kick 'n Gliders

The Nominating Committee consisting of David Powell (Chair), Sandy Stine and David Walborn submit the following slate of officers for the K 'n G Executive Committee to be voted on at the April 4, 2017 membership meeting:

President .....Ron Henry  
Vice President..... Nancy Kauhl  
Secretary .....Marilyn Grove  
Treasurer..... Dave LeRoy  
Trip Coordinator .....David Walborn  
Day Trip Coordinator ..... Bill Stine  
Program Coordinator ..... Nan Reisinger  
Membership Chair\*\* ..... Nancy Kauhl  
Newsletter Editor..... Pete Oswald  
Past President..... Mike McMullen  
Webmaster ..... Bill Stine

It should be noted that polls show that Ron Henry appears to have significant approval ratings at this stage of his presidential campaign. Ron's platform includes, in part, his desire to build a wall between between X/C ski trails and snowmobile trails. Also, he proposes that snowmobilers will pay for these walls. So there will be no funds expended by X/C skiers

\*\*Nancy Kauhl has agreed to continue for another year as Membership Chair as well as serve as Vice President/President Elect, since the VP essentially has no pressing duties. She will relinquish the position of Membership Chair when she ascends to the presidency.

Submitted by Dave Powell

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## Trip Reports

### Craftsbury

#### December 18-January 1

New Year's in Vermont has a nice ring to it

On December 28, 31 Kick 'n Gliders arrived at the Craftsbury Outdoor Center (COC) in Vermont.

The group included a number of folks who haven't been with us for a few years and a few new members. We were pleased to see lots of white stuff on the ground, though it was stiff and fast. COC was hopping – there were scores of day skiers in the ski center and several high school ski teams shared Cedar Lodge with us.

The COC has five new cabins available for lodging and we checked them out. They are nice and new and house up to four people, but they don't provide as much privacy as the dorm rooms we are used to. Since COC has the new cabins, they removed the old Tamarack Lodge, though it took me a full day to realize that it was gone, replaced by more parking!

There were also new menu items at COC this year and we found them to be tasty. The food is a collection of organic, gluten-free, vegan, nut-free, local, etc. designed to appeal to everyone. This year we had a lot of competition for the food; the high school athletes could sure eat a lot! The young people were very energetic and well-behaved. Though the atmosphere was different with them around, it was an inspiring difference.

The KNG's hallway cocktail hour was fun as usual, though more of us opted to carry a chair from our room to the hallway to sit on rather than sit on the floor. Could it be that we are beginning to show our age?!?!?

Russ, Jr. laid a wonderful bonfire for New Year's Eve. It was a bittersweet New Year's for him and his family because his mother, whom some of us remember eating in the dining hall in the past, died early in December at the age of 93. Bill Stine's brother added a new wrinkle to the New Year's celebration; he brought his small cannon and shot it off at the stroke of midnight.

As for the skiing conditions, they got better and better. New snow fell every day. The second day, the fresh snow got quite sticky; Maxiglide, the purple magic, worked pretty well at alleviating that problem. Saturday's conditions were

wonderful and made us all wish we could stay longer rather than head home on Sunday.

## **Pulaski 1 January 13-16, 2017**

Gliders on the trip: Peg Hampton (leader), Kay & Bill Pickering, Nancy Kauh, Dave Le Roy, Judy Warner, Kathy Yinger, Lisa Baer, Jim McGraw, Fred Burgess, Ron Henry, and Tom Gibson

What a difference a day makes – or a week. During the weekend prior to our arrival, ski conditions were close to perfect. Then, there was the warm up, followed by rain and wind, and then the refreeze set in. Six Gliders arrived around noon at the 1880 House on Friday the 13<sup>th</sup>. Lisa agreed to lead the afternoon ski for me so that I could take Judy to Osceola to purchase ski equipment. After several bowls of soup, Lisa, Kathy, Fred and Ron headed to the Winona Forest Center and Wart Road parking lot. Due to the wind, it was determined that they might need to ski on the snow mobile roads instead of going into the woods. Judy and I went to Osceola Ski Center and found that the entire parking lot was covered with inch thick ice. The Center was pretty empty so Judy had owner, Hugh Quinn, drag out about a dozen different pairs of ski boots. She finally picked a pair and Hugh graciously set them back for her rental package the next day. I had been thinking about buying back-country skis for some time and this was the perfect opportunity with so few skiers in the Center. We all met back at the 1880 House and the Winona skiers reported that they attempted to ski into the forest trails, but there was just too much small debris down to allow for any gliding. It was nice to catch up as the remaining trip participants arrived.

On Saturday morning, the 1880 House staff served a wonderful hot breakfast before we all went to Osceola to ski for the day. Ski conditions at Osceola were pretty good considering the past week's weather. Ron and Fred were on their way to the North side to ski when the rest of us drove into the parking lot. I matched Lisa up with Tom since I thought they would be good ski buddies. Judy hadn't skied in about ten years and Kathy hasn't skied a lot and was recovering from a broken ankle so I tried to impart some of my

knowledge of XC skiing to them. Kathy was able to share something she learned in a past ski lesson – a different way to get up after a fall. The technique involved lying on your side, pulling the ski tips toward your nose and then rolling over onto the skis to get up. She gave us many demos during the day. Fortunately, I stayed upright all weekend and did not get to practice this new method. Everyone enjoyed the day of skiing. We returned to the 1880 House for more soup and a lasagna dinner prepared by Linda and the staff. After dinner, we relaxed in front of the gas fireplace.

On Sunday morning, we again were served a delicious hot breakfast – this time pumpkin pancakes! With full bellies, we returned to Osceola for the day. Conditions were remarkably good once again. It was a good thing because it was the only game in town. (The Winona Trails were still icy and hard packed with debris.) I took Kathy and Judy to the North side and we avoided most of the big hills over there. We did stop for a



photo op at that gnarly tree that has been in many Glider photos over the years. We returned to the Center and then skied the South side for the afternoon. Judy purchased boots, skis, and poles. Nancy bought new ski boots. And, I was happy with my new BC skis. The 1880 House beckoned and we indulged in more soup to hold us over until

the baked ham dinner was served. The family room once again provided a wonderful setting to relax, read, and socialize.

On Monday morning, some folks headed for home since ski conditions were not good locally. Dave, Nancy, Fred and Ron were going on to the Cazenovia trip, but went to Osceola for another day of skiing before going on to their next trip.

We shared the 1880 House with regulars, Ken and Ellen. They've been going there on MLK, Jr weekend for twenty plus years. Other skiers, Bob and Peggy, stayed in the Annex and joined our group both nights for dinner.

### **Cazenovia January 16-18, 2017**

The Cazenovia trip on Monday to Wednesday, Jan. 16-18, unfortunately, did not fare well skiing-wise. There was no snow anywhere in the Syracuse area. Seven of the ten trippers drove to Osceola on Tuesday, the only full day of the trip. It rained this day and they said conditions were not too good. Several of them had been on Pulaski I the weekend prior and skied Osceola all three days, plus Monday before making the short drive to Caz.

The three of us who chose not to ski in the rain went instead to the Baseball Hall of Fame in Cooperstown, about 60 miles away. Wednesday morning brought a continuation of rain and drizzle, so we all left after breakfast. The four ladies, who had planned to extend their skiing on their own, drove into the Adirondacks in search of skiing opportunities.

I hope the weather at Caz was not an omen for the rest of the winter. Despite the dismal weather, everyone in attendance wanted to see the trip continued.

Participants: Fred Burgess, Ron Henry, David Walborn, Dave Leroy, Nancy Kauh, Ellen Hughes, Shirley Lentz, Bonnie Gardner, Barb Sears, and leader Bill Hoffman.

### **Bennington Trip Report January 18-22, 2017**

Unfortunately there is nothing to report. For the second year in a row this trip has been cancelled. There was no snow and temperatures were in the 40's and 50's. All four X/C ski venues in the Bennington vicinity were closed.

Perhaps the climate change deniers will reconsider.

### **Stowe January 22-27, 2017**

Seventeen kick 'n gliders arrived in Stowe as the temperatures looked like they were headed up. Sunday was warm however checking with skiers they said the trails at Mansfield were good skiing. Mondays predictions for highs were again in the 40's so I suggested we head out on the trails early Monday morning to beat the soggy trails. Well those soggy trails froze during the night and provided very slippery trails Monday morning.



We tried some of the easy trails and I think everyone either took off their skies or fell on at least one hill! By afternoon Mansfield ski area was grooming on a regular basis and trails were softer for better skiing.

Tuesday, we woke to a coating of ice on our cars from the night rain then followed by a couple of inches of snow. We hung around the Commodores Hotel for the morning waiting to see what the weather would do next! By afternoon the roads were safe to drive and part of the group headed to Trapp Family ski trails and some of us

headed to a walk up to the top of Smugglers Notch. It was beautiful. The snow had covered the ice and the rain had gone through the surface.



It was a beautiful afternoon. Ice had covered the tree branches and as the sun came out a bit they sparkled and with the wind the woods were a flutter of crackles. Some of the group enjoyed the town of Stowe and all of its fun shops.

We had the honor to have Trina Hosmer return to talk to us again. She is a Masters cross-country skier with 29 first place wins in her age group. She is headed to Switzerland for a world championship competition in early March. We learned that our own member, Ed Cook, was also headed to the same world championships. Trina answered our questions and was such an inspiration to the sport of cross-country skiing. Thank you, Trina, and best of luck to both Trina and Ed in their international race challenge. What an honor to just be able to ski in such an event!!

By Wednesday morning the temperatures stayed at just about freezing. It was a perfect day to be on the trails and the group again headed back to Stowe. A gorgeous day of skiing – comfortable temperatures and the trails were covered with snow. The one to two inches of snow that we got each night made each day a joy to be out. The hot tubs at the hotel added a nice relaxation to the day.

Thursday, we all headed out early because rain was predicted by the middle of the afternoon. Nine people skied the trail from Stowe to Trapp,

had lunch at the cabin and then either skied back to Stowe or skied down to the Trapp lodge. Three others of our group skied up to the top of Smugglers Notch and enjoyed the view and the wonderful huge rocks that had fallen over the landscape there. And others followed the ski trails at Stowe. We arrived back at our starting spots just as the rain started.

Stowe always has such variety. Even though the snow was not excellent for skiing, we were able to ski every day, enjoyed two restaurants in the town, view the ice sculptures from Stowe's winter festival, and of course picked up some cheese at the Cabot factory. The great group of participants made Stowe a fun week.

### **Bethel, Maine January 29-February 3, 2017**

Fourteen intrepid members of the Kick 'n Gliders gathered in Bethel, Maine, on Sunday, January 29 for the first annual Bethel ski trip. Monday morning dawned bright and sunny and with the Bethel Inn ski trails within walking distance of our lodging at the Chapman Inn, the group decided to start the skiing there. The trails nearest the Bethel Inn were on a golf course however further away from the inn the trails ascended into woods with more elevation change and favorable snow conditions. It was a good day, but better was around the corner. On Tuesday, the group headed to Carter's ski area a few minutes north of Bethel. Not only was the snow better, but the trails were more extensive (55k) and more challenging with some large hills. And we received a pre-negotiated one third discount on the trail fee.

On Wednesday the majority of the group



consisting of Bill Stine, Sandy Stine, Tim Musser, Ed Cook, David Walborn, Kim Lausch, Christine Brubaker, Bill Hoffman, Peter Oswald, and Nan Reisinger went to Black Mountain downhill and cross country ski area in Rumford, Maine, where they skied the 17 kilometer John Roderick Trail System. The trails were developed by Rumford's Chummy Broomhall, a two-time Olympian, and designer of the Lake Placid and Squaw Valley Olympic cross-country trails. The Chisholm Ski Club which maintains the facilities has hosted several world class Nordic skiing events including, among others, the US Cross Country Championships in 2010 and 2012. Overnight the trails had received several inches of champagne powder which made the skiing extraordinarily good. The Black Mountain Ski lodge houses the



Nordic Skiing Hall of Fame and the group was given a tour. Note the length of the cross country skis on display in the museum.

Four members, Tom Hooper, Christine Brubaker, Leslie Manix and Rick Manix skied Wednesday at the nearby Sunday River downhill area. They were met with the same extraordinary powder as those who went to Rumford. And, having purchased discounted tickets in advance, the cost was manageable.

On Thursday, the cross country skiers returned to Carter's for another excellent day while the downhill skiers enjoyed packed powder at Sunday River.

On Friday morning, some members skied the free Gould Academy trails, others skied downhill, and some departed. It was a good five days.

While in Bethel we stayed at the Chapman Inn which while modest was comfortable and had a convenient area where the group could congregate. We were sent off each day with a hearty breakfast and the inn keeper allowed us to use the kitchen to prepare five dinners.

I would like to thank Bill Stein for presenting the trip for consideration in my absence and for advice along the way; Glen Barnes, Dave Walborn, Tim Musser, and Bill and Sandy Stein for cooking; and everyone who helped with clean up, particularly Kim Lausch.

### **North Conway, NH Feb. 3–10, 2017**

Friday Feb. 3 graced us with dry roads and clear skies as 18 Kick 'n Gliders travelled from various starting points and converged at The Flatbread Co. in North Conway for our traditional kick off meal of wood fired pizzas and organic salads. As usual the staff was gracious and efficient, and the food and beverages abundant and delicious! We then settled into our four condos at the Stonehurst Manor for a good night's sleep before starting our ski adventures.

Saturday we started off at Bear Notch in Bartlett, just north of North Conway. This venue is always



a favorite for its meandering wooded trails and rustic, homey atmosphere. The snow was good and as always the brothers Cliff, Doug, and John provided excellently groomed trails. The newcomers to this trip were quite pleased with this

ski area. We started out as one large group, but soon split into smaller groups. After wearing ourselves out skiing, Ginny Magee nourished us with her specialty of spiral ham, accompanied by a medley of roasted root vegetables prepared by Nan Reisinger. Delicious!

Sunday most of the group headed to Jackson Ski Touring center and found good snow and grooming there as well. Several of us missed out as we were battling several maladies: yours truly was fighting a stomach bug, Dave Walborn a cold, and Walt Pomeroy was trying to heal a sore knee. The skiing group started out on "The Wave", a fun series of rolling hills. I was sorry to miss it, but was informed by the group that seemingly more uphill had been added, with less downhill! I was able to rejoin the group for the afternoon and we then skied along the very scenic Ellis River trail. Rick Close demo'd several skis and ended up acquiring a pair, adding another set of Fischer Superlights to the club repertoire. That evening Glen Barnes prepared Hungarian Chicken for dinner, with salad by Lin, and brownies by Barbara Brandt.

Monday we headed to Great Glen to take advantage of their two-for-one deals, available for both skiing and Snow Coach rides. Half the group



started out with a snow coach ride up Mount Washington and with clear, sunny skies were treated to outstanding views all around. The rest of us skied in the morning and then we all rejoined for a lunch break in the dining room while taking in the breathtaking views. Most of us went out for an afternoon ski as well. While this trail system is not terribly extensive, it is a fun network of trails, and you can't beat the scenery on a clear day! Dinner tonight was chili and salad prepared by Pam Dunn and housemates, with a special birthday desert and all the trappings to celebrate

Denny's 70<sup>th</sup> birthday along with a shower of cards.

Tuesday we awoke to some fresh powder, 3" in the valley and about 6" at the top of the mountain. Five of us were off to Attitash to enjoy a powder day downhill skiing and what a hoot it was till the powder got scraped off revealing the icy base. Nan, Pete, Ron, Lisa, and Sandy headed off to the Nanamocomuck trail to do some backcountry skiing and reported it to be a wonderful ski. Several others took a day off to do laundry, shop in town or just snooze and relax! Dinner tonight was prepared by the Stines and consisted of marinated pork loin, sautéed cabbage, minted peas and sweet potato casserole. Yummy! This was the week of birthdays, as we celebrated the special day of THREE of our members. Today was Pete's day. We were all entertained by his reaction to the many humorous cards received from his trip mates. That was topped off by one of Bill's special picture shows of the week thus far.

Wednesday most of the group returned to Bear Notch. Overnight we had about 5" of fresh snow covered by a thin crust of freezing rain. The groomer had turned this into a sugary surface providing a wonderful ski in the morning. The temperature climbed into the low 40's, so the snow got a little wet and soft after lunch, but many continued to ski and found it to be quite enjoyable. Dinner tonight was at Moat Mountain across the street from the Stonehurst Manor. It is a microbrewery with a very extensive and reasonably priced menu, with barbeque being their specialty which they prepare in their own smokehouse.

Alas, Thursday would be our last ski day but we were again treated to another 4" of fresh snow and it continued to snow all day. Roughly 2/3 of the group returned to Jackson to enjoy the trails there. Another 7 of us skied the Whittaker Woods trails which had been freshly groomed and we thoroughly enjoyed all the ups and downs that network provides. Some of us partook of lunch at Horsefeathers and enjoyed their scrumptious soups and sandwiches. Our dinner tonight was our traditional leftovers meal, and we did a pretty good job of polishing off what was left. We then had our third birthday celebration, roasting and toasting Ron Henry with yet another shower of

cards. Believe it or not, with all those cards I think there was only one duplication! Bill entertained us all with an artfully prepared picture video wrap up of the week.

Friday once again blessed us with clear skies and dry roads as a few of us headed back to PA, with most continuing on to the Laurentians trip. Another successful North Conway trip, and yes, we plan to do it again next year!

by Andrea Hospodar, trip leader

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**Laurel Ridge State Park  
submitted by Paul Adams**

I went to Laurel Ridge State Park Saturday, February 4. Great skiing temperatures in the 20s. Trails were groomed with one set tracks and skate



skiing. I skied the 5K red trail first. Then skate skied part of the red and blue trails for about 2.5 miles. Then back to the red trail for 5K to end the day. The snow was about 6 inches of packed powder for great skiing.

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**From Parade Magazine Dec 25, 2016**

Question: Is it true that no two snowflakes are exactly alike? Answer: Probably, but no people and no parakeets and no pickles are exactly alike either. We don't walk around looking at trees, for example, and saying to ourselves, "Gee, out of the thousands and thousands of trees I've seen in my life, I've never seen two totally identical trees!" So, why is it such a big deal for snowflakes?

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**Aluminum Skis, Bethel Historical Society  
Bethel, Maine**



**GRUMMAN SKIS**

These were probably the worst skis produced in the history of the world. Grumman also produced some spectacularly poor canoes. These skis were failures from the time that they were introduced. I finally succumbed and bought some after they had been on the market for some time. They cost me \$10 new in the late forties.

They sounded like a bunch of tin cans being dragged down the hill. The aluminum edges were completely useless. They were so sticky in wet snow that I waxed the tops to stop the buildup of snow.

These skis are now performing their highest and best use, warning of the dangers of manufacturers getting out of their field.

John Chapman

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

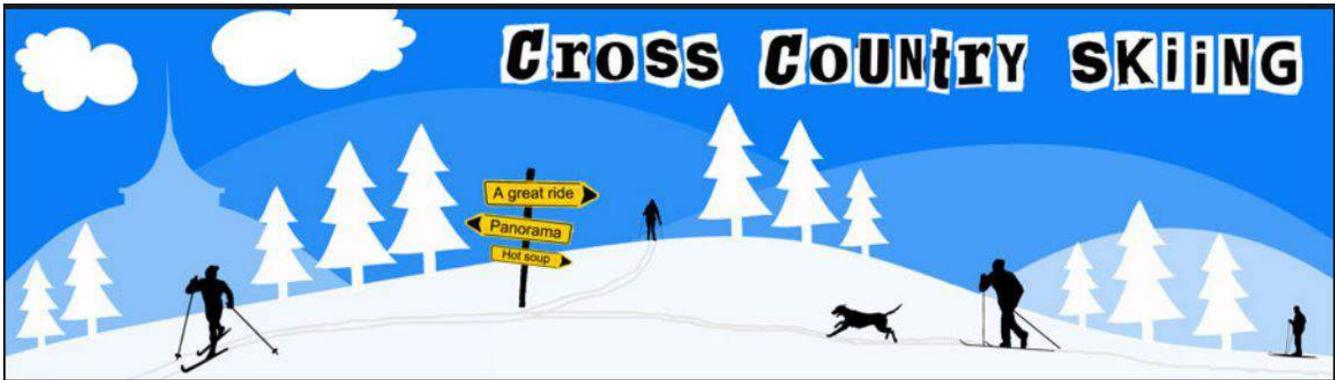
**Directions from 581 and Rt 15 interchange**

- 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.

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