



The
Easy Glider
Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kuhl (editor@kickngliders.org)

Issue: March 2020

Up-coming Events

As we face the growing coronavirus pandemic, the regularly scheduled Elections/Trip Planning meeting and April social have been cancelled. We will try to find alternative methods for addressing our election of new officers and trip planning for next ski season. Please watch your email for updates and additional information for the foreseeable future. And, please, do what you can to avoid the risks of the spreading pandemic and stay well!

Proposed Slate of Officers for 2020-2021

The nominating committee submits the following slate of proposed officers for consideration by the membership in advance of the Elections.

President --	Andrea Hospodar
Vice-President/President-Elect --	Jeff Grove
Secretary --	Marilyn Grove
Treasurer --	David LeRoy
Extended Ski Trip Coordinator --	David Walborn
Day Ski Trips --	Bill Stine
Programs --	Nancy Borremans
Membership --	Nancy Kuhl
Newsletter Editor --	Nancy Kuhl

Winona Forest Recreational Association Memberships

Submitted by Jesse Jepsen

Jesse Jepsen suggests that club members help support Winona Forest Recreational Association (WFRA) via annual membership in appreciation for the trails that many of us use each winter.

Winona Forest is located near Boylston, New York, and is one of the places that many of us have skied while on the Pulaski ski trips. The WFRA club grooms the trails fairly often and they are in Phase II of an ambitious trail rehabilitation project with matching funds available (See "Trails" page on the WFRA website).

Membership is only \$25 for individual or \$40 for family. At \$75 for a Silver membership you get a nice WFRA T-Shirt (forest green). The on-line registration option is way easy and quick. Access "Online" from the membership page <http://www.winonaforest.com/membership.html> or else go directly to <https://www.skireg.com/winona-forest-annual-membership0> and scroll down. You can click the + (plus sign) to see who is registered in each level. Looks like the Kick 'n Gliders have 2 members who are also members of WFRA (Jesse and Peg Hampton). Fill in **Kick 'n Gliders** for the Team field if you remember so maybe they notice our support.



Update on Osceola Tug Hill Ski Center

This was the last year Hugh Quinn was running the Osceola Tug Hill Ski Center (OTH). It was a bit disappointing as far as snow fall. Most years, OTC receives nearly 300 inches of snow but this year they only had about 180 inches. The temperatures fluctuated so much that snow falls were frequently followed by warmer weather and rain! In spite of that, Hugh was in good spirits. He's been selling equipment and recently sold one of his groomers.

The properties that make up the OTC consist of 9 parcels, which Hugh put on the market for sale individually. As of early March, deposits had been made on several of the parcels and there was interest in several more. The prospective buyer of the parcels on the north side of the road has an agreement with Dustin Hite, the owner of the new ski and sport center that is located east of OTC, to groom the trails on those parcels, which are adjacent to Dustin's property. According to Hugh, the party interested in the parcels on the south side of the road also hopes to continue the ski trails. It looks like there is a future for cross-country skiing in Osceola.

Trip Reports

North Conway #1 (January 31 – February 8, 2020)

“Really good skiing, but not so good car-ma!”

Friday, January 31, provided dry roads and some sunshine for 21 Kick 'n Gliders who travelled to North Conway, some from home and others from the prior trip to Stowe. Most of us met at the Flatbread Company to partake of wood fired pizza and scrumptious salads all made with organic ingredients... oh, and some adult beverages! We then settled in to our four condos at Stonehurst Manor to ready ourselves for our first day ski at Bear Notch.



Although the area received about 20” of snow a couple weeks earlier, some

rain and warm temps reduced it to a 3-8” base in much of the area. But we found, as is usual, Bear Notch had a bit more, and with their excellent grooming efforts, we had a wonderful ski on a nice sugary surface. Most did the 10K loop in the morning, climbing to the top of the trails then schussing back down to town

and crossing over to ski along the beautifully scenic Saco River trail. As is customary, we enjoyed the hot soups and warm, fresh baked bread in the warming hut at noon. Most headed out for a short, relaxed afternoon ski.



Temperatures all week were comfortable in the upper twenties, low thirties. So the snow held and no one froze. Sunday most went to Jackson with many enjoying “The Wave” in the morning, and a shorter jaunt after lunch along the Ellis River trails.



Others opted to just ski the Ellis River trails. Of course, it was Superbowl Sunday, so that was our entertainment for the evening.

Still no new snow on Monday, but it was “Two-for-one” day at Great Glen so most of us headed there for the day. Their higher altitude provided more and better snow than the two previous venues. Gary Musser took advantage of an early AM discount to ride the Snowcat up the Auto Road about 2/3 of the way up Mount Washington. He reported it to be quite interesting and got some good photos despite the clouds.



The group, being comprised of mostly seasoned trip participants, pretty much for the rest of the week went in small groups to varying venues, some repeating those we had already done, some enjoying some downhill, others exploring area hiking trails, and we also took in museums, movies and shopping. Many enjoyed the relatively new (2 years old) New England Ski Museum next to the railroad station in town and found it to be a lot of fun. And FREE as well (donations appreciated).



On Tuesday the trip leader indulged in a glorious day of downhill at Black Mountain, a lesser known local favorite, thus less expensive and MUCH less crowded... me and THREE other skiers for the first several hours, and no more than a dozen cars in the lot when I left at 2:00. I was on a skier's high as I headed back into town and stopped for a bowl of soup at Moat Mountain, a local specialty – curried crab soup. Yummy! Alas, as I returned to my car to head back to my housemates, my high took a sudden crash. I could not start my car! Fortunately, I keep up my AAA membership and they promptly brought and installed a new battery. The car started right up. Problem solved. NOT! The nice young man took a reading to check things out and reported that it appeared my alternator was bad and I really shouldn't drive it any further than back to my condo, ½ mile up the hill. So I arranged for a tow that night to the



Midas shop 2 miles away. First thing in the AM I checked in with them and they said they would get to it right away. I also asked them to look at a rear tire that had a nagging slow week for several days and would not hold air. They called me back in about ½ hour to report that, good news, the alternator was OK and the battery only needed to be fully charged. AND they pulled a screw out of that rear tire and were able to plug it up. Whew! End of car troubles? NOT! Read on.

Wednesday and still no new snow. The group split between Bear Notch and Jackson and both found still good snow and enjoyable skiing. Several of us explored the Prospect Farm trails at Jackson. These lie at a higher altitude and provided some wonderful skiing! And, at the end of the Quail Trail, some breathtaking views of Mt. Washington!

Oh, by the way, we did also eat, and eat well! Chicken Paprika, roasted root veggies and gingered pears by Glenn Barnes with ice cream and caramel sauce provided by David Walborn. Baked Cod casserole, southwest corn and broccoli by Bill Stine with a citrus mousse dessert by Sandy. Beans and sweet potato



chilli, salad and cornbread by Kathy Yinger with more ice cream. And Nancy Borremans' southwest chicken and rice, salad with delicious brownies and ice cream by Jamie Hackman. Whew! Need to burn some more calories! We also had a two-for \$28 dinner at Tuckermans Tavern which our leader missed out on due to her car troubles! And since this year's trip had an extra night, we did a diner's choice night with small groups making their own arrangements. Some went for Indian, some to Joe's Spaghetti House, some to a two'fer night at May Kelly's Irish Pub, and a few to the Stonehurst Manor's Wild Rose Restaurant for their two'fer \$35 dinner. Worked out well and all were happy with their meals. We did leftovers night a bit differently this year as well, with each house eating their own

leftovers. Less hassle not having

to keep warm and carry the food to the hosting house, and no one had to host twice.

Severe storm warning with heavy snow forecast for the entire area for 48 hours Thursday and Friday. What a bust!! It just started snowing as we awoke Thursday, and the grand total was 2-3 inches. But we were grateful for some freshies, and most returned to Bear Notch, not wanting to venture too far with ice in the forecast as well. The skiing was so good there that our energizer bunny – Fred Burgess – got in 20 miles that day. In fact, he amassed just 2 miles short of 100 miles for the week! Yay Fred! And kudos to Glenn Barnes



who nearly kept up with him all week.

The snow did turn to a light sleet after noon, but many continued to ski a bit more after lunch. The light sleet actually made for a faster ski.



We never made it to two of the venues we usually enjoy: Bretton Woods and Whittaker Woods. Bretton is about a 45-minute drive away and their trail conditions just did not sound good enough to warrant driving that far. The Manix's did venture up on Thursday and confirmed that to be true. Whittaker is usually a nice short ski in town for the end of the week, but due to weather conditions they had not groomed in two days and had marginal snow coverage.



Sandy skied there a bit early in the week and reported it to be not the best, and Fred somehow managed to ski there and get in 10 miles on Friday!

Most of us just relaxed on Friday, shopped, poked around in town, etc. Oh, the rest of the car story... Nancy, Jamie and I did the ski museum then went for lunch at Horsefeathers for the world’s best roast beef sandwich and more crab soup. When I returned to my car, I found a note tucked into the door handle “I accidentally hit your car. Very sorry. I do not have insurance, but I will pay for it.” He left his phone number and a copy of his license.

Damage was minor, the plastic molding around the rear wheel well. Thank goodness, car is drivable back home!!! Well stated by Glenn Barnes – “not good car-ma”!

End of a good week as the lucky ones headed on to other ski destinations, and the not as fortunate headed home. North Conway we will see you again next year, same time, same place! ~by Andrea Hospodar

Bethel, ME (February 9-13, 2020)

Some of us arrived Saturday (February 8) for an extra day of skiing. Sandy (proprietor of the Chapman Inn) was happy to greet us though recovering from some surgery.

Ed "the cook" Cook and Ron Henry put together a delicious mushroom lasagne for Sunday's welcoming dinner.



The following days we cross-countryed Bethel Inn and Gould Academy trails. Some of us took advantage of Bethel's ticket to swim in a heated outdoor pool which featured a jacuzzi-like area, a sauna and shower facilities. Bethel sports a fine-dining Northern Italian cuisine restaurant where we had a good meal on Monday, and for a casual meal and good fresh beers we visited a dive-bar, the Suds, on the lower level of the Sudbury Inn on Wednesday.

Tuesday was a day spent at Carter's which took us up to the site of an old cabin and a helplessly-forever-ensconced school bus and a (what seemed like) 1-mile cruising descent back to our warming hut which served home-made soup or coffee.

It was after a fantastic serving of hors d'oeuvres and an over-the-top Maine seafood and chowder monkfish entree with made-from-scratch corn meal muffins and home-made apple sauce provided by Jesse Jepsen

and Karen Northeimer, ably assisted by Barb Sears and Shirley Lentz, that we met with Myles Felch of the Maine Mineral and Gem Museum for an interesting presentation on rare and in some cases locally-mined gems. Interesting also is the fact that the Museum houses more lunar artifacts than all the rest of the world's collections. Next year we intend to spend more time with Myles at the Museum.



On our final day, some of us down-hilled at Sunday River Resort while others retraced their favorite trails. Rick and Leslie shared a travelogue to Machu Pichuu, Peru, and David Walborn and Nancy Borremans entertained us with stories and insights. We welcomed first timer Gary Musser who added to the fun.

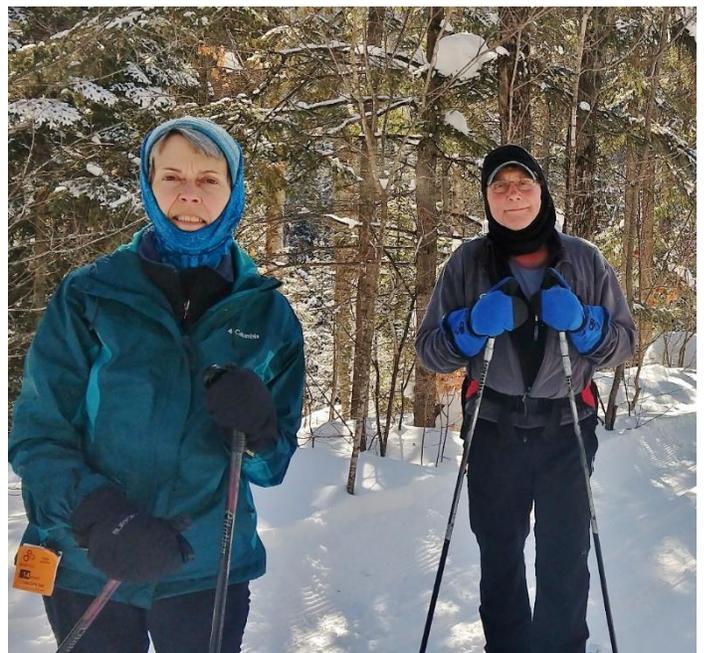
Weather was fine, trails were well-groomed and tracked. All in all, a great trip which we hope to emulate and repeat next season. ~by Tom Hooper



Laurentians, Quebec, Canada (February 13-20, 2020)

By nearly any measure we had yet another stellar skiing experience in the Laurentians this season.

To begin, The Great Chalet, recently under new ownership, presented us with a few upgrades including new window treatments to upgraded mattresses, bed linens and towels and a couple of replacement doors that eliminated cold air leaks in some bedrooms. The supplemental trip, led by Nancy Kahl, utilized a nice, lakeside house just a couple of miles away. The two groups coordinated ski destinations so, though we slept and ate separately, we skied together most of the time.



Our weather started out with our first morning registering -15°F. It wasn't hard to convince folks to delay heading out to Val-David Val-Morin Regional Park until about noon. Even then, our high was just zero. But the skiing? Conditions were excellent and all enjoyed the day, skiing from the Anne-Pichet end of the Park.

Domain Saint-Bernard in Mont Tremblant was our destination for our second day. Temperatures were warmer and the snow conditions and grooming couldn't have been better! People broke up into multiple groups, skiing both familiar trails and ones they'd never explored previously. Although the ski center was busy, you'd never have known it from the number of people you saw on the trails. It was a first-class day!



Gai Luron, to our south, was the ski area of choice for day three. This unique trail system is essentially set up like a series of concentric loops, varying in length and difficulty. Does it get boring saying the skiing was great? Maybe for readers but certainly not for skiers.

The following day split the group into two camps, one opting for the trails at Morin Heights and the other for the Far Hills end of Val-David Val-Morin Regional Park. There was no bad choice since the previous evening we'd been blessed with two to three inches of fluffy new "hero" snow. That coating over previously groomed trails made nearly any trail easy

to ski with perfect control. Well, maybe that was an overstatement because some of the more difficult terrain at Morin Heights had been skied off during previous days rendering it difficult to snow plow on some of the steeper hills. Personally, I had one of the most beautiful skis ever on Trail #8 at Far Hills. They had not yet groomed the trail that day and I had the privilege of setting down first tracks on that beautiful, narrow trail. Excellent!



Since heavy snow was forecast for our fifth day, we opted for the nearby trails of Camping Ste Agathe. Just half a mile from The Great Chalet, people could have chosen to ski back to the chalet if conditions got too intense. That turned out not to be necessary and all had a great day on the narrow woody trails of the center as several inches of fluffy new snow proceeded to blanket them.

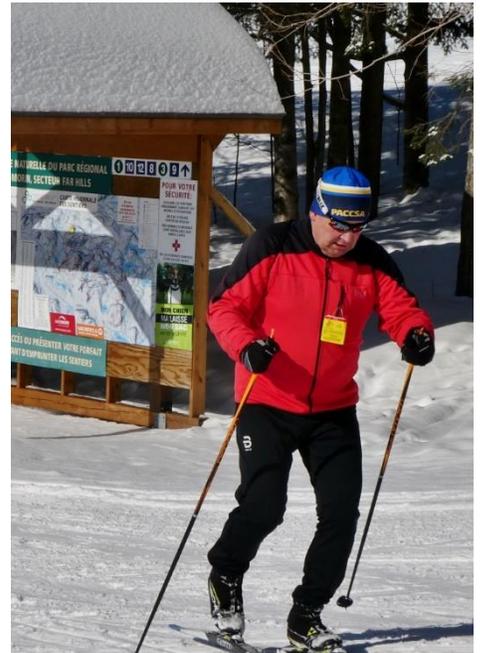
Most of us opted to ski Far Hills on our final day. Conditions were great, again, and we broke up into our usual small groups. One of those groups opted to ski the trail named Black #5. It's designated black because it's pretty steep and it is ungroomed. But it's beautiful and it is a bit of an adventure!

Our small group of seven broke out in a bit of a sweat during the steep climb but were rewarded with a very fun descent!

A couple of folks, Dave & Nancy, chose to ski a section of the le P'tit Train du Nord linear trail. As with all the venues, conditions were great.

As usual, all meals except for one were prepared by trip participants. And ... what can I say? The meals were GREAT! The "other" meal was consumed at our long-time favorite, Baril Roulant, in Val David.

Thanks to all who participated! I'm guessing that all are anxious to return next season! ~ by Bill Stine



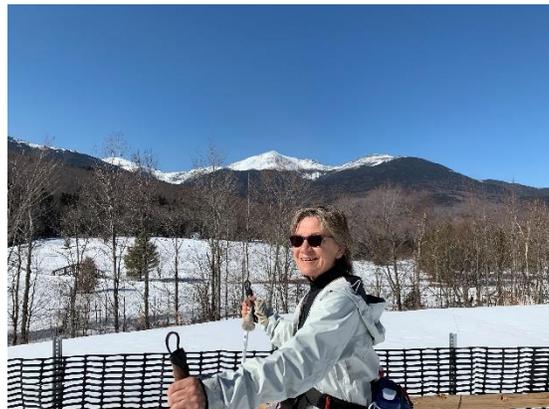
North Conway #2 (February 23-28, 2020)

Arrival day was a busy day in North Conway. Chocolate Fest, a fund raiser for the Intervale trail system which includes Whitaker Woods, was



underway and, since it was a gorgeous sunny day, lots of people were participating: skiing, snowshoeing, and walking. The Stonehurst Manor was one of the many "chocolate" stops on the tour of local establishments and participants were swarming the snow-covered lawn when we checked in.

The clear skies continued for Monday. We took advantage of the two-for-one deal at Great Glen and were rewarded with some good skiing in the sunshine.



Tuesday, we skied at Bear Notch. The bridge near the summer house was in place, finally (it wasn't there when KNGs were there a few weeks before) and we enjoyed the well-groomed trails. We started on the Ellis River trail at Jackson about an hour too





early on Wednesday, and the snow was crusty and icy, but it soon softened up to make the return trip more pleasant. Each day the weather got a little warmer and we woke to a wintery mix of precipitation on Thursday. Rather than ski in heavy, cold rain, some of us chose to check out the ski museum and the weather center before heading to the matinee showing of the movie "Call of the

Wild". By the time the movie ended, the sun was peeking through the clouds.

The growth of the ski industry in the White Mountains was promoted in the 1930s by the ski trains that brought winter enthusiasts from Boston and New York City to the White Mountains each weekend. In a nod to that history, the North Conway Scenic Railroad was running several trains a day between North Conway and Attitash for the last two weeks of February this year. It was fun to hear the train whistles blowing throughout the day. It appeared that the trains were attracting a lot of riders so maybe the ski trains will run again in the future.



~by Nancy KauhI

Inlet (February 28 – March 2, 2020)



Perhaps the Inlet trip was fittingly odd given what is happening now. The trip was supposed to be for 4 days but didn't work out that way. Of the 13 of us Tom Gibson, who



was in Inlet to demo his Skishoes, was signed up for only 3 and rest for all 4. The Stines had to leave early because they had agreed to be replacement hosts for Craftsbury #2. Then Bill and Kay had to leave early because of Kay's clients back home who needed her services. Then, as Monday dawned warm and raining, Dave Powell, Jean Geiger, Laura Ford and Marci Pickering decided to head home. Pam and I were going to stick it out but after some snow shoeing around the condos had to admit it was lonely and we packed up and headed home too.



However, the skiing was wonderful! Heading north into forecasts of blizzard it turned out roads were clear and dry the whole time we were there steady falls of lake effect snow created a true Winter wonderland. The snow was among the best skiing and most beautiful we've ever experienced. Our condo went to the Thendara golf course, which was wonderful, and on Sunday we went over to the Woodcraft Camp, which had several kilometers of groomed trails, and four of us went back that night to experience their lighted trails.

Heading out with the Stines, the other condo skied Fern Park the first day and the next day headed over to McCauley Mountain for the long downhill trails through the wooded mountain there.

As a bonus we all got to watch the always entertaining Cardboard Sled Races in Fern



Park on Saturday afternoon.

A good time was had by all. ~by Mike McMullen

Craftsbury #2 (March 3 - 6, 2020)

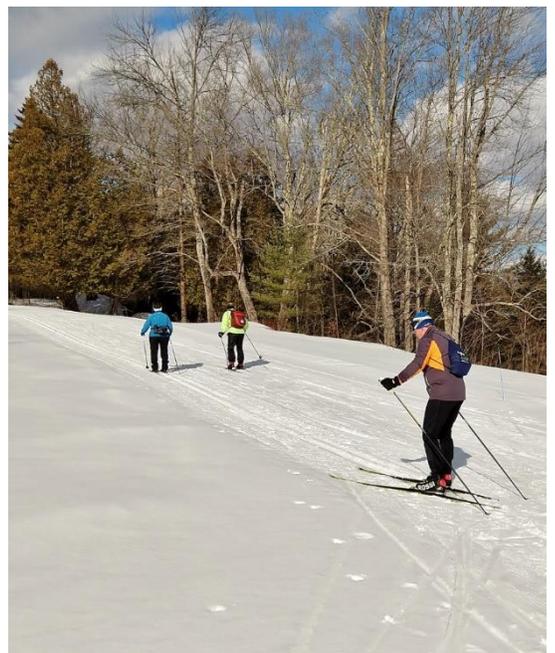


Sixteen of our number made a repeat visit to Craftsbury Outdoor Center this season. It was a trip well worth our while.

Although early mornings brought some icy trails, the mild temperatures soon made conditions better and even a bit "mushy" in the afternoons. But, overall, skiing was very good for this time of year. It's

amazing what the Center can do with the snow & grooming!

We arrived on a Monday with some rain, but that did not deter us. And, Monday the kitchen observes "Meatless Mondays"! Never mind, though, the inventive "meatless" dishes were





interesting and good. Some just had issues with dishes like marinated tempeh replacing good-old-fashioned chicken or beef.

We formed groups of skiers each day according to ability and skiing preferences and explored many of the usual trails like Ruthie’s, Sam’s, Lemon’s Haunt, Duck Pond and less traveled routes like the 5K Race Loop. While many of us opted for relaxed ski days, others racked up days approaching fourteen miles of kicking and gliding. Some enjoyed the outer trails off Ruthie’s...Vivian’s Fields, Wylie’s Sugar Bush Way, Dante’s Loop and back Bennett’s Run to join again with Ruthie’s.



Snowshoeing also had its fans with several members taking advantage of the extensive network of dedicated snowshoe trails that riddle the spaces between ski trails and are very well marked. As one snowshoer said, “It is so great to get further into the woods, listen and feel the quiet, and enjoy the beauty of the trees and sparkle of the snow.” Lots of rabbit and

squirrel foot prints were seen and even a bear print was

found! Yikes! One of our number even ventured to explore those trails on skis; a somewhat silly but challenging undertaking.



And, yeah, the kitchen staff made up for meatlessness on the other days of the week. And, by the end of the week, they had earned some new fans ... except, maybe, for Mondays??

A second trip to Craftsbury proved to be a good decision with good attendance and good conditions. We’re sure it will be part of the trip planning come April. ~by Sandy Stine





Lin Pomeroy celebrating 50 years of skiing on her woodies!

Boonville #2 (March 6 - 10, 2020)

What might ski conditions be like on the eastern edge of the Tug Hill Plateau during the second week of March? An even dozen of our members convened at the North Country Manor to find out.

Arrival day saw a couple of members stop at



Osceola to ski and wish owner, Hugh Quinn, well as he

prepares to close and sell the ski center in which he's lovingly invested thirty-two years of his life. The Kick 'n Gliders all wish Hugh well!



Others headed to BREIA's Jackson Hill trails for the afternoon. Skiing conditions were ok but nothing to write home about. While there was still plenty of snow, a high temperature of 42°F meant that conditions were pretty mushy and slow.



Our meals included the great breakfasts by Craig Trainor. Lisa and Bart prepared Rick Begley's famous ham and bean soup. Other meals were from Capri Pizzeria and excellent fare at Steak & Brew Restaurant and River Valley Inn.

Reasoning that we were likely to find better skiing on ungroomed trails, we headed for Carpenter Road the next morning. We were rewarded with trails that had not been skied since the last snow and that snow had formed only the thinnest of a crust. Heaven! Breaking into

three groups, we covered most of the forest's trails with the most hardy of our number skiing all the way around Snow Ridge Loop.



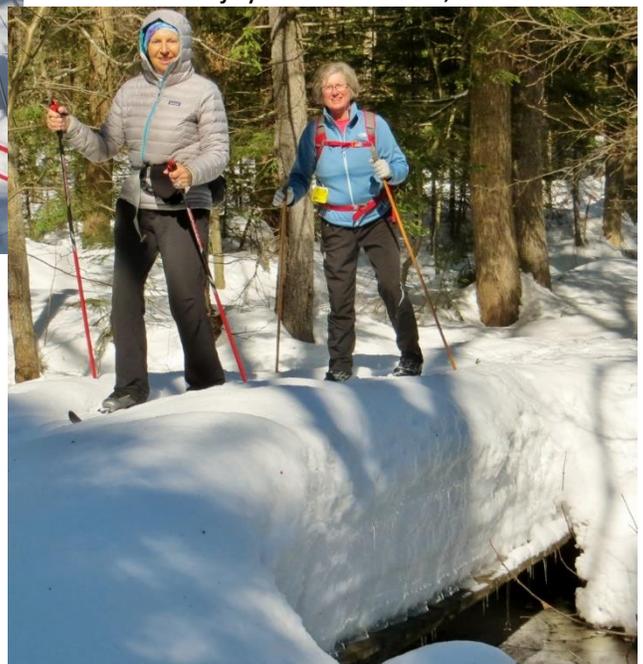
Most of us headed for BREIA's Egypt Road trails on the second morning. We found those trails to be recently groomed but



very icy to begin the day. They were so icy that we turned back at the first hill down the Glacier Trail. So, we killed some time at the warming hut lighting a fire in the stove and then headed out on the Rim Trail. It, too, was icy but at least there were no hills and we had an enjoyable ski. Soon, the sun

warmed the snow and conditions improved greatly. The group then made a couple of complete circuits of the upper trails.

Dave and Nancy reported that there was still plenty of snow in the Brantingham Lake area so we decided to try Centennial Scoot, a trail we hadn't skied as a club for at least nine years. Starting at Partridgeville Road, we found conditions similar to those at Carpenter Road two days earlier. Then we ran into trouble. Leader, Bill Stine,



lead the way to what he thought was Bear Ridge Trail. Nope, he was wrong! So we had to backtrack to the main stem of the trail and proceed along it toward the Steam Mill Road trailhead. Ahh, much better! Meanwhile, Bill drove to Steam Mill, skied backward to meet the group and ferried drivers back to pick up the rest of the cars. As it turned out, we also met Dave & Nancy who had chosen to ski out the snowmobile track that leads beyond the Steam Mill trailhead. It was another great ski day and the final ski day for the season for most of us.

Boonville #2, a great way to cap another wonderful ski season! ~by Bill Stine



Did you know...

..."Last season, Craftsbury Outdoor Center revamped its dining hall to become a Vermont Fresh Network Gold Barn Member--a distinction awarded to restaurants that source ingredients from at least 15 different farms and purchase 35 percent or more of their food from local growers. That's on top of the fresh cucumbers, zucchini, cabbage and winter squash they grow in their gardens to preserve for winter delicacies." ~from Vtskiandride.com





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