



The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl (editor@kickngliders.org)

Issue: March 2023

Up-coming Events

April 4, 2023 – Meeting at Centre Street Grille

5:00 pm – Meet for dinner prior to the meeting. If interested in dinner, RSVP to Andrea Hospodar at ahospodar10@comcast.net.

7:00 pm – Last Business Meeting of the season. Election of officers and trip planning. If interested in leading a trip next year, bring your information to present to the club. Information includes dates available, lodging venue(s) and estimated costs. (See related article on Page 4.)

April 19, 2023 – Social at Bluebird Inn

6:30 pm (unless otherwise noted in email when reservation is made) – Meet at Bluebird Inn, 2387 Cornwall Rd., Lebanon. RSVP to Andrea Hospodar at ahospodar10@comcast.net.



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

Directions from PA-283 at Exit to I-283

1. Follow I-83 S toward Harrisburg
2. Take Exit 42 toward Lemoyne onto Lowther St.
3. Turn right onto S. 3rd St.
4. Turn right onto Market St.
5. Take the 1st left onto S. Front St. / S. Enola Rd.
6. Turn left onto PA-944 W
7. Turn left onto PA-944 W / Wertzville Rd.
8. Turn left onto Center St.
9. Destination will be on the left.

Directions from I-81 N at PA-581

1. Follow I-81 N (1.2 mi)
2. Take Exit 61 for PA-944 / Wertzville Rd. (0.2 mi)
3. Turn right onto PA-944 E /Wertzville Rd (2.1 mi)
4. Turn right onto Center St.
5. Destination will be on the left.

Directions from I-83 and I-76, PA Turnpike

1. Follow I-83 N (1.8 mi)
2. Take Exit 41B for Lemoyne (0.5 mi)
3. Turn left onto Lowther St. (0.2 mi)
4. Turn left onto S. 3rd St. (0.5 mi)
5. Turn right onto Market St. (0.4 mi)
6. Turn left onto S. Front St. (2.0 mi)
7. Continue onto US-11 N / US-15 / 501 N (1.0 mi)
8. Turn left onto Enola St. (259 ft)
9. Bear left onto South St. (0.1 mi)
10. Turn right onto PA-944 W (0.4 mi)
11. Turn left onto PA-944 W / Wertzville Rd. (0.6 mi)
12. Turn left onto Center St.
13. Destination will be on the left.



President's Message

As our term as co-presidents of Kick 'N Gliders comes to an end, we were reminiscing about our joining the club in the mid-90s, in our 50s and never having skied before.

Lesson #1: Learn to ski when you are a kid. After joining, we made a pilgrimage to Wildware (remember?) and purchased a package of poles, boots and skis.

Our first skiing attempt was a New Year's trip to North Conway. It was quite an education. The tracks around town were solid ice and deep making it very difficult for a "newby" to get out of them. We careened down hills with no control. A lasting impression was the kindness shown us by more experienced club members like Bill and Sandy Stine. They and others took us under their wings and showed us the basics.

Another early trip was Tug Hill. Dave LeRoy led us on a route that at the time seemed to be rocks and trees with a bit of snow in-between. A good thing there are no videos of that adventure.

Lesson #2: Make sure you can identify your own equipment. Fred and I had identical boots and skis. At the end of the first day Fred complained that one of his boots seemed really tight and I noticed mine seemed loose. You guessed it. We had worn the other partner's boot. Once again during these early days of skiing, more experienced club members stepped up to help. Folks like Dennis Major were always ready to support our feeble efforts.

Lesson #3: The Kick 'N Gliders are made up of so many terrific people. Certainly, this is a strength of the club. Over the years, club members have become friends. We cherish these friendships.

Lesson #4: Members continue to help out when needed. So many people deserve to be mentioned here, that there's not enough space, but that too is a strength. The hard work being done makes the club desirable to belong to. The lesson here is the club needs everyone to step up and take a turn as an office holder or another job that needs done.

Lately, we are skiing much less, being bothered by sports-related injuries and by the cold. We are spending much of the ski season bicycling in Florida. We have so many fond memories of the days participating in many trips and the wonderful camaraderie and cooperation of fellow skiers - it is a tradition worth continuing.

Tanya and Fred



Proposed Slate of Officers

Immediate Past President, Fred Burgess and his assistants present the following slate of proposed officers for next year. These candidates will be presented for the election of officers at the April 4 meeting.

| | |
|------------------------------|-------------------------------|
| President: | Gary Musser |
| Vice president: | Fred Burgess |
| Secretary: | Marilyn Grove |
| Treasurer: | Dave LeRoy |
| Extended ski trips: | David Walborn & Jamie Hackman |
| Day ski trips: | Bill Stine |
| Programs: | Ed Cook |
| Membership: | Nancy Kauhl |
| Newsletter editor/publisher: | Nancy Kauhl |

Trip Planning

Step on up and help us plan the trips for next season! Come to the April 4 meeting with your ideas of where you'd like to ski next winter. The Club's trips are planned for the enjoyment of the members who wish to participate.

A couple of our long-time, reliable trip leaders will not be leading trips next winter so we need your help to make sure we have trips to some of our favorite locales. If you feel intimidated by the prospect of leading a trip on your own, team up with a skiing buddy and share the responsibility. There are plenty of other club members who can help you by answering questions you may have about leading a trip. Our skiers are really understanding, as well, so you can't go wrong and you'll be contributing to a successful season.



Past Event Reports

Quebec City, Canada – Clarendon Hotel in Old Quebec City

January 1-5, 2023

After a four-year hiatus (since 2018) that included a COVID year with no Canada trips, 2023 seemed an auspicious year for a return to Quebec City. Fifteen Kick 'n Gliders agreed with this assessment (or wanted to experience the Quebec City trip for the first time): Barbara Brandt, Pam and Mike McMullen, Nan Reisinger, Gary Musser, Fred Burgess, Fran Horn, Sue Wills, Dan Eliff, Ron Henry, Gwen Hunter, Terri Morrow, Ken Mayberg, María Pieretti and trip-leader, David Walborn, signed up and all arrived at the Clarendon Hôtel in Old Quebec City on New Year's Day, some straight from Craftsbury.

As it turned out, New Year's Day was also the final day of the extensive year-end holiday festivities in the city. Although the numerous holiday stand-mini-cabins that lined the pedestrian block of Sainte-Anne Street and filled the City Hall grounds across from the Clarendon were shuttered and locked, some of the many visitors still in attendance were enjoying their final dinner in the Old City. With reservations extending to as late as 9:00 (for example at a KnG favorite, the Pub St-Patrick near the Clarendon), the group split into smaller units to improve our chances of finding a table earlier on. My group of seven waited in the small foyer of the Casse-Crêpe Breton for a promised and soon-made-available booth where the great variety of dinner crepes offered meals for every taste, but left no room for the sweet, more familiar variety of dessert crepes. Another group of four waited in the Clarendon foyer for a table in the hotel's restaurant, and found their meals quite appetizing.

A word about the new Brasserie Les Mordus at the Clarendon. Gone are the turn of the (XIXth) century dark Victorian wood panels of the high-ceilinged old Charles Baillairgé dining room where tables would be

arranged in long rows to seat a large KnG group for the sumptuous breakfast buffet which is also gone. Replacing it is a “Parisian-inspired Quebec bistro” and a Group / Business menu of five breakfast combinations to choose from. The breakfast platters proved to be satisfying preludes to a day of sightseeing or skiing and were served without the long delays encountered when ordering was a la carte a couple of mornings at the old Baillairgé. Breakfasts at the Clarendon Monday and Friday were included in the trip, but the smaller tables and flexible seating times meant that these meals never brought all the participants together as was the case on previous trips.

None of the area ski venues were open Monday due to damage to the trails inflicted by a recent rain storm so that the first day had to be diverted to an Old Quebec visitor’s experience. Some participants opted for a tour of the Museum of Civilization in the Lower City while others left the walled city through the St Louis Gate to the Museum of Fine Arts on the Grand Allé. That day people also walked on the Plains of Abraham, ordinarily a half-day ski destination but devoid of snow this time around.

A guided walking tour of Old Quebec had been scheduled from 10:00 to noon Tuesday morning. I’ll quote from my online evaluation of this experience:

“Christian, a knowledgeable and personable guide gave us--from the perspective of a French-Canadian native son--an intelligently structured vision of Québécois history beginning with Champlain's 1608 founding of Québec as the capital of New France to the present day seen through the prism of French-English interactions. As statues and structures encountered along the way suggested the topics he covered, he delivered a truly memorable presentation with the recurring theme of "We have to get along with each other," (and that this is an ongoing imperative for the French and the English in Quebec and Canada).

Christian had perfect command of the English language and was able to expertly answer questions on the fly as interposed by his captivated audience. He gave us at least 20 additional minutes beyond the nominal 2-hour tour to finish his narration at the funicular which was to take us from the lower city back to the foot of Champlain's statue above in the upper city where the tour and his narration had begun.

(I did have well-founded high expectations for this tour based on previous experiences with Tours Voir Quebec, and Christian certainly did not disappoint.)”



Now, finally, to the skiing. By Tuesday the only center that had opened was Camp Mercier north of the city. As a special request, I had arranged for a block of 15 passes to be reserved for us on Thursday since new management by SEPAQ was limiting the number of admissions and requiring ticket purchases to be made online in advance—in a window beginning four days before the visit. Tuesday evening everyone went online to purchase tickets for skiing at Camp Mercier on Wednesday morning.

The site had consistently denigrated its snow conditions, but this must have been in comparison to the usually superb state of the trails. We found the trails to be impeccably groomed with deep well-defined tracks and no bare spots whatsoever. There was no fresh snow but the slightly granular worked surface covering was not icy and the skiing was some of the best I was to encounter throughout my portion of the season's trips. But sadly-missing were the generous dollops of snow which in previous visits weighed down every branch of the pines bordering the trail creating an almost Disney-perfect winter scene. A fall did leave one skier with unusually sore ribs leading to the conclusion that the snow base was very hard-frozen and very hard-packed. But as the site offers only green and blue trails, falls were pretty much eliminated, and most of us managed two great, if tame, days of skiing at Camp Mercier.



And this was thanks to the Laurentian Mountains. The Laurentians (French Laurentides) is one of Quebec's official regions which we have for many years regularly visited, but the Laurentians is also one of the world's oldest mountain ranges that extends from central Ottawa completely through Quebec and beyond. (One rarely mentioned fact is that the Adirondack Mountains are not, as often mistakenly assumed, part of the Appalachian Mountains, but one of the extensions of the Laurentian Mountains into the United States.) Camp Mercier is located in the Laurentian Wildlife Preserve. It lies about 40 miles north of and almost 1200 feet higher than Quebec. This privileged location above and beyond the nearer, lower venues makes of Camp Mercier a snow refuge in hard times.

~by David Walborn

North Conway, NH - Stonehurst Manor - Group A

February 5-12, 2023

In spite of the paucity of snow this year throughout the northeast, the North Conway trip was again a success. We had a few cancellations due to injury or medical issues, and ended up with 13 participants in the "A" group. We again stayed in 3 condos at the Stonehurst Manor and opted this year for dinner on your own on our Sunday arrival. Our Flatbread Pizza night was set for Monday this year, since I found out last year that it is a lot less crowded on the weeknights. Due to the frigid temperatures a few days earlier, Stonehurst suffered some broken pipe issues and we had some wet carpets from leakage from a neighboring unit. We managed to work around it.

We had no significant snow the week we were there, but had 24" the week before, so skiing was good at most venues. Our first ski on Monday was, as is tradition, at Bear Notch. Again, the warming hut was closed to the public, but they did accommodate our group on a private basis. We met the "B" group led by Bob and Joan Johnston there as well and enjoyed the well-groomed and scenic trails which lie along the Saco River. On Tuesday, many of us went to Bretton Woods, and though it was a gorgeous day, the trail conditions were the worst I have seen due to a lot of debris, mostly evergreen



needles, from a recent wind storm. We found out later that Barb Allis had taken a spill and sustained a shoulder injury. I think this is the fourth injury sustained at that venue! We learned from Jesse Jepsen that Jackson has a 2 for \$24 day on Wednesdays, so headed there the next day. Conditions here were much better and a couple inches of new snow overnight helped. Thursday was a skiers' choice day. Some opted for a downhill day at Attitash. Jim Schaeffer led a group of 4 to hike at Diana's Baths on the west side of North

Conway, while others hit their favorite XC trails. Condo 8A hosted a happy hour so we could enjoy a bit of social interaction since this year we did our meals in individual condos. We did this last year and it seems to work out better than eating as a large group. Our second dinner out was on Wednesday at the Red Parka, a new venue for the group. Food was good and we enjoyed the atmosphere.

Temperatures had climbed into the 40's by late week and a number of us went to Great Glen for a fun day of "spring skiing". Trails were groomed nicely and though soft, it was a good ski. Others opted for things like shopping and laundry. Saturday was our last ski day and many returned again to Bear Notch. The temperatures had dropped below freezing again, so trails were a bit granular making it a bit challenging, but an enjoyable day nevertheless.



Alas, Sunday some of us had to head back home, although we did have the Superbowl to look forward to. While others were fortunate enough to head on to the next trip at Stowe, VT. Unfortunately, on returning home or to Stowe we learned that several people from the two groups had tested positive for Covid and had to return home. We hope all have recovered well. Once again it was a good ski week and a very enjoyable venue, and we look forward to next year!

~by Andrea Hospodar

North Conway, NH – Stonehurst Manor – Group B

February 5-12, 2023

We had 2 beautiful condos at The Stonehurst Manor for the “Wait List” Group to North Conway. A few people skied Whitaker Woods on Sunday while others traveled to North Conway after the wild weather weekend with -27 degrees and 30+ mile per hour winds.



Monday we all headed for Bear Notch where both groups were able to ski and use the warming hut that Andrea had reserved for the day. Conditions were good as trails had been mostly cleared off and groomed. We all built up an appetite for dinner at Flatbread Company that evening. This was the only group dinner we all did as both condos cooked up delicious dinners in the condos instead of heading out Wednesday evening.

On Tuesday the group headed to Brenton Woods where Bill’s suggested loop turned out to be covered with debris blown down over the weekend. Brenton Woods had not tried to



clean or groom trails after the weekend weather event so the skiing in the wooded areas was interesting while many enjoyed the many other trails on this Blue-Bird Day. A few of us kept Fred out until after close as he made sure we all got back safely from a trip to the Warming Hut.

Wednesday was “two for \$24” at Jackson so we headed out to take in the trails they had open. Most of us skied Ellis River and the various loops off it while a few ventured off to their favorite Jackson Trails. Our day was cut short by high winds in the afternoon that made skiing difficult.



Thursday saw small groups ski at Great Glen, Jackson and Bear Notch while a few went to Attitash for a downhill day. Friday was warm and wet so people skied in small groups, or got out the snowshoes or shopping bags for a fun day up in the North. Saturday most of our group ended up heading to Great Glen for a dynamic day of skiing. It turned out to be a great ending for a week up in North Conway.

Saturday was leftover night for dinner and cleaning out the kitchen. Sunday afternoon the bad news that covid had hit some of the group changed plans for Stowe and other trips.

~by Bob Johnston

Laurentians, Quebec, CA - Thyra's Ark

February 17 – 24, 2023

Finally! We return to the Laurentians winter wonderland after having to cancel the trip two years in a row. The first cancellation was due to COVID. The second was due to the difficult-to-meet PCR testing requirement to enter Canada.

Unfortunately, there were a couple of cancellations due to illness. But all fifteen people who were healthy showed up at our rental house without incident. That was in spite of the snow that was falling during our drive.



The eight or so inches of new snow was much needed in the area. It made for very good skiing for our first three days. On day one we all headed to our traditional first-day venue at the Val David end of Parc Régional de Val-David-Val-Morin. Although skiing conditions were very good, the park lost some terrain at the Val David end of the park forcing them to reroute the first half mile of the trails onto some existing, blue-rated trails. That new route was a bit intimidating for some of our skiers. Other than that, everything was as we expected and people had a great day of skiing to Far Hills and back via a number of routes.

After the first day, small groups of people chose different venues to ski including Far Hills, Gai-Luron, Camping Sainte-

Agathe-des-Monts and Domaine St-Bernard. No matter which venue they chose, everyone enjoyed great skiing conditions.



But, it got a bit warm and melty on day three followed by a



hard freeze overnight. That turned every trail in every ski center to very, very hard snow that was difficult, if not risky, to ski. So, those who did ski mostly made a short day of it or, in one case, caused them to turn to the Le P'tit Train du Nord linear trail which is flat and, on that day, very fast!

Mother nature was on our side, though, and blessed us with about four fluffy inches of the white stuff that night and a couple more inches each of the following nights. Skiing, therefore, was excellent everywhere for the rest of the trip.

Our spacious, eleven bedroom, ten bath rental house, renamed Thyra's Ark, was as we remembered. Oh, and did we eat! Whether it was pasta, southwest chicken, Thai shrimp, chili, pork and sauerkraut, salmon or simply leftovers night, the food was plentiful and first class. No one lost weight on this trip.

And, so, the Laurentians are back as we intend to be next winter!

~by Bill Stine

Rocky Point, Inlet, NY

February 24 – 28, 2023

Kick 'n Gliders lucked out again! Snow up in the Inlet region returned just in time for our arrival – not a lot, but enough for our needs, although it looked marginal for the snowmobilers.

Our trip included:

| | |
|----------------|-----------------|
| Gary Musser | Rick Begley |
| Lisa Baer | Jamie Hackman |
| Bart Richwine | Marilyn Chastek |
| Bill Pickering | Pam McMullen |
| Kay Pickering | Mike McMullen |



Our first adventure was getting dinner on Friday night. We went to The Mill as we usually do but found out when we got there that their dining room was closed. It seemed to be the now common 'not enough servers' problem. Our backup plan, Slickers, turned out so well we'll probably make this our default in the future.

Saturday was a full day. Jamie, Rick, Lisa and Bart went to Sagamore and enjoyed 8+ miles of skiing along with the hospitality of the Great Camp Sagamore Friends, while others

went to the Thendara golf course, which was beautiful. Later some skied Fern Park, but that turned out badly with poor snow on slick, hilly trails with the final result of a minor injury to one of our group, fortunately not too serious. So, giving up on the trails we retired back to watch the always entertaining cardboard sled races.

Sunday included a trip to the always delightful Woodcraft Camp. Some liked it so much that they made additional loops of the trails.





Monday was a day for several different venues. Some did the Cascade Lake Loop and others went nearby to Moss Lake with an in and out to Bubb Lake.

The trip had a slightly early finish when everyone opted to head home on Monday with



unknown amounts of snowfall forecast for Monday night into Tuesday morning. Yeah, we all wimped out. ~by Mike McMullen

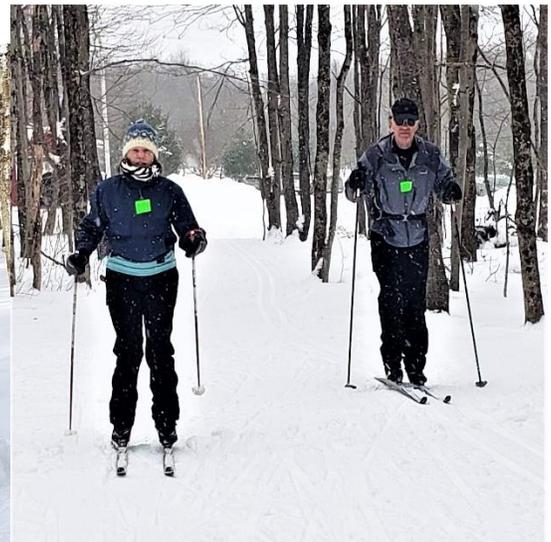


Boonville #2, NY

February 28 – March 5, 2023

This trip was cancelled by trip leaders, Bill and Sandy Stine, after Sandy suffered an elbow injury in the

Laurentians. Several Kick ‘n Gliders did go to the area on their own and had a great time.



Craftsbury #2, VT

March 5 - 9, 2023

Participants: Loretta Viani, Chris Brady, Glenn Barnes, Gwen Hunter, Ken Mayberg, Terri Morrow, Jim and Martha McGraw



As advertised, March at Craftsbury Vermont did not disappoint. After a winter with little snow on the east coast, two days before our arrival Craftsbury was the recipient of a major snow storm. Gwen arrived early in the day on Sunday, March 5, during Craftsbury's annual New England Bill Koch Youth Ski League Festival. The Festival is designed to introduce young people to cross country skiing. We were told approximately 500 +/- children were in attendance. Gwen informed everyone of an overflow parking lot if necessary. But by the time most club members arrived, parking was available in front of the Lodge. Our first evening we met for our usual club happy hour before going to dinner together.



Monday morning during a hearty breakfast we discussed what trails people were interested in skiing. We informally divided into small ski groups with plans to meet back for lunch. Ski conditions were good on all



the expertly groomed trails. After one of Craftsbury's well known "meatless Monday" dinners (a global movement to cut down on meat consumption for environmental reasons) we were treated to a musical concert in the lodge by our own club members: Ken playing dulcimer, Terri playing flute and Jennie from Tennessee (another guest) accompanying them with vocals.



Tuesday morning, we had another couple of inches of fresh powder. Terri & Ken drove to Highland Lodge and skied back to Craftsbury in time for lunch. Loretta, Chris & Glen skied a variety of difficult trails. Others skied some of the local trails enjoying the fresh snow.

Wednesday we awoke to another fresh dusting of snow. Ken & Terri skied to Highland Lodge where they retrieved their car that they had left the day before, giving them approximately 25 miles of beautiful skiing. Gwen, Martha, Jim and other new friends skied the beautiful Great Hosmer Pond Trail. Wednesday before dinner some of the club members attended a complimentary yoga class and used the sauna room.

Thursday morning, we had breakfast together. Some club members skied and others snowshoed before checking out. As suggested by Gwen, a stop at Rowell's Sugarhouse between West Danville & Hardwick to purchase locally made gourmet treats including maple syrup and canned jellies was well worth the visit. As usual Craftsbury





did a great job of keeping the trails nicely groomed. By the end of our visit Loretta, Chris and Glen skied about 40-50 miles.

Everyone enjoyed the great skiing and are looking forward to Kick 'n Gliders' Craftsbury 2 trip March 3- March 7, 2024.

~ by Martha McGraw



Did you know...

...that several phone apps can be used to navigate on ski trails and keep track of where you've skied? Here is a testimonial from one of our members:

GAIA GPS phone app continues to impress as it shows trails at many of our XC venues. It also shows your ski tracks from previous visits and indicates where you are relative to them...VERY helpful at intersections. While at Osceola Ski and Sport for example, Fred decided (okay, I agreed) that we should ski every trail on the lodge side of the road. GAIA showed the trails we had already skied in blue while the ones we had not yet done showed orange. So, we turned 'em all blue...boom! I've noticed several other members using GAIA but there are certainly other worthy phone apps. Try it!

~by Jesse Jepsen



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