



# The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl ([editor@kickngliders.org](mailto:editor@kickngliders.org))

Issue: January 2024

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## Up-coming Events

### January 17, 2024 – Social at Sawasdee Thai

**6:30 pm** – Meet us at Sawasdee Thai Restaurant, 1319 E. Chocolate Ave., Hershey, PA 17033 (717-533-4575). Please RSVP to Ed Cook at [tedsdad@aol.com](mailto:tedsdad@aol.com) so he can alert the restaurant how many to expect.

### February 6, 2024 – NO MEETING

Many of us plan to be away skiing. Join us later in the month or at the March meeting and we'll share our adventures with you.

### February 21, 2024 – Social at Black Gryphon

**6:30 pm** – Meet us at the Black Gryphon Bar & Grill, 54 Mt. Gretna Rd., Elizabethtown, PA 17022. Please RSVP to Ed Cook at [tedsdad@aol.com](mailto:tedsdad@aol.com) so he can alert the restaurant how many to expect.

### March 5, 2024 – Meeting at Centre Street Grille

**5:00 pm** – Meet for dinner prior to the meeting. If interested in dinner, RSVP to Ed Cook at [tedsdad@aol.com](mailto:tedsdad@aol.com).

**6:30 pm** – Business Meeting followed by program presented by Kate of Friends of Acadia.

# Notes from Our Treasurer

As the new KnG treasurer, I want to make you aware of certain policies that I intend to follow. Some are carryovers from my predecessor, Dave LeRoy; these include:

1. There are just over 100 members in the club, and probably at least half of them attend more than one trip per year. If you are sending a single check as a deposit and/or final payment for **any number of trips**, or for more than one person (that could include your spouse/significant other), please itemize which trip(s) and persons the payment is for, and the amount to be credited to each trip. Please do not make me look up the amounts in the season schedule. If I have to do that there could be a delay in applying your payment and adding you to the trip roster. For popular trips, any delay could result in you not making the cutoff. Your failure to fully itemize your payments makes unnecessary work for me. It's actually easier for me, as well as you, if you send one payment instead of separate checks for each trip.
2. I plan to, as Dave did, issue refunds at the end of the season for trips that had a profit. I will itemize the amounts for each trip, just as I expect you to itemize any payments you send me. If you have an unusual situation and need your refund sooner, please let me know.
3. Trip leaders are responsible for notifying their participants of any unpaid balance BEFORE the trip begins. I have the records and will send them to the leaders roughly two weeks before the trip starts. I am not going to notify you individually; that's the leader's job. You can help your leader by checking the payment due dates in the season schedule and sending them to the PO box in a timely manner. I will even accept checks sent to my home address, as long as they're payable to the club, if time is an issue for you.
4. If you're leading a trip and need a club check as a payment to the venue owner, please let me know and I will send it out by the date you specify. Keep in mind that I travel quite a bit and if it's not to a club trip, I will most likely not have the checkbook or the club roster with me. So the payment won't get sent until I get home. If it's a trip I'm attending I can write the check on-site.
5. Depending on the time of year, I vary the frequency with which I empty the PO box. If I'm away for an extended period, the assistant treasurer, David Walborn, will empty the box and can deposit checks that have come in. I am typically away overnight over 100 nights a year, sometimes over 120, including two months every summer—that's 1/3 of the time that I don't sleep in my own bed.

Now a new policy:

If you need to communicate with me, please use email or the phone. I can receive and read texts but I will not reply by text. The reason is that I only have a flip phone. Answering texts is very tedious and prone to errors without a keyboard, so I don't do it. I will reply to your communication, but if it's a text and I don't have your contact information at hand there will be a delay in getting back to you. I do not have, need or want a smart phone; my flip phone does everything I need it for, thank you.

Also, when I travel by bike, plane or train, I usually do not have my laptop with me. All club business is done on the laptop. I have an iPad on which I can answer emails and access the club's web-based bookkeeping system, but there are some functions I can perform only on the laptop. I always travel with my cell phone, however.

It's hard to get good help these days, so I thank you for your cooperation and patience.

Bill Hoffman, treasurer

# Openings Remain on Many Trips

We still have openings available on some of our wonderful trips. Trips with openings include: *Headwaters*, *Cazenovia*, *Susquehannock*, *Stowe*, *Craftsbury #2* and *Ellis Cove*. Italicized trips are not run through the club treasury and require you to make your own reservations. For all other trips, send your deposit to the club at the *new* mailing address. Help our trip leaders with their planning and schedule a ski outing or two with us for the months ahead.



## News about Trails of Interest

### Paul Smith's College VIC Open -

On November 26, your editor received an email announcing that the VIC was opening their ski season on December 2, 2023. This is great news! The VIC, located in the Adirondacks adjacent to Paul Smith's College and a favorite trail system for our trip to Lake Placid, is also offering food service in the Heron Marsh Gallery and Café on Wednesdays through Sundays, 11 am – 3 pm, all winter. It will be staffed by an alumni chef of Paul Smith's College.

### Maine Huts and Trails -

Maine Huts and Trails was scheduled to open for their winter season on December 27<sup>th</sup>. Their eco huts Stratton Brook, Poplar Stream and Flagstaff Lake will be available for full service stays Thursdays through Monday mornings, and self-service stays Mondays through Thursday mornings. If planning a day visit, lunch is offered for sale on Saturday and Sundays from noon – 2 pm.



The Main Hut Trails offer over 25 miles of groomed trails and many more ungroomed trails for skiing, snowshoeing, and fat biking. They are located in the beautiful woods of northwestern Maine.



## Winona Forest Trails -

The Winona Forest Recreation Association is presenting the Winter Expeditions Mileage Challenge. You don't have to travel to the snow to participate in this virtual event which runs from December 31, 2023 to March 3, 2024. To participate, you only have to run, bike, ski, or snowshoe as many miles outside as possible, track your miles and input your data. For more details, check out [www.winonaforest.com](http://www.winonaforest.com).

## Cascade Welcome Center -

The Cascade Welcome Center is now in its second season under the management of the Adirondack Mountain Club (ADK). The trail system, located on the east side of Lake Placid, has been around for many years but is being revitalized by the ADK. They have partnered with the Lake Placid Public Library and together have added a StoryWalk featuring printed panels of a children's book. (There is a similar "storywalk" at the Jackson Nordic Center in Jackson, NH.) In addition, they plan to have new signage on the trails and LED lights for night skiing. Their ski shop has already been voted "best ski shop" in the Adirondack Daily Enterprise, so if you need equipment and are in the Lake Placid area, check it out.

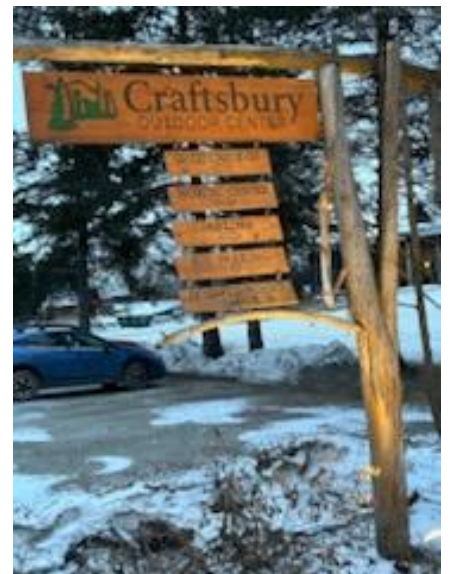


## Past Event Reports

### Craftsbury #1 - Expectations vs. Actuality

December 28, 2023 - January 1, 2024

It was misty and foggy on December 28 as 24 Kick 'n Gliders travelled to Craftsbury, Vermont, through bare-ground landscapes. Temperatures were in the 40s which hardly required a heavy coat although enroute I saw a number of people who were bundled up as though it was well below freezing. Were they dressed for the weather they were expecting?







When we arrived at the Craftsbury Outdoor Center (COC), we were pleased to see that there were plenty of people out skiing on the practice field. The general consensus was

that the skiing was better than expected – it was similar to spring skiing. The next day it was more of the same – mushy, slushy snow in an atmosphere that could seem foggy at times.



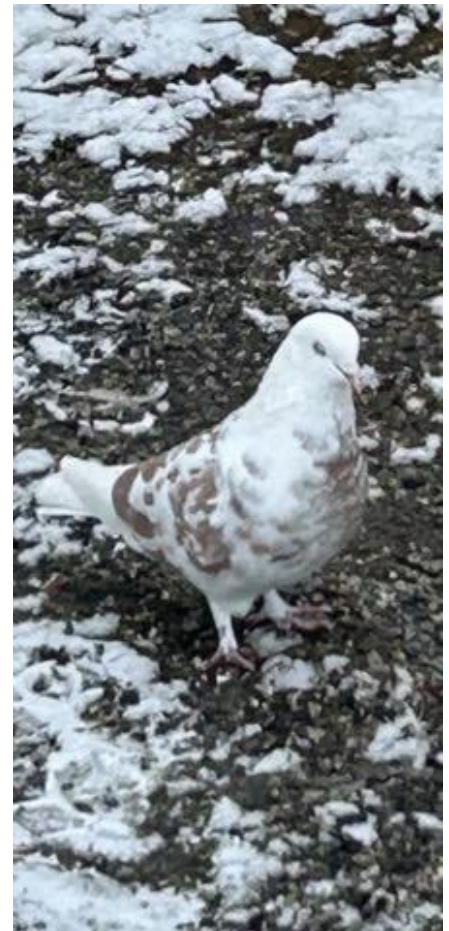
While most of us skied on the trails that were open (the practice field, Round-a-Bit, Lemon’s Haunt), a number of participants chose to hike and try to find the Catamount Trail. We did have some unexpected thrills. Ed saw an ermine, and several of us heard the cooing of a rock dove and were surprised to see its unusual coloring.



Mick, Jen and I made a couple of field trips. The first one was to the sawmill where Dave and I bought the siding and other lumber for our house. It is a family-owned sawmill that has been in business for 50 years, working mostly with white cedar. It is one of 28 remaining sawmills in a state that used to support over 170 sawmills. However, global warming is making it harder to access the white

cedar; the ground doesn’t freeze (winter) or gets flooded (summer), making it impossible to get the harvesting equipment into the wetlands where white cedar grows.

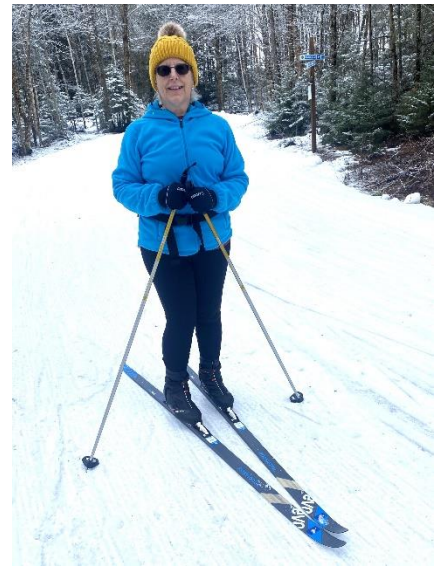
The second field trip we made was to visit Russ Spring, Jr., the son of the former owners of COC. He is the man who started the New Year’s Eve bonfires, reportedly to entertain the Kick ‘n Gliders, many years ago. Unfortunately, Russ was pushed out of the operations when COC was sold to the current owners, and then he suffered a stroke, which has rendered him housebound. It was sad to see such an active, “young” (mid-60s) man sitting in front of a TV, but it was important to let him know that we still remember him and think of him fondly.







This was the first club trip for Del, Tami and Diane. Diane is a new skier and took advantage of the lessons offered by COC. Several skiers rented equipment like skate-skies, track skies, and ski boots. The only casualties experienced were ski boots: Jen and Rick both had a boot come apart.



The weather grew increasingly cooler and we received a few snow

flurries on Saturday. It was just enough to improve the skiing conditions. In addition, the staff at COC



worked diligently to move stockpiled snow around the trails that were open so conditions didn't deteriorate. After the second day of temperatures below freezing, the staff turned on the snow-making guns. The guns were running continually from dusk on Sunday until we left on Monday morning, building up more snow to stockpile. Skiing should have been pretty good this week!





Our group was a bit smaller than in past years and we were quieter. We did not have the traditional happy hour in the upstairs hallway, nor any wild scrabble games in the lounge. However, Ed arranged to show world cup XC skiing on the big screen in the Nordic Center, which many patrons of the ski center enjoyed viewing. Watching bowl games on the TV in the basement of the Cedar Lodge was an



attractive option and, to be sure that the rabid football

fans could control use of the television, Dan disconnected the USB cable hidden behind the TV. (This was an extension of Tim Musser's habit of taking the batteries out of the remote controls!) Ed wrote a spirit song for the club (see lyrics elsewhere in this newsletter) which he was promoting throughout the weekend.

Several people pointed out that New Year's Eve was "Waltz time" – 1 2 3, 1 2 3! But we were not dancing

(the club hasn't managed to celebrate that way for many years)! COC no longer provides a bonfire but they do have a fire ring outside the lounge of Cedar Lodge and they provide wood to burn. Mick got the fire burning for us



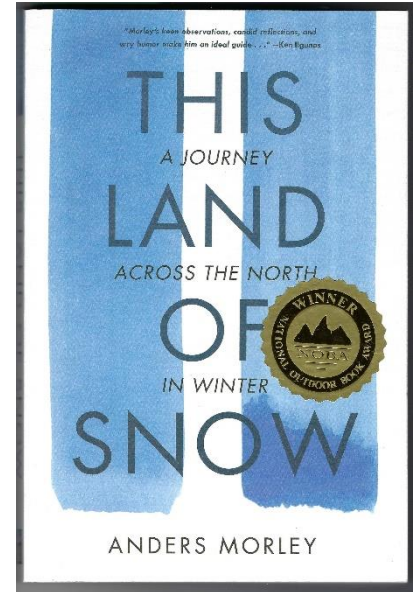
at 8:30 pm so we could celebrate the New Year around a fire, enjoying the crisp winter air. We rang in the new year at 10 pm, so most of us could get a good night's sleep before we drove home on Monday, but Rick stayed up until midnight and made sure the fire wasn't going to burn anything down.

I personally had expectations that this was going to be a difficult trip for me. While I did have a few moments that were emotional, the overall experience was positive. The people on the trip, their upbeat attitude in spite of the marginal ski conditions on our arrival, and the improving conditions during our visit made the actual adventure lots of fun for all.

*~by Nancy Kahl*

# Book Review

In the midst of warm weather several months ago, I picked up a book at a store in the Adirondacks that I started reading while in Craftsbury, hoping that it would provide inspiration when the snow cover around me was sparse. The book is “This Land of Snow – A Journey Across The North In Winter” by Anders Morley and is the author’s story of his journey of self-discovery undertaken on cross-country skis across western Canada, the people he met along the way, and how he overcame challenges with the weather and within himself.



The author grew up in New Hampshire where he loved to walk and ski downhill and cross-country, often with his Canadian-born father, as he was growing up. He studied history at various universities, is a writer and translator, and currently splits his time between New Hampshire and Italy.

Mr. Morley has an interesting way of viewing the culture of people he meets along the way. I am still reading the book but I was really struck by his description of cross-country skiing in the second chapter.

“I was fortunate to grow up in a place where snowfall was abundant, exclusion from private property was frowned upon, and outside my door were thousands of acres of forested hills to explore. By the time I was ten my feet were as big as my mother’s, and I pinched her leather cross-country ski boots and a set of wooden skis and poles from Finland that had stood neglected in the cellar for years. I never had any instruction in Nordic skiing technique, but as soon as I pushed off it was obvious that this was an easier way to move about in the winter woods. To this day I have a hard time thinking of skiing as a sport and have felt self-conscious the few times I’ve skied in prepared tracks among the athletic and sleek-suited crowd that frequent Nordic centers. For me skiing is just the way you walk when there’s snow on the ground. It’s walking in cursive, and I love to walk.”

That captures the thrill I experienced when I joined a club trip to ski Hut-to-Hut in the Adirondacks nearly 40 years ago. It was a challenge, but also exciting, to know that I could make my way through the woods on snow that had not been broken by machine.

*~by Nancy Kauh*





# Kick 'n Gliders Spirit Song

(to the tune of "I've Been Working on the Railroad")

Ed Cook has written and proposed the following lyrics for a club spirit song. Let us know what you think of it.

**Kick 'n Gliders Nordic Ski Club  
Really gets around.  
Stepping into heel-less bindings  
When the flakes first hit the ground.**

**'Tho we're mostly Pennsylvanians,  
All Nords please join in,  
When you slide around the ski trails,  
You're thought of as kin!**



## *Did you know...*

...that the largest individual snow crystal photographed was 10 millimeters wide? A snow crystal with six-fold symmetry is the kind of snowflake you might cut out of folded paper with scissors. The white puffballs that are often called snowflakes are usually made up of many individual snow crystals that have collided and gotten entangled and can be larger.





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