



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kauh (editor@kickngliders.org)

Issue: April 2024

## Up-coming Events

### April 17, 2024 – Social at Blue Bird Inn, Cornwall

**6:30 pm** – Meet us at 2387 Cornwall Rd., Lebanon, PA 17042 (717-273-3000). This restaurant prides itself on its history and fresh, locally-sourced food. Please RSVP to Ed Cook at tedsdad@aol.com so he can alert the restaurant how many to expect.



## New Officers

Elections were held at our meeting on April 4 and the following officers were unanimously elected to lead us for the next year.

President	Gary Musser
Vice-President/President-elect	Fred Burgess
Treasurer	Bill Hoffman
Assistant Treasurer	David Walborn
Secretary	Marilyn Grove
Extended Trips Coordinators	David Walborn and Ed Cook
Web Master	Bill Stine
Membership	Nancy Kauh
Programs	Jamie Hackman
Newsletter Editor	Nancy Kauh

# Help Wanted

A member is needed after May 1 to audit the club's financial records. Our last auditor is now our current treasurer. Bill Hoffman had done the audit for many years but due to an obvious conflict of interest cannot continue. You don't need to be a math whiz, you just need to be organized and check that all the records are complete and accurate. If you are willing to help by auditing the books, contact Bill Hoffman.



## Change in Meeting Schedule

The Executive Board met via Zoom on March 22, 2023, to discuss the difficulty of finding someone to serve as program coordinator. The board decided to reduce the number of membership meetings. It was decided to hold a board meeting, which may be open to the full membership, each fall (probably in November, perhaps via Zoom) and our usual in-person Election and Trip Planning meeting in April. The rest of the season we will have one social each month, alternating between a lunch social and a dinner social. **Summer activities will be held as members volunteer to lead them, under the coordination of our newly elected Program Coordinator, Jamie Hackman.**



## Proposed 2025 Ski Trip Schedule

The tentative trip schedule for next winter's ski season as developed at the April 2, 2024, meeting is as follows:

DATES	TRIP
December 29, 2024 - January 2, 2025	Craftsbury #1, VT
January 6 - 16, 2025	Methow Valley, WA
January 17 - 24, 2025	Boonville, NY
January 30 - February 2, 2025	Susquehannock Lodge, PA
February 2 - 9, 2025	North Conway, NH
February 9 - 16, 2025	Laurentians, Quebec, CA
February 16 - 21, 2025	Gatineau, Quebec, CA
February 21 - 25, 2025	Inlet, NY
February 25 - March 2, 2025	Lake Placid, NY
March 2 - 5, 2025	Sylvan Beach, NY
March 3 - 7, 2025	Craftsbury #2, VT

It's now time for the trip leaders to firm up the details of these proposed trips, making reservations and determining the pricing for the trips. These details will be finalized and published in the **Season Schedule and Guide**, which will be published in early summer.

# Past Event Reports

## Inlet, New York

February 23 - 27, 2024

Our trip included: Bill & Sandy Stine, Chris Brubaker, Andrea Hospodar, Dave Powell & Cheryl Capitani, Bart Richwine & Lisa Baer, Mark Kern & Sue Berg, Mike & Pam McMullen

Well, this year's Kick 'n Glider Inlet trip was rather a mixed bag. There was definitely snow there for us, however it had been rained on and then froze.

Chris Brubaker was the first to arrive and was informed that one of the condos we had reserved was not usable due to an 'unfortunate dog incident'. Rocky Point offered two alternate choices and Chris chose the closer of the two. We felt this condo, F4, was better than the original choice and have reserved it for next year.

We were able to get dinner Friday night at The Mill. The dinner was fine, but the fact that the server presented the group with ONE check for the whole group was a mess and consensus is that we won't be going back to The Mill unless they improve their system.



On Saturday we were joined by Jesse Jepsen and Karen Northeimer who happened to be in the area staying in Lowville. The group went over to Great Camp Sagamore for their Snow Day celebration. Another glitch! Due to the icy conditions, it wasn't safe to offer the led skiing around the lake. Also, there was no chili because their kitchen wasn't rated for restaurant standards. We did get to see a very interesting video they showed about the history of the camp and we definitely availed ourselves of their snack items. Most of the group returned early from Sagamore, except Chris Brubaker, who stayed to snowshoe around the lake. For the next several days Chris went back solo to Sagamore for more snowshoeing and came back with a report of what seems to have been a very colorful atmospheric phenomenon.

The group then headed over to the Thendara golf course, which has some snowmobile grooming. Again, because everything was frozen it was quite challenging. The group did a fairly big loop and Lisa and Bart reported back that they had discovered what at first seemed to be a row of little houses but turned out to be a string of abandoned train cars behind the golf course.

We made a trip over to check out the Woodcraft Camp. Again, because everything was FROZEN, it did



not seem worth attempting, especially when we saw that their suggested donation had been raised to \$15. Some of us made a stop at Mountainman so that we could leave some of our money there.



Après ski yoga and appetizers took place at Condo F4 both Saturday & Sunday. Saturday evening Cheryl and Dave prepared a hearty chicken sheet pan dish with potatoes and veggies and Sandy Stine contributed a very decadent carrot cake dessert. The next evening Sue Berg & Mark Kern prepared both a vegetable and a meat lasagna along with Waldorf salad made by Pam, and concluded with Sandy's homemade mint cookies.



Monday was a day for several different venues. Much of the group went for a hike around Moss Lake with an in and out to Bubb Lake. As we were near finishing, we



encountered a woman on snowshoes and it became clear from our chat that the Kick 'n Gliders are well known in the area.



Mark and Sue headed over to the Thendara golf course on Monday. They reported back that it was quite ski-able because the temperature had gone up and the frozen snow had softened. They reported that it was actually a little slow!

*~ by Mike McMullen*

## Gatineau, Quebec, Canada

February 27 - March 3, 2024

Ten Kick 'n Glider's members drove to the southwestern corner of Quebec with hopes of skiing in Gatineau Park for a few days. Gatineau Park is located across the Ottawa River from Canada's capitol city of Ottawa, Ontario. The Park is internationally recognized for the quality of its network containing over 200 kilometers of ski trails. The parkways through the park are paved but most of them are not plowed in the winter; they are instead turned into wide ski trails to accommodate two sets of tracks for classic on either side of a wide center lane for skating and even a wide shoulder for snowshoes and fat-bikes. The parkways feed to other, more narrow trails which are designated for classic skiing or snowshoeing. Numerous parking lots make accessing different sections of the trail system easy.



In order to enjoy the natural beauty of the area, I rented a house in Val-des-Monts, northeast of the park. The house, called Rosehill Cottage, was situated in the woods on a lake. The house had



two large gathering areas, numerous bedrooms, a large dining table and adjacent kitchen. There was a nice screened porch at one end which would have been very pleasant in the summer. They even had “fairy” lights behind the house. We determined that they were created by projecting laser lights onto the trees.



Alas, the snow gods did not favor us with optimal conditions for skiing. The temperatures fluctuated wildly during our stay. It was

relatively warm the day we arrived. The top of the snow on the ground was melting a bit and all of it was getting hard. The following day, temperatures rose even more and it was rainy, though we didn’t have rain all day, as predicted. We did get an afternoon thunder storm and the power went out briefly several times as the winds picked up for the drastic change that was coming. During the evening and overnight, the temperatures dropped into the single digits, leading to flash-freezing.

Wednesday, the rainy day, over half of the group went to Ottawa to spend some time at the Canada Museum of History and the Art Museum. The rest of us enjoyed reading at the house or taking short walks around the neighborhood.

When we called Gatineau Park on Thursday, we were told that the park was closed for skiing, snowshoeing, fat-biking and walking. Although they had groomed the trails, the trails had frozen and were hard and icy. I and three of the women went



out on a scouting trip to check out conditions for ourselves at the Nakkertok Club’s northern trail system which is only a few miles from the house we were staying in. The trails were thinly covered, hard and icy. No one was around to talk to about the system. We then drove to the village of Wakefield, located near the northern section of Gatineau Park and very close to Highway 5, a major north-south route in this part of Canada. Wakefield was a delightfully charming village. The General Store was very well stocked and even featured gorgeous pastries by a local pastry chef. A short drive into Gatineau Park sits the old Wakefield Mill which has been converted into a small but sophisticated resort located beside MacLaren Falls on the La Peche River. We also drove to



Parking Lot P17 of Gatineau Park to check the snow conditions which we found to be very disappointing. Then we stopped at the Wakefield Covered Bridge, a two-span covered bridge that was rebuilt in 1998 to replace the original bridge that was destroyed by



fire. We didn't stay outside very long at any stop because the wind was whipping and the temperature was still only in the teens.



It looked like Friday might be the best day to get outside and enjoy whatever the area had to offer. A call to Gatineau Park

indicated that the Parkway trails were available for skiing. We decided to have an early lunch of leftover soup and head to Parking Lot P8 in the afternoon to try the skiing. Since skiing was officially "not recommended" we did not have to buy a trail pass! The conditions were better than I expected, with granular ice/snow, so the skiing was fast with little effort. The trail we were on, being a road in the summer, involved very gradual rolling terrain.



On Saturday, several of us intended to hike the trail at the Mackenzie King Estate which was the country estate of William Lyon Mackenzie King, the longest-serving and 10<sup>th</sup> prime minister of Canada. He bequeathed his estate to Canada in 1950 and it is now part of the Gatineau Park. However, when we approached the parking lot, it was full – this being a Saturday and likely, per a local on the trail the day before, the last possible day of skiing until next season. Everyone



was out! We went to the Visitor's Center instead and hiked on the Sugarbush Trail. After hiking about 3 miles, we stopped at the Chelsea Pub for lunch before returning to the house to begin packing for home.



As usual, we ate very well on this trip. Lin and Nancy B made Taco Soup the evening we arrived. Pam served a delicious chicken dinner with potatoes, brussels sprouts and salad featuring glazed nuts and seeds. Diane wowed us with a comforting shepherd's pie and salad followed by Bananas Foster sundaes, complete with flaming glaze. Barb A. prepared delicious chicken parmesan, pasta, green beans and salad, finished with yummy brownies prepared with box mix leftover from another trip. Saturday evening was leftover night so we got to enjoy all the tastiness again!

*~ by Nancy Kahl*

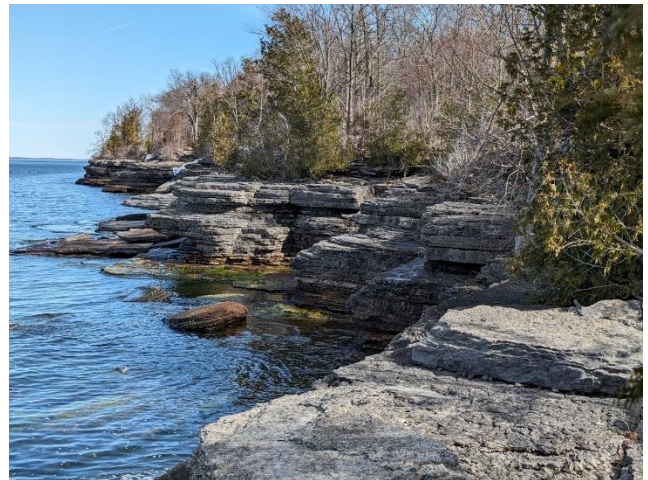
## Ellis Cove, Altmar, New York

March 7 - 11, 2024

The traditional lake-effect snows did not bless us this year and even the snowbelt of Oswego County, New York, was brown and devoid of snow for this early March trip. One couple had to drop out because of Covid, but six of us still made the trip to Ellis Cove.

We arrived on a Thursday and settled in to this relatively new, rustic-style and well-appointed house. Chris prepared our first dinner of fish tacos, lentil soup and salad.

Friday dawned chilly but clear. I had a list of possible hikes for us to do and we decided to head to the Robert Wehle State Park. This relatively new state park is situated on a peninsula near Henderson Harbor. The flat terrain is



wooded and overlooks Lake Ontario but can be windswept. However, the winds were relatively calm for us. We chose to take the Snakefoot Trail which follows the cliff edge giving us nice views of the water below. The lake was unusually calm and the sky was blue and sunny. The temperatures climbed to the upper 50s, giving us a very comfortable day to be outside. Del had prepared white chili, cornbread and salad for our dinner.

Saturday morning was not as cool but already the wind was picking up. We had heard it blowing during the night. The forecast called for rain to begin late morning so we decided to hike in the nearby Chateaugay State Forest. Under more favorable conditions we have skied these trails and enjoy following along the rock walls that thread



through the area. We found that stretches of the trail were very wet, a good reminder that the weather needs to be cold and the snow



fairly deep in order to ski this area. The air was misty but the heavy rain held off. The wind continued to blow but we hardly noticed it in the woods. However, we missed a few of the trail intersections and ended up at the parking area at the end of the trail system opposite where we had started! We opted to walk on the roads to avoid the water hazards, but that put us out in the open with the whipping wind. We were quite happy to see the cars so we could return to the house for lunch and warm showers to warm up. Chris went out in the wind, rain and cold temperatures to explore the Fish Hatchery, while the rest of us spent a relaxing afternoon of computer work and yoga inside. Del built a fire in the fireplace while Pam prepared dinner of salmon, mediterranean-style vegetables and berry crisp with ice cream.

Sunday dawned blustery and damp. We decided to drive to Oswego where we walked around Fort Ontario, the location of a military installation for over 200 years. Then we visited the Safe Haven Holocaust Refugee Shelter Museum. It is a small museum that tells the story of the only location in the United States that provided a temporary home to refugees from the Nazi regime in the last 18 months of World War II. President Franklin Roosevelt offered to temporarily house 982 men, women and children in Oswego, promising that these refugees would go back to Europe when the war ended. The camp at Fort Ontario was not freedom but it also wasn't a prison. Residents could go into town and children could go to school. Eventually, those refugees who wished to remain in the United States managed to do so. Though Safe Haven is a small museum it is full of interesting stories and tidbits of information that seem relevant even today.



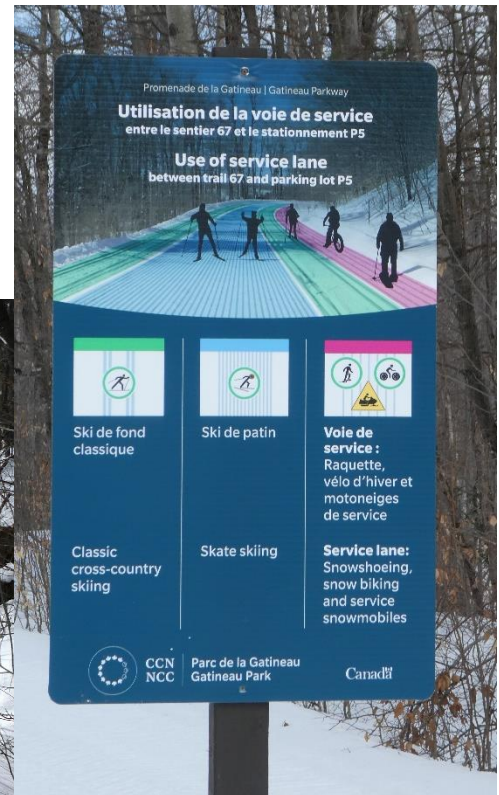
After visiting the museum, we had lunch at the Oswego Sub Shop. While the food is not outstanding, the shop is known for being a frequent hangout for Al Roker when he was a student at SUNY Oswego, studying meteorology. On our way back to the house in Altmar, Chris took me to see the Fish Hatchery. The fish ladder was full of fish trying to go upstream to spawn. We learned that these fish will remain in the ladder until later in March when they will be "milked" for their eggs.



Del and Tami introduced us to several games in the evenings. We played Rummikub, Codenames, and Quiddler. Sunday evening, the rain turned to snow. By Monday morning, there was almost an inch of snow covering the ground when we were packing up to leave. Not the best timing! By the time we reached Syracuse, the roads were clear and dry and the sun was shining.

*~ by Nancy Kauhl*





## Did you know...

Gatineau Park has more than 50 lakes, including one of only 58 known meromictic lakes in North America. A meromictic lake is one in which the upper and lower layers of water do not intermix. Normally, a lake's water layers mix completely each year during spring and fall, when the changes in water density, temperature variations and wind cause the layers to move with respect to each other.



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