



# The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kuhl (editor@kickngliders.org)

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## Up-coming Events

### March 5, 2025 – Social at The Hideaway

**11:30 am** – Come on out for lunch at The Hideaway, 40 Boulevard Avenue in Mt. Gretna (717-675-7987, mtgretnahideaway.com). Maybe it will be a nice day and we can do a short walk/hike in Mt. Gretna before lunch. RSVP to Jamie Hackman at xcski1927@gmail.com no later than March 4 so she can confirm the reservation.

### April 8, 2025 – Elections and Trip Planning

**5:00 pm** – This important business meeting will be held at the Cultural Center of Masonic Village. Enter the main entrance of the Grand Lodge. Watch your email for details and directions to the meeting room.

The purpose of this meeting is the election of officers (see proposed slate of officers below), consideration of changes to the By-Laws to better reflect how we are currently operating the club, and the all-important task of planning our ski trips for the 2025-2026 Season. Please come with your ideas of where we should ski next winter, including lodging options and possible dates. Afterall, we wouldn't be able to enjoy these ski adventures without you!



# Proposed Slate of Officers

The nominating committee presents the following proposed slate. Thanks to all of the you willing to step up and fill the necessary positions to keep this great club skiing along.

<b>President --</b>	Fred Burgess
<b>Vice President --</b>	Ron Henry
<b>Secretary --</b>	Marilyn Grove
<b>Treasurer --</b>	Bill Hoffman
<b>Membership --</b>	Nancy Kauh
<b>Newsletter Editor --</b>	Nancy Kauh
<b>Events Coordinator --</b>	Jamie Hackman
<b>Trip Coordinators --</b>	David Walborn & Ed Cook

We propose to eliminate the position of **Day Trip Coordinator**.

We propose to change **Program Coordinator** to **Events Coordinator** since we are no longer presenting programs.

We propose to add an elected position of **Webmaster** and propose Bill Stine for the position.

The **Assistant Treasurer** is not an elected position, but David Walborn has been serving as an assistant and we propose that he continue.

Gary Musser will continue to serve on the board as **Immediate Past President**.



## Changes to By-Laws Coming

Our President has agreed to mark up the current By-Laws to include some of the changes mentioned above to the offices, as well as update the By-Laws to reflect any changes that we should make at this time to better reflect the policies and activities of the club. The proposed changes will be included in the next newsletter, which will be published prior to the April 8, 2025, meeting for your review. We hope to vote on the proposed changes at the same meeting at which we elect the new slate of officers.

# Trip Reports

## A Tug Hill "Ten"

January 17 – 24, 2025 at Headwaters Lodge – Boonville, NY

A glide of hardy KNG skiers had an excellent trip to the East side of Tug Hill, staying at the comfy Lodge at Headwaters over the week that included MLK holiday. Participants were: Mike & Pam, Lisa & Bart, Sue & Mark, Gary, Sharon & Al, Andrea, Lin, and Jesse. Most arrived late Friday afternoon so we convened at Kratzy's to strategize the setup while nibbling cheese curds and quaffing Fiddlehead.



We skied hard each day as the snow conditions were the best we've seen in years. Although it was quite nippy several of the days, we can also state that "we avoided high temperatures" with most skiers remarking that they didn't mind the cold as soon as we got moving.

On Saturday we started out early to assure parking at close-by BREIA Potato Hill. We skied all the trails as this was the first ski day of the season for many. Garamone's was our supper destination for a return to savor their excellent Italian cuisine.





On Sunday it was low teens to start and breezy as we skied Jackson Hill trails which had over two feet in the woods. Some in the group did the extended loops on the Sunfield section. We lunched in front of the blazing woodstove in the quintessential warming hut. It was totally worth the price of admission and entertainment was provided by a friendly ginger-colored young hound in search of its owner. It almost adopted Bart. Afterwards, a couple of us did a second loop as others returned to Headwaters. Andrea phoned animal rescue to assure that the pooch was not stranded in the chilly temps.

Monday was cold again but partially sunny so some of us opted for back country skiing at Carpenter Road while others hit tamer trails at Egypt Road. It was a slower glide with the low temps but we did the extended far loop and most of the trails on the out and back. Upon return, many gathered in the motel lobby to dine and root for the Eagles who prevailed over the Commanders.

On Tuesday, we hit Osceola Ski & Sport Resort (New Osceola) and Wednesday we returned to ski Osceola Tug Hill XC (Old Osceola). Both were in very good shape and uncrowded. On Thursday, Lisa, Bart, & Jesse headed to Winona Forest to do the Event Loop while the rest headed back to Egypt Road. Both venues were very good. For meals, we grabbed takeout from the Deli, Chinese place and Pizza shops and brought them back to enjoy in the Headwaters lobby lounge and dining room for several low-cost evenings in.



Reflecting on the trip, it was nice to meet and ski with Sharon Reilly and Al Wilson as they were game for everything and fit right in. They marveled at the excellent conditions and extent of the variety of trails after experiencing a string of disappointing trips to Stowe with marginal conditions in recent years. Final thoughts are that a week in Boonville staying at Headwaters makes so much sense given the extent and variety of the ski venues combined with easy dining options close by. Also, we spent only \$40 on trail fees for the two days at Osceola and we grabbed takeout most nights. KNG Skinflints: unite! I hope that we'll see even more members sign up for next year's trip that is the "closest with most-est."

*~Jesse Jepsen*

# North Conway Good Fortune

February 2 - 9, 2025 at Stonehurst in North Conway, NH

Once again, we picked the right week for this trip. The area was slow to receive snow this year and had only a marginal base up to our arrival. We had clear, sunny weather for the drive up but snow moved in overnight and we awoke to 5-6 inches of light, fluffy snow to make for excellent skiing conditions for the week. Seventeen Kick 'n Gliders



participated this year and my brother Jim was in the area up till Thursday and joined us for some skiing. We started with our usual dinner at Flatbread Pizza Co. and the food and service once again lived up to their reputation.

Skiing started Monday at our perennial favorite Bear Notch with bluebird skies

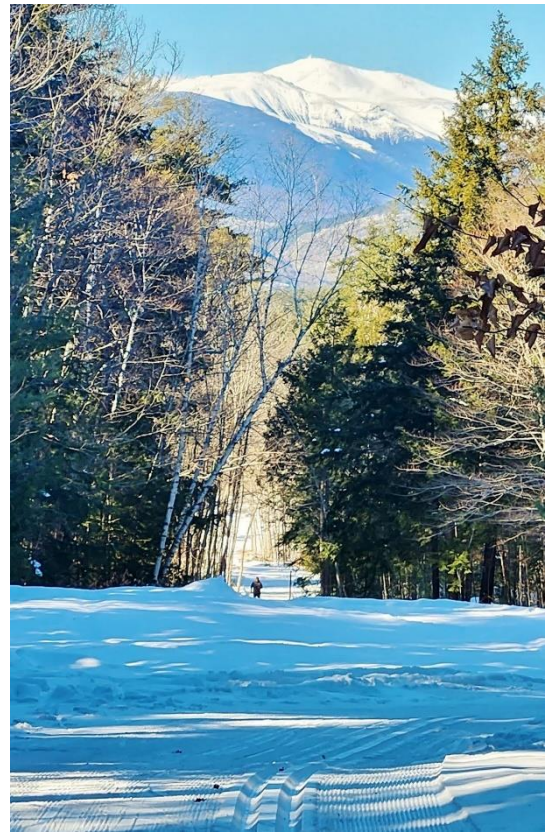
and temps in the low 30's, and as mentioned earlier 5-6 inches of fresh snow! Skiing was excellent and we broke for lunch in the warming hut to partake of their fresh baked bread and 2 crocks of hot soup.



Yum!

The only downside is we are no longer permitted to ski along the railroad tracks along the Saco River since the Conway Scenic Train is now running through the winter months, the 1<sup>st</sup> time in 60 years! But there are still plenty of trails and the river trail just needed to be accessed slightly differently.

Tuesday 2/3 of the group went to Jackson, while others went to Whittaker Woods to avoid the winds. Once we got through the open fields and into the woods, it was



quite pleasant. Snow had gotten a bit soft late Monday but firmed up nicely overnight, so once again we had excellent conditions.

Wednesday, we flip-flopped, the Whittaker group went to Jackson and vice versa. The day started out a bit chilly, but warmed up nicely.



Trails at Whittaker were nicely groomed thanks to the addition of new grooming equipment last year and much improved signage. We discovered a large section at the lower end of the powerline trail had been timbered, pretty much clear cut. But in time the trees will grow back and the income was a help to the local economy.



Thursday was a skiers' choice day with folks going in all directions, including some snow shoeing and downhill. It was sub-zero at 7 AM but climbed to the mid-twenties. Snow started again around 10AM coming down pretty hard and accumulating to another 5-6 inches.



Condo 5B hosted a BYOB social hour before dinner and it was nice to get the whole group together for some conversation. Then we headed down the hill to Moat Mountain for dinner and some of their locally crafted brews.

Friday's ski was Bretton Woods, but with gale force winds, most opted to ski either Bear Notch or Whittaker. The seven who braved the winds found that once we got across the golf course and into the woods, it was quite pleasant and once again we had near perfect conditions.

We finished out the week on Saturday at Great Glen except for Bill & Sandy Stine, and Nan who took the Scenic Railway tour up to Crawford Notch. It was reported as being quite nice. The skiers were rewarded with more excellent conditions to finish out the week.





Meals once again were prepared in individual condos with the exception of our two restaurant meals. This arrangement seems to be easier and most seem to like it, though we had less time for group socializing. Forecast was for heavy snow once again overnight and into Sunday afternoon. We awoke to find about 8" on our cars and walkways to be cleaned off for departure. Some opted to



book a room for the night to leave Monday after the storm had passed. Others were on their way to the Laurentians and with the storm ending early, around noon, their drive north was not too bad if they delayed their departure a bit. Once again, the end to another awesome trip with a great group of people. Thanks to all for making it a success! Let's hope our good fortune continues for next year!

~ Andrea Hospodar



## Susquehannock Lodge Sledding

February 6 – 9, 2025 at Susquehannock Lodge in Ulysses, PA

Five hearty souls headed to the Susquehannock Lodge in Potter Co. to ski, sled, relax and eat well; Cristina Truica, Del and Tammy Schumacher, Mary Ann, Brent and Gil Linde. We found snow only at the lodge and ample snow just 3 mile north, up to the higher elevations. An interesting first day of fast conditions on the controllable sleet and snow mixture. Two days of crusty stuff with only a light coating of snow. This gave our ab and arm muscles a workout. The views of hemlock edged trails and the gourmet meals were fantabulas. We topped it off with a final day of 3-inches fresh snow on a fantastic glide. Each day included wonderful sledding experiences.

~ Gil Linde

# Laurentians Welcomes a Bit Differently

February 9 – 16, 2025 at Grand Miramont in Saint-Adolphe-d'Howard, Quebec

Our 2025 Laurentians trip was made more “interesting” due to a fire in the kitchen area of Thyra’s Ark, our usual eleven-bedroom abode for this trip. Amazingly, we were able to locate and rent another place; The Grand Miramont, just a few miles to the west. Although it had only ten bedrooms, we were actually able to sleep more people due to the larger variety of bed arrangements in the rooms. We’d just have to suffer with a mere 4½ baths rather than the ten baths offered in Thyra’s Ark. We were still figuring out the complicated floor plan and sorting out room assignments as participants began arriving on Sunday.

With those items worked out and Bill Stine’s pasta dinner underway, sports fans started working out how to watch the Super Bowl LIX. Turns out we couldn’t because the TV didn’t have cable service and YouTube TV doesn’t work in Canada. Ugh! Fans ended up simply listening to the game via Sirius radio. Fortunately, our listeners were all Eagles fans and they had a very celebratory evening after all.



Camping Sainte-Agathe was the closest ski area and the choice for skiing for our first day on the trails. Conditions were first class as we skied off through the campground and up to the wooded trails around the lakes. As we got to the area where the trails divided, we encountered a fellow who was

stationed in a new warming hut near the top of the hill. This nice warm hut, built just this summer, featured ski pass sales, a picnic table and flush toilets! It turns out that the



campground is actually part of Parc Régional de Sainte-Agathe-des-Monts and the new hut is referred to as Accueil 2. And, there are two small parking areas close by, so you can now drive directly to it if you choose to avoid the picturesque ski through the campground.



A bonus was getting to watch a couple of snow kites on skis using their controllable foil kites to tack back and forth across



the snow-covered Lac des Sables next to the ski center. Back at the house we all enjoyed a dinner of chili and salad by Barbara Brandt and Caroline Coleman.

Most of us chose to drive north on Tuesday to play on the network of more than 80 kilometers of trails at the Domaine Saint-Bernard park. New to some of us was the



larger ski center and eating area featured in the renovated Le Grand Saint-Bernard. Conditions were

excellent and the trails were freshly groomed. Most of us focused on the main loop, the Grande Allée, and its side loops. And, as is traditional,



feeding the chickadees was the nearly exclusive subject of our skiers' photographs.



That evening we feasted on Jamie Hackman & Rick

Begley's rendition of Southwest Chicken with rice followed a bit later by bananas flambé performed by Diane Falkowski.



The group split on Wednesday with skiers variously opting to ski from either the Anne-Piché or Far Hills ends of Parc Duefresne or at Gai-Luron in Saint-

Jérôme to the south. Our choices didn't really matter in terms of ski conditions; they were excellent at all locations and everyone had a great ski experience.





We juggled our dinner plans and opted to go to a restaurant for dinner a day early as heavy snow was forecast for Thursday. This year we chose St-Hubert in Sainte Agathe. St-Hubert is a Canadian restaurant chain known for its rotisserie chicken,

ribs, and other classic Québécois dishes. They accommodated our large group, the service was great, the food was tasty and reasonably priced and they did separate checks! What more could we ask?



As advertised, the forecast snow event arrived in force and no one was going anywhere. Sure, the road below us was plowed. But our parking area and the driveway down to the

road were not. We occupied ourselves with reading, conversation and even putting together a puzzle. The more ambitious among our members went out to clean off the cars but, at least on the first pass, it was a mostly futile gesture.



The snow had mostly ended when a plow cleared our driveway. Other folks, equipped with a good snow

blower and shovels, appeared later to clear our actual parking area. Several of us helped them out, cleaning off our cars, moving them around and helping shovel snow from between them to areas where the snow blower could handle it.



And then the roof began to leak! We put pans out to catch the water and let our landlord know about the problem. People soon showed up to clear snow from the roof and break up the ice dam around a skylight that allowed the water to leak in. Problem solved! In the midst of all that, Bob & Joan Johnston prepared a tasty chicken casserole for our evening feast.

Friday, Valentine's Day, was kind of a free for all. Some of us skied parts of Parc Duefresne or Le P'tit Train du Nord. Others roamed Sainte-Agathe looking for clothing and gear or treats like pastries and chocolates in the various shops in town. And all of us marveled at the community's snow clearing prowess. By day's end they had completely cleared the sidewalks and streets of all the new snow using plows and large snow blowers to load it



into dump trucks and haul it away. Where they dump all of it we had no idea but it was certainly GONE!



Because another dump of snow was forecast for Sunday, we all chose to end the trip a day early so we could have a safe drive on Saturday. While many of us were headed home, Jamie was able to secure an early arrival at our rental in Gatineau for those of us heading there. And, so, the end of our last day was spent packing and reheating food remaining in the fridge for our traditional leftovers meal at the close of the trip.

Everyone was safely away early on Saturday as we closed up the house. Since Sandy and I needed only a couple of hours to get to Gatineau we took some time to ski a few miles of Le P'tit Train du Nord south from Val Morin. It was a nice way to finish out what everyone agreed was an excellent trip.

Laurentians, "We'll be back!"

~Bill Stine



## Did you know...

Researchers have been studying why wet polar bear fur does not freeze after the bears emerge from a plunge into frigid water. Norwegian nanophysicist Bodii Holst has discovered a compound found in the grease secreted by glands in the bear's skin that prevents the bear's fur from freezing. The compound has the potential to replace dangerous "forever chemicals" in products like ski wax!



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