



The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

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Issue: March 2025

Up-coming Events

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. After all, we wouldn't be able to enjoy these ski adventures without you!

April 23, 2025 - Social at TJ Rockwell's in Elizabethtown

11:30 am – Meet at TJ Rockwell's, 800 Mt. Gretna Road, Elizabethtown for lunch (717-367-5544, www.tjrockwells.com). Contact Jamie at xcski1927@gmail.com to secure your reservation. If the weather is nice, not a monsoon like our last lunch, we could do a short hike at the Governor Dick Environmental Center. Please contact Jamie no later than April 21 as she will be confirming the reservation.



Proposed Slate of Officers

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

President --	Fred Burgess
Vice President --	Ron Henry
Secretary --	Marilyn Grove
Treasurer --	Bill Hoffman
Assistant Treasurer --	David Walborn
Membership --	Nancy Kauh
Newsletter Editor --	Nancy Kauh
Events Coordinator --	Jamie Hackman
Trip Coordinators --	David Walborn & Ed Cook
Digital Media Manager --	Bill Stine

Proposed Changes to By-Laws

Several members of the Board have proposed the following changes to the Club's By-Laws. Changes are shown in red. The following only includes those articles where substantive changes are proposed (a number of grammatical or consistency changes will also be made at this time). The full By-Laws are available on our website at www.kicknogliders.org. These changes are presented here for your review prior to the April 8, 2025, meeting. We will vote on the proposed changes prior to elections.

Article III, Section 2. Admission A written application form, signed by the applicant, or his or her guardian if under 18 years of age, shall be submitted along with current annual dues. The application form shall include name and address of the applicant, ~~pertinent medical information~~ and a statement whereby each applicant recognizes the Executive Committee's authority to revoke membership as described herein (Article III, Section 4). It shall also include a clause conceding the Trip Leader's authority to use his discretion to determine the composition of the trip roster(s).

Article V, Section 1. The Club, at a regular meeting in April, shall nominate and elect, by ballot of the members present, officers for the following year. A slate of nominees shall be presented by the Nominating Committee. Open nominations from the floor, properly nominated and seconded, shall also be received before the ballot is held. The following officers, together with the appointed Executive Committee ~~Board~~ Members, shall constitute the Executive Committee.

1. President
2. Vice-President/President Elect
3. Secretary
4. Treasurer/~~Assistant Treasurer~~
5. Trip Coordinator
6. ~~Program Events~~ Coordinator
7. Membership Chairman
8. Immediate Past President
9. ~~Day Trip Coordinator~~-Digital Media Manager
10. Newsletter Editor

Article V, Section 3. ~~Should a vacancy occur in any office, the vacancy shall be filled for the unexpired term by an election held at the next regular meeting of the Club.~~ A vacancy occurring in any elective office shall be filled by appointment of the President, with Executive Committee approval, for the unexpired term.

Article VII, Section 4. The Treasurer shall receive all monies of the Club, shall be responsible for the deposit of all such monies in the bank, shall be responsible for the disbursements of such monies. He/she shall maintain the books of the Club, supervise the billing and collection of dues, and at each meeting report on the financial condition of the Club. He/she may disburse funds for production and mailing of Club publications and correspondence without general membership

approval. In addition, he/she shall collect, account for, and distribute trip and activity expenses as a matter of course. He/she shall maintain separate accounting for each trip.

~~The Assistant Treasurer shall assist the Treasurer by receiving monies and depositing same in the bank in the absence of the Treasurer. He/she shall enter such receipts in the books of the Club in the absence of the Treasurer.~~

Article VII, Section 5. The Trip Coordinator shall be responsible for all activities and outings during the fiscal year except those representing regular meetings and meeting programs. He/she shall ~~present a workshop to the general membership annually on how to lead a trip and~~ assure that the Trip Leaders are familiar with their responsibilities. In addition, he/she shall prepare a tentative trip schedule for the upcoming year before leaving office.

Article VII, Section 6. The ~~Program-Event~~ Coordinator shall be responsible for all activities and presentations occurring at or in place of regular meetings.

Article VII, Section 9. The ~~Day Trip shall be responsible for organizing and coordinating Saturday and Sunday day ski trips~~ Digital Media Manager shall maintain and update as necessary the website for use by members and the public in general.

~~**Article VIII, Section 4.** The Webmaster, to be appointed by the Executive Committee, shall maintain and update as necessary the website for use by members and the public in general.~~

~~Article VIII, Section 4.~~ Each member of the Executive Committee is entitled to one vote, regardless of how many offices they hold.

Article X, Section 1. Any member of the Club may propose an amendment to this Constitution and Bylaws; such proposed amendment must be submitted in writing to the Executive Committee at any regular meeting. It must be signed by at least three (3) members of the Club in "good standing" and must be approved by two-thirds of the Executive Committee, whereupon said amendment shall be considered and voted upon at the following ~~two (2)~~ regular meetings of the Club, after proper notice thereof shall have been given to the General Membership. Said notice shall state the terms of the said amendment. A two-thirds vote of the members present at ~~both subsequent the~~ meetings shall be required to amend the Constitution and Bylaws.



Trip Reports

Gatineau Provides Game

February ~~16~~ 15 – 21, 2025 in Quebec

Wow, what can I say? We had fabulous conditions in Gatineau. We started out moving our move-in day up a day because of a pending snowstorm. This is the second year we stayed in the lovely Rosehill Cottage. Our rental was agreeable to the early move in, as there was nobody in the house the day ahead of us. It was well worth the extra dollars to be snuggled in for the 16 inches of snow we got on Sunday. As we've come to expect in Canada, they did an excellent job of moving all that snow.

Participants on this trip were Bill & Sandy Stine, Rick Begley, Fred Burgess, Bob & Joan Johnston, Del 7 Tammy Schumacher and Jamie





Hackman. During the snowstorm on Sunday, some of us walked to the Ed Cook House, which was approximately 1 ½ miles away. That plus some shoveling is how we got our exercise on Sunday.

On Monday, we first headed to the Visitor's Center of Gatineau Provincial Park and then opted to start skiing at (Parking Lot) P7. We skied blue and green trails, (Trail) 30 to (Trail) 1, to the Shilly Shally

warming hut, where we had lunch, and then some headed back and some headed to the escarpment at Etienne-Brule for the view. All trails were



excellently groomed, and it was a wonderful day.



On Tuesday, we started at P17. Some skied the green trail 53 and others chose the blue trail 52, after which we all met up at The Mill restaurant, where we had a delicious lunch. Some of us stopped by the General Store in Wakefield on the way home.



On Wednesday, we headed to Nakkertok South, which has beautiful trails and again was well groomed. We had lunch at the Owl Warming Hut. The trails we found difficult to follow but the skiing was great.



On Thursday, some of the group headed back to Nakkertok South, and Rick and I skied from P6 and did some exploring, skiing on 7 to the parkway, then on to Lac Pink, where we picked up 35 to 15 to a back country trail 25. It was a beautiful day and everyone had a great time skiing on these perfectly groomed trails.





The week was very cold but we were well prepared. Thank you to all the cooks who filled our bellies with delicious meals every night,



and Sandy for providing the Scrabble and Left Right Center games.

~Jamie Hackman

Inlet Serves Up Great Adventure

February 21 - 25, 2025 at Rocky Point Condos in Inlet, NY

As other groups have reported, this year we had the best conditions we've seen in years and with our great group we feel this the best Inlet trip we remember, ever. Our group included Sue Berg & Mark Kern, Bonnie Close, David Powell & Cheryl Capitani, Kristen Sandusky, Joan Short, Marilyn Chastek, Mary Ann, Gil & Brent Linde. Pam & Mike McMullen were hosts.



Friday

Our traditional first night group dinner was in Old Forge at Slickers, which was really hopping.



Saturday

About half the group went over to Great Camp Sagamore. Chili and snacks were provided and then we went on the guided 4.5-mile ski around Sagamore Lake, with copious narrative about the history of Great Camp Sagamore from our very knowledgeable guide.

The Lindes ventured to Woodcrafters Camp and reported conditions there were good. There was no report on the Cardboard Sled races this year as there were just too many other venues calling us.





Dinner by Mark & Sue consisted of vegetable lasagna, salad, and hummingbird cake by Mary Ann.

Sunday

One group went around Moss Lake where conditions were excellent. An encounter with a party of snowshoers going the opposite way actually led to their having improved the trail for us.

The Lindes skied to Cascade Lake and others skied the Thendara Golf Course, which turned out to have been officially closed because they were in the process of doing tree maintenance.

Dinner by Pam with help from Kristen, Bonnie & Cheryl - salmon and Mediterranean vegetable sheet pan, fruit crisp.

Some retail therapy was done at Mountainman on this, the last day of their end-of-season discounts.

Monday

A few of us went over to explore a little of Fern Park, two skiing and three



snowshoeing. The Lindes ventured over to McCauley Mountain. Most of us spent some time in the hot tub and swimming at the end of the afternoon.

Tuesday

Several adventuresome souls ventured out onto 4th lake and reported that the conditions out there were excellent!

As we were leaving the temperature was rising and we drove home mostly in the rain. No complaints there.

~ Mike and Pam McMullen



Lake Placid Refresh

February 25 – March 2, 2025 in Lake Placid, NY



Eight KnG'ers convened in new digs from Feb. 25-Mar. 2. We had an end unit condo not far from places we have used in the past. This was not my first choice; last year's venue, Spruce Lodge, was not available on our dates. The condo had four bedrooms and three baths, but only one of the rooms had two beds. That turned out not to be an issue this year, as we had three couples and two single men signed up. That meant the house was used at 100% capacity. The house was well liked by everyone; the kitchen was exceptionally well equipped, the beds were comfortable, there were comfortable



seats and adequate light for reading, something our venues often lack. The TV in the living room was rarely used.



As for the skiing, on Wednesday, the first day, the group went to the VIC at Paul Smith's. I was under the weather that day and stayed home. The others pronounced the conditions very good except for the area right near the lodge, where several trails had been walked.

On Thursday we went to Cascade where we enjoyed several hours of good but somewhat icy trail conditions. An inch of new snow had fallen overnight but it wasn't quite enough to cover the ice underneath, it having rained on Tuesday, arrival day. A mixture of rain and snow fell in the afternoon with temps in the high 30s, but by then we were finished.



Friday saw us split up. Ed, who had only arrived the day before due to illness, went to Mt. Van Hoevenberg. The rest of us went back to the VIC, where the inch or so of snow overnight freshened up the trails. We split into several groups; the greatest distance covered was 10 miles (by Jesse Jepsen), but most of us did about 5 miles.

Saturday morning saw another inch or so of new snow. We all returned to Cascade, but Ed soon longed for Mt. Van, where he could skate more easily, so he went there. Bart and Lisa skied on their



own before leaving for home, since they only had a few days before leaving for a three-weeks of canoeing in Florida. The rest of us skied anywhere from 4 to 9 miles (you guessed it, Jesse was the mileage leader again for the day).

This year's trip was a day shorter than usual, which meant that we didn't visit several usual venues—Mt. Van Hoevenberg, the Peninsula trails, Dewey Mountain, and Henry's Woods.

One feature lacking but not missed during this trip was bitter cold. The coldest night (other than the morning we left, when it was -6) was only down to about 10. Daytime highs were from the low 20s on Friday to the mid- or upper 30s the



other days. But the trip was later this year than it usually is, and with the sun a little higher and several more minutes of daylight each day, the risk of extreme cold decreases.

Participants: Bill and Sandy Stine, Bart Richwine and Lisa Baer, Gary Musser and Diane Falkowski, Ed Cook, and me. Jesse Jepsen

came on his own and skied and ate dinners with us. A shout-out to Diane for her perseverance as a developing skier. She gets better with each trip.

~ Bill Hoffman



Craftsbury #2 Only Slightly Dampened

March 3 – 7, 2025 at Craftsbury Outdoor Center, VT

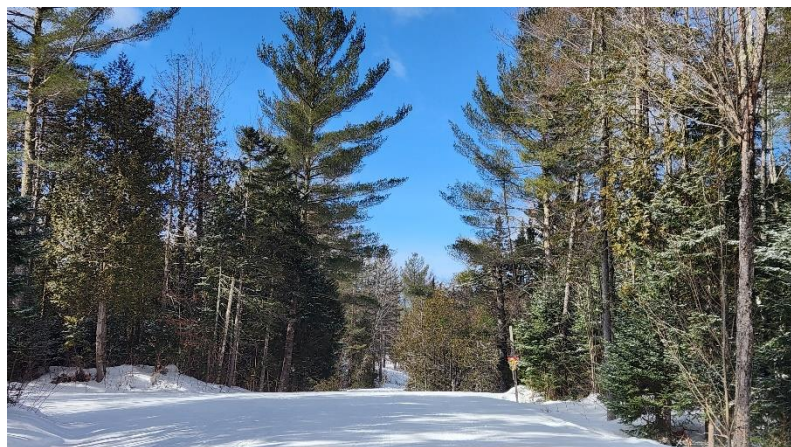
Eleven of us enjoyed a delightful week at Craftsbury. Participants were Marilyn & Jeff, Loretta & Chris, Martha & Jim, Donna & Paul, Susan, Ed and Glenn. We all arrived Monday afternoon and evening. A few of us did an afternoon ski.

Tuesday, most of us skied from the ski center into Craftsbury town center and back. A few

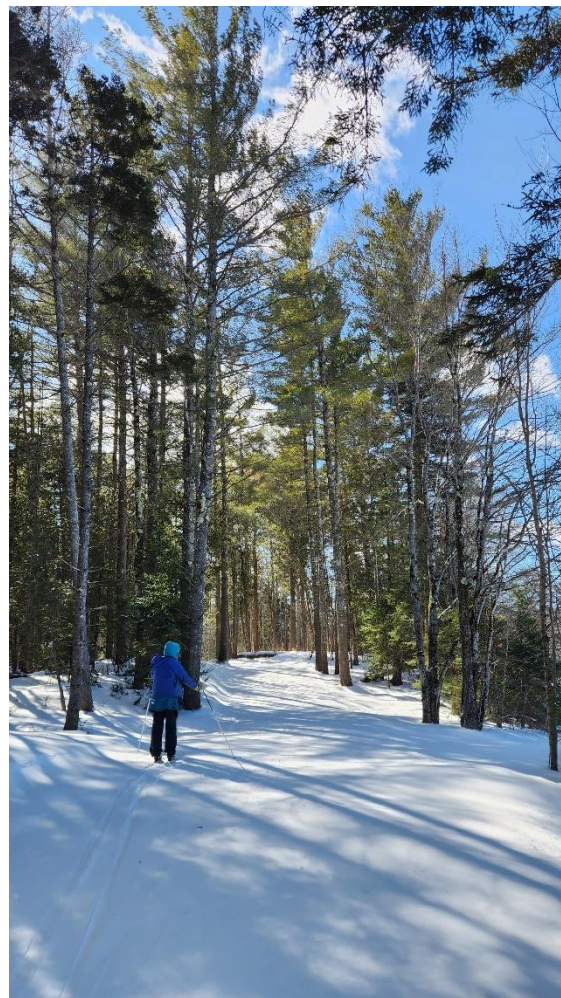


people skied trails around the center. So far, we experienced superb conditions and great weather. But the forecast was grim and showed warming temperatures and rain.

But Wednesday came and we were greeted with a couple of inches of fresh powder overnight. Five skiers got up at sunrise and took advantage of the fresh powdery snow. Others started out after breakfast when conditions were still



powdery. That would not last long as rain and warming temps turned powder into wet granular in a few hours. But we did not let that stop us even though we came back soaking wet.





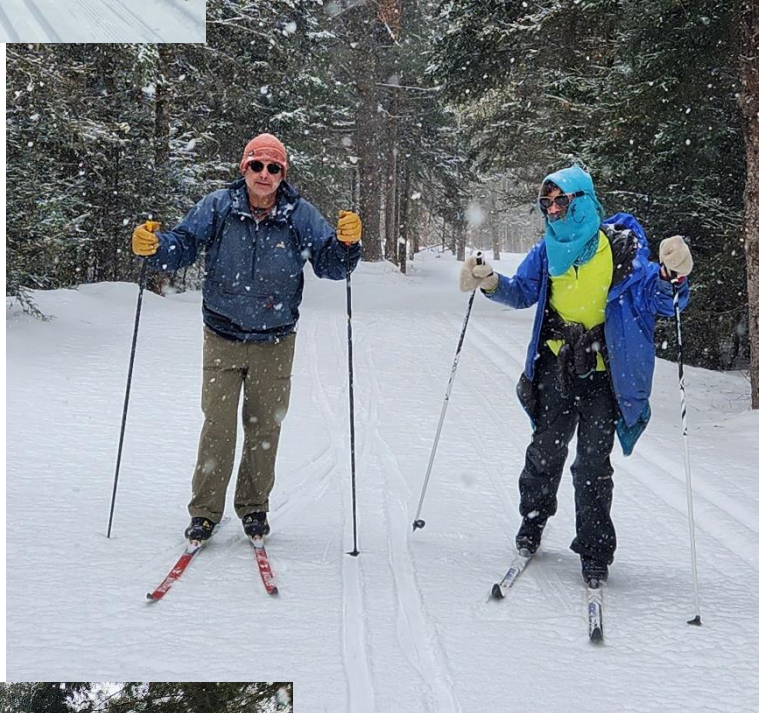
Thursday came and we were prepared for the probability of not skiing that day. But as the rain had mostly ended, we decided to see how well the ski surface withstood the previous day's assault. We were pleasantly surprised how well the base held firm even with temps in the 40's and a day of rain. Skiing was pleasant and all the rain made the forest smell wonderful. Most people skied and a

couple even skied back into Craftsbury Village and saw a ruffed grouse and a snowshoe hare. A couple of people opted to snowshoe.

Then Thursday night into Friday morning was a deep freeze. The groomers were out at 8pm Thursday evening preparing for the Friday skiers. Three of us went out on Friday morning, the rest departed after breakfast. We had a little fresh snow on top of the frozen granular. It was a fun, fast Friday before departing.

All in all, a great week where we dodged the inclement weather bullet and were treated to three good square meals a day.

~Glenn Barnes





Turkeys crossing the road in Gatineau



Did you know...

The recent issue of *Adirondack PEEKS*, the magazine of the Adirondack Forty-Sixer, included the text of a speech given in 1945, by the first woman forty-sixer, entitled "The Recreationist in the Postwar". In the speech, Grace Hudowalski said, "Skiing has never been very popular in the Forest Preserve mainly because wilderness or cross-country skiing does not appeal to the majority." While cross-country skiing may not be as popular as downhill, quite a few Kick 'n Gliders have had fun skiing the wilderness of the Adirondacks over many years. We always knew we were not the majority!



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