



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kicknogliders.org)

Issue: March, 2007

President's Message

February 26, 2007

Well folks, after all the work and planning, our ski season is almost over. There are only two more trips remaining, those being the March 2nd trip to Inlet, NY and the March 10th trip to Winter Park, CO. Despite the sometimes lack of snow there has been good participation and good times had by those who took part.

As I just said, a lot of work and planning went into this winters trips and activities. I bring this up because it is now time to start planning work on the 2007/2008 ski season. In fact, our meeting scheduled for April 3, 2007 is the election of officers and trip planning meeting. There are a number of repeat trips that we run each year, but, to keep things interesting we would like to search out new and different ski venues. We would like to hear your ideas.

Any and all members are encouraged to participate in the trip planning process. At the meeting on April 3rd we will put together a tentative schedule based on input from the membership. Some of next year's trips already have fixed dates because we must make reservations over a year in advance. However, there are other trips that will be planned that we don't even know about yet.

If you have an idea about a trip that you would like to have the club consider be sure to attend the meeting. In order for a trip to be considered we need to know

approximate dates, the approximate cost, the number of skiers the trip can accommodate, types of accommodations, etc. Be sure to be able to present some solid information on the trip that you think the club should consider.

In addition to planning trips at the April 3rd meeting, we will be electing officers for the coming year. Refer to the nominating committee report elsewhere in this newsletter for those nominated to run the club next year.

I also hope to see you at the March membership meeting where Fred & Tanya Richter will present a program of their experiences as volunteer rangers at Natural Bridges National Monument in Utah last summer. If you have seen the Richter's previous travelogues you know it will be very informative and entertaining. Also, don't forget the social dinner at TGI Fridays on Union Deposit road on March 21st.

Black Forest Trip Report

February 2 - 4, 2007

We had snow. We skied. The Black Forest Inn was up and running...full throttle. This is the way a ski trip in supposed to be. Some of us arrived on Friday afternoon to test our ski legs on the Pine Bog Trail. And then on Saturday all twelve of us skied the northern loop on the Sentiero DiShay Trail. Kim Hershey, Bernie Webber, Cindy Hoehn, Bart Richwine, Tom Gibson, and Ron Henry kept us on

track finding and breaking the trail since we were the first skiers of the season. The leader led from behind. Bill and Chris DeLoache, Tim Hoehn, Roberta Strickler, and Lisa Baer held up the middle. It was the first ski of the season for many of us, so we were tired and happy to have skied this back woods trail successfully.

A cold, bright blue Sunday found the 'couples' headed for Blackberry Trail and the strays bound for a visit to Robert and Dotty Webber's cabin, always an hospitable visit. Robert, as a volunteer, cleared and marked all 42 miles of the Black Forest hiking trail this past summer.

Of course there was beer, conversation, and food in front of the fireplace for the important between ski hours. Let's do it again next year.

Joan Short

Tug Hill Trip

Feb 2-5, 2007

By Bill Stine

Members began arriving at the



Allegro House in Port Leyden early

Friday afternoon. By 2:00, we'd assembled half a dozen intrepid skiers and headed out to the



Centennial Scoot Trail near Brantingham Lake for an afternoon ski. We had not been able to ski this trail for several years because of thin snow coverage. Not the case this year! About a foot of untracked,



powdery snow greeted us at the trailhead. We tromped and glided our way a few miles through the stuff, savoring the wonderful conditions and moderate temperatures. With the sun setting in the west, we returned to Allegro House for the evening. There, we spent the evening getting to know our new hosts, Jeanie and Ray Jordan, and chowing down on Bill Hoffman's latest beef and vegetable soup and fresh bread while the rest of our number (fourteen in all) straggled in. Treat for the night was homemade sherry cake by Sandy and brownies compliments of Mary-Liz Todaro and Paulette Montville.

Saturday morning arrived, bringing with it much lower temperatures (like about 5°) and about six more inches

of the white stuff. We had decided to familiarize the new trip participants with our perennial favorite, the trails at Carpenter Road. Well! We weren't quite prepared for what we found. There was an average of



eighteen inches of untracked snow on the ground and from time-to-time, we found ourselves in more than two feet of the white stuff. We slowly made our way up most of the gentle, one-mile climb to where various trails branched off before deciding to bag it. Skiers had experienced a couple of gear failures (like losing the sole off a ski boot) and some slushy spots that required scraping to remove the resulting ice. We decided we'd be better off on the beautifully groomed BREIA Canal



Trail that follows the Black River Canal towpath. We staged cars for a one way trip down the 8½ mile track. Conditions were fine under sunny skies and light breezes and one of our number, Dick Ruben, even skied

back to our starting point from Pixley Falls for a fourteen-mile round trip.

Back to the house we went for welcome showers, appetizers and,



dare I say, drinks. Later, we nearly inhaled a hearty dinner of Picadillo over brown rice with black beans and salad prepared by Bill & Sandy Stine. Topped that off, we did, with delicious homemade pecan pie by Ruth Spitler and more brownies.

Is it Sunday morning already? Yeah, still cold but no new snow. We decided to leave the trail blazing to others and do more BREIA trails today. (The Black River Environmental Improvement Association, by the way, is a not-for-profit corporation funded by a private family foundation. They offer free access to nearly 50 kilometers of groomed ski trails and never accept contributions. They maintain a web site at www.breiax-countryski.org.) We started out on the Jackson Hill section of the system, looping around the Into The Woods, Adirondack Field and Barkeater Loop Trails in the morning. After a lunch stop in the heated warming hut at the Canal Trail, a few of us drove to Alder Creek where the Egypt Road section of the BREIA system is located. There, we skied the Glacier, Rim and Moss Trails and a few ventured down one of the Gully Trails to ski Creek View. It was another great day of skiing.

Back home, while the rest of us took our ease doing our usual après ski activities, Dave peeled veggies while Nancy prepared the remainder of a delicious lemon chicken with herbed potatoes and mixed fresh veggies dinner. Never ones to forego dessert, we dug into fresh pear pie prepared by Mary-Liz. Oh, yeah! It's Super Bowl Sunday! Although none of us claimed to be fans, somehow nearly all of us crowded into the living room to watch while we digested our

feast. If he hadn't fallen asleep on the floor, this author might even remember who won the game!

We arose on Monday morning to even lower temperatures and to a lake effect machine that was wound up, again. We all decided to pack our gear, bid farewell to our host and head south before the really heavy snow bands moved in. Not to worry, though. Road crews had the roads scraped nearly bare and all we had to worry about were occasional whiteouts on the first part of the drive home.

We had a great time and all agree that the Allegro House and Tug Hill are high on the list for a repeat visit next year! Thanks to all who made this trip a success!

Participants: Bill & Sandy Stine (Trip Leaders), Bill Hoffman, Dave LeRoy & Nancy Kauh, Nancy & Victor Martinez, Peg Hampton, Dave Walborn, Mary-Liz Todaro, Paulette Montville, Rich & Ruth Spitler, Dick Ruben

Don't forget the drawing for the \$25 gift certificate to Wildware Backcountry. You must be present to win. In order to do that, all you have to do is attend the meeting.

Frank Geiger won the February drawing. It was Frank's first meeting with the Kick 'n Gliders!

Joan Short was the winner of the January drawing.

March and April

Meeting and Social Schedule

Past Meeting Report:

On February 6, Dennis and Beth Major gave an entertaining presentation about their three week bike trip with Ed and Carole Rockland last summer from Vienna to Prague, Bratislava and Budapest. One of the most unusual places they visited was an ossuary that featured caves of human bones and a chapel with decorations made from human bones.

On February 21, 9 Gliders gathered at the Bangkok Wok in Mechanicsburg for dinner and conversation. Even though many "regulars" were away on the Ottawa trip, we still had a good turnout and shared skiing stories and talked about the 11 feet of snow at Pulaski and Osceola/Tug Hill and Salmon Hills.

Coming Events:

Tuesday, March 6, 2007

7:00 PM

Wildware Backcountry Community Room

We are continuing with the travelogue theme again this month. Fred and Tanya Richter often volunteer to work in National Parks and their work (vacations?) have taken them to some interesting places. Last year they were in Natural Bridges National Monument in Utah. They will show pictures and Fred will regale us with tales of their adventures.

There will be a brief business meeting before the presentation.

Wednesday, March 21, 2007

7:00 PM

TGI Friday's, Union Deposit Road

(just west of the I-83
Interchange)

This will be a social meeting for dinner and talk. Come and hear stories about the weeklong trip to Winter Park, Colorado. Its time to start thinking about ski trips and destinations for next year, in anticipation of the April 2 meeting.

Tuesday, April 2, 2007

7:00 PM

Wildware Backcountry Community Room

Everyone is invited to this last business meeting of the 2007 ski season. This is the meeting where we review the success of this year's trips and plan a schedule of trips for next winter. If you are interested in leading a trip to a new (or old) destination, (or if you are just interested in where the K 'n G will ski in 2008) this is the meeting to attend. If you are thinking of a new

trip, you should bring information about the facilities (cost and availability) and the ski area. If you need more details about the kind of information you should have, contact Peg Hampton or Dave Powell.

There will be a brief business meeting before we start working on next year's trip schedule.

Wednesday, April 18, 2007

7:00 PM

Pizza Grille (on Old Gettysburg Pike)

This is absolutely the last meeting of the Kick 'n Gliders until we meet again in the Fall. This is a chance to reconnect with the new friends you made on ski trips in 2007 and to talk about the trips you want to go on next winter.

Changes to the People to Ski With booklet.

Change Carolyn Hoffman's phone number to: **432-5191**

Change Bill Hoffman's email address to: **billhoffman1@verizon.net**

Change Mary-Elizabeth Todaro's home phone to: **657-1023**

Deadline for submitting information for inclusion in the April newsletter is March 20!

OTTAWA

FEBRUARY 2007

Twenty-four Kick 'n Gliders traveled to Ottawa February 19 – 23 for some wonderful Nordic skiing. Six of the twenty-four came from Garnet Hill to Ottawa, Bill and Nancy Stine, Dave LeRoy, Nancy Kauh, Nan Reisinger, and Pete Oswald. Other trip participants were Nancy Borremans, Don Youngblood, Fred Richter, Tanya Richter, Stacey Richter, Tom Nash, Nancy Martinez, Victor Martinez, Debbie Olson, Roger Olsen, Pam Mc Mullen, Mike McMullen, Bernie Webber, Tom Cox (new member and boyhood friend of

Bernie), Wanda Cole, Charlie Cole, Jan Powell, and Dave Powell. We skied in Gatineau Park, the wonderful national park across the river from Ottawa in Quebec province. Gatineau offers over 200 km of groomed and backcountry trails, providing something for everyone. Some also skied at



Nakkertok, a really great area maintained by Nakkertok Nordic ski club. The snow was great. There was about an inch of new snow on our first day of skiing.

Because the group was so large we broke into two groups for our evening meal. Everyone contributed for some really great cooking ranging from Hawaiian chicken, beef Bourguignon, to pasta with black bean sauce. During our evening sessions we relived our day's adventures.

Besides skiing many also enjoyed the city of Ottawa from the Parliament to the Museum of Civilization to the Aviation Museum. Victor spent his days touring and painting. He did two wonderful water color paintings, one of Parliament, and another of Rideau Canal. Some enjoyed skating



on the world's largest skating rink, the Rideau Canal.

After four days of winter fun everyone scattered to do some more skiing in Pulaski or to do some downhill skiing at various locales.

For those of you who asked here is the recipe for the Turkey and Black Bean Chili served by Matt London and Kim Lausch for a Garnett Hill meal.

They tripled the recipe below for a group of 13 people. It worked out to be a perfect amount.

Turkey and Black Bean Chili
 Prep Time: 20 minutes
 Cook Time: 1 hour
 Container: large, heavy skillet
 Servings: 6

Ingredients

- 16 ounces ground turkey
- 1 large red onion, chopped
- 3 cloves garlic, chopped
- 1 green pepper, chopped
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 3/4 teaspoon ground oregano
- 3/4 teaspoon dried marjoram
- 28 ounces diced tomatoes (canned)
- 6 ounces tomato paste
- 16 ounces can black beans, drained only, not rinsed
- 1/2 cup (4 oz) extra sharp cheddar cheese, grated
- 1 bunch fresh cilantro leaves cut up
- Sour Cream optional

Directions

- * In large skillet, over medium-high heat, combine ground turkey, chopped onion, green pepper, garlic, salt, and black pepper.
- * Cook until turkey no longer appears pink. Drain off any excess juices.
- * Add all the seasonings and combine.
- * Reduce heat to medium-low and add diced tomatoes, tomato paste* and black beans. Stir occasionally. Cover and simmer for 35-45 minutes.
- * Serve hot and garnish with shredded cheese, fresh cilantro and sour cream.

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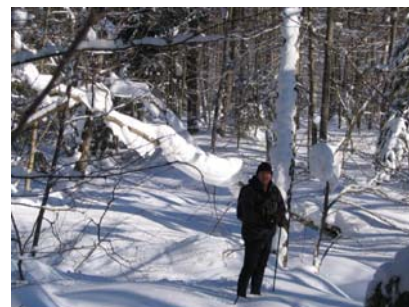
Random snow pictures



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The snow at Chateaugay, Feb 23

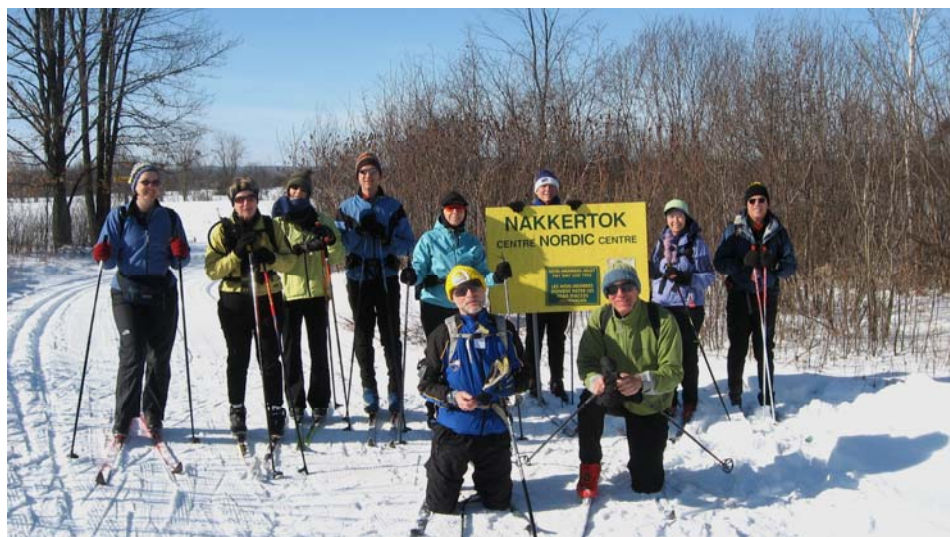


The snow at Highland Forest, Feb 24

KICK 'N GLIDERS 2007 - 2008 CANDIDATES

The nominating committee consisting of Jan Powell, Immediate Past President, Sandy Stine, and Nan Reisinger presents the following slate of officers for the Executive Committee for the 2007 – 2008 season. The Executive Committee, according to Article V, Section 1 of the bylaws, consists of the following positions. This slate will be presented at April 2007 meeting. If anyone is interested in running for any office, nominations can be made from the floor. Voting will occur after the nominations are closed.

President	Bill Stine
Vice President/President Elect	Peggy Hampton
Secretary	Marilyn Grove
Treasurer	David LeRoy
Trip Coordinator	Nancy Borremans
Program Coordinato	Tanya Richter
Membership Chairman	Michael McMullen
Immediate Past President	David Powell
Day Trip Coordinator	Nan Reisinger
Newsletter Editor	Peter Oswald



Kick 'n Gliders at Nakkertok.



KICK 'N GLIDERS
P.O. Box 7054
Mechanicsburg PA 17050

ADDRESS CORRECTION REQUESTED

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Slate of Officers, 2007-2008 CANDIDATES

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