



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kicknogliders.org)

Issue: November, 2009

## President's Corner

'Twas thirty days to  
Craftsbury  
All is peaceful in "the  
glide"....

My term as President is half over. Time is going quickly thanks to the Operations Committee's excellent support. The Season Schedule & Guide is published. Hard copies were sent to all members and posted on the web. Thanks to Tanya Richter for setting up a great program and dinner social schedule. Thanks to Weekend Trips Coordinator, Sandy Stine, for planning a great season of exciting trips and getting the information published. Thanks to Editor Pete Oswald for getting the Schedule and issues of The Easy Glider edited and published. The Webmaster, Bill Stine, is doing an outstanding job of getting all of the club info (and more) loaded to our web page. Dave LeRoy is doing a great job of tracking the club finances and accepting trip participants' payments. The meeting minutes are recorded and posted by Marilyn Grove. The

club has three scheduled day ski trips and one impromptu ski thanks to Andrea Hospodar, our Day Trip Coordinator. The *People to Ski With* booklet will be out in the near future thanks to Mike McMullen, Membership Coordinator. Vice President, Bill Hoffman, is assisting with club matters and policy. We had another successful Ox Roast in October. The Operations Committee works like a well oiled machine which makes my job easy.

Our Trip Leaders do a lot of planning, schedule reservations and handle payment at our lodging destination, plan meals and ski venues, and prepare a trip letter to the participants on our extended weekend trips. The Trip Leaders are not compensated by the club. They do not receive payment or reduced costs on ski trips. The leaders make a wonderful contribution to the club. If you have a good time on your ski trip, please be sure to thank the trip leaders.

The upcoming ski season will start with a blast (hopefully, a "white" blast) when 35 gliders

head North to the Craftsbury Outdoor Center in Craftsbury, VT. This is just the start of another great ski season filled with lots of fun and skiing.

I wish all of you a happy & healthy ski season!

Peg Hampton

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## 2010 Ski Season Trip Sign-Ups

Our annual New Year's trip to Craftsbury, Vermont, is "sold out"! In fact, we have a record number of participants this year – 35! It won't be long 'til we're gliding along those beautifully maintained Craftsbury trails and enjoying the great food in their dining hall.

Also, the Lake Placid trip is filled and has a waiting list.

The remainder of the trips have plenty of room with the exception of the Turin, Bennington and Highland Forest trips. Turin has one opening (preferably a guy) and

Bennington and Highland Forest each have two openings. The other trips all offer wonderful skiing conditions and great accommodations.

And, don't forget about our Pennsylvania trip to Laurel Highlands on January 16-17. This trip does not require a deposit, but rather you make your own reservation at the Holiday Inn in Somerset, with the ability to cancel your room the day before if there is no snow. Laurel Highlands are a beautiful ski venue when they have snow.

Look at your calendar, make your trip decision(s) and send your reservation(s) with deposit(s) to our Treasurer, Dave LeRoy, as soon as possible. The address is P.O. Box 1353, Mechanicsburg, PA 17055.

See you on the trails!

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### Upcoming Events:

**Dec. 1** - Membership Meeting  
- Benefits of Acupuncture (See article)

**Dec. 16** - **7:00 pm**  
**Wednesday Christmas Party details on back page.**

**Jan. 5** - Membership Meeting  
- Dave Powell talks about his cruise on the replica of the Nina.

**Jan 20** - Dinner Social, Pizza Grill, Lemoyne next to West

Shore Farmers Market.

**Feb. 2** - Membership Meeting  
- Don Youngblood discusses his time as a Peace Corp volunteer in Morocco

**Feb. 17** - Dinner Social, TJ Rockwells, Elizabethtown

### End-of-Season Banquet Wednesday, April 21, 2010

Hold this date! Our bi-annual dinner is in the planning stage. More details will follow later.

### 2009/2010 Kick 'n Glider Programs:

Tuesday, Dec 1, 7pm  
**The Benefits of Acupuncture for the Athlete** Dr. Mark Foley, DO of The Wellness Point in Annville.

Studies have shown the efficacy of acupuncture for things like knee pain. It works but no one knows exactly why which is a problem for western medicine. If you can't explain it, it can't be real. Hear about it from a practitioner who is also a licensed physician. Learn about this fascinating practice that the Chinese have used for centuries and which western medicine is just beginning to explore.

Coincidentally, the next three programs all have something in common - people in the ski club volunteering in some



interesting and worthwhile capacity.

Tuesday, Jan 5, 7pm  
**Cruising Aboard the Columbus Replica Ship NINA**  
Dave Powell.

Dave will share his six weeks as a volunteer crewmember journey aboard the NINA as she toured Lake Michigan this past summer. The NINA is the most historically accurate Columbus replica ship ever built. She is a floating museum visiting ports throughout the western hemisphere.

Tuesday, Feb 2, 7pm  
**Adventures of a Peace Corps Volunteer in Morocco**  
Don Youngblood.

From 1998-2000, Don Youngblood volunteered in Morocco. Bicycling was his primary mode of transportation as he lived with the Berbers in a High Atlas mountain village, hiked up the tallest mountain in N. Africa 13 + thousand feet and taught forestry technicians in Marrakech.

Tuesday, Mar 2, 7pm  
**Medical Mission to Addis Ababa, Ethiopia**  
Cheryl Capitani.

This is not in Cheryl's write up but when she spoke about the removed cyst almost the size of a basketball I knew we needed to hear more about her last February mercy trip. This was a surgical mission at the Tikur Anbessa Hospital (Black Lion) where 174 surgical procedures were performed in a mere two weeks. Cheryl was

responsible for recording “medical records” for each patient on a spreadsheet and the old “and other duties as may be assigned” that included running to the bakery for “goodies” for the staff.

Tuesday, Apr 6, 7pm  
**Election of officers and trip planning.** Help plan the trips that the club will take in 2011

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## Ox Roast Draws Large Crowd

Over 50 Kick ‘n Gliders attended the annual Ox Roast on October 17 at the home of Dave LeRoy and Nancy Kauh. As luck would have it the weather was cold and rainy – even worse than last year. However, Dave and Nancy’s house, although a work-in-progress, was large enough to handle the crowd. As usual, a large chunk of beef was cooked over an open fire, kept dry by a makeshift shelter, and a generous assortment of edibles was provided by those in attendance. Many folks took this opportunity to pay their dues and sign up for ski trips with the result that several of the trips became booked up or close to it. Nancy Kauh made a huge billboard of ski trip photos and descriptions of upcoming ski trips and Bill Stine provided an endless array of skiing pictures on his laptop. Several members pitched in to make the clean-up a cinch. Judging by the animated conversations observed throughout the event, folks had a great time, all

looking forward to a busy ski season.

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## Wildware Backcountry consignment program

Wildware has introduced a consignment program that offers us an opportunity to sell our still-in-good-condition athletic equipment and clothing at their store. Here’s how it works:

- Gear/clothing must be in good condition.
- Selling price will be determined between Wildware and the seller.
- Merchandise will be under contract for a three-month period. If it hasn’t sold, you can make arrangements to pick it up after that time.
- Seller receives 50% of the sale in cash or 60% in store credit.

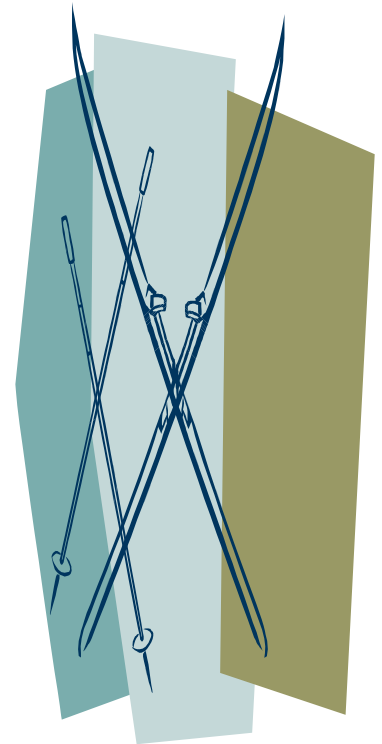
Contact Wildware at 717-564-8008 if you have questions or are interested in consigning gear.

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While attending Kick ‘n Glider meetings PLEASE avoid parking in the small lot that serves the Wildware store. There is parking at the top of the drive leading to the store. It is on the right as you turn off of Peifers Lane. There is also a parking lot behind the Wildware store. It is reached by turning at Sunnycrest from Peifers Lane.

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KICK 'N GLIDERS  
P.O. Box 1353  
Mechanicsburg PA 17055

ADDRESS SERVICE REQUESTED

**WHO:** All Kick 'n Glider Members

**WHEN:** Wednesday, December 16, 2009, 7:00 PM

**WHERE:** Bill and Sandy Stine's home

Bill and Sandy are delighted, once again, to host the annual Kick 'n Glider Christmas Party at their home in Lancaster. Join your fellow Kick 'n Gliders for this festive holiday gathering. It's a chance to meet new members, swap stories about past exploits on the ski trails, and plan for an exciting 2010 ski season.

As usual, bring a dish to share and your beverage of choice.

**DIRECTIONS:** From the intersection of PA 283 and US 30 near Lancaster:

- Follow US-30 west
- Take the 1st exit, Harrisburg Pk (Park City)
- Turn LEFT onto Harrisburg Pk
- Go to the 2nd light after RR overpass
- Turn RIGHT onto President Ave
- Turn RIGHT onto Valley Rd (4th street)
- Turn RIGHT onto N School Ln (1st street)
- 627 N School Ln is 4th house on RIGHT (Tudor style, brick sidewalk)

## Christmas Party Details!



**Any problems? Call 717 392-1675**