



# Happy Trails

Newsletter of the Long Island Cross Country Ski Club

website: [www.LICCSC.org](http://www.LICCSC.org)

Club Forum: [LICCSC@googlegroups.com](mailto:LICCSC@googlegroups.com)

Face book : [www.Facebook.com/LICCSC](http://www.Facebook.com/LICCSC)

**November 2017**

## President's Message

Hi Everyone! Welcome back to another XC Ski Season. I hope everyone had fun over the summer. The club Executive Committee was working hard for you over the summer. Some of the things we have done since last season: We now have an official club logo. You will see this on our new banner, website and newsletter.

- We converted from our old Yahoo group ([LIXCSkiClubForum@yahoogroups.com](mailto:LIXCSkiClubForum@yahoogroups.com)) to a new Google Group [LICCSC@Googlegroups.com](mailto:LICCSC@Googlegroups.com). Everyone was converted to the new Google Group and it works the same way as the Yahoo group as far as communicating with all members. Just send an email to [LICCSC@googlegroups.com](mailto:LICCSC@googlegroups.com) and everyone in the ski club will receive your email.
- We had to do a bunch of work to our website including implementing security software to get rid of malware, upgrading our servers, upgrading software versions and providing backup capability.
- We created a Budget for the 2017/2018 season to make sure our income and expenses were in balance.
- As a result of the budget and the expenses incurred over the last year we have raised the membership dues this season by \$5 to \$20/person and \$25/family.
- You will also be getting membership cards in the mail after renewing your annual membership so that you can participate in CLUB DAY sales at stores like Sun & Ski, Sundown Ski & Patio, REI and EMS.

In addition we will again have our **XC Ski Recycling Program** again this year! We ask anyone who has unused XC Skis, Boots, Poles to donate them to the club. Our club then loans these out to NEW Members who do not yet own XC skis and would like to try out skis before purchasing. **We are looking for a volunteer to run this XC Ski Recycling Program for our club.** Anyone interested in running this program for the club please call me 631-897-1001 or email me at [President@LICCSC.org](mailto:President@LICCSC.org).

I am excited about the upcoming ski season for lots of reasons. The first and foremost is I always look forward to cross country skiing. There is nothing like being out in nature on a cold, crisp day gliding along on new snow. So are we going to have a snowy winter? The Farmer's Almanac thinks it will be similar to last winter.

**Farmer's Almanac Winter Forecast:** "This winter is forecast to be much colder than last year's, but—just like last winter—not colder than usual. In fact, a large part of the northern United States will experience milder-than-average temperatures (though we would still recommend having your long underwear on-hand), while much of the South and West can expect to feel cooler than normal. Escaping this chill are Florida and the Southeast, where milder-than-usual temperatures will be felt."

We will be trying to get the word out again this year about our great club. We will be paying to advertise our club on Facebook ([www.Facebook.com/LICCSC](http://www.Facebook.com/LICCSC)) as well as paying to advertise our website ([www.LICCSC.org](http://www.LICCSC.org)). We had a table with our banner and club/trip info with club volunteers staffing the table at Sun & Ski's big pre-season sale in September. I can also reach out to other sports clubs to speak out the LICCSC at their meetings. If you have a club or organization that you would like me to do a presentation about LICCSC and XC skiing – please let me know!

So we have lots of great things in store for you this year. All we need is Mother Nature to provide the snow. I look forward to seeing you all at **our first meeting of the season Thursday, November 2 at 7PM at the Plainview/Old Bethpage Library, 999 Old Country Road, Plainview.** The main meeting topic will be our XC ski trips for the upcoming season.

Kim Schultze

## Message from the V.P. - Trip Coordinator

The Executive Committee has decided to give the VP the job of "Trip Coordinator", which I have happily accepted.

To date we have four overnight trips organized:

- GUNFLINT, MINNESOTA, Dec 29 – Jan 3
- LAKE PLACID, NY, Jan 12-15 (MLK Weekend), BUS TRIP WITH SIERRA CLUB
- MT. ST. ANNE, QUEBEC, CANADA, Jan 28 – Feb 2
- WINDBLOWN, NEW IPSWICH, NH, Feb 16-19

Details of these trips can be found in this newsletter and on our website ([www.LICCSC.org](http://www.LICCSC.org)). We would like to offer more trips off Long Island. So we are asking you to consider organizing a trip – perhaps to Craftsbury, VT with Road Scholar; to Jackson, NH; or to Lapland Lake, Benson, NY. Please contact me at [ljilan@msn.com](mailto:ljilan@msn.com) if you are willing to lead a XC trip.

Linda Ilan

## Editor's Corner

Hi Everyone,

Welcome back from summer I hope it's been a good summer for all. I'm looking forward to another cross country ski season with the club as I'm sure everyone is also. However with summer quickly fading into fall I'm not ready to give summer up. I've always felt our members are a diverse group with diverse interests aside from skiing. After the club's final meeting and the end of season dinner many have summer plans. Some travel, some start a new activity or refine their skills in completely different sport, some continue with a complementary activity, staying fit for cross the country skiing season. With this in mind I asked members to share their summer activities. Read their comments in this issue in the Members on the trail.



Thank you to those members for participating and sharing their summer fun.

A reminder we need members to be active on the trails as well as on the web to promote the club. The easiest and most cost effective is to be active on the club's Facebook page. One way is to post a comment, a picture or , simply click on the 'like' of a posting. Each posting or 'like' triggers a notice to **anyone** who has "LIKEed" the club's page will see all the posts on their Facebook home page automatically. For more information speak to Kim, myself or see the Facebook introduction on page 12.

Finally if you have any club or ski related topic for the newsletter please Email your contributions to me at [bicyclistken@yahoo.com](mailto:bicyclistken@yahoo.com) Also visit our Facebook and Yahoo Groups pages where more up to date information on trips, trip photos and cross country skiing related information are posted. [www.Facebook.com/LICCSC](http://www.Facebook.com/LICCSC) and the google group page [LICCSC@googlegroups.com](http://LICCSC@googlegroups.com)

Ken

## Meeting dates for 2017/2018 season

Meetings are 7PM – 9PM at the Plainview/Old Bethpage Library, 999 Old Country Road, Plainview.

- Thursday, November 2, 2017
- Tuesday, December 5, 2017
- Thursday, January 4, 2018
- Thursday, February 1, 2018
- Thursday, March 15, 2018

## Trips for 2017/2018 season

Here are our trip date for next season – Watch from more details on [LICCCSC@googlegroups.com](mailto:LICCCSC@googlegroups.com)

- West Yellowstone Ski Festival: 11/23-11/26 (Vladimir D)
- Gunflint, MN: 12/29 - 1/3 (Regina G, Ronnie, Fay W)
- Lake Placid, NY – **Bus Trip**: 1/12-1/15 (True H) \*\*\*Great for new members!
- Mount Saint Anne, Quebec, CA: 1/28 – 2/2 (Rolande & Brian C)
- Windblown, NH: 2/16 – 2/19 \*\*\*Great for new members!
- Craftsbury, Vermont, 2/26 - 3/3 Yoga and Nordic Skiing \*\*\*Last minute addition
- Fahnestock, Lapland Lake, and Minnewaska trips sprinkled in between these dates TBD based on snow conditions \*\*\*Great for new members!

## Members on the Trail

### Fun things some members have done since last season:

[Eleanor Perlman <eleanorperlmanlcs@gmail.com>](mailto:eleanorperlmanlcs@gmail.com)

I went hiking and bike-riding in Yosemite, and enjoyed touring around San Francisco and Los Angeles. I did lots of swimming in our sound beaches here.

Eleanor Perlman

Had a great summer cycling. Went to Russia and cycled between Moscow and St Petersburg (250 miles). Great trip. Also last weekend cycled the Tri State Seacoast Century in Hampton NH (50 miles). Probably the most beautiful ride I've ever done. Will do a metric century in Salisbury Md. next weekend.

Elaine Sullivan

I am just back from 12 days of sun and fun on two islands in Hawaii. While not snow skiing I did "ski" down the volcano in Maui on a bike coasting from 6500 ft to sea level, 26 miles long. What a ride!

Suzanne McVetty

Roanne Kulakoff

enjoyed golf and sailing, improving at both!

Denise and I went to Alaska for 2 weeks in July. No Cross Country but we took a helicopter to a glacier top and went dog sledding, saw bears catching Salmon out of a river,. plane ride around Denali National park and Mt McKinley, whitewater rafting, hiking above the tree line, kayaking with seals all around us. On the cruise portion, up close incredible glaciers, sea lions, orcas, dolphins.

Too many things to put down. Alaska is a great place for all to visit.

Thad Demos and Denise Diliberti

I can share that I've gotten addicted to PICKLEBALL. The Town of Hempstead gives two session classes, and most of their tennis courts are lined for Pickleball also. So I've been playing once or twice a week.

Linda Ilan

Our summer has been filled with changes. Mostly due to our recent move from our 1800 square feet home of 31 years to a 1300 square feet apartment that needed 'some' renovation. The renovation ran 3 months behind schedule. We learned the art of camping in the living room. It was not 'Glamping'. For me the experience was traumatic as now some of my toys need new homes.

Ken

## **Places on Long Island to Buy or Rent XC Skis**

**Sun & Ski** – Sells cross country ski equipment, does not rent. They will offer our club members XC ski equipment at pre-season sale prices. Just tell them you are with the LI Cross Country Ski Club! 197 South Service Rd, Plainview – (516) 249-7980.

**Sundown Ski & Patio** – Rents and Sells cross country ski equipment. Website:

[www.sundownski.com](http://www.sundownski.com).

- 1296 Route 110, Farmingdale (631) 420-3796
- 47 Northern Blvd, Greenvale (516) 621-6668
- 3060 Middle Country Rd, Lake Grove (631) 737-8600
- 2726 Hempstead Tpke, Levittown (516) 796-1565
- 2105 Lakeland Ave., Ronkonkoma (631) 588-2111

**Sno-Haus / 44 Board** - Sells cross country ski equipment, does not rent.

- 2 W. Jericho Tpke., Huntington Station (631) 549-5087
- 244 N. Franklin St., Hempstead (516) 481-3305

### **Good Websites to Buy Cross Country Skis**

- LL Bean: [www.llbean.com/XCSkiing](http://www.llbean.com/XCSkiing)
- REI: [www.rei.com/Nordic-Skis](http://www.rei.com/Nordic-Skis)
- Eastern Mountain Sports: [www.ems.com](http://www.ems.com)
- New Moon Ski Shop: [www.newmoonski.com](http://www.newmoonski.com)

## **Gunflint Minnesota - New Years Eve 2018**

**DATES:** December 29, 2017 - January 3, 2018

You can adjust dates of stay to meet your needs. There is a 3 night minimum over this holiday weekend.

**LOCATION:** Grand Marais, Minnesota, on the shore of Lake Superior

**DESCRIPTION:** This is a cross country ski trip to a remote and pristine resort, located in north eastern Minnesota, where there is more wildlife than people! We will be staying in the cabins at the Gunflint Lodge. In addition to skiing, the resort offers (depending on snow conditions) dog sledding, ice fishing, star gazing, wild life observation, snow shoeing, guided naturalist activities, snowmobiling and massage. Gunflint has 50 km of groomed trails. Bearskin Lodge is 15 miles away and offers 75 km of groomed trails.

**COST:** Cost per night for double occupancy is \$279, including breakfast. Its \$35 extra per night per person sharing the cabin. Airline flight on Delta is \$446 round trip. We will be renting cars for the 3 hour drive from Duluth Airport to Gunflint Lodge, cost will be divided up per person. There is a \$12 daily trail fee at Gunflint, \$18 daily fee at Bearskin.

**AIRLINES:** Seven of us are booked on the following Delta flights:

1919 - Laguardia to Minneapolis (MSP)

4573 - MSP to Duluth (DLH)

4131 - DLH to MSP

2269 - MSP to LGA

**TRANSPORTATION:** Flight from LaGuardia to Duluth, MN. Car rental to Gunflint Lodge and return.

**EATING OUT:** Breakfast is included in the price of the cabin rental. Cabins have a kitchen, so we can stop on the drive up to pick up lunch food, snacks, party stuff, etc. Gunflint has a restaurant in the main lodge which serves breakfast, lunch and dinners. Bearskin has facilities for soup and chili. There are several local restaurants in the area as well.

**SKILL LEVEL:** Good for beginners, intermediates and advanced. They have both classic and skate skiing available.

**SKI RENTALS/LESSONS:** Skis, boots and snowshoes are provided free of charge, however they are very basic. The recommendation is to bring your own equipment if you prefer a higher end ski.

**LODGING:** Cabins at Gunflint Lodge are equipped with kitchens and fireplaces (wood is provided). Cabins are still available for this time frame.

**RESERVATIONS:** Notify Regina Giglio 631-822-5562 or Ronnie Levy 631-455-4251 if you are intending to go. Call Gunflint Lodge 800-328-3325 to book your cabin. Let them know you are with the 'Giglio Group'.

**CANCELLATION POLICY:** \$500 deposit is due at time of booking. Deposit is refundable, minus \$50 up to 30 days prior to arrival. Less than 30 days, deposit is forfeited. Airline tickets are nonrefundable.

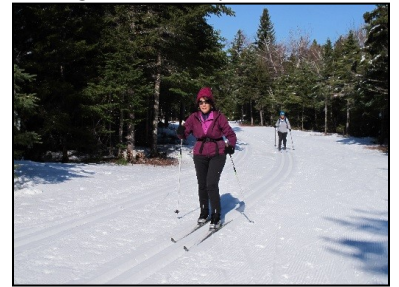
**QUESTIONS:** Call Regina 631-882-5562 or Ronnie 631-455-4251



## Lake Placid, NY (BUS TRIP – no driving!)

**Dates:** Friday, Jan 12 - Monday, Jan 15, 2018 (Martin Luther King Weekend)

**Description:** This is a joint trip with the Sierra Club and is our only bus trip (No driving required!). There are BOTH cross country and downhill skiing options available on this trip. Members, non-members, couples, singles, people of all ages - join us for a fun-filled extended weekend to the Lake Placid, NY. We will be staying at the North Woods Hotel on Main Street in the heart of Lake Placid. This boutique hotel is in the heart of the town of Lake Placid and keeps you close to all the attractions. The town of Lake Placid is very charming and walkable with an abundance of shopping and dining options, all just an elevator ride from your guest room. Lake Placid is home to the 1932 and 1980 winter Olympics and offers an abundance of things to do including:



- Olympic Center (1980 Herb Brooks Arena) with 2 ice skating rinks
- Whiteface Mountain
- U.S. Olympic Museum
- High Falls Gorge
- Two X-Country Ski Centers
- Miles of trails to snowshoe

**CROSS COUNTRY SKIING:** There are two full service cross country ski centers: Mt. Van Hoevenberg and Cascade Cross country Ski Center offering 70K of groomed cross country trails with beautiful scenery. Both XC centers offer ski rentals, sales and lessons and both locations have a small restaurant. The XC ski trails connect between the two trail systems so XC trail passes can be purchased for one or the other location or you can get a “combined” pass. **Our bus will take people once a day to/from the cross country centers.**

**ALPINE SKIING:** Whiteface Mountain is the home to the greatest vertical drop east of the Rockies, with 86 trails stretching over 22 miles and encompassing three peaks! The mountain offers something for everyone with green trails to advanced runs. **There is a public shuttle that runs between the hotels and Whiteface to get you to/from the Mountain each day.**



**Skill Level:** Good for beginners, intermediate and advanced skiers.

**Transportation:** Bus departs Bethpage Golf Course Friday at 11am. Returns late Monday night.

**Cost:** Double occupancy \$464 pp / Single occupancy \$714 pp. Price includes bus transportation up and back + 3 nights. lodging in a room with 1 or 2 beds & a private bath + 3 hot breakfasts + taxes and gratuities Bus driver gratuity will be collected on the way home.

**Registration:** **Deposit of \$200 due by November 22, 2017.** Make your check out to “Sierra Club L.I. Group”. Mail check with a stamped self-addressed business envelope and your phone number to True Hampton, 26 Revere Rd., Port Washington, NY 11015. **Balance is due by December 12th.** **Send your deposit quickly and invite your friends and family. We must have 30 deposits by November 22nd or the trip will be canceled and your deposit refunded.**

**Questions:** Call True Hampton (516-835-7689) or Jane Fasullo (631-689-1568).

## Mount St. Anne, Quebec 2018

**Dates:** Sunday, January 28th - Friday February 2nd, 2018

**Location:** Mount Sainte Anne Nordic Center <http://mont-sainte-anne.com/en/winter/cross-country-ski-center/>

**Description:** Mont-Sainte-Anne Cross-country Ski Center features 200 km of perfectly groomed trails with warming huts, including a 191 km network for skating stride. It is considered to be the largest cross country ski center east of Royal Gorge. It is nestled in the beautiful scenery of the Laurentian forest. There is skiing for all levels of skiing ability. There are also 7 warming huts along the various trails and are suitable for lunches and rest stops. A normal winter for the area provides close to 400cm (157") of snow. Quebec is about a 30 min drive from our hotel. The Quebec Winter Carnival takes place while we are there. Lots of fun activities at the Carnival. For more information about the Quebec Winter Carnival go to: <http://carnaval.qc.ca/en/>

**Cost to Ski:** To be determined as new rates have not yet been posted.

**Skill Level:** Good for beginners, intermediate and advanced skiers.

**Ski Rentals/Lessons:** Available at ski center

**Hotel:** We will be staying at Chateau Mount Sainte Anne, 500, boulevard du Beau-Pré, Beaupré (Québec) G0A 1E0, Canada. 1-800-463-4467. Each room has two Queen sized beds, a small kitchenette with dishes, cutlery, pots and pans, a microwave, three burner stove and a small frig. There is also WIFI, a full service Spa at the hotel, games room, small cinema, indoor pool and outdoor hot tubs and fitness center with sauna. The hotel is located just minutes from the cross country ski center by car. To get to the hotel some people drive (10+ hours) while others fly. If you are flying you will fly into Quebec Airport and either rent a car or take a taxi to the hotel. If you are driving let us know if you would like to car pool with others who are driving.

**Cost (Rates in Canadian \$):**

### ROOM ONLY:

SINGLE or DOUBLE Occupancy: \$129.00 per room/night. (\$153.50 *Taxes included.*) *Gratuities not included.*

### ROOM WITH FULL BUFFET BREAKFAST:

SINGLE Occupancy: \$142.80 per person/night (157.03 x 5 = 785.15 *Tax and Gratuities included*)

DOUBLE Occupancy: \$78.30 per person/night (\$185.24 x 5 nights \$926.20 *Tax and Gratuities included*)

TRIPLE Occupancy: \$61.80 per person per night (218.94 x 5 nights 1094.70) *Tax and Gratuities included*

DEPOSIT: 50% at the time of booking.

**Food:** There are two restaurants at the hotel. There are other restaurants off site – Pubs/Bistros that we explored just a 2 minute drive from the hotel and we will try to seek out other places as well before the trip. All restaurants will accommodate Gluten Free and Vegetarians. On the main road (Ste Anne Blvd) you will also find a large grocery store, a liquor store and pharmacy. **Lunches are not available at the Ski Center during the week so it is wise to stock up on food for lunch that can be stored in the refrigerator in your rooms.**

**For Reservations:** Contact the hotel at 1-800-463-4467. **You must mention that you are a member of the Long Island Ski Club.** For pictures and more information about the resort go to: [www.chateausa.com](http://www.chateausa.com). Check-in Time: 4:00 PM and Check Out Time: 12:00 PM.

**Cancellation Policy:** Cancellation within 7 days of arrival you will pay for one night's stay. (Last day to cancel with no penalty would be Sunday, January 21st) If you cancel outside the 7 day limit there will be no penalty.

**Questions?** Contact **Rolande and Brian Catchpaugh**, email: [redhouse@axion.ca](mailto:redhouse@axion.ca) or [redhouse76@gmail.com](mailto:redhouse76@gmail.com) or 450-539-1685. Please let Brian & Rolande know after you make your reservation.



## **Windblown, NH - 2018 President's Weekend**

**Dates:** Friday, February 16th - Monday, February 19th.

**Location:** Windblown Cross Country Ski Area, 1180 Turnpike Rd, New Ipswich, NH 03071

**Description:** Back by popular demand! Windblown has been southern New Hampshire's Premier Cross Country Ski Area. [Since 1972 skiers from all over New England have been returning each year to ski their](#) favorite trails at Windblown. Here in what Thoreau called "The Front Range", on the beautiful high terrain at the gateway to the Monadnock Region, you will find 40 kilometers of trails with a variety to please every member of your family. They provide exceptional grooming, the highest quality rental skis and snowshoes, and a family-friendly handcrafted Base Lodge with healthy food and pleasant wood-heated spaces.

**Hotel:** We will be staying at the Jack Daniels Motor Inn (80 Concord St, Peterborough, NH 03458). It's a very nice motel and they are working with us on the price and holding 10 rooms for us until January 16th. If you don't reserve by January 16th the rooms will be released and then it is catch as catch can. It's a small motel so they do not have a lot of availability. The Jack Daniels Motor Inn is less than 20 minutes from Windblown. Based on last year's response, this should fill quickly. Please note that once our block of 10 is sold out, like they were last year, you can only reserve if others haven't taken the motel's remaining rooms. If you wait, you will be too late.

Room Amenities include:

- Wifi high speed internet access at no charge
- Complimentary coffee, tea, juice, muffins & breads for breakfast
- Micro fridge/freezer/microwave in all rooms
- Complimentary visits at a nearby Health & Fitness club

In addition to our rooms, the hotel also rents out a house a very short distance away. The house includes a master bedroom with a king size bed, two additional bedrooms with one queen size bed each, a living room (perfect for playing Rummy Kube) with 2 twin fold up beds, 2 ½ bathrooms (one of which includes a bath tub) and a kitchen. The owners of the hotel are willing to let us use the house at a very reasonable rate. There is a 3 person minimum and the latest that you can cancel your reservation without a penalty is January 16<sup>th</sup>.

**Rate:** \$89.00 per room plus tax with a 2 night minimum (same as the past 3 years). This is for single or double occupancy. An additional charge of \$10.00 per person will be applied to third and fourth people per room.

**Reservations:** To reserve a room, call 603-924-7548 and say that you are with the Long Island Cross Country Ski Club. Because this is a special rate you cannot make reservations by computer. After you have made your reservation please contact Andy Suntup at [vermonster77@comcast.net](mailto:vermonster77@comcast.net) or 802-857-5383. Also, please let me know if you decide to cancel.

**Skill Level:** Good for Beginner, Intermediate and advanced skiers

**Cost to ski:** Skiing at Windblown is approximately \$18 per day and \$16 for seniors. If we have at least 12 people the price is reduced by \$2 per day. **Just tell them when you pay that you are with the Long Island Cross Country Ski Club.** (They might be raising the rate slightly this year but won't decide until sometime in November. It won't be much however.)

**Cancellation Deadline:** 72 hours (2pm Tuesday, February 13, 2018). If cancelled before then you will get a full refund. If after that time, you will lose one night's cost plus tax taken from the credit card on file.

**Questions:** Contact Andy Suntup at [vermonster77@comcast.net](mailto:vermonster77@comcast.net) or 802-857-5383

## Last minute addition

### **Craftsbury, Vt - 2018**

**Dates:** Monday, February 26th - Saturday, March 3

**Dates :** 26 Feb - 3 Mar 2017 6 days, 5 nights, 5 breakfasts, 4 lunches, 5 dinners

**Location:** Craftsbury, Vermont \_ Craftsbury Outdoor Center . [stay@craftsbury.com](mailto:stay@craftsbury.com)  
535 Lost Nation Rd . Craftsbury Common, VT 05827 . 802.586.7767 tel

**Description:** The Craftsbury Outdoor Center is one of the pre-eminent nordic ski centers in Vermont. The snow generally falls early and remains late because we sit high in the hills of Vermont's snow belt. In 2011, we added the capacity to augment our natural snow fall with man-made snow, smoothing some of the bumps and thaws in a New England winter. Whether you are a seasoned veteran or a first-time skier, our outstanding ski instructors teach the techniques to help you progress in your skiing. Explore over 105 kilometers of expertly groomed and tracked ski trails and an extensive snowshoe trail network - all right outside the door of your trailside lodging. In between your outdoor instruction and academic pursuits, gather with your fellow participants around the tables of our Vermont Fresh Network certified dining hall. The food is abundant, healthy and delicious, with lots of local produce forming the staples of your diet. You'll be well-fueled for all your adventures!

## Accommodations

Our clean, simple lodges and homey, all-you-can-eat meals (always with a vegetarian option available) will make you feel at home. Our community lounge, kitchen, fitness room, sauna and [massage therapist](#) are just a few of the amenities that will leave you feeling relaxed and comfortable. Most of our accommodations are dormitory style, however, you can upgrade to a private bath, suite or cabin if desired.

## Registration

All registration for Craftsbury's Road Scholar programming occurs through Road Scholar itself. They can be reached

[www.craftsbury.com/general/roadscholar/road-scholar-schedule\](http://www.craftsbury.com/general/roadscholar/road-scholar-schedule/)

Cost: \$799. double occupancy.

**Questions:** [smcvetty@aol.com](mailto:smcvetty@aol.com)

## Message from Membership Chair

All memberships in the Long Island Cross Country Ski Club (LICCSC) are due for renewal on November 1 each year. Please note that our dues were raised by \$5 this year (\$20/person and \$25/Family). If you do not renew by the December 31, 2016 you will stop receiving our [Happy Trails](#) newsletter, you will lose access to the club Google Group ([LICCSC@googlgroups.com](mailto:LICCSC@googlgroups.com)) and will lose all your member benefits. Please renew today by filling out the attached membership form in this newsletter or by going to the club website at [www.LICCSC.org](http://www.LICCSC.org) and clicking on "Join/Renew Membership" to fill out and print the membership form.

Kim Schultze

### XC Ski Recycling Program

We are trying to offer more ways for new members to get access to XC ski equipment. Because of our unpredictable snow on Long Island it is very difficult to find a store that sells or rents cross country ski equipment.

We are continuing "XC Ski Recycling" program to loan used XC ski equipment to "new members" to help them get started with XC skiing. **To make this happen we need used equipment to loan. We are asking anyone who does not XC ski any longer or who has old equipment they do not use any longer to donate it to our XC ski loan program.** If you have any used equipment to donate please contact Kim Schultze (631-897-1001, [kim.schultze@cbmoves.com](mailto:kim.schultze@cbmoves.com)) or Linda Ilan ([ljilan@msn.com](mailto:ljilan@msn.com), 516-398-0056).

## Long Island Cross Country Ski Club Membership Form

Indicate:    New Member \_\_\_\_\_    Membership Renewal \_\_\_\_\_    Updated Contact Information \_\_\_\_\_

Membership Type:   Individual (\$20) \_\_\_\_\_    Family (\$25) \_\_\_\_\_    Date: \_\_\_\_\_

Member Name 1: \_\_\_\_\_    E-mail: \_\_\_\_\_

Street: \_\_\_\_\_    City: \_\_\_\_\_    State: \_\_\_\_\_    Zip: \_\_\_\_\_

Phone: Home \_\_\_\_\_    Work \_\_\_\_\_    Cell \_\_\_\_\_

Signature: \_\_\_\_\_

### Partner Contact Info

Member Name 2: \_\_\_\_\_    E-mail: \_\_\_\_\_

Phone: Work \_\_\_\_\_    Cell \_\_\_\_\_

Signature: \_\_\_\_\_

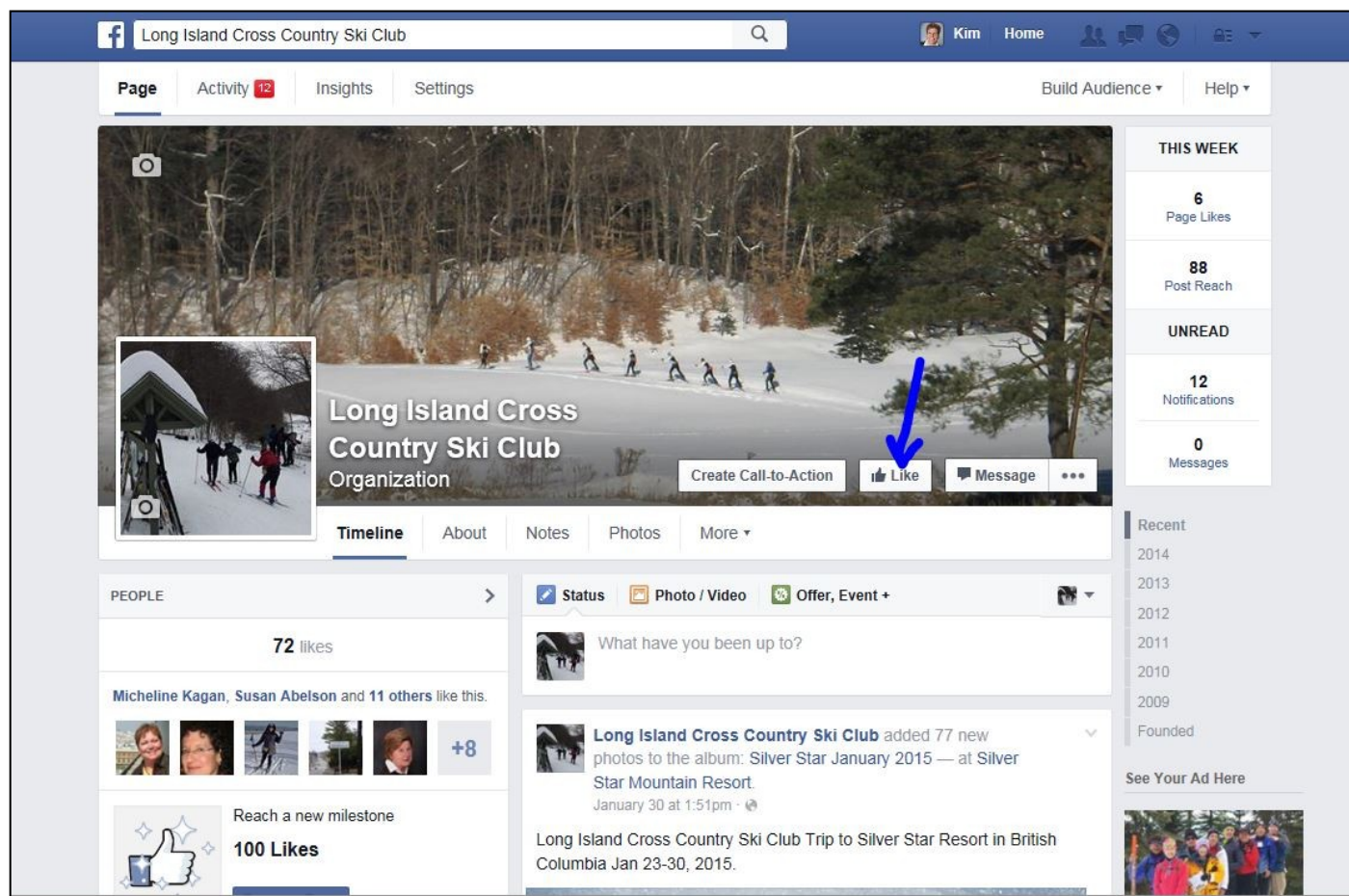
Membership is valid from November 1 - October 31 each year. Membership includes your on-line subscription to the ski club's newsletter, *HAPPY TRAILS*, inclusion in the club's Google group: [LICCSC@googlegroups.com](mailto:LICCSC@googlegroups.com) and participation in all club trips and events! *HAPPY TRAILS* is sent out via email only so please provide a valid email address above and make sure to **PRINT CLEARLY**.

**Make checks payable to:** Long Island Cross Country Ski Club Bring completed application and your check to any club meeting or mail to the membership chairperson: Kim Schultze, 37 Lone Oak Drive, Centerport, NY 11721

# Did You Know Our Club Has a Facebook Page?

by Kim Schultze

I want to make sure everyone knows that the LI XC Ski Club has a Facebook Page. Many people go there to post questions and update photos. For example, I posted all the Silver Star photos there from our recent club trip. To access the club Facebook page you will need a personal Facebook account. To get to the club's Facebook page either type the following link on any web browser: **[www.Facebook.com/LICCSC](https://www.facebook.com/LICCSC)**, or log onto Facebook and type "**Long Island Cross Country Ski Club**" in the search box on the top of Facebook. Once you are on the club's Facebook page click on the "**LIKE**" button and you will get updates from this Facebook page on your Facebook home page.



One difference is you do not have to be a club member to "LIKE" our Facebook page. You can post questions on the Facebook page to ask if anyone is doing any local skiing – the same way you can on the club forum. However, instead of doing it with an email you do it on Facebook with a "POST" to the page. Anyone who has "LIKEed" the club's page will see all the posts on their Facebook home page automatically. Take a look – it is very nice! Also, do not forget to visit our **club website: [www.LICCSC.org](http://www.LICCSC.org)**.

## Long Island Cross Country Ski Club

### Key Contacts

#### Executive Committee

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