



Happy Trails

Newsletter of the Long Island Cross Country Ski Club

website: www.LICCSC.org

Club Forum: LICCSC@googlegroups.com

Face book : www.Facebook.com/LICCSC

February 2018

President's Message

HAPPY NEW YEAR! I hope everyone had a good holiday season and are planning on getting out to do cross country skiing in the New Year! For those that attended the December meeting we were treated to an awesome presentation from Mike Rizzo, News 12 Meteorologist. The photo on the right is from this meeting. At the meeting Mike Rizzo predicted January would be the best snow month of the winter so sign up for our January trips (Lake Placid, Mount Saint Anne) and get out there when we have local snow. You can find details of all upcoming trips in this newsletter.



The Winter Olympics are happening Feb 9, 2018 – Feb 25, 2018 in PyeongChang, South Korea. I am excited about this event and thought it would be good to understand more about the US Olympic Cross Country Ski Team and how they are selected.



competitions will serve as that athlete's ticket to PyeongChang. FIS World Cup events with U.S. Olympic Team qualifying implications begin in Ruka, Finland on November 24, 2017.

Building Team USA

Team USA may enter four athletes per event in PyeongChang, and the team will consist of 12 men or 12 women, with a maximum of 20 athletes. The bulk of the U.S. cross-country team will be named using the following criteria. **From November 23, 2017 to January 15, 2018, U.S. cross-country skiers will compete in FIS World Cup competitions.** Finishing in the top eight in a classical sprint, individual 10km (women)/15km (men) or Skiathlon final at these

February Meeting Program: Our own Vlad Drozdoff has traveled to several World Cup destinations and has been following the US Cross Country Ski Team competitions leading up to the 2018 Winter Olympics. He will talk about the World Cup destinations he has visited (with photos) and will give us insight into how the US Cross Country Ski team is doing in these qualification races. Also, in November of 2017, Vlad and his wife Donna went on a Cross Country ski trip to Crested Butte – the Nordic Ski Capital of Colorado. He will also speak about his trip and about Crested Butte as a great destination for future LICCSC club trips.

Next Meeting: Thursday, March 15, 2018 at 7PM. Plainview/Old Bethpage Library, 999 Old Country Rd, Plainview. Lower level meeting room. All welcome! I will be on the Mount Saint Anne trip so will not be at the February meeting but Linda Ilan will be there to run the meeting. THINK SNOW!

Kim Schultze

Editor's Corner

For the east coast February is usually the heaviest snow month. We were lucky this year, we had a short lived 25 plus inches of snow since the beginning of the new year. I hope everyone had an opportunity to enjoy some local skiing. If the forecasters are correct we can expect more than the usual for February. So when it snows check you emails often for quick response skiing opportunities.



Good and not so good events come hand in hand, like good skiing with lots of snow, but the abundance of snow caused dangerous driving conditions and we had to cancel the January meeting.

Be sure to catch the Olympic XC skiing on TV. Google for your local TV times and listing. For the 2018 winter Olympics, the U.S. women's Cross Country Skiing team has a chance to win the top 3 podiums. With Jessie Diggs winning gold. Here's Jessie medaling in the European TDS.

[Diggs Gets to Podium in Tour de Ski Pursuit](#)

If you haven't signed up for one or more of our extended trips do not wait. Judging by reports from the participants you missed two of the best ones already. Details of available trip can be found in this newsletter and on our website (www.LICCSC.org), but please check with the trip leaders for the latest status.

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 Face Book 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 in this newsletter.

Finally thanks to everyone for sharing their experiences on trips and trails. If you have more club or ski related topics, or pictures from local ski outings to share please Email your contributions to me at bicyclistken@yahoo.com and I will post them in the newsletter. 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 and the google group page LICCSG@googlegroups.com

Message from the V.P. - Trip Coordinator

Here are our trip date for this season – Watch from more details on LICCCSC@googlegroups.com

- 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!

Updates as of December 19, 2017

- **MT. ST. ANNE, QUEBEC, CANADA, Jan 28 – Feb 2– Open**

There is still room on the trip to Mount Saint Anne in Quebec, Canada Jan 28 – Feb 2. This is a fabulous trip where we have lots of snow and miles and miles of groomed trails in beautiful wooded trails. This trip is good for beginner – advanced skiers. You can fly or drive. Kim Schultze is flying and renting a car at the Quebec Airport. Anyone who is flying to Quebec is welcome to share her car/van. Please let her know of your flight plans, and check with her to assure there are no last minutes changes in the flight schedule. Anyone that comes on this trip will have a fabulous time. Plus Old Quebec and the winter carnival is only about 30 min drive away.

- **Craftsbury, VT — Trip is full as per Road Scholar waiting list.**
- **Windblown, New Ipswich, NH, Feb 16-19 — One room opened up. See Trip details below**
- **Lapland Lake, Northville, NY — is fully operational keep an eye out for a possible weekend trip**
- **Fahnestock Winter Park, Carmel, NY — closed** needs more snow
- **Minnewaska, Kerhonkson, NY — open** this weekend.
-

Meeting dates for 2017/2018 season

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

- Thursday, February 1, 2018
- Thursday, March 15, 2018

Places on Long Island to Buy or Rent XC Skis

Sun & Ski – Sells cross country ski equipment, does not rent. 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.

- 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
- REI: www.rei.com/Nordic-Skis
- Eastern Mountain Sports: www.ems.com
- New Moon Ski Shop: www.newmoonski.com
- Gear West : www.gearwest.com

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.chateaumsa.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 or 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 16th.

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 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 or 802-857-5383

***** Wait List *****

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
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

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

Cost: \$799. double occupancy.

Questions: smcvetty@aol.com

LI Cross Country Ski Club

Annual Dinner

*** **SAVE THE DATE** ***

Saturday, April 21



Bertucci's

881 Walt Whitman Rd.

Melville, NY 11747

(631) 427-9700

5:30 – 6:00pm

COCKTAILS AND CONVERSATION

Cash bar at the Bar

6:00pm

DINNER

SALAD:

Mixed leaf lettuce, tomatoes, cucumbers, red onions and black olives with Romano cheese – GF

SIDES:

Tuscan Roasted Vegetables - GF

Rosemary Roasted Potatoes - GF

Roasted Green Beans –GF

ENTREES:

Grilled Chicken Marsala

Roasted Eggplant Pomodoro - GF

Grilled Salmon – GF

Rigatoni, Broccoli & Chicken

Chicken Parmesan

DESSERT:

Coffee/Tea

Gelato – GF

Unlimited fountain drinks/soda

Note: GF = Gluten Free

COST

\$22/person for members

\$33/person for non-members

Pay with cash or check made out to [LI Cross Country Ski Club](#)

>>> Mail to Elaine Sullivan, 44 Arlington Road, Lake Ronkonkoma, NY 11779 <<<

>>>> **Payment must be received on or before Saturday April 1.** <<<<

DIRECTIONS

Long Island Expressway: Exit 49N. Take Route 110 North about 1 mile. Bertucci's is on LEFT/West side of Route 110 across from Dicks Sporting Goods.

Northern State Parkway: Exit 40N. Take Route 110 North about 1/4 mile. Bertucci's is on LEFT/West side of Route 110 across from Dicks Sporting Goods.



Raffle Prizes



2018 Club Photo Show



Message from Membership Chair

As of January 16 we have 117 Members. We could have many more members but people do not even know our club exists! I hear this all the time when I speak to people about our club. Many people would like to try cross country skiing or already ski but have no one to ski with. Help me spread the word about our club. Tell people about LICCSC. Invite them to a club meeting. Refer them to our website (www.LICCSC.org) or our Facebook page (www.Facebook.com/LICCSC). Send a copy of our newsletter to all your friends and invite them to a meeting. Lets tell people what a great club we have and how much fun cross country skiing is!

Kim Schultze

XC Ski Recycling Program

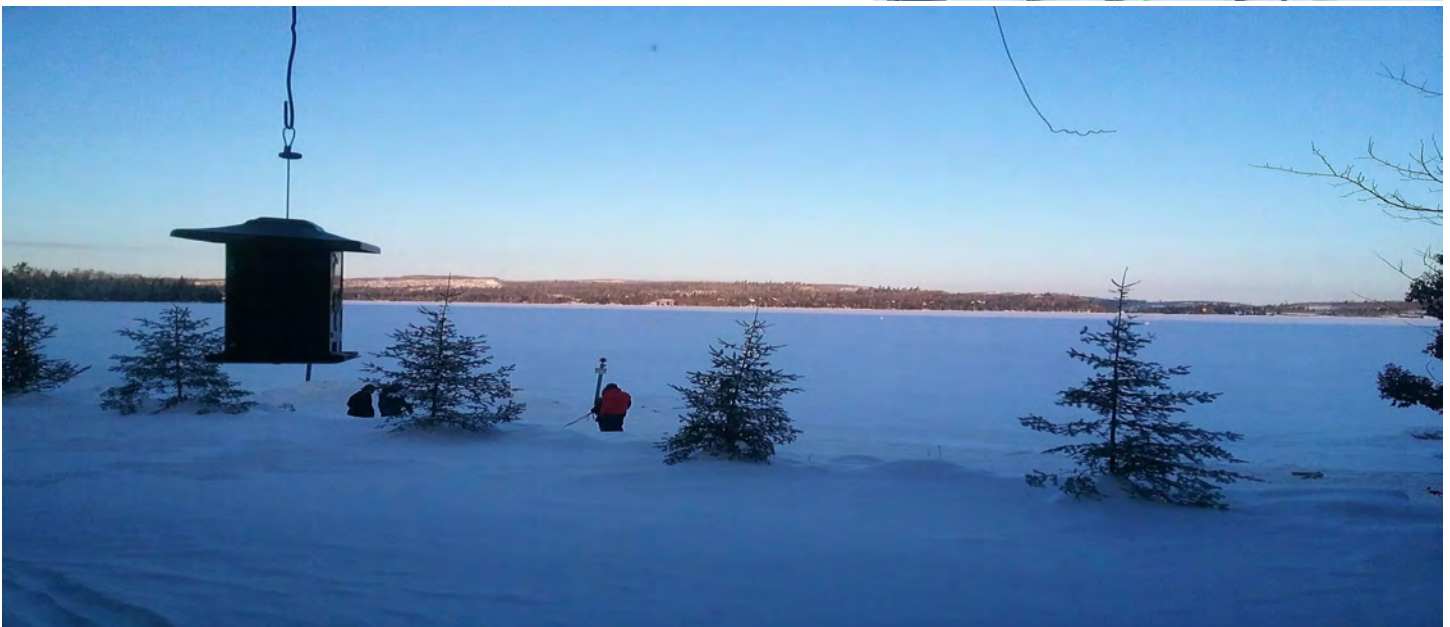
We are trying to offer more ways for new members to get access to XC ski equipment. Because of our unpredictable snow on Long Island it is very difficult to find a store that sells or rents cross country ski equipment.

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 . 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 recycling program.** If you have any used equipment to donate please contact Kim Schultze (631-897-1001, kim.schultze@cbmoves.com) or Linda Ilan (ljilan@msn.com, 516-398-0056).

Members on the Trail – Gunflint Minnesota

Gunflint Trip - To say that Gunflint is remote is putting it mildly. After flying in to Duluth, we drove 100 miles to Grand Marais on the shore of Lake Superior, which appears to be a happening summer town, pretty much closed down in the winter. From there, its 50 miles westward to get to Gunflint Lodge, where we stayed. The lodge was quite comfortable and cozy, and the food was very good - Walleye is their specialty. We stayed in fully equipped cabins, complete with fireplace and sauna. Unfortunately, Gunflint had only groomed a few miles of their XC ski trails. Bearskin Lodge was down the road 15 miles, and was fully groomed. The temps were quite cold, from minus 28 below to minus 10 below. These cold temps made the snow 'sticky' for skiing. The scenery was spectacular, the forests just pristine. We could see Canada just a mile across Gunflint Lake, and on clear nights the Northern Lights are visible. Unfortunately, no moose crossed our paths, however the dog sled team ran by us while we were out skiing. If you don't mind the time and effort to get to Gunflint, its a pretty special place to ski and visit.

Ronnie



Members on the Trail – Lake Placid

Lake Placid - Mt. Van Hoevenberg was perfect despite the sub-zero temps! Sat. a.m. brought fresh snow, beautiful scenery and the calls of chickadees. Even with a recovering broken patella, the trails were forgiving. Thank you to trip leaders, True and Jane and Mother Nature and everyone who made this a super successful trip. Can't wait til next year's trip!

Fay



The Bearables and Fay



Hot Chocolate and Chili at Josies Cabin

Trip to Lake Placid: so glad to be back in the group. I put my best foot forward and found that it helped my ongoing recovery from my broken knee. Haakon, my helper, finally got to strut his stuff. Healing also came from comradery with all of you. Thanks for a great trip...cold but cool!

Haakon and Judi Jakhelln



Members On The Trail—Lake Placid/Mount Van Hoevanberg

Lake Placid - With all forty participants the bus left Bethpage in the rain. As we arrived in Lake Placid a collective groan could be heard. There was no snow in sight. I went to bed resigned to spend the weekend bowling and reading my book, which I later discovered, was back home. Around 3AM I was woken by the distant sound of what, I thought was the familiar pounding of a New York City dumpster being emptied. After 20 minutes I thought to myself, why is it taking so long to unload a dumpster? As it became annoyingly louder I got out from the bed to have a look. Praise mother nature, snow! Lots of it. It was a tractor plowing and unloading full loads of snow into a dump truck. I went back to bed smiling so hard it hurt.

In the morning Lake Placid was a snowy post card. It was very cold but bearable. Mount Van Hovenberg was beautiful. Sunny blue skies back dropped with snow covered evergreens. Wide freshly packed corduroy surfaces for skate skiing, and perfectly set classic skiing tracks.

The green trail loops were scenic and flat good for beginners wanting to perfect their kick and glide. There were low short hills that challenge without the need to herring bone. The down hills were double width and gentle allowing a beginner to practice turns smoothly. Ski skaters who want get an aerobic workout can combine several loops to get the heart rate up or as a warmup for the blue trails.

The blue brook side trail was narrower and trickier. Leaving the trail head into the woods you had to ski under the road into a narrow tube and immediately climb a steep short hill and then transition into a moderately fast downhill with two quick turns. The brook side trail combined with the 5K loppet is a good trail for the intermediate skier who can react quickly to changes in the terrain and wants a challenge.

If you are a non skier there's plenty to do in Lake Placid. Visit the Olympic Center, Dog Sled ride, Ice skating, watch figure skaters practicing. On Monday morning I stopped into The Olympic Center. I'm not a Hockey fan but there was High School Hockey match which I stopped to watch. I was amazed by the speed, agility and power of the young players. I later found out that these were top talent high school players and were being scouted. I had a great weekend of skiing and enjoyed the company of the club, I'm Looking forward to next years trip.

Ken

Trip Leaders Jane and True



Entrance of Mount Van Hoevanberg



Members On The Trail—Lake Placid/Mount Van Hoevanberg



Lake Placid Village



Olympic ski jump. Flying with skis?



Green Trail Group



Green trail hill



Hot Chocolate and snacks at Josies Cabin



Apré Ski in Northwoods

Members on the Trail – Lake Placid New York

Lake Placid report

On Friday January 12 forty wonderful and happy people left Long Island for Lake Placid. The trip was smooth and surprisingly fast. We left Bethpage at 11 AM promptly and arrived at our destination by 530PM.

The hotel North woods was waiting for us and greeted us warmly. Our rooms were great. Very spacious and comfortable. The hotel was very well located on the Main Street with lots of shops and restaurants right there. Our weather was so fortunate. The rain on Friday on Long Island turned to snow as we headed North. It snowed all night and into the next day. This made the skiing fabulous.

We cross country skied at Mt Van Hovenburg which offered rentals, lessons, with lots of groomed trails for all abilities. There were two places on the trails for a hot drinks and a snacks. The following day we returned to Van Hovenberg and eight people were dropped off to try Cascade cross country ski area. This was also great. Four people went downhill skiing at Whiteface Mt.

For the non skiers there was plenty to do. Dog sledding, ice skating, tours of the Olympic Center, the Olympic museum, and gondola ride up to White Face Tower. Everyone had a wonderful time. Our weather for the trip home on Monday was also favorable and we had a smooth journey and got back at a reasonable hour. The trip was wonderful and everyone said they would like to go again next year. Why don't you join us???? We'd love to have you. True Hampton. 516 835 7689



Members on the Trail – Lake Placid New York



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 _____ Cell _____ Signature: _____

Partner/Family Member Contact Info

Member Name 2: _____ E-mail: _____

Phone: Home _____ 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@Googlroups.com, a club pin, 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

Mail to: Kim Schultze, 37 Lone Oak Drive, Centerport, NY 11721

Who Are We?

We are Long Island's only cross-country ski club. We give members opportunities to experience cross country skiing and enjoy other outdoor activities throughout the year in a spirit of camaraderie and fun. We welcome newcomers of all abilities and ages. If you have never tried cross country skiing before we will help you get started. If you are an experienced cross country skier we will provide you with opportunities to do whatever level of skiing you desire. Come to one of our meetings and see what we are about! ***ALL WELCOME!***

Skiing

When there is snow on Long Island you'll find us at such places as Bethpage State Park, Muttontown Preserve, Caumsett State Park, Connetquot State Park and parks/fields across Long Island.

Each season we schedule trips to places like Lapland Lake—a family owned ski center in the Adirondacks; Fahnestock Winter Park, NY; Mount Saint Anne—Quebec; Stowe, VT; Craftsbury, VT; Jackson, NH; Windblown Cross Country Ski Center, NH. All offer cross county skiing for all levels of skiers—beginners to advanced. We are adding new trips all the time!

Visit our website:
www.LICCSC.org

How Can I Join?

Our annual dues are \$20 individual and \$25 family. Membership is open to all persons over 21 and their households. You can become a member by completing the membership form on this page, and sending it with your check payable to the Long Island Cross Country Ski Club. Mail to: Kim Schultze, 37 Lone Oak Drive, Centerport, NY 11721

-OR-

Come To Our Meetings At:

Plainview/Old Bethpage Public Library
999 Old Country Road
Plainview, NY
(About a quarter mile east of Rte. 135)

Our meetings are held 7:00—9:00PM in November, December, January, February, and March. The day of the month may vary so we suggest you go to our web-site (www.LICCSC.org) for the latest meeting schedule.

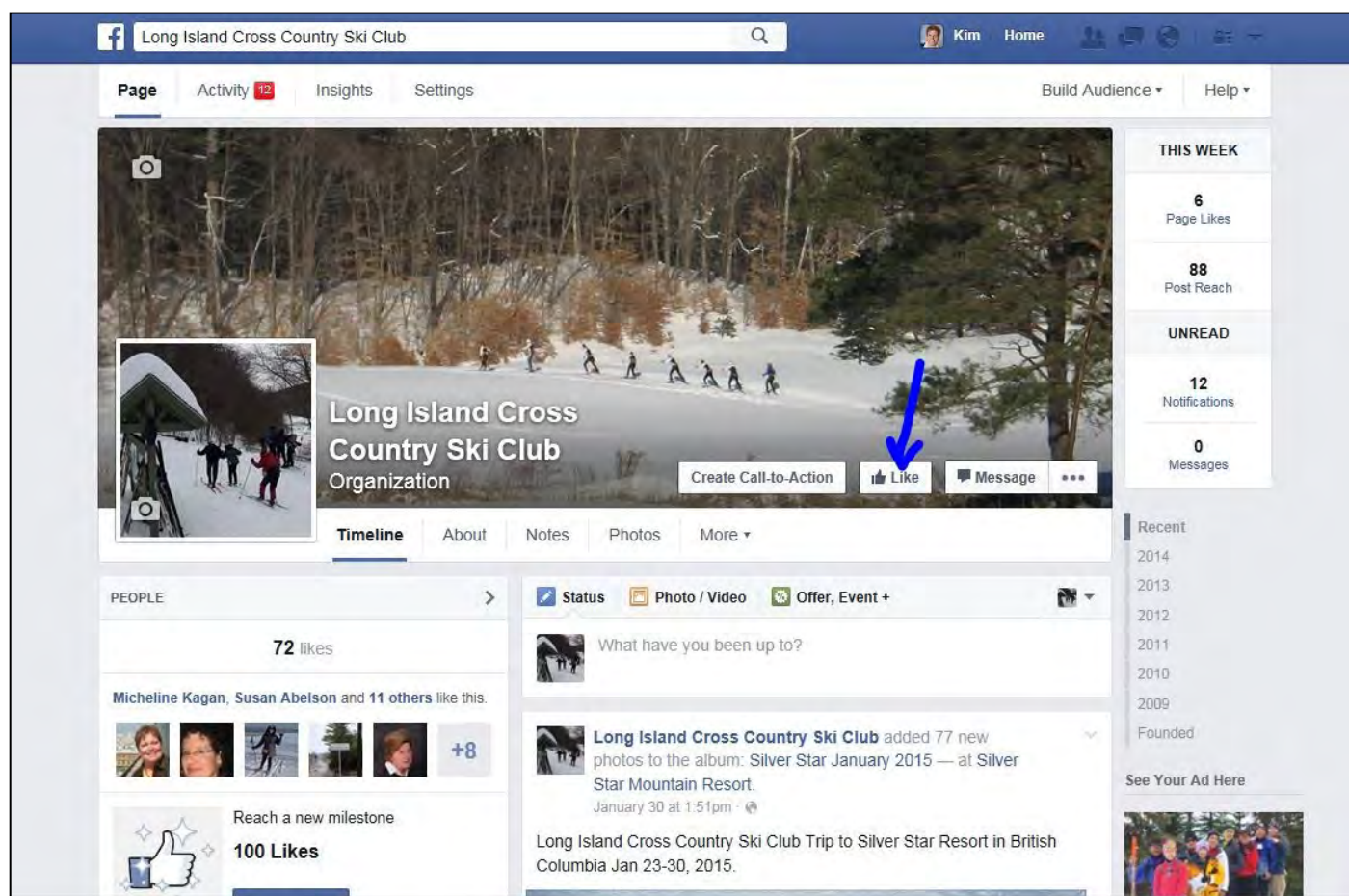
Each meeting begins at 7:00 p.m. with about a half hour for members to share conversation and refreshments before we come to order. You don't have to be an experienced skier to join us and have fun. ***ALL WELCOME!!!***

Visit us on Facebook: www.Facebook.com/LICCSC

Did You Know Our Club Has a Facebook Page?

by Kim Schultze

I want to make sure everyone knows that the LI Cross Country 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**.

Long Island Cross Country Ski Club

Key Contacts

Executive Committee

President	Kim Schultze	631-897-1001	kim.schultze@cbmoves.com
Vice President	Linda Ilan	516-935-1268	ljilan@msn.com
Treasurer	Haakon Jakhelln	631-261-0904	haakonogjudi@hotmail.com
Secretary	Suzanne McVetty	516-650-2386	smcvetty@aol.com
Past President	John Bennett	631-475-6539	sailoars@optonline.net
Member at Large	Kenneth Wong	718-539-3966	bicyclistken@yahoo.com
Member at Large	Ronnie Levy	631-455-4251	nurserbl@hotmail.com .
Member at Large	Vladimir Drozdoff	631-805-5932	drozdofv@yahoo.com

Hospitality	Roanne Kulakoff	347-867-5607	rkulakoff@gmail.com
	Linda Ilan	516-935-1268	ljilan@msn.com
Membership	Kim Schultze	631-897-1001	kim.schultze@cbmoves.com
Newsletter	Kenneth Wong	718-539-3966	bicyclistken@yahoo.com
Webmaster	Open		

Thanks for a great trip...cold but cool!