



Happy Trails

Newsletter of the Long Island Cross Country Ski Club

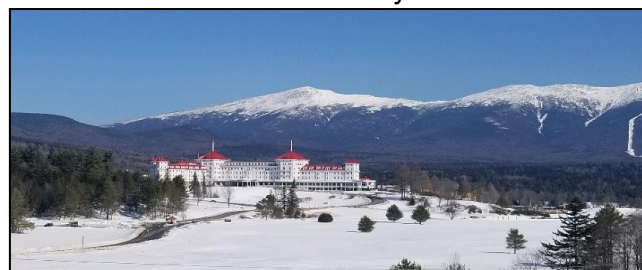
March 2020

Website: www.LICCSC.org

Club Forum: LICCSC@googlegroups.com

Presidents Message

March has arrived and I always have mixed feelings. I begin to feel sadness because it marks the end of another ski season. Yet by the end of March we are often welcoming Spring which brings its own rewards. As I write this I am getting ready to go on the last scheduled LICCSC ski trip to Craftsbury, VT. We have a good group totaling 20 members between Road Scholar and non-road scholar. The club has been extremely lucky this season with decent snow on ALL (5) of our trips and with 10-inches on new snow today at Craftsbury I look forward to



good conditions there also.

For those waiting for local skiable snow the wait has been long and the snow has not appeared on LI. However, don't give up just yet. March can bring one or more snow storms before it is over. I encourage all of you to sign up for one or more of our ski trips off Long Island next season. Not only is it the best chance of getting good skiing but the time spent with other members is really special. I build new friendships and fond memories on each trip with time spent with members on and off the skis having drinks, sharing a meal or playing a fun game after dinner. You don't get opportunities to connect with others the way you do on a trip. So consider one or more trips next season.



The March meeting will be my last meeting as president. We will have elections and vote in new co-presidents and a VP. The new group will provide great leadership and I can focus on membership and leading new trips. I am happy to pass on the baton but have been honored to serve you all as president. I will be available to support the new leadership as they ease their way into their new positions over the summer.

So don't miss the last meeting of the season on Thursday, March 12 at 7PM. **We have a great guest speaker Marvin Berg who is the Injury Prevention Coordinator at Nassau University Medical Center. He is also a Tai Chi Instructor and will give us instruction on Tai Chi so come wearing appropriate clothing.** We will also have:

- Elections for President & VP
- Photo show on the club trips to Craftsbury, VT and Highland Lodge at Bretton Woods – Kim Schultze
- Details on Annual Dinner – Anita Risener

Editor's Corner

Every march issue means the cross country skiing season is coming to an end. We really didn't have much of a winter this February. There was very little snow south of Albany and no snow on Long Island, never mind skiing on Long Island. But, so what, did it matter? No, we've had a very good season. All of the clubs off island trips were snow filled and fun. Lake Placid trip was a huge success it snowed the entire weekend and everyone had a wonderful time. On the Eagle Mountain trip we found great conditions on The Prospect Farm Trails and we received four inches of new snow the night before our last day. The first Craftsbury trip was a sellout with plenty of snow and real social media - dancing. The rescheduled trip to AMC's Highland Center was also blessed. Be sure to catch Ronnie's review of the trip with pictures. If you didn't sign up for a trip yet you may have missed your last chance. Check our second craftsbury trip, due in two weeks, for availability. They currently have great conditions and they are expecting a big snow storm just before our arrival.



The end of the ski season doesn't mean the end of fun, there's our annual dinner party, Saturday April 18. Be sure to read the flyer below for details.

By this time, if you haven't signed up for a trip it's too late. Have a look further below at the beautiful snow we had for our trips this season. There's more on our [Face Book Page](#), and [website](#) and don't miss our March meeting for more.

Ken

Message From The V.P.– Trip Coordinator

Hello Fellow Cross Country Skiers,

I certainly hope that all members are enjoying this (snowless) winter! The best way to do so, is to participate in one of the LICCSC off island trips. By the time you read this, all of the scheduled trips will have happened or are in progress. We can still keep our fingers crossed that the white stuff will fall, and plenty, so we can get out locally, or a quick weekend getaway to Lapland, or day trip to Fahnestock. Personally, I find it hard to remember how much I enjoy cross country skiing, when the temps are in the 40's and 50's and there's no snow on the ground. However, once I get myself out and away and back on my skis, I immediately remember the fun, joy and exhilaration of being outside, breathing the clean air and enjoying the glory of nature. If you didn't participate in a trip this year, make a commitment to do so in 2021. Perhaps consider leading a trip to a place you want to explore. If you did go on one of the trips, I'm sure you had an awesome time with the great members of this club. Here's to more fun, and optimistic thoughts for a good snow dump before the season is over!

Ronnie Levy,
Vice President

Membership Message

We have 95 Members. 9 new Members so far this season.

Welcome to our newest members!

Michelle Munro

Kristina Bilello

As we wrap up the season I would like to encourage everyone to come to the Annual Dinner on April 18 where we have lots of good food and time to socialize with each other and reminisce about the past ski season. There will be a photos show from all the trips we have had this past season and a fun raffle with lots of prizes.

I would also like to encourage people to offer “off-season” social gatherings so we can keep in touch over the summer. Events like hikes, biking, paddling, dinners, beach gatherings all would be a great type of social even to arrange to keep in touch with your XO skiing friend in the off-season. So put you thinking caps on then tell us all about it by sending an email to LICCSC@googlegroups.com.

I sent out the membership list with contact information to everyone in early January. If you did not receive the membership list please contact me using the email Membership@LICCSC.org and I will get one out to you.

Most members are using our new online membership function to join or renew. Our new website is attracting new members. I am confident this club will continue to grow this season and under new leadership next season. In the meantime, don't keep our club a secret - tell all your friends about how

Meeting dates for 2019-2020 season

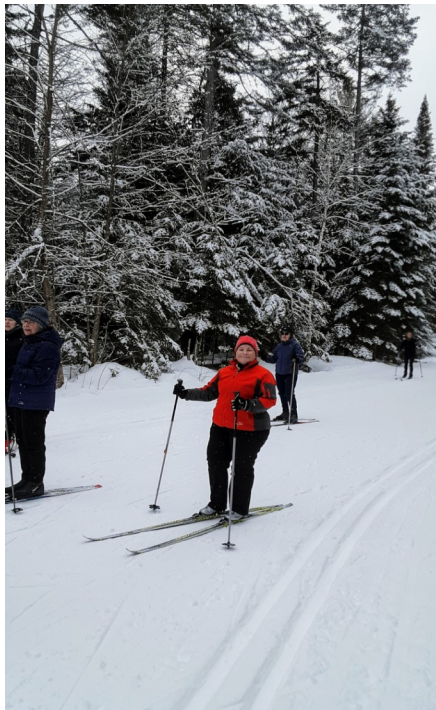
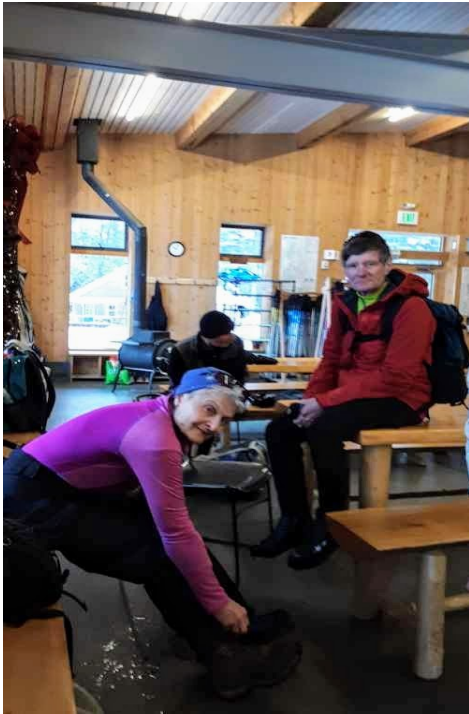
March 12, 2020— Downstairs Meeting Room A. Meeting starts at 7:00 pm with refreshments and social time. Club business begins at 7:30 pm.

- Photo show on the club trip to Craftsbury, VT – combined Road Scholar and non-Road Scholar trip at same time – Kim Schultze
- **Guest Speaker: Presentation on Tai Chi by Marvin Berg - the Injury Prevention Coordinator at Nassau University Medical Center and a Tai Chi instructor**
- Details on Annual Dinner – Anita Risener

January 17-20, 2020 - Lake Placid New York



January 26-31, 2020 –Craftsbury Vermont



February 22-26, 2020 –AMC Highland Lodge New Hampshire

AMC Highland Trip

Six members of the LICCSC met up at the AMC Highland Center in Bretton Woods New Hampshire at the end of February. This is a new place for the club to go to. The Center is a lovely, large building located with a view of Mt Washington and surrounds. It is comfortable, accommodating and welcoming. The rooms are very basic, clean and functional. Some of us opted for the shared bath, others had rooms with their own bathrooms (though these rooms are quite limited). The food was plentiful and delicious. Breakfast is served buffet style, and dinner buffet on the weekends, family style during the week. Food is comparable to Craftsbury, healthy and homemade. There are plenty of communal rooms to relax, play Rummy Cube, do puzzles or just read. The first night we were treated to a local Irish Celtic group playing fiddles, flutes and guitar. Guided hikes are offered on the weekends.

There is an LL Bean Equipment lending room. I had cause to take advantage of this, and borrowed a light weight knapsack for the time I was there. The room also has snow shoes, Nordic equipment, outdoor clothing and a variety of other items, free to borrow while you are a guest at the Center. The Mount Washington Resort and Nordic Center is a 4 mile drive away, or you can ski there directly from the Highland Center, on groomed trails, which some of us did on the first day. The conditions were very adequate, though they were beginning to deteriorate by the time we were ready to leave due to temps in the 40's. We spent all our ski time at Bretton Woods. The conditions and temperatures in the entire vicinity were similar to what we had at Bretton Woods, so we decided rather than drive the 40 minutes to Jackson, or 50 minutes to Great Glen, we would keep ourselves happy right where we were. One day, three of us took the chairlift at the Bretton Woods Alpine Center to the top of that mountain where there is an 11 km intermediate trail to the bottom. The trail was groomed, but not tracked. No one had been on the trail. It was pristine, and there is nothing like a really long and gentle downhill run. Our only issue was when we got to the bottom of that trail, the last 3 km along the railroad track back to the Alpine Center had not been groomed. So the three of us took turns 'breaking trail'.

There are several hiking trails right out the door of the Highland Center, which we took advantage of on the morning before we departed. We met some very interesting people staying at the Center. One was an ice climber who personally knew Alex Honnold (of Free Solo fame). Another was a retired couple who were doing two week stints along the Appalachian Trail in order to complete it.

This is my summary of the trip, others may add to it, or have differing opinions. I really enjoyed my time at the Highland Center, however, I think sticking to Eagle Mountain House is a better option for future club trips. EMH is more accessible to a wider variety of ski areas. The shared bathrooms, and twin (bunk) beds of the Highland Center are not suitable for all.

Thanks to all the folks who were on this trip, it was a pleasure, and sooooo much fun!

Ronnie Levy

February 22-26, 2020 –AMC Highland Lodge New Hampshire



March 1-6 –Craftsbury Vermont





LI Cross Country Ski Club
Annual Dinner

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

Saturday, April 18

CAPTAINS TABLE

Captree Boat Basin
3500 E. Ocean Pkwy
Bayshore, NY 11706



5:30 – 6:00pm

COCKTAILS AND CONVERSATION AT THE BAR

Cash bar

6:00p

DINNER (Family Style)

APPETIZERS:

Crisp Apple Pomegranate Salad
Fresh Tomato Mozzarella with Basil
Baked Clams

ENTREES:

Chicken Francese
Sole Oreganata
Pene Ala Vodka
Stuffed Zucchini

SIDES:

Mixed Vegetables
String Beans

DESSERT:

Coffee/Tea
Sorbet & Cheesecake

*** All Drinks will be at cash Bar ***

COST

\$30/person for members. \$40/person for non-members

Pay with check made out to **LI Cross Country Ski Club**

>>> Mail payment to Anita Risener, 3 Merrimac Ct, Coram NY 11727 <<<

>>> Indicate with payment if you need a Vegan or Gluten Free Entrée and Dessert. <<<

Payment must be received on or before Wednesday April 15.

DIRECTIONS

Long Island Expressway: LIE exit 52 to Sagtikos Parkway Sagtikos Pkwy S toward S Shore. Merge onto Southern State Pkwy. Take exit 40 for Robert Moses Causeway S toward Ocean Beaches. Use the right lane to take the Ocean State Pkwy E ramp to Captree St Pk .

Northern State Parkway: NSP to Exit 44 for Sagtikos Pkwy S toward S Shore. Merge onto Southern State Pkwy. Take exit 40 for Robert Moses Causeway S toward Ocean Beaches. Use the right lane to take the Ocean State Pkwy E ramp to Captree St Pk .

Southern State Parkway: Take exit 40 for Robert Moses Causeway S toward Ocean Beaches. Use the right lane to take the Ocean State Pkwy E ramp to Captree St Pk .



Raffle Prizes



**2020 Club Trip
Photo Show**



Places on LI 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.

- 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

Club Officers

President	Kim Schultze	631-897-1001	President@liccsc.org
Vice President	Ronnie Levy	631-455-4251	VP@liccsc.org
Treasurer	Regina Giglio	631-882-5562	Treasurer@liccsc.org
Secretary	Suzanne McVetty	516-650-2386	Secretary@liccsc.org
Past President	Linda Ilan	516-935-1268	PastPresident@liccsc.org
Member At Large 1	Vladimir Drozdoff	631-805-5932	MAL1@liccsc.org
Member At Large 2	Anita Risener	631-806-9662	MAL2@liccsc.org
Member At Large 3	Kenneth Wong	718-539-3966	MAL3@liccsc.org
Hospitality Committee	Roanne Kulakoff	347-867-5607	Hospitality@liccsc.org
Membership Committee	Kim Schultze	631-897-1001	Membership@liccsc.org
Newsletter	Kenneth Wong	718-539-3966	Newsletter@liccsc.org
Webmaster	Open		