



Happy Trails

Newsletter of the Long Island Cross Country Ski Club

November 2020

website: www.LICCSC.org

Club Forum: LICCSC@googlegroups.com

Co-Presidents Message

Dear LICCSC Member,

There is an expression, "May you live in interesting times." We have been unable to find an origin for that phrase, but, clearly, these are interesting times.

The Executive Board is in the process of coming up with a Ski Calendar for the 2020-2021 ski season that is safe and makes sense. As we are all aware there are many unknowns at this time, everything is evolving and changing, and each person has his or her own level of comfort with Covid 19 guidelines. With all this in mind, we plan to present to the membership a comprehensive Ski Calendar, which of course will be subject to change, as State and Federal guidance changes.

Our goal is to provide a fun and safe Cross Country ski season for those who chose to partake. Options may be available for week and weekend away trips, and ad hoc/spontaneous day trips and local skiing.

Shortly Fay Wong, Vice President, will be emailing the current ski calendar to all members. If you have any questions or concerns, please contact Bruce or Ronnie or the specific trip leader. Also understand that this year, nothing is set in stone and things may change as we get closer to the ski season.

Meanwhile, stay safe, stay healthy and lets hope for some snow this year!

Sincerely,

Bruce Redlien
Ronnie Levy

Co-Presidents

Editor's Corner

Welcome to another season. This one may be a difficult one, most multi day trips have been cancelled due to COVID19 virus. As of this writing Lake Placid, is now cancelled, and Eagle Mountain House is still TBD.

Before we look ahead to winter, let's look back as several members have kindly answered my request to share highlights from how they spent the off seasons of Spring and Summer. Thanks to Thad, Denise, Helen, Kristi, Fay and Ken for their photos and captions.



The club is committed to have a fun and active season, but without any definite COVID protocols implemented from ski areas we visited previously, it is with an abundance of caution that extended trips be suspended. Of course we're all hoping for good local snow, and I encourage everyone to use the group email LICCSC@googlegroups.com to organize local one day or weekend ski trips when there is. Though we are a ski club, and skiing is what we socialize around, the lack of snow and trips should not stop members from getting together this winter season. Arrange a meet up for a rigorous walk, or hike or jog, at a local park, a walk at a garden, or even just to hello to everyone.

Recently several members have already volunteered to lead walking and hiking trips for November 13, and November 28, you may have already received their emails. If not, details are listed below and on the [web site](#). I am hoping to lead a weekend ski trip, 2-4 hours from Long Island once I get confirmed snow conditions. After all, we just experienced 3 months of semi isolation.

Remember to stay up to date with last minute club events and related information. Visit our [web site](#) and [Face Book page](#).

Finally congratulations to Bruce Redlien and Sima Freierman on their recent marriage.

Stay in touch. Keep an eye out for emails. Stay safe and healthy, do as Finnish XC Skiers do to promote a snowy winter wear Jammies inside out.

Ken Newsletter@liccsc.org

Message From The V.P.– Trip Coordinator

As you know from prior emails, most of our overnight trips have all been cancelled due to COVID-19. One trip remains “TO BE DETERMINED”:

Feb. 7-12, 2021 - Eagle Mountain House, N.H. New Hampshire is currently allowing only New England residents to enter without quarantine. All others must quarantine for 14 days upon arrival in NH. Restrictions may change to allow NYers in 2021– so we will wait & see. Also awaiting to hear from EMH as to whether they will be opened for group business.

In any event, we will continue to plan “ad hoc” day trips locally whenever snow conditions allow for XC skiing and snowshoeing. All members will receive an email when such trips occur.

In the meantime, stay fit - **join our alternate activities!** Be active outdoors, and gather safely to socialize with other members. **Upcoming hikes (emails sent to members).**

Please check LICCSC.org website for full details & directions.

Nov. 13 Friday – Caumsett State Park, Lloyd’s Neck, Huntington. Meeting @ 9 am upper parking lot (near restrooms); 3-5 mi. easy pace. Trip leaders: Fay & Ken Wong. RSVP: fayskaterv1@yahoo.com

Nov. 28, Saturday – Upland Farms Sanctuary, Cold Spring Harbor. Meeting @ 9:45 am at the Nature Conservancy building; 3.5 miles, some hills. Trip leader: Kim Schultze. RSVP: call/text 631 897-1001 or Membership@LICCSC.org

If you have a favorite hiking trail and would like to volunteer to lead/coordinate a hike – we would love to hear from you! Our calendar is wide open for all outdoor activities!

We look forward to seeing all of you (on Zoom club meetings) and on trails.

Fay Wong, trip coordinator
Email: VP@LICCSC.Org

Membership Message

Welcome to another ski season LICCSC! It is good to be back together again. I hope everyone is well. Due to COVID-19 we may be doing things differently this year but we still plan on encouraging everyone to get out and cross country ski, snowshoe and to come play in the snow with us again this year. So please renew your memberships!

If you joined or renewed electronically on the LICCSC.org website last year you will be reminded by the website to renew 1-month prior to the 1-year anniversary of when you last joined/renewed.

If you joined or renewed manually (with a check) last year your membership expires on October 31 (all manual memberships run from November 1 – October 31 each year). You will need to renew by November 1 to keep your membership active.

If you renewed manually last year or want to join the club now you can renew or join by going to our website www.LICCSC.org and then clicking on the **MEMBERSHIP** menu. On this page you will see 2 choices to renew your membership.

METHOD 1 is to renew online with a credit card (NEW) and is the preferred way we would like you to renew. Just click on the blue box that says [Purchase Membership Online](#). And you will be asked to "Signup" if you have not already done so. You will create an online account with a NAME, EMAIL, PASSWORD, ADDRESS and PHONE for each membership. [Online memberships will automatically renew on the annual anniversary of the date you signed up online. You will get an automatic reminder 1-month prior to your renewal date.](#)

METHOD 2 is to renew with a check. You will have to click on the blue link that says "[Print Membership Form](#)", fill it out and mail it with a check. Once again you will need to provide a NAME, EMAIL, PASSWORD, ADDRESS and PHONE for each membership. [Offline memberships with a check will need to be manually renewed on November 1 each year.](#)

You can change any of your online information by going to LICCSC.ORG, then go to the MEMBERSHIP menu and scroll to the bottom of the page where it says: "**Already a Member and Need to Update Your Account Info? Click [HERE](#) to update your... Address, Phone numbers, Email, Credit card information**"

Please let me know if you have any questions.

Kim Schultze
Membership Chairperson
631-897-1001

Zoom Meeting dates for 2020-2021 season

Monthly Club Meetings: Detail will be provide view email to members.

11/19/2020

12/17/2020

1/21/2021

2/18/2021

3/18/2021

**LICCSC Hike – Caumsett State Park
November 13, 2020 @ 9:00 AM**

While waiting for snow and ad hoc local XC ski trips - why not warm up with a hike @ Caumsett State Park! 1,255 acres acquired by NYS in 1961, offers hiking, biking, XC skiing, bird watching, fishing, nature photography - a beautiful environment to enjoy.

Details

Trip: Friday Nov 13. Address: 25 Lloyd Harbor Road, Huntington, NY.

9 am meet @ at upper parking lot (near the walled garden). Rain cancels.

(Park # 631 423-1770)

Pace: easy pace, walking on paved path & trails. It can be a shorter 3 mile walk up to 5 miles (1.5 - 3 hrs) to include trail leading up to the L.I. sound where there are look out points. You do not have to do the longer walk - it's easy to turn around at any point back to your car. For those members who wish to jog/run the trail - feel free to join us!

Bring: water or hot beverage & your favorite snacks for the trail; a camera if you want to take photos and binoculars for bird watching. We hope to have a brief "tailgate" gathering at end of trip back at the parking lot as well.

Face masks are required.

Directions:

From the East: I-495 West (L.I. Expressway), to North service road in Dix Hills. Take exit 51 from I-495W. Take Deer Park Ave, Park Ave to West Neck Road to Lloyd Harbor Road.

From the West: I-495 East to exit 45 (Manetto Hill Road, Woodbury). Follow Woodbury Road to West Neck Road to Lloyd Harbor.

Trip Leaders: Fay & Ken Wong

Our Car: Blue Subaru Outback – plate AMC 3913

RSVP by 11/12 : VP@liccsc.org

If plans change due to park restrictions, we will update everyone. We look forward to seeing you!

Fay & Ken Wong

**LICCSC Hike – Nassau-Suffolk Trail
November 28, 2020 @ 10:00 AM**

Get in shape for ski season! Join the LI Cross Country Ski Club on **Saturday, November 28** for this 3.5 mile intermediate hike along the Nassau-Suffolk Trail – part of the LI Greenbelt trail - starting at The Nature Conservancy, Uplands Farms Sanctuary in Cold Spring Harbor. We can burn off some of that Thanksgiving feast and see beautiful scenery while also social distancing on this hike.

We will meet at The Nature Conservancy - Upland Farms Sanctuary, 250 Lawrence Hill Rd, Cold Spring Harbor, NY 11724 at 9:45 and depart for our hike at 10:00.

RSVP required: If you plan on attending please RSVP to Kim Schultze by call/text 631-897-1001 or by email Membership@LICCCSC.org.

We will start on the Daniel P Davison Trail then take the West Loop Trail which connects to the Nassau-Suffolk Trail. We are going out and back on the same trail - will turn around at Stillwell Lane in Syosset. The hike is 3.5 miles round trip and should take about 1.5 hours. This trail is very popular so be prepared to pass people along the trail and have a face mask. The trail is also quite hilly so be prepared for a good workout. Sneakers or lightweight hiking shoes, water and a trail snack are recommended. There are no public restrooms at the Nature Conservancy.

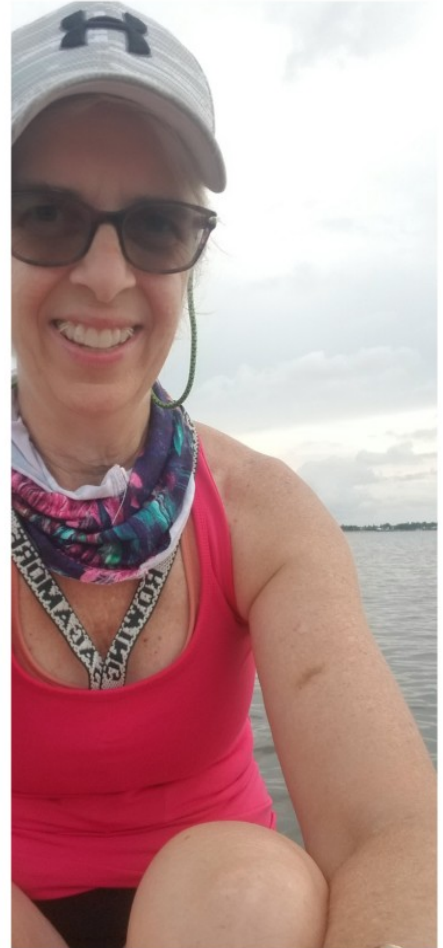
Directions to Upland Farms Sanctuary:

Entrance has a small sign that says The Nature Conservancy. Follow road to building then turn left – look for sign stating “Office, Trail and Parking” pointing left. Please park in the parking area that is located quickly after turning left – facing the trail head. (Designated with a P on map).

From the Long Island Expressway (I-495), take Exit 48 (Round Swamp Road exit) and continue north on Round Swamp. Go 2.6 miles and turn left onto Route 25. Proceed 1.25 miles and turn right onto Woodbury Road. Continue on Woodbury Road for 1.75 miles and make a left onto Harbor Road (Route 108). Go 1.6 miles and turn right, uphill, onto Lawrence Hill Road. Proceed 0.3 miles and turn right into the Uplands Farm entrance (Nature Conservancy Sign). Follow road to building and then turn left (look for sign stating “Office, Trail and Parking” pointing left). Please park in the parking area that faces the trails.

Members Off Season Activiies

Kristi Halpern - Rowing on Oyster Bay, A New/Old Boat , yoga with horses at DDR farm on Sweet Hollow Road Cented, Catching up with a High Friend.



Helen Horton is an active member and if you have any questions she'd be happy to answer.

United States Coast Guard Auxiliary



Hello Long Island Cross Country Ski Club members, November Newsletter 2020

Besides cross country skiing, many of us enjoy boating, such as powerboats or sailing or paddle crafts.

As of January 1, 2020, New York State has new education requirements for motorboat operators.

Your date of birth determines when you must have a boating safety certificate.

If you were born on or after: You need a boating safety certificate in:

January 1, 1993	2020
January 1, 1988	2022
January 1, 1983	2023
January 1, 1978	2024

All operators of motorized vessels, regardless of age 2025

The **ABS (About Boating Safely)** course, offered by the US Coast Guard Auxiliary provides this boating safety certificate and is now taught online with live certified volunteer instructors. I am one of them.

The course requires 8 hours of contact time, including a multiple choice test at the end. We teach this course in four two-hour classes from 6 to 8 pm on Mondays & Wednesdays or on Tuesdays & Thursdays over two consecutive weeks.

During the four classes, your instructors will focus on information preparing you for the test, broaden your knowledge of boating, and stress information specifically to keep you safe on the water. Through the Chat room, you will ask questions, share your experiences, and “talk” virtually with the instructors.

We make every effort to make the classes fun and informative

After successful completion, you receive a wallet-sized card and a Certificate of Accomplishment. These documents

- Permit individuals 14 years of age and over to legally operate a PWC (Personal Water Craft)
- Satisfy the requirements of NY State boating safety
- Are approved by NASBLA (National Association of State Boating Law Administrators)
- May qualify you for an insurance discount on your vessel

Cost \$30 with check payable to “USCG Aux Flotilla 014-18-08”. Think about whether you would enroll, prefer what month and either Mon & Wed or Tues or Thurs. Enter your comments at WWW.LICCSC.org under the Forum.

Beside the Forum, questions? Contact Helen Horton, Flotilla 014-18-08 Staff Officer for Public Education at hahbreeze@gmail.com or 631-523-7889 text or 631-779-3236 home.

Thad and Denise—Thad & I did lots of camping & cabins this summer at the Delaware Water Gap & Harriman. It allowed us to hike, canoe & explore the outdoors! Attached are some photos. It was a great summer!





We were wait listed for this cruise. We were accepted due to a last minute cancellation, which forced us to drop the AMC trip. Thanks to Ronnie, and Gina for picking up the ball.

“Miao” from Genoa,

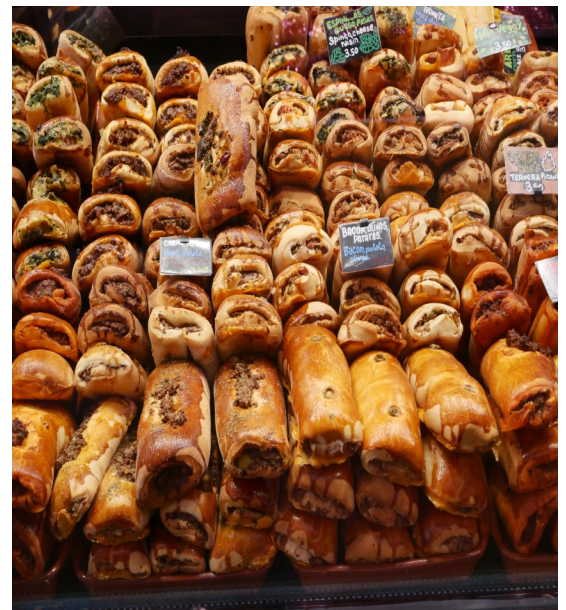
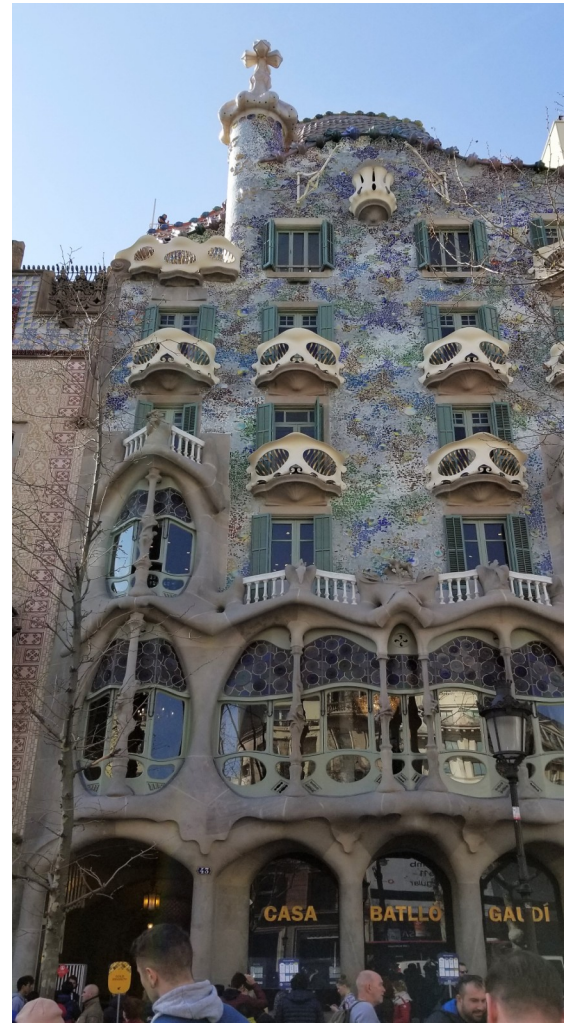
Ken walking on trail to Vernazza from Monterosso, Italy

Spanish steps, Rome

Palermo, Sicily, open air food market.

Dinner in Naviglia, Milan





Sunrise on deck of MS Grandiosa, entering Port of Malta. Architecture of Anton Gaudi, Barcelona. Delicious eats, Barcelona Boqueria market. Cathedral Piazza del Duomo, Milan. We left one day before Italy's pandemic lockdown. We might have been stranded in Milan.

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) 481-330

Action Sports - Sells cross country ski equipment

- 1384 County Rd 85
- Oakdale, NY 11769

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

Club Officers

Co-Presidents	Ronnie Levy	631-455-4251	President@liccsc.org
Co-Presidents	Bruce Redlein	631-413-2481	President@liccsc.org
Vice President	Fay Wong	718-539-3966	VP@liccsc.org
Treasurer	Regina Giglio	631-882-5562	Treasurer@liccsc.org
Secretary	Suzanne McVetty	516-650-2386	Secretary@liccsc.org
Past President	Kim Schultze	631-897-1001	PastPresident@liccsc.org
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Member At Large 2	Anita Risener	631-806-9662	MAL2@licsc.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		