



Happy Trails

Newsletter of the Long Island Cross Country Ski Club

December 2020

website: www.LICCSC.org

Club Forum: LICCSC@googlegroups.com

Co-Presidents Message

Congratulations to Bruce and Sima, Gerry and Mary. May you share long, happy and healthy lives together. Since we can't celebrate in person as a club, we will have to have a virtual celebration at the first club meeting.

Also, thanks so much to Linda Ilan, who organized and lead a beautiful hike for LICCSC members around Stump Pond in Smithtown. The fall colors were peaking, and the reflections of the swans in the lake were pretty spectacular.

I hope many of you will choose to come out on some other of our outings. Covid guidelines were respected and maintained.

Mark your calendars for our first virtual LICCSC meeting on November 19th at 7:00 PM. You will get a Zoom invitation about a week before the meeting, and again a day or two prior.

Meanwhile, stay active and healthy.

Ronnie

Co-President LICCSC

Editor's Corner

Hello Everyone

I hope everyone enjoyed the recent warm fall weather we had, a large number of club members surely did. They enjoyed a colorful fall walk and hike in one of Long Island's beautiful parks. Thanks to Linda Ilan for leading the October 22, hike in Blydenburgh County Park In Smithtown. Linda has comments and information on the park with a few selected photos in the members section. The complete set of photos from the trip are available on the [web site](#) and [Face Book page](#)



As of this writing Fay Wong's November 13, Caumsette State Park walk/hike has been rescheduled for December 18 due to the rain. There are two other hikes to look forward to, one later in November lead by Kim Shultze and the other in December lead by Anita Risener, you may have already received emails reminders, if not, details are listed below and on the [web site](#) and [Face Book page](#)

If you have a favorite activity to keep in shape while waiting for snow, please volunteer to introduce it to your fellow members. It doesn't have to be limited to walking and hiking.

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

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.

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. 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

Dec. 4, Friday — Wertheim National Wildlife Refuge, 340 Smith Road, Shirley, NY. Meeting @9:45AM at the visitor center
RSVP LEADER: Anita Risener, text Cell # 631-806-9662

Dec. 18 Friday – Caumsett State Park, Lloyd’s Neck, Huntington. Meeting @ 9:30 am upper parking lot (near restrooms); 3-5 mi. easy pace. Trip leaders: Fay & Ken Wong.
RSVP: fayskaterv1@yahoo.com

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

Zoom Meeting dates for 2020-2021 season

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

11/19/2020

12/17/2020

1/21/2021

2/18/2021

3/18/2021

Membership Message

New Members so far this season: 3

Due to COVID-19 we may be doing things differently this year but we still plan on encouraging everyone to get out and hike, cross country ski, snowshoe and to come play in the snow with us again this year. **The weather is perfect for our November club hikes. Let's all join in on these club hike since they are fun, safe and a great way to see other members in a safe, socially distant way. I look forward to seeing all of you on these hikes until we get local snow. 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. *You do not have to do anything to renew with this method unless your credit card information has changed.*

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.

You can change any of your online information (including your credit card 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

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@LICCS.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.

LICCSC Hike Wertheim National Wildlife Refuge

340 Smith Road, Shirley, NY

Friday, December 4, 2020, 10AM

DATE: Friday, December 4, 2020

PLACE: Wertheim National Wildlife Refuge

340 Smith Road, Shirley, NY

Visitor Center

TIME: 10:00 am * Please arrive early enough to be ready to hike at 10.

LEADER: Anita Risener, Please RSVP Text Cell # 631-806-9662

Website: www.fws.gov/refuge/wertheim/

This is a scenic wildlife refuge and the trail runs along the Carmens River so hopefully we will at least see some marsh birds. I haven ' t hiked it yet but have stopped here many times on bike rides.

I plan to start with the 3.4 mile Black Tupelo Trail and then do the .5 mile Connector Trail over to the White Oak Trail which has a 2 mile long loop and optional 1.5 mile short loop.

Hikers can decide to do only the 3.4 miles or add the short or long loop of the White Oak Trail. I plan to complete the 5.9 total.

Please text me if you plan to join and also if you join but then have to cancel so we know who to wait for.

Let ' s hope for wonderful weather!!!

Anita Risener

LICCSC Hike – Caumsett State Park Friday, December 18, 2020 @ 9:30 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 Dec 18.. Address: 25 Lloyd Harbor Road, Huntington, NY. 9:30am 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

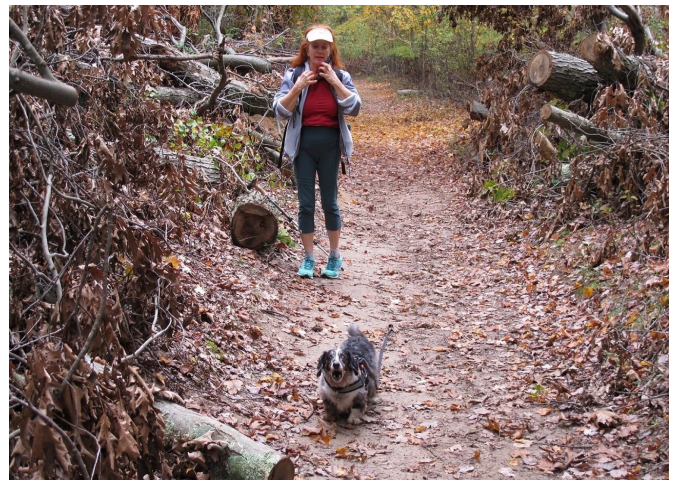
RSVP by 11/12 : VP@liccsc.org

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

Members on the Trails

LICCSC Fall Foliage Hike Blydenburgh County Park October 22, 2020

The LICCSC fall foliage hike on Oct 22, 2020 was a big success. Linda Ilan led a group of 18 members plus two 4-legged friends on a 7+ mile hike around New Mill Pond and Stump Pond at Blydenburgh County Park. We were fortunate to have very mild temperatures and were treated to many beautiful views of nature. LICCSC will be doing more hikes in upcoming months. These hikes will be announced by email and can also be found as an event in the CALENDAR on this website. Check the calendar regularly.



Members on the Trails

Hi everybody.

I want to encourage all of you to experience this beautiful park which is away from the noise of suburbia. It is enjoyable in any season.

The hike around the pond was enjoyed by 18 members and two well behaved small dogs. The fall leaves reflected on the pond which was filled with swans. We took some beautiful photos. And the Greenbelt Trail Conf. confirmed the the actual mileage is 5.7 , not the higher numbers that other sites list.

But if you prefer hiking a shorter distance, one can enter at the south entrance of Rt 347, where we stopped for lunch at picnic tables and rest rooms. Then follow the blue blazes to the left and walk around the west shore of the pond. You will cross a bridge which is over the south branch of the Nissequogue and then onto a wonderful 0.3 mile boardwalk through a cedar swamp. The rest of the blue trail is rolling terrain and ends at a T intersection with the bridle path. The old mill and the pink miller's house (1802) are a ten minute walk to the right. A bench in front of the house is a good place to rest and enjoy a long view of the pond. If you then retrace your steps, the round trip is 3.6 miles. This route avoids the white trail on the east side which is often muddy and used by horses. In any event I hope you will discover this gem of a park.

For further questions or comments, email me,

Linda Ilan.

(Information is from old Greenbelt newsletter)

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
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