



Happy Trails

Newsletter of the Long Island Cross Country Ski Club

January 2020

website: www.LICCSC.org

Club Forum: LICCSC@googlegroups.com

Co-Presidents Message

Hello Fellow Cross Country Skiers,

We hope everyone is staying healthy and active, and being careful in these COVID times.

We hope most of you got to celebrate our biggest Long Island snow in two years by getting out on the boards! The heavy snow the week before Christmas gave skiable conditions. Thanks to the volunteers who lead local ski adventures there were excursions at Caumsett and Bethpage.

There were also club members on their streets and backyards. One thing is for sure, we must seize the moment whenever we get a dumping of snow here on Long Island. Lets hope for more of the same. Check your emails for notification of group skis and/or hikes that are open to all.

The several hikes that have taken place were well attended. It is a chance to get out and maybe explore a park you haven't been to. We encourage anyone to lead a hike for the club. Contact Fay Wong, our Trip Coordinator, to get your scheduled hike on the website.

And do send relative pictures to Ken Wong, for inclusion in our Newsletter and Website.

Our next Zoom LICCSC meeting will be held on Thursday, January 21st at 7:00 pm. Look for a link to the meeting in your email shortly prior to that. If you have a topic of interest, please let one of us know, and we will attempt to accommodate your interest.

Happy and Healthy New Year to All,

Ronnie Levy

Bruce Redlien

Co-Presidents

Editor's Corner

Hello and Happy New Year everyone.

November and December were unusually warm and we had some very enjoyable hikes. Best of all, two weeks into December we received a early gift of 10 inches of snow, and the Caumsette State Park hike rescheduled for December 18 became the first local ski of the season.



Alas, the snow went as quickly as it came and we continued our hikes. Despite being a week a weekday the Wertheim Wildlife preserve hike lead by Anita was as well attended as the previous hikes. It was a beautiful preserve with lakes and wildlife. Her report is below as well as some email comments from other hikers. Not long after that, Helen Horton lead an adhoc hike at the Quogue Wild Life refuge. Helen has kindly offered to lead more hikes at Quogue, dates to be determined.

Be sure to read member reports and photos below. The complete set of photos from the hikes and local ski outings are available on our [web site](#) and on our [Face Book page](#).

If you have a favorite activity to keep in shape while waiting for snow, Kayaking, Canoeing, bicycling 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

Trip Coordinator Updates

Happy New Year to all. We still have high hopes for good snow based on a number of weather reports shared with me from other XC ski groups! It ' s only January!

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!** Thus far, we ' ve had several well attended hikes in November and December, and a local ski meet. Keep active out doors, and safely to socialize with other members. **Upcoming hikes will continue to be emailed to members.**

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

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.

Membership Message

Message from Membership

New Members so far this season: 11

Total members: 106

We had local SNOW since our last newsletter! Yippie! I hope you all got out to enjoy the snow on foot, snowshoes or XC skis. **Remember to check the club website calendar, www.liccsc.org/events for the our latest events and details.** I look forward to seeing all of you on these hikes or on XC skis when we get local snow.

Info about membership renewals:

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 need to change any of your personal information on our website (e.g. your address or your credit card number) go to our website www.LICCSC.org and then click on the MEMBERSHIP menu and scroll to the bottom of the page where it says: **“Update Account or Payment Info”**. You can then log into your account on our website to change the 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 via email to members.

11/19/2020

12/17/2020

1/21/2021

2/18/2021

3/18/2021

Members on the Trails

LICCSC Hike Wertheim National Wildlife Refuge

340 Smith Road, Shirley, NY

Friday, December 4, 2020, 10AM

On Friday, December 4th, 13 LICCSC members set out to hike the trails alongside the Carmens River at Wertheim Wildlife Refuge in Shirley. Most, including myself, the leader, had never hiked here before. I had stopped here numerous times on bike rides to use the facilities and had been in the Visitor Center but never on the trails. This day the visitor center was closed and porto potties were the relief station. There are two trails that run on either side of the Carmen River. We started on the Black Tupelo which is the longer of the two at 3.4 miles. All 13 hikers completed this trail at varied paces so we were somewhat spread out but with wait-ups. This trail is an out and back so when we got back to lot and potties, five decided to leave. The other 8 set out across the Connector loop to hike the White Oak Trail which offered a 2 mile or short-cut 1.5 mile option. Here we got really spread out like the tortoises and the hares and some in between. I thought this the prettier of the trails as the views of the Carmen were more obvious as well as marshlands. Despite the write up stating October –April being the best time to see shore birds, alas, I saw none. Everyone returned safely and just in time because as most of us got back to parking lot it started to rain lightly! I waited in my car for the stragglers to get back and after leaving parking lot it rained harder. This was a very pretty hike and all comments were very positive. It was also very flat so good for all levels. Thanks to all you joined us!

Anita Risener

Members on the Trails

Thank you for organizing this great hike. Happy to have met everyone and looking forward to more excursions. I just picked up my XC skis, too! Unfortunately I will not be able to make the Dec 4/18 hikes - weekends only for me.

Thank you for a great hike on a beautiful day, Kim! It was so good to see everyone after so long! See You on another hike

Thad and Denise

It was so nice to meet everyone this past weekend. I had a great time, and a great workout! I 'm also only able to attend weekend events on account of work.

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Sophie Yanakov

Members at Wertheim Preserve



Members at Wertheim Preserve



Members at Caumsette State Park

Hi everyone,

The skiing at Caumsett was a wonderful success. Quite a few people showed up 12 or 15 but there was no problem with that social distancing people split up into separate groups depending on when they arrived and where they wanted to go. The day was perfect the sky was blue the sun was shining brilliantly the snow was white and perfect for skiing and there was no wind it was not icy. I waited till the end so I was the last group to go with Michelle and Frank and Denise and Thad. Enclosing some photos from our beautiful day. This is a lovely place to go plenty of parking and wide wide open spaces so no problem with the social distancing

Maybe will have another snowfall this winter and we can try it again

Hope everyone has a lovely holiday and we know the 2021 Has to be better than this one

True Hampton

Members at Caumsette State Park



Members at Bethpage State Park

Hi everyone. Ellie Perlman, Pat McGuillicuddy, Pat McGivern and I skied Bethpage this morning. The Yellow course left (SW) of the tennis center was icy, but plenty of powdery areas heading straight out (NW), and especially heading NE on the Red and Blue courses, and along the woods. Unfortunately, the hilly areas were especially icy so we stayed on mostly flat terrain. The clubhouse and golf cart rental cabin restrooms are open, but no food service. Bethpage offers a range of terrain from long flats to fun downhills. Looking forward to more skiing here. Roanne Kulakoff



Members at Quogue Wild Life Refuge



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

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