



Happy Trails

**Newsletter of the Long Island Cross Country Ski Club
February 2021**

website: www.LICCSC.org

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, February 18th 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 Everyone,

February is usually is our busiest month for trips, but with the COVID19 cancellations and no snow in January we had very little skiing to look forward to. But February brought a gift of 20+ inches of beautiful snow shutting down the north east for 24 hours. I 'm very happy to report, Just like the late December snow fall, there was storm (no pun intended) of google groups activity, resulting in members skiing at some state parks for the first time. Thanks for all the pictures and comments. I saved the fun times in the Members on the trail column. As always more photos and comments are on the web.



I want to give a special thank you to Helen Horton for leading two wonderful walks in The Quogue Wild Life Refuge <https://quoguewildliferefuge.org/> She also has plans for a third on Feb 18th, look for her google groups email for details.

Fay and I joined her last one in January it was a cold weekday morning, but we warmed up quickly and the sun came out. The trails are brush covered, flat, wide hard packed dirt. Very easy on the feet and ankles. The refuge has a welcoming entrance with a bulletin board of information, and flyers. We started our walk from the Ice House just across the parking lot, northward. As we crossed the first bridge we startled a Blue Heron and it squawked its opinion of us and flew off. The complete trip was 2 hours, which can be made longer or shorter with side trails. Helen was an excellent leader, stopping at benches along the trail for views of the ponds, and admire the colorful ducks. We spent time watching rescued wild life under the care at the refuge. I highly recommend joining one of Helen's trips there. Here are the photos.

<https://photos.app.goo.gl/Fq5sDmVzCDKFSf1z5>

Finally if you weren't available for some of the weekday trips, please volunteer to lead a weekend trip with others who also cannot make weekday hikes/trips . Dates and times of trips are at the convenience of the volunteer leaders. You can be a leader by sending an email to the LICCSC@googlegroups.com cut and paste the trip info from the newsletter, web site, or previous emails and add ***your time, and place and your contact info***, and enjoy the company of other members too.

Message From The V.P.– Trip Coordinator

Trip Coordinator Updates – February 2021

Well – we did get some storms & some folks were fortunate enough to get out to ski, snowshoe or hike. Keep those adhoc trips going! Thank you members.

February was a pretty active month for club activities, thanks for our volunteers!

Cancel ! Avalon Nature Preserve, Stony Brook – hike with Ronnie Levy. Feb. 11.

Ski at Wildwood State Park— with Ronnie Levy. Feb. 11.

Lapland Lake – ad hoc xc ski trip – Denise Diliberti & Thad Demos. Feb. 11 – 15.

Quogue Wildlife Reserve (#3) – hike with Helen Horton. Feb. 18

I hope many of you were able to join. If not, there may still be other opportunities if more volunteers participate in coordinating trips. Thank you!

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

We look forward to seeing all of you at next Zoom meeting scheduled for February 18, Thursday @ 7 pm. You will receive email with meeting links from Bruce.

Fay Wong VP

VP@liccsc.org

Membership Message

Message from Membership

New Members so far this season: 17

Total members: 105

I LOVE that many have been able to get out and enjoy the local snow! Wish I could join you but I have had too much work to get away. Make sure to keep posting your local plans to ski on the club Google group so others can come play in the snow with you. And for those that like to snow shoe that can be posted on the google group as well.

Membership is growing! We have 17 new members since November 2020. I removed 6 members who did not want to renew their membership. This is done each January just prior to the annual creation and distribution of the member contact list.

Your **LICCSC Member Contact List** was emailed out to every paid member in mid-January. If you did not receive this Member Contact List and would like to have another copy sent to you please email me at **Membership@LICCS.org**

Do you need to change your credit card information on the LICCSC website? You can change your credit card info by going to the MEMBERSHIP page on our website at: www.liccsc.org/membership.

Scroll down to the bottom of the screen under MANAGE MY ACCOUNT and click on "Sign Into My Account".

Log in with your email and password you set up for your online account.

Once logged in, go to the *TOP OF THE PAGE* where it says "Manage Account" and [click on your name](#) next to the words "Manage Account"

Scroll to the bottom of the page and update your credit card info.

Click **SAVE** on the bottom of the screen to save your changes.

Please let me know if you have any questions.

Kim Schultze

Membership Chairperson

Phone: 631-897-1001

Email: membership@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

Members' Comments and Reports

Caumsette State Park-True Hampton

Oh I'm so glad everyone is enjoying the snow Sherry Bush and I returned again to Caumsett

As we had such a good time yesterday. The sky was blue the sun was shining the snow was sparkling white and they were plenty of untrack places to make your tracks and make your own mark I always enjoy it there and it's not that far for me. The bathrooms are great the parking is good and there's plenty of trails an open space to enjoy. Hope the snow will last through the weekend for everyone

Hi when I ski at Bethpage I find the best place to park is near the tennis bubble as you enter the park do not drive all the way down to the club-house right away they are at the tennis bubble there's parking and you can go on the course and the yellow course it's right there I find out the best place to ski someone else might have another idea.

Wildwood State Park –Frank

Helen, Michele and I had a beautiful day out in wildwood. Snow softened by 12 pm .

Caumsette State Park -Linda Ilan

Thank you, True, for organizing our outing today. A really fun day. The conditions were quite good. Plenty of snow and there were tracks we could follow. The snow was not wet but it was heavy and made doing a snowplow difficult. There are some nice hills where we glided down. At least eight club members were there, skiing at their own pace. True was joined by Louise, Sherry Claudia and me. Claudia sherry and I went ahead to the bluff overlooking the sound , which we discovered on our December ski outing. A beautiful spot. We did not go to the Fisherman's lot as the wind had blown away all the snow. So thanks to all for the camaraderie and the invigorating day. So thanks to all for the camaraderie and the invigorating day.

Caumsette State Park encore -True Hampton

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Bruce Redlien

Sun and Clouds today at Noon at the park by the bay, I have a 4/10 mile loop here that lets you get a decent X-country ski rhythm g



Thad and Denise at Lapland lake



Ronnie ,Janet, Jeannie, Liz and Regina at Wildwood State Park

Thanks to Janet, Jeannie, Liz and Regina for joining me to ski at Wildwood today. Conditions were excellent with plenty of base and tracks that were set almost professionally. There were surprisingly no issues with clumping on any of our skis. We had views of the Long Island Sound at one point on the trail, which I would rate as easy, with some minor rollers. It was easy enough to follow the yellow trail. We came in with about 4 miles (or should I say 6 km). The snow started to soften up as we were leaving, so I'm not sure how conditions will be tomorrow. Since this was my first time out on skis this year, I was quickly reminded how much I love the sport. I hope many of our members are able to get out and enjoy this recent snowfall.



At Fahnestock State Park

Fahnestock is only an hour's drive from Queen and maybe a half an hour more from Nassau. They have rentals and lessons, but are currently suspended due to COVID. The snack shop was opened for outdoor or tail gate dining only. We brought our own lunches and ate in the car. Fahnestock's grooming depends on the base and the depth of the snow. They usually do a good job with what they have. With fresh snow they groomed only once, as the snow was soft and they couldn't set tracks. Good for skating, and experienced skiers. If you're use to set tracks it would be a good challenge to improve your technique. We skate skied the field loop, beach loop several times and then long hill up to the park entrance. With soft snow and being the first time on skis this season, I had to work harder to get a good glide, especially up the hills. They started to re-groom the trails as we were leaving. Darn! No matter, we had a wonderful time a great workout outdoors and a beautiful of the Taconic Mountains. Hope you get a chance get up there this weekend the trail conditions should be better.

Ken



At Fahnestock State Park



Jerry and Mary At Bethpage

Surprisingly difficult trail conditions -- the trail was lacerated by extensive use, particularly by snow shoers and hikers who didn't take care to avoid ski tracks. The snow surface was caked and made it difficult to extract my poles after planting them. We diverted to a loop inadvertently, as we aimed to circle the preserve, as we did in December. As a consequence, we encountered some slopes that, combined with the track conditions, created potential for dangerous slides into nearby trees. The trail we followed after December's storm was much faster, as the snow was powder and the tracks not hardened. It highlights the difference between skiing a day after a major snow-fall (December) and two days after (yesterday)



Ronnie and members at Wildwood State Park

Thank you Ronnie for leading this ski, great place, and enough ups and downs to make it interesting. The group followed the yellow trail that had tracks from prior skiers. We had 3 inches of fresh powder that packed nicely for nice glide. Though if you stand around too long the snow will clump up your skis. Best to glide wax before you start out, oth-

Today was a fun time skiing. Thanks Ronnie for organizing and leading. Wildwood is one of my favorite places in Suffolk to ski and hike. That last downhill was most fun!

Great ski at Wildwood. Thanks all for coming along for the fun. Conditions were very good. Hope many are taking advantage of the local snow on Long Island this year





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 Redlien	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
Member At Large 1	Vladimir Drozdoff	631-805-5932	MAL1@liccsc.org
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		