



# *Happy Trails*

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

**March 2021**

website: [www.LICCS.org](http://www.LICCS.org)

## **Co-Presidents Message**

Hello Fellow Skiers,

We did have a decent winter on Long Island this year. We hope everyone was able to get out and take advantage of the local skiing. Some took advantage of the not so local cross country skiing and it seems conditions all around were close to perfect.

This edition of Happy Trails will wrap up our 2020/2021 season, as we look forward to 2021/2022 with fingers crossed that we will be able to sponsor those away trips that we love so much. Those trips are opportunities to try out equipment, take lessons, speak to people very knowledgeable about our sport, usually have lots of snow and get to know other great members of this club.

I did want to mention skiing at Craftsbury VT. Kim and Fay have given lots of details about skiing at Craftsbury through Road Scholar vs booking directly with Craftsbury. It used to be the best kept secret for cross country skiing. Everything about the place is spectacular: two lessons a day for 5 days, skiing with an instructor all day, amazing locally sourced, healthy food, activities (usually yoga or music) each afternoon and evening, meeting interesting people from all over the USA, and mingling (well, watching them eat meals) with Olympic and high level Competitive athletes who are training at the same time we are there. Not to mention that once you arrive there, you do not need to use your car until ready to go home. Word has gotten out about Craftsbury, and it books up super quickly and early (this year, one year in advance). This is just to educate newer skiers that if you want to have this experience you need to be ready to commit to the week as soon as it is announced. (kind of like signing up for the Covid Vaccine - bad analogy, but I couldn't help myself).

Continued



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## **Co-Presidents Message continue**

On to more current and relevant information:

March 18th is our final Zoom meeting for the season at 7:00 PM. This is the meeting that we vote on the slate of elected officers as follows:

Co-Presidents:

Bruce Redlien

Ronnie Levy

Vice President/Trip Coordinator:

Frank Posillico

Secretary:

Carol MacBride

Treasurer:

Regina Giglio

The other positions on the Executive Board are appointed, and are as follows:

Membership:

Kim Schultze

Webmaster:

Patricia McGillicuddy

Newsletter:

Stephanie Sakson

Members-at-Large:

Anita Risener (also in charge of annual awards dinner)

Ken Wong

Vlad Drozdoff

We are planning to have a Social Half-Hour from 7:00-7:30 PM at the beginning of the Zoom Meeting. That way people can chat, connect, etc. etc. before the meeting starts. Feel free to bring along your beverage of choice. The meeting will begin at 7:30 PM, and will end with several entertaining YouTubes to enjoy.

Keep Thinking Snow!

Bruce Redlien

Ronnie Levy

Co-Presidents

## Editor's Corner

Hello Everyone,

They say all good things must end, and so it must too for the current cross country ski season. Although the pandemic forced the cancellation many off Island over night trips, the club had a very active season. Starting in November we had several well attended hiking trips, December brought our first local snow storm in several years. Hopefully everyone was able to enjoy several days of skiing on Long Island, rediscovering the snow covered beauty of [Caumsette](#), [Bethpage](#), and [Muttontown](#). Members living further east introduced Wildwood and Indian Island to the club's list of places to ski in Long Island. In January, Helen Horton led several hikes/walks in The Quogue Wild Life Refuge <https://quoguewildliferefuge.org/>. February was almost a duplicate of December, with several inches of new snow and colder temperatures we were able to ski almost to the first of March. There were a few off island one day trips at [Fahnestock State Park](#) and a weekend trip to [Lapland Lake](#). As expected by the second week of March, came the expected thaw, though further up north in [Lake Placid](#) you may possibly ski until April. In all it was good ski season despite the cancellations. I am looking forward to next season and trip leaders are already preparing plans for 2021-2022 trips.



This is my last season as editor, I want to thank everyone for the opportunity and their support and to welcome Stephanie Sakson as the new editor of the newsletter, a position I have had the pleasure of serving for several years.

Finally, I hope everyone will remain active and in contact during the off season. Helen Horton has provided a list of Ranger Lead walks at the [Hallock State Park Preserve](#) in Riverhead. If you would like to attend and want some company send an alert via google groups as we did for the hikes in November. Have a safe and healthy Spring and Summer. Happy trails, until we meet again.

Ken

# Membership Message

**New Members so far this season: 24**  
**Total members: 112**

Membership is growing! We have 24 new members since November 2020. Welcome to all who joined us this season. Everyone who is new to the club gets a club pin!



**If you are new to the club and have not received your pin – or if you are not new to the club and have never received a club pin – please email me at [Membership@liccsc.org](mailto:Membership@liccsc.org).** I cannot mail the pins because of cost but you can pick one up from me or I can arrange to meet you somewhere and I will get you your club pin.

[Do you need to change your credit card information on the LICCSC website?](http://www.liccsc.org/membership) You can change your credit card info by going to the **MEMBERSHIP** page on our website at: [www.liccsc.org/membership](http://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](mailto:membership@liccsc.org)**

## Message From The V.P.– Trip Coordinator

### Trip Coordinator – Final Thoughts for 2020/2021 Season

Kudos to LICCSC members! While the pandemic stopped all our over night trips to long time favorites (Lake Placid, Craftsbury, Eagle Mountain House), enthusiastic & determined members stepped out to lead hikes and ad hoc day trips. There was even an overnight trip to Lapland Lake!

The gods looked upon us with some pity and gave us plenty of snow this season to enjoy. I personally enjoyed reading all the emails filled with excitement pre- and post-ski trips and viewing great photos of everyone on their skis with the backdrops of wood, snow covered trees, and lots of snow!

A special thank you to the members who volunteered time & energy organizing ad hoc trips. Don't forget the Hallock State Park Preserve walks with former park ranger Mary Laura Lamont (see below) from March – April.

This will be my final write-up as Trip Coordinator as I have decided to resign due to increased work-related demands as a consultant. I have enjoyed working with a great Executive Committee- a dedicated, creative team of individuals all of whom work hard for the club, sharing trip notes with all of you, as well as hiking and skiing with new and old members alike.

I know I will be seeing you during the 2021/2022 season as we all look forward to a “new normal”, hopefully to ski once again at our favorite & perhaps some new XC ski centers.

Remain safe, healthy and happy. Have a wonderful Spring, Summer & Fall.

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

Thank You,

Fay Wong, VP  
Trip Coordinator

Walks at the Hallock State Park Preserve  
<https://parks.ny.gov/parks/181/details.aspx>  
with Mary Laura Lamont, retired state park ranger, author and ornithologist  
6062 Sound Ave  
Riverhead NY 11901  
Park Office 631-315-5475 for further details  
and RSVP with your name, number of people, phone & email address

Saturday March 13 from 9 to 11 am Meet in upper parking lot	identify birds
Saturday March 27 from 10 to 11:30 am Meet in upper parking lot	explain cultural landscape on West side of preserve
Saturday April 10 from 9 to 10:30 am Meet in upper parking lot	identify signs of <u>Spring</u>
Saturday April 24 from 10 to 11:30 am Meet in Visitor Center parking lot	identify trees
Saturday May 8 from 9 to 11:30 am Meet in upper parking lot	identify migratory song birds
Saturday May 22 from 9 to 11 am Meet in upper parking lot	identify birds

Notes: some walks include a trail to the beach on the Long Island Sound  
Trails moderately hilly; sturdy walking shoes necessary  
Possible fee or Empire Pass, open to public  
Rain cancels; No food or vending machine  
Reservations required; no ID required  
Covid restrictions apply  
Visitor Center open Wed, Thurs, Fri, Sat, Sun from 8 am to 4 pm  
then gate open to upper parking lot for self-guided walks  
Bathrooms, maps and other info available in visitor center

Walk info provided by Helen Horton  
631-779-3236 home    hahbreeze@gmail.com

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## **Zoom Meeting dates for 2020-2021 season**

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

3/18/2021- Last meeting of the season

## Member Reports

### Indian Island

The trip has moved to indian island golf course. Indian Island Park not allowing large groups to park at the Park.

If you are still headed to meet Helen, please text her for more details. 631 523 7889.

### Fay

Hi all,

Great time at Indian park golf course with at least 10 of us. Helen, Regina, Richie, Anita, Michelle and Frank, John and Barbara. Sherry, new member Anna, and myself. Beautiful sunshine with some winds off the water. The snow was powdery, 4-5 inches, Glistening off the bay very picturesque. Pretty good workout for 2hrs. No bathrooms just two portosans.

Pictures to come, not yet posted!

Thanks all,  
Janice

### Caumsette

Yes, a few of us skiied at Caumsett today, specifically the path down to the lake from the parking lot. Conditions were fine at 11am, but a big group of walkers came through and churned up the path down to the lake, exposing alot of the ground. Perhaps it is better in a different section of the park?

regards,  
Kristina



## Indian Island— Anna Fade



## Indian Island—Kenny Clark





## Indian Island—Kenny Clark



## Member Reports - Gerry and Mary

### Gerry and Mary Trail Report at Lapland lake

#### Easy Trails 5.14 miles

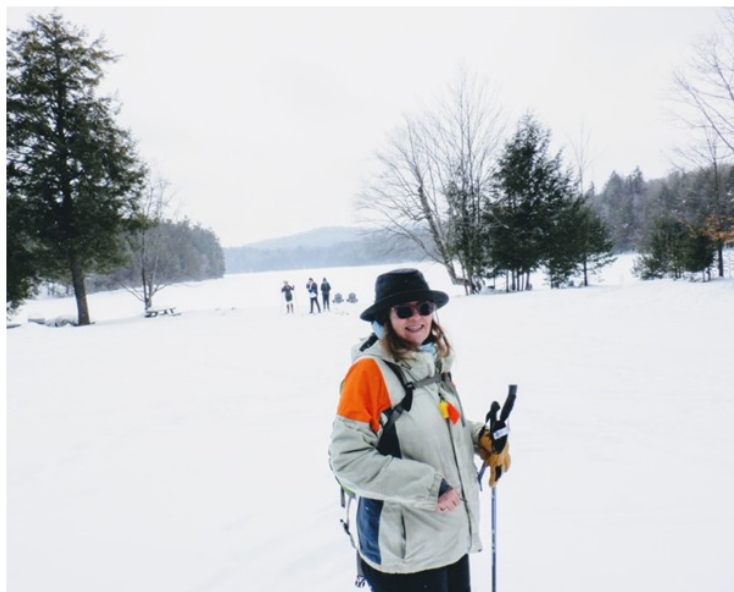
Monday we skied in the Adirondacks at Lapland Lake, covering 5.14 miles as we focused on "Easier" trails to better get reacquainted to Lapland. We've skied there three or four times previously, but not since 2011, best we can remember. Here are some pix, data, observations and photos, including maps: <https://connect.garmin.com/modern/activity/6289480295>

We used this day to warm up and get re-acclimated to Lapland. We hadn't skied there in many years. We split the day's skiing into two parts, with each ending with an intermediate trail. Handling both those without any mishaps boosted our confidence to tackle more intermediate trails the next day. Today we skied on the Lake Trail, Olavin Uni, the Practice Field, Era Polku, Ski Schools area. The aforementioned intermediate trails we skied were Vasa and Joki Latu.

#### SISU Trail 2.9 Miles

Tuesday we skied at Lapland Lake again, this time focusing on the intermediate Sisu Trail, which covers 2.74 miles. It's interesting to see the difference in "climbing" between the two days, about 50 percent more climbing on the intermediate trail. In brief, that is why a trail is intermediate -- more ascents and descents, requiring more skill (and courage)! We covered Sisu twice, once in the morning, once in the afternoon, totaling 4.94 miles for the day. (We repeated Sisu because several of the other intermediate trails we targeted went ungroomed on this particular day. If you ski at Lapland off-weekend, you are likely to encounter more of this.) <https://connect.garmin.com/modern/activity/6289480235>

It was quite exciting for Mary and I to tackle a trail that offered both distance (2.74 miles) and downhill. The experience was akin to a roller coaster, with 7-8 downhills to fuel the trip with some adrenalin. With new found confidence, I now consider myself an intermediate skier. We ended up skiing it twice, in fact, since all but two other intermediate trails available were ungroomed. We had already skied those two yesterday.



## Places to Buy or Rent XC Skis

Note: All of the places mentioned have very limited supply of XC ski equipment for sale and NO RENTALS. You will get the best selection of XC ski equipment – both for sale and for rent - off LI. Every place we travel off LI to ski has XC ski rentals and a XC ski equipment for sale (except Fahnestock which only has limited rentals – no sales). If you are looking to purchase XC ski equipment and cannot find what you are looking for on LI, either wait and come with us on one of our XC ski trips or try one of the websites mentioned below.

**Sno-Haus / 44 Board** – Limited supply of cross country ski equipment for sale. **No Rentals**. Locations: Huntington – (631) 549-5087 & Hempstead – (516) 481-3305.

**Sundown Ski & Snowboard** – Limited supply of cross country ski equipment for sale. **No Rentals**. Locations: Farmingdale store (631) 420-3796. Greenvale store 516-621-6668 has the biggest selection. There are 3 other locations. For other locations check their web site: [www.sundownski.com](http://www.sundownski.com).

**Sun & Ski** – Limited supply of cross country ski equipment for sale. **No Rentals**. Location: 197 S Service Rd, Plainview, NY 11803, (516) 249-7980.

**Action Sports** – Limited supply of cross country ski equipment for sale. **No Rentals**. Location: 1384 Montauk HWY, Oakdale, NY 11769, Phone: (631) 589-6563, Email: [info@actionsportsny.com](mailto:info@actionsportsny.com)

**Snow Shed** – Limited supply of cross country ski equipment for sale. **No Rentals**. Location: 1004 NY-112, Port Jefferson Station, NY 11776. Phone: (631) 473-2572.

**Quogue Wildlife Refuge** – Does not sell, but has limited cross country ski equipment for free to members and for non-members for \$5.00. When there is snow they are open Tuesday-Thursday and Weekends 11am – 4pm. Rentals are available but limited. Call for more information (631) 653-4771.

### Good Websites to Buy Cross Country Skis

LL Bean: [www.llbean.com/XCSkiing](http://www.llbean.com/XCSkiing)

REI: [www.rei.com/Nordic-Skis](http://www.rei.com/Nordic-Skis)

EMS: [www.ems.com](http://www.ems.com)

New Moon Ski Shop: [www.newmoonski.com](http://www.newmoonski.com)

Gear West <https://gearwest.com/>

## Club Officers

<b>Co-Presidents</b>	Ronnie Levy	631-455-4251	President@liccsc.org
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