



# Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club



Jan Brenner at Mt. Van Hoevenberg, Lake Placid

## *Co-Presidents' Message*

Hello Fellow Cross Country Skiers,

It's beginning to feel like fall may be just around the corner, which leads us into winter, and hopefully a snow-filled one at that. We were lucky last year to have a few good local cross country ski days, and there are many places to go on Long Island, as long as the weather cooperates! The Plainview Old Bethpage Library is once again allowing community organizations to use their meeting rooms. We have scheduled our club meetings as follows:

**Tuesday November 16      Thursday February 17**  
**Thursday December 16    Thursday March 17**  
**Thursday January 20**

All meetings will start at 7 PM and end promptly at 9:00 PM. It's nice to reconnect with old friends and meet new ones at these meetings. You will learn about upcoming away trips, and we try to include an educational component at each meeting. People have asked if the meetings can be Zoomed in addition to the in-person attendance. Unfortunately, the WiFi isn't strong enough to support that at the library. We won't be serving refreshments to comply with mandatory

mask wearing throughout the meeting. If you plan to attend a meeting, please follow these library rules:

Masks will be worn at all times in the library.  
No food or drink will be served.  
Attempt to maintain social distancing.

Unfortunately, we also had to cancel our annual party but the situation will be reevaluated later on.

It's time to start thinking about getting your skis out, making sure your equipment is in good order, and you have all the clothing layers you may need. Take a look at the away ski trips that are scheduled to see if you can go on any of them. Or even better, plan an away trip for the membership to a spot you've wanted to ski or a favorite one you've been to in the past. It's not that difficult to do. Any of the officers or seasoned members are willing to guide you in this process.

We hope to see you at the first meeting. Mark your calendars ... and Think Snow!

*Ronnie Levy and Bruce Redlien*



## Mattituck Bike Ride

June 17, 2021

Ken Wong arranged a bike ride to Mattituck on Long Island's beautiful North Fork, starting at the Riverhead waterfront. Ronnie Levy and Ken co-led the group of five, with a stop for ice cream, naturally. Helen Horton offered her home as a pit stop; thanks, Helen!



Left to right: Ronnie Levy, Ken Wong, Ellie Perlman.

Left to right: Ronnie Levy, Fay Wong, Ellie Perlman, and Karen Van Rossem.



Left to right: Ken and Fay Wong, Ellie Perlman, and Karen Van Rossem.



## Chance Meeting on Cape Cod



Fellow skiers meet on the boardwalk in Sandwich, MA, on Cape Cod! Bill Houck and Jan Brenner (right) were there whale watching, biking, and sightseeing when Frank and Michelle Posillico turned up!



## *Cross-Country Skiing in Lake Placid, NY* *(Bus Trip), January 14-17, 2022* (Martin Luther King, Jr. weekend)

Members, non-members, couples, singles, people of all ages: we're going NORTH for a fun-filled winter weekend with lodging at the High Peaks Resort (the North Woods Hotel, now called the Grand Adirondack Hotel, was flooded due to a water main break in town and will not be open until March). High Peaks has a heated indoor pool and access to a hot tub. You must be vaccinated to attend.

*Within a short walk of our hotel are:*

- The Olympic Center (Herb Brooks Arena) with rental ice skates
- U.S. Olympic Museum
- Miles of trails to hike or snowshoe
- Dog sledding on the frozen lake
- A public ice rink
- Many restaurants and shops

*Nearby but out of the town are:*

- Mt. Van Hoevenberg, Olympic-class cross-country ski area
- Cascade cross-country ski center, with a lovely lodge, great food and brews
- Whiteface Mountain downhill ski area
- High Falls Gorge

*On the trip you'll learn about and see how global warming is affecting the winter sports industry.*

**Local transportation:** Our bus takes people to Mt. Van Hoevenberg or Cascade each day. Free Lake Placid Village Shuttles run to and from Whiteface Mountain (a twenty-minute ride) during the day from less than a block from the hotel.

**Included:** Coach Bus **transportation** up and back \* / 3 nights **lodging** in a room with 1 or 2 beds & a private bath / 3 **breakfasts** / **taxes and gratuities** (except for bus driver).

\* bus: Departs Bethpage Golf Course Fri., 10 am / Returns late Monday night.

**Prices:** Dbl. occupancy \$679 pp / Single occupancy \$1059 pp. / triple occupancy \$539 pp / quad 469 pp. A bus driver gratuity will be collected on the way home (\$17 to \$20 per person is recommended).

**Registration:** Pay quickly. A block of rooms is being held for us. Unpaid rooms will be turned back to the hotel Dec. 9th. All checks will be held until then, so, if you find you need to cancel and let True know before Dec. 9, your check will be returned to you. After Dec. 9, we may be able to get you a room but there is no guarantee. Electronic payments cannot be processed.

Send your check, made out to "Sierra Club L.I. Group", along with your car's make, model, color and license plate number (for security when leaving your car at the golf course) to:

True Hampton, 26 Revere Rd., Port Washington, NY 11050.



## *Cross-Country Skiing at Eagle Mountain House* *Jackson, NH, February 6–11, 2022*



Eagle Mountain House, built in 1879, is one of the last remaining “Grand Hotels” in the White Mountains and is a recognized Historic Hotel of America. While quite large, it is cozy with many amenities and areas to socialize, play games or just relax. We can ski right out the front door or drive to several other nearby ski areas. **Beginner, intermediate and advanced skiers** will find many trail options.

### **New this Year:**

**New Faces** – The Burlington Ski and Outing Club will join us on this trip. I’m sure you will find them quite compatible, in fact five of us are LI “transplants.”

**COVID-19** – If you are fully vaccinated at least 14 days before arrival you can travel to NH with no restrictions. If not, get tested with a [viral test](#) 1–3 days before your trip and again 3–5 days after your trip.

**Room Rates:** Per night room rates include room, breakfast, dinner, food service fees, and taxes.

\$170.26/night for single occupancy

\$235.28/night for double occupancy

\$25.95/night for a standard suite upgrade

**Reservations:** Call Eagle Mountain House by January 15, 2022 at **(603) 383-6911** to reserve your room and **indicate that you are part of the Long Island X-Country Ski group**. A one-night deposit will be charged when you make your reservation. When your room is confirmed, e-mail Lyn Lettieri at [cal19@cornell.edu](mailto:cal19@cornell.edu) to let her know you will be participating in the trip.

**Cancellation Policy:** Overnight reservations must be cancelled 72 hours (**February 3**) prior to arrival date. All cancellations have a \$25.00 cancellation fee. If a cancellation is made within the 72 hours cancel time the first night’s deposit will be retained by the Eagle Mountain House.

**Important** – In the letter confirming your reservation you may find a different cancellation policy. That is EMH’s individual reservation cancellation policy that does not apply to groups – **ignore it**.

**Check-in: 3:00 PM.** If you plan to ski on the day of your arrival, travel in your ski clothes.

**Check-out: 11:00 AM**

**Social time:** Bring snacks and beverages to share at our get-togethers each evening before dinner in our hospitality room.

## *Cross-Country Skiing at Craftsbury, VT*

### *January 30–February 5, 2022*

The club trip is Jan 30 to Feb 5 (but others have signed up for other weeks, through Road Scholar, which seems to be all sold out now). If you want to go, contact Craftsbury at [www.craftsbury.com](http://www.craftsbury.com). The price is less than a Road Scholar trip because there are no lessons or lectures included; the price also varies based on lodging.

Whether you plan to participate or not, trip coordinator Helen Horton requests that you fill out the Google form at your earliest convenience at the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSebGX1Grrz9oFq0mFqD46svck1wN38mmjqEyP9TQb7p9VHxug/viewform?vc=0&c=0&w=1&flr=0>

Questions? Contact Helen at 631-779-3236 (home); 631-523-7889 (text) or [hahbreeze@gmail.com](mailto:hahbreeze@gmail.com).

### *Need Gear?*

**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 (call to confirm). [www.sundownski.com](http://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 (call to confirm). 2 W. Jericho Tpke., Huntington Station (631) 549-5087

244 N. Franklin St., Hempstead (516) 481-330

**Action Sports** - Sells cross country ski equipment; does not rent. 1384 County Rd 85, Oakdale (631) 589-6563

#### **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)

Eastern Mountain Sports: [www.ems.com](http://www.ems.com)

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

Gear West : [www.gearwest.com](http://www.gearwest.com)

## Message from your Membership Chairperson

**LICCSC Members: 113**

**New Members so far this season: 0**

Happy Fall! Welcome to the start of another cross country ski season! As your membership chairperson, I am asking everyone to renew their membership again this year.

- If you joined or renewed electronically on the LICCSC.org website (with a CREDIT CARD) you will be reminded by the website to renew one month prior to the one-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 renewed manually (with a CHECK or CASH) last year, **your membership expires on Oct 31, 2021**. You can renew by going to our website [www.liccsc.org](http://www.liccsc.org), clicking on the **MEMBERSHIP** menu. Go to the **"Pay With A Check"** section and **print the membership form**. Fill out the form and return with your check.

Please let me know if you have any questions.

**Kim Schultze**  
**Membership Chairperson**  
**631-897-1001**

## Club Officers

Co-President	Ronnie Levy	631-455-4251	President@liccsc.org
Co-President	Bruce Redlien	631-413-2481	President@liccsc.org
Vice President	Frank Posillico	631-928-5232	VP@liccsc.org
Treasurer	Regina Giglio	631-882-5562	Treasurer@liccsc.org
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Member at Large	Anita Risener	631-806-9662	MAL2@liccsc.org
Member at Large	Kenneth Wong	718-539-3966	MAL3@liccsc.org
Hospitality	Roanne Kulakoff	347-867-5607	Hospitality@liccsc.org
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Webmaster	Patricia McGillicuddy	917-913-0027	Webmaster@liccsc.org