



Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club

Co-Presidents' Message

Hello Fellow Cross Country Skiers,

While we all hold tight and "go with the flow" of this ever-changing Covid situation, let's really hope for local snow, and lots of it. Cross country skiing is one of the sane activities we can participate in during these times. It's outdoors, it's exercise, and it's social. Bring it on, please.

The bus trip to Lake Placid has been canceled because of concerns about Covid. All checks will be refunded, thanks to the hard work by organizers True and Jane Fas of the LI Sierra Club.

Road Scholar has canceled its two trips to Craftsbury, VT, although Craftsbury itself remains open. Last report was that all cabins and cottages were booked for the season and they aren't renting out the dorm rooms, due to public areas being closed. The dining room is open. As of this writing, we are still waiting to hear about the Eagle Mountain House trip.

Fingers crossed for a day trip to Fahnstock or a



Cross-country ski trail at Cascade Ski Center, Lake Placid

weekend getaway to Lapland. Stay tuned as well about our January meeting; it may be in person, it may be via Zoom. You will be notified via email prior to January 20.

Stay healthy and safe, and all the very best for a happy and peaceful New Year.

Think Snow!

Ronnie Levy and Bruce Redlien

Future club meetings:

Thursday, Jan. 20 (Plainview library or Zoom)

Thursday Feb. 17 (Plainview library or Zoom)

Thursday March 17 (Plainview library?)





Mel Schwartz

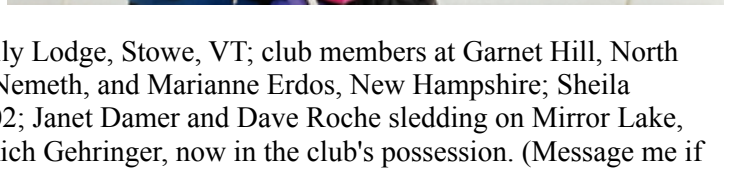
by Kim Schultze

I am saddened to share with you that a member of our ski club for many years, Melvin Schwartz, PhD, died on December 14, 2021, at 93 years old. I would like to share a little story about how I met Mel.

Who knew I would have to travel to Norway to meet someone from Great Neck? That is how I met Mel Schwartz the first time. I saw an inn-to-inn cross country ski trip to Norway advertised at Lapland Lake XC ski center and I convinced Judi and Haakon Jakhelln to come with me on the adventure. In the winter of 2004 we met up with about 10 other people from around the country when we got to Norway – one of them was a man from Great Neck named Mel Schwartz. When we learned Mel was from Great Neck we spent a lot of time getting to know him.

Mel always had a story to tell of his lifetime filled with adventures. While in Norway we convinced him to consider joining the LI Cross Country Ski Club. He joined LICCSC as soon as he got home and was an active member until about 3 years ago. During that time he led several XC ski trips to Stowe, Vermont, and attended many others, including one I led to Silver Star in British Columbia. He was not a fast skier, but every year, he was out there skiing. The last time I remember him skiing I think he said he was 90. Mel also led the trip to Commodores in Stowe, Vermont, for several years until 2015.

On that trip to Norway, we had the trip of a lifetime – great weather, great skiing, all the beauty of Norway and great times with the other people on the trip. It was also memorable because we made a new friend in Mel Schwartz. The photo above was from a lunch break on day 4 of our Norway inn-to-inn trip. I will miss Mel but will treasure the memories of him.



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Clockwise from top left: Verna Rothberg at Trapp Family Lodge, Stowe, VT; club members at Garnet Hill, North River, NY, 1998; Linda Frank, Verna Rothberg, Linda Nemeth, and Marianne Erdos, New Hampshire; Sheila Lipshie and June Stelbourn at Craftsbury, Vermont, 2002; Janet Damer and Dave Roche sledding on Mirror Lake, Lake Placid, NY, 1988. Photos from the collection of Rich Gehringer, now in the club's possession. (Message me if you want to take a look-through!) —Stephanie Sakson

TIPS ON NORDIC SKI TECHNIQUE

Beginner

SNOWPLOW

A technique to slow down or stop on a downhill run.

TIP

Push your ski tails out like squashing a grape with your heel while keeping equal pressure on the inside edges.



STRAIGHT RUNNING

Skiing straight down a gentle hill.

TIP

Look ahead and use your knees as shock absorbers. Stay loose.



HERRINGBONE

A technique used to climb relatively steep hills.

TIP

Imagine walking like a duck or penguin with skis in a "V" position. Keep head up.



DIAGONAL STRIDE

The fundamental Nordic technique for flat terrain.

TIP

Combine the stride of jogging with the gliding grace of ice skating for a perfect diagonal stride.



UPHILL DIAGONAL STRIDE

A diagonal stride modified to climb hills.

TIP

Use quicker strides, with hands low when poling. Look up the hill.



Intermediate

SNOWPLOW TURN

A safe, stable technique to make a controlled turn.

TIP

Keep a good "V" wedge and pressure one ski more than the other.



STEP TURN

An easy way to turn a corner at slow speed.

TIP

Take small steps to the side while maintaining edging and balance.



KICK TURN

A way to turn around while standing still (requires limber knees and hips).

TIP

Plant poles behind, chorus-girl kick, pivot ski around and follow with the other.



DOUBLE POLE

To move faster on flat or slight downhills using only the pole push.

TIP

Hinge at the waist. Push with both poles.



DIAGONAL STRIDE WITH GOOD WEIGHT TRANSFER

A way to ski efficiently on the flat.

TIP

Shift the weight from one ski to the other as the feet pass one another, then continue gliding on one ski only.



Advanced

DIAGONAL STRIDE TIMED CORRECTLY

To achieve the graceful, fluid motion of the racer.

TIP

Coordinating the poling, pushing off from one ski, and gliding on the other ski requires balance, timing, and practice.



TELEMARK TURN

The classic Nordic turn.

TIP

Drop into a semi-kneeling position and steer the front ski into the turn while edging both skis to make them curve.



PARALLEL TURN

Used to turn or slow down using both skis together.

TIP

Use a strong up motion to unweight the skis so they can be turned and edged together.



ONE-STRIDE DOUBLE POLE

A combination of diagonal stride and double poling.

TIP

Bring both hands forward while pushing off with one



leg. Finish with a double-pole push.

SKATE TURN

A way to maintain or increase speed on a turn.

TIP

Spring off a well-edged ski onto the other one in the new direction.



At the December LICCSC meeting, Ronnie and Bruce arranged for us to watch a very informative video called the Beginner's Guide to Cross-Country Skiing. If you haven't checked it out yet, go to <https://www.youtube.com/watch?v=mjbuwmUzUhQ> and stay till the end for the bloopers!

Skiing at Lake Placid: CANCELED

Due to concerns about Covid, this bus trip to Lake Placid that was to take place over Martin Luther King Day weekend, with opportunity to visit two different cross-country ski centers, has been canceled. We had such a great time in years past and were optimistic about this year. But it is not to be.

If you paid by check, the trip organizer True Hampton has arranged for a full refund (thank you, True!). You will be receiving a check in the mail as soon as possible. The club appreciates the hard work True and Jane Fas of the LI Sierra Club have put in to arrange the trip and to arrange for the refunds from the hotel and the bus company.

Let's keep our fingers crossed for Lake Placid in 2023!

Any questions, contact True at 516-835-7689.

Skiing at Craftsbury, VT: CANCELED

A Message to Everyone Who Responded to the Google Form about Craftsbury

From: Helen Horton, Co-trip leader for Craftsbury

Either you already have or will soon receive an email or phone call from Road Scholar that Craftsbury Outdoor Center has canceled all their Winter 2022 programs.

There are four choices for your refund:

- 1) If you paid on or prior to Nov. 21, 2020 (13 months before cancellation date, Dec. 21, 2021) you will receive a paper check in the US Mail.
- 2) If you paid after this date, you will receive a credit to your credit card in 10 days. You may also request that your returnable funds
- 3) be transferred to another Road Scholar program or
- 4) be held by Road Scholar on your account with no expiration date.

To specify your choice, YOU must call Road Scholar at 800-454-5768. Further questions/comments, please contact Helen at 631-779-3236 (home); 631-523-7889 (text); or hahbreeze@gmail.com

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 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.

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.

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

REI: www.rei.com/Nordic-Skis

Eastern Mountain Sports: www.ems.com

New Moon Ski Shop: www.newmoonski.com

Gear West : www.gearwest.com

Ian at Cascade Nordic Ski in Lake Placid will answer equipment questions that any of our members may have, either via email or phone. He is sincerely interested in getting people on the correct equipment to meet their needs, with no pressure to purchase. So, do feel free to contact Ian, and mention that you are from the Long Island Cross Country Ski Club: email:

CascadeSkiCenter@gmail.com

phone: [\(518\) 523-9605](tel:5185239605)

—Ronnie Levy

Classified Ads

New! The *Happy Trails* classified ad section; please drop me an email if you have something to sell or give away or are in search of something. From skiing equipment to whatever you might need or want to share with someone else, list it here! Please specify FOR SALE, FREE or WANTED, provide detailed description, price (if not FREE), location, your email and/or your phone number. Winter is a great time for clearing out your closets, basement, attic or garage; let those things that are dragging you down lift up someone else!

—Stephanie Sakson, *Happy Trails* editor

FOR SALE: Acoustic guitar, very good condition, Yamaha FG-402. Asking \$100. Call or text Stephanie at 516-356-6839. In Port Jefferson but will deliver!

FREE: Soaker hose for garden. Call/text Stephanie at 516-356-6839.

WANTED: Slate paving stones (those big gray ones, irregularly shaped or rectangular) or bricks. I will haul away for free! Call or text Stephanie at 516-356-6839.

WANTED: Your ad here!

Message from your Membership Chairperson

LICCSC Members: 113

New Members so far this season: 3

Membership renewals are now coming in at a nice rate. 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 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 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, 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.

It is important that everyone renews their memberships. I am passionate about this club and all that it provides. It is because of all of YOU, our members, that this club exists and is so awesome! 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
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