



Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club



CLASSIFIED ADS to come!

Fellow skiers! Have things to sell or something on your wish list? Send me classified ads and I'll list them for free in the next issue of *Happy Trails*!

—Stephanie Sakson, editor
(email: newsletter@liccsc.org)

Trail view at Garnet Hill Lodge Cross-Country Ski Center. See pages 2 and 5 for club trips to Garnet Hill this winter.

President's Message

Hello Fellow Cross County Skiers,

As I write this, the temperatures are dropping, even going below freezing. This is inspirational for those of us who hope for plenty of snow on Long Island to take advantage of.

Our next club meeting is scheduled for Thursday December 15 at 7 PM. You have the option of attending in person at the Plainview–Old Bethpage Library or via Zoom link from your own home. Either way you will experience the same meeting (minus the refreshments). The speaker is Rick Halling, representative from Fischer Sports. He will be discussing the different types of skis and equipment needed to get started in the sport. He will also answer any questions from the group addressing issues from more experienced skiers. Do plan on attending. These speakers are valuable resources for those of us living on Long Island, where it is hard to

find experienced and knowledgeable professionals in XC skiing.

I would encourage you to sign up for one of the club organized trips this winter. It's a great way to get to know other club members, make connections for local skiing, and just have a nice getaway. You can find details in this newsletter, on our website, or by attending our meetings. I wish a happy and healthy holiday season to all.

Ronnie Levy
President
LICCSC

UPCOMING MEETINGS

December 15, 2022

January 19, 2023

February 16, 2023

March 16, 2023





Club Trip to Lake George, NY (Bus Trip)
January 13-16, 2023 (Martin Luther King, Jr. weekend)

This year for the Martin Luther King weekend bus trip we are unable to return to Lake Placid as they are hosting the International Winter Games and the town is booked. After much research we have chosen Lake George. It is a two hour less bus drive. We will be staying at the Fort William Henry Resort. It is lakeside lodging, and has an indoor pool, a sauna, and jacuzzi. On site there are three restaurants and bars. The resort is close to town, which has shops, cafes, and eateries.

Price includes breakfast daily, round-trip motor coach transportation, and all taxes/services at resort.

Prices per person are: single \$925 / double \$619 / triple \$509 / quad \$459

To register, please write a check made out to the Long Island Sierra Club in the entire amount and send to: True Hampton, 26 Revere Rd, Port Washington, NY, 11050

Please include your address, email, and phone number with the check. Also, please include the license plate number, color, and make and model of the car you will be driving to meet the bus at Bethpage Golf Course parking lot.

No check will be cashed until December 7. At that time if we do not have sufficient number of participants, the trip will be canceled and the check will be returned.

Questions? Call: 516-835-7689 (True Hampton) or email truehampton@yahoo.com

Club Trip to Craftsbury, Vermont

January 22-27, 2023

Location: Craftsbury Outdoor Center
535 Lost Nation Road
Craftsbury Common, VT 05827
802-586-7767
stay@craftsbury.com

Trip Coordinator: Ronnie Levy
631-455-4251
nurserbl@hotmail.com



Cost: This is an all-inclusive trip. Once you arrive at the facility you do not need to use your car again. Three healthy, hardy, sustainable meals are provided daily. The price of the ski pass is included in the cost as well. Cost will depend on the accommodations you choose, but are generally reasonable. For example, a double room in Cedar Lodge with shared bath will cost approximately \$534 per person for five nights, which includes all meals and trail passes.

Lodging: They offer a wide array of lodging styles. Cedar Lodge offers traditional dormitory-style rooms with a mixture of twin and full-sized beds with shared bathrooms. They also have two suites and one room with private bath available. The Lakeside Cottages offer rustic private accommodations for up to 8 people and are only a stone's throw from both Hosmer Pond and the dining hall. The newly built Hillside Cabins have flexible sleeping arrangements for up to four people and mini kitchens in each unit.

How to Sign Up: Contact Craftsbury directly at the above phone number to discuss room availability and rates. You can always go on the waiting list if the type of room you want is not available. Then let the trip leader (Ronnie Levy) know of your plans.

Cancellation Policy: You can cancel up to 14 days prior with a \$20 handling fee.

Miscellaneous: There are about 25 LICCSC members signed up for this trip, so it will be a great way to meet others in a relaxed enjoyable atmosphere. We will have a nightly happy hour, games, and socializing at the Cedar Lodge. Lessons are available. I will explore group lessons once they open for the XC season. Also we will be skiing with very high-level athletes who are in training at Craftsbury. They do have a smallish ski shop as well. I encourage you to check out their website. This is really a special place.

Club Trip to New Hampshire, February 5-10, 2023



The **Glen House** is located on the grounds of the Great Glen Ski Area and features an indoor, heated, saltwater pool and full-service restaurant. The Glen House will be a comfortable alternative to the Eagle Mountain House and the location allows us to ski at the same familiar areas. A block of rooms will be held for us until January 6.

Rooms: We have a choice of rooms with either one or two queen beds. The rate is \$150.82 including tax,

regardless of how many people use the room, up to a limit of 4 people in a 2-bed room. The rooms have mini-fridges.

Meals: We can eat breakfast in the hotel restaurant and order from the regular menu. There is a nice variety of choices and a wide price range. The hotel restaurant also serves dinner and there are several other restaurants in the area that offer a variety of cuisines.

Reservations: Call 1-603-466-3420 and let them know you are a member of the Long Island Cross Country Ski Club. A one-night deposit is required. If you are sharing a room, one person should make the reservation for both of you and provide your roommate's name. After your reservation is confirmed, e-mail Lyn Lettieri at cal19@cornell.edu to let her know you are participating and whether or not you are interested in a buffet breakfast on the first morning.

Cancellations: If you cancel up to 48 hours before the arrival date you will be charged \$30; any later than that you will lose your first night deposit.

Skiing: Great Glen: ski right out the door; Jackson: 15-minute drive; Bear Notch: 28 minutes; Bretton Woods: 50 minutes

Snowshoeing & Hiking: All the ski areas have snowshoe trails but hiking is not generally permitted on them. Trail fees are the same as for skiing.

White Mountain National Forest trails permit both snowshoeing and hiking. There is no trail fee, but a day-use pass must be displayed on your car and can be purchased on-line for \$5 at <https://www.recreation.gov/sitepass/74457>

There are several other trails in the area where you can snowshoe or hike for free. Lyn will have information to share. Bring warm, sturdy hiking boots and spikes.

Meeting room: We will have use of a room where we can meet and socialize but we are not permitted to bring in any of our own food or drinks.



*Cross-Country Skiing with Road Scholar
at Garnet Hill Lodge, North River, NY
February 27–March 3, 2023*

Road Scholar is running several trips to cross-country ski at Garnet Hill Lodge in North River, NY. The club has been to Garnet Hill before, and it is a stellar place to ski. There are several dates, but club members have signed up for the Feb 27–March 3 trip. The program number is 23189HGZ. The trip price includes 5 nights of lodging and 6 days of skiing, as well as 14 meals. Included in the cost will be xc skiing with instruction at various levels for small groups, a nighttime snowshoe trek, yoga, outdoor survival lessons, and "other activities." This trip is similar to the Craftsbury trips many of us have gone on in the past.

The cost is \$1399 per person in a double and \$1689 for a single person, in a standard room. There are additional costs for choice of a room with a balcony and if you are adding an airport shuttle.

If interested, please call Road Scholar and see if you can get on the waiting list.

If you say you were referred by me, you can request a Road Scholar brochure and be entered into a \$500 sweepstakes. Their phone numbers are 800-454-5768 and 877-426-8056.

We currently have 7 people signed up. If you are going and wish to carpool, I will be happy to try and help connect people.

Ellie Perlman (eleonorperlmanlcs@gmail.com; 631-807-5317)



South Shore Audubon Society Meeting

At the LICCSC meeting in November, Linda Ilan mentioned that she's a member of the South Shore Audubon Society. In case you were interested in attending their next meeting, it's Tuesday, December 13, 2022, to be held online at 7:30 PM. (Note to our club members: this is a nice benefit of in-person club meetings!)

Topic: Beauty and the Beast: California Wildflowers and Climate Change

Speaker(s): Rob Badger and Nita Winter (Linda mentioned that Nita went to Syosset High School and has lived in Northern California for 45 years, first as a forest firefighter and now as a photographer.)

Details: Internationally acclaimed conservation photographers Rob Badger and Nita Winter take you behind the scenes of their 27-year journey photographing wildflowers and superblooms throughout California and the West. This journey led to the creation of their traveling educational exhibit and 12 time award-winning coffee table book, "[Beauty and the Beast: California Wildflowers and Climate Change](#)," co-published with the California Native Plant Society. Art and science are seamlessly woven together, by the photographers and 16 passionate authors, to tell the wildflowers' story, celebrate California's amazing plant diversity, and inspire hope and action.

Nita and Rob will show images of their evolving, wildlife friendly, native plant garden and will share the joys and rewards it brings them. Purchase books and learn more at wildflowerbooks.com

Rob and Nita have been life partners and creative collaborators for more than three decades. Their work has been featured in Time, Mother Jones, and Sierra magazines, the New York Times, Washington Post, San Francisco Chronicle and the Los Angeles Times. They are the recent recipients of the Sierra Club's 2020 Ansel Adams Award for Conservation Photography.

Here is the link to register for the Zoom meeting:

<https://us02web.zoom.us/meeting/register/tZwpfuqhrT0qHNJscWmr5chX-q6wwjeQBpEY>

After registering, you will receive a confirmation email about how to join the meeting.

Message from your Membership Chairperson

LICCSC Current Members: 111. New Members so far this season: 2

I want everyone in LICCSC to know how much I value all our members. It is because of all of you that we are great! I would like to ask all current members to help us grow. Invite others you know to join LICCSC. Equally important is to make sure we all welcome new members and encourage them to feel included in all club activities. If you see someone you don't know at a meeting or at a XC ski event, go up and introduce yourself. They would probably like to meet you as much as you would like to meet them. Please remember to include/invite new members to ski when we have local snow or to include them on XC trips or in carpooling, etc. If we cannot attract and retain new members we will not survive as a club. I am passionate about this club and I suspect you are as well. Help me to attract and welcome new people to this great club. Invite them to come play in the snow with us!

As your membership chairperson, I am asking everyone to renew their membership again this year.

- If your membership was paid online (with a credit card there is nothing you have to do. Your membership will renew automatically on the anniversary of when you signed up online.
- If you joined or renewed your member manually last year (with a CHECK or CASH), your membership will expire on Oct 31, 2022.

You can renew manually by going to our website www.LICCSC.org, click 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.

If you prefer to pay with a credit card online this year, go to our website www.LICCSC.org, click on the MEMBERSHIP menu. Go to the "Pay with a Credit Card" section and click on the blue box that says "Purchase Membership." It is important that everyone renews their memberships. Come play in the snow with us!

Kim Schultze
Membership Chairperson
631-897-1001

Club Officers

Co-President	Ronnie Levy	631-455-4251	President@liccsc.org
Vice President	Anita Risener	631-806-9662	VP@liccsc.org
Treasurer	Fay Wong	415-793-1953	Treasurer@liccsc.org
Secretary/Sunshine	Carol MacBride	516-376-7644	Secretary@liccsc.org
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