



Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club

President's Message

Hello Fellow Cross Country Skiers,

As I write this article, nine of us LICCSC members are preparing for an early departure tomorrow morning for the trip to SilverStar in British Columbia.

The snow gods have been kind. All trails are open with temperatures below freezing while we are out there. I am looking forward to this adventure, confident that there is such a thing as "muscle memory"!

Soon to follow is the bus trip to Lake Placid over MLK weekend, closely followed by the trip to Craftsbury Outdoor Center in northern VT. There are rooms still available for the Eagle Mountain House trip in NH; it's always a fun week with several places to ski up there.

Then the last trip of the season to Garnet Hill, run by Road Scholar, in March. I still have my fingers crossed for enough local snow to allow for spontaneous skiing at some of our spectacular local parks.

Upcoming Meetings

Thursday, January 18, 2024

Thursday, February 15, 2024

Thursday, March 21, 2024

All meetings start at 7 pm and are offered in person at the Plainview-Old Bethpage Library Room B, and virtually via Zoom link to be sent prior to each meeting.

Our member Michele Posillico will be the speaker at the January 18 meeting. She will teach us some of the benefits and movements of Tai Chi. Michele is a certified instructor and has taught throughout Suffolk County for many years.

Following Michele's presentation will be the club's annual Swap Meet, for those attending in person. Bring any equipment, clothing, or accessories related to outdoor activities that you wish to sell, swap, or give away.

And of course Kristi Halpern will share an exercise or stretch beneficial to XC skiing at the beginning of the meeting. Hope to see you there in person, or virtually.

I wish you and your families a very healthy and happy new year.

THINK SNOW!



Ronnie Levy
President, LICCSC

SWAP MEET!

The January club meeting is our annual swap meet! Bring items (or show them on Zoom) that you want to sell, trade, or give away.



Report from Silver Star Resort, British Columbia



Nine members of our club spent the days before New Year's Day and into the New Year in British Columbia at the Silver Star Resort. Our club president Ronnie Levy (fourth from right) reports from the resort: "Having a great time! 9 cm of snow last night. Life is good. Happy New Year all. Peace on Earth....." Left to right: Rich Mardosa, Clara Kudder, Kim Schultze, Michelle Munro, Rich Travis, Ronnie Levy, Modesta Kramer, Kristi Halpern, and Helen Horton.

The Origins of Cross-Country Skiing



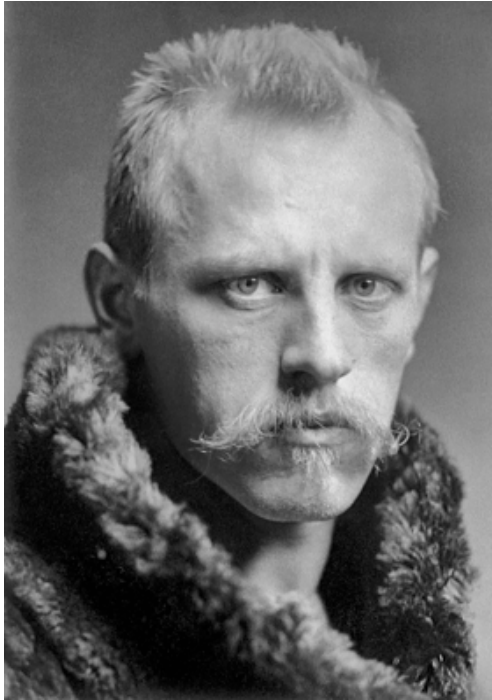
The word “ski” comes from the Old Norse word *skíð*, which means stick of wood. Skiing started as a technique for traveling cross-country over snow on skis, starting almost five millennia ago with beginnings in Scandinavia. It may have been practiced as early as 600 BCE in Daxing'anling, in what is now China.

Early historical evidence includes Procopius’s (around 550 CE) description of Sami people as *skrithiphinoi*, translated as “ski running Samis.” Hartvig Birkely argues that the Sami people have practiced skiing for more than 6,000 years, evidenced by the very old Sami word *čuoigat* for skiing. Egil Skallagrimsson’s 950 CE saga describes King Haakon the Good’s practice of sending his tax collectors out on skis. The Gulating law (1274) stated that “No moose shall be disturbed by skiers on private land.” Cross-country skiing evolved from a utilitarian means of transportation to being a worldwide recreational activity and sport, which branched out into other forms of skiing starting in the mid-1800s.

Early skiers used one long pole or spear in addition to the skis. The first depiction of a skier with two ski poles dates to 1741. Traditional skis, used for snow travel in Norway and elsewhere into the 1800s, often comprised one short ski with a natural fur traction surface, the *andor*, and one long for gliding, the *langski*—one being up to 100 cm (39 in) longer than the other—allowing skiers to propel themselves with a scooter motion. This combination has a long history among the Sami people. Skis up to 280 cm have been produced in Finland, and the longest recorded ski in Norway is 373 cm.

(From Wikipedia, “Cross-Country Skiing.”)

Profile: Fridtjof Nansen, 1861–1930



Arctic travelers Fridtjof Nansen and Hjalmar Johansen at the camp of Frederick Jackson on Northbrook Island in 1896.

Fridtjof Nansen was a Norwegian polymath and Nobel Peace Prize laureate. He gained prominence at various points in his life as an explorer, scientist, diplomat, and humanitarian.

He led the team that made the first crossing of the Greenland interior in 1888, traversing the island on cross-country skis. He won international fame after reaching a record northern latitude of $86^{\circ}14'$ during his *Fram* expedition of 1893–1896. His techniques of polar travel and his innovations in equipment and clothing influenced a generation of subsequent Arctic and Antarctic expeditions.

Nansen departed for the Arctic on the ship *Fram* on June 24, 1893. In November, Nansen announced his plan: when the ship passed latitude 83°N , he and Hjalmar Johansen would leave the ship with the dogs and make for the North Pole while *Fram* continued its drift in the ice until it emerged in the North Atlantic. After reaching the pole, Nansen and Johansen would make for the nearest known land, the

discovered and sketchily mapped Franz Josef Land. They would then cross to Spitzbergen and hopefully find a ship to take them home.

The crew spent the rest of the winter of 1894 preparing clothing and equipment for the forthcoming sledge journey. Kayaks were built, to be carried on the sledges until needed for the crossing of open water.

With the ship's latitude at $84^{\circ}4'\text{N}$ and after two false starts, Nansen and Johansen began their journey on March 14, 1895. Nansen allowed 50 days to cover the 356 nautical miles (410 mi) to the pole, an average daily journey of seven nautical miles (8 mi). After a week of travel, a sextant observation indicated they averaged nine nautical miles (10 mi) per day, which put them ahead of schedule. However, uneven surfaces made skiing more difficult, and their speeds slowed. They also realized they were marching against a southerly drift, and that distances traveled did not necessarily equate to distance progressed.

Profile: Fridtjof Nansen (cont'd)

On April 3, Nansen began to doubt whether the pole was attainable. Unless their speed improved, their food would not last them to the pole and back to Franz Josef Land. Four days later, after making camp, he observed the way ahead was “a veritable chaos of iceblocks stretching as far as the horizon.” Nansen recorded their latitude as $86^{\circ}13'6''\text{N}$ —almost three degrees beyond the previous record—and decided to turn around and head back south.

At first Nansen and Johansen made good progress, but suffered a serious setback on April 13, when in his eagerness to break camp, they had forgotten to wind their chronometers, which made it impossible to calculate their longitude and accurately navigate to Franz Josef Land. They restarted the watches based on Nansen’s guess they were at 86°E . From then on they were uncertain of their true position. The tracks of an Arctic fox were observed toward the end of April. It was the first trace of a living creature other than their dogs since they left *Fram*. They soon saw bear tracks and by the end of May saw evidence of nearby seals, gulls, and whales.

On May 31, Nansen calculated they were only 50 nautical miles (58 mi) from Cape Fligely, Franz Josef Land’s northernmost point. Travel conditions worsened as increasingly warmer weather caused the ice to break up. On June 22, the pair decided to rest on a stable ice floe while they repaired their equipment and gathered strength for the next stage of their journey. They remained on the floe for a month. The day after leaving this camp, Nansen recorded: “At last the marvel has come to pass—land, land, and after we had almost given up our belief in it!” The two kayaks were lashed together, a sail was raised, and they made for the land.

It soon became clear this land was part of an archipelago. As they moved southward, Nansen tentatively identified a headland as Cape Felder on the western edge of Franz Josef Land.



Nansen and Johansen's winter hut of 1895 on Franz Josef Land.

Toward the end of August, as the weather grew colder and travel became increasingly difficult, Nansen decided to camp for the winter. In a sheltered cove, with stones and moss for building materials, the pair erected a hut (see above picture) which was to be their home for the next eight months. With ready supplies of bear, walrus, and seal to keep their larder stocked, their principal enemy was not hunger but inactivity. After muted Christmas and New Year celebrations, in slowly improving weather, they began to prepare to leave their refuge, but it was May 19, 1896, before they were able to resume their journey.

On June 17, during a stop for repairs after the kayaks had been attacked by a walrus, Nansen thought he heard a dog barking as well as human voices. He went to investigate, and a few minutes later saw the figure of a man approaching. It was the British explorer Frederick Jackson, who was leading an expedition to Franz Josef Land and was camped at Cape Flora nearby. The two were equally astonished by their encounter; after some awkward hesitation Jackson asked, “You are Nansen, aren’t you?” and received the reply, “Yes, I am Nansen.”

The pair were taken to Cape Flora where, during the following weeks, they recuperated from their ordeal. Nansen later wrote that he could “still scarcely grasp” their sudden change

Profile: Fridtjof Nansen (cont'd)

of fortune; had it not been for the walrus attack that caused the delay, the two parties might have been unaware of each other's existence.

Nansen was a pioneer and innovator in many fields. As a young man he embraced the revolution in skiing methods that transformed it from a means of winter travel to a universal sport, and quickly became one of Norway's leading skiers. He was later able to apply this expertise to the problems of polar travel, in both his Greenland and his *Fram* expeditions.

He invented the "Nansen sledge" with broad, ski-like runners; the "Nansen cooker" to improve the heat efficiency of the standard spirit stoves then in use; and the layer principle in polar clothing, whereby the traditionally heavy, awkward garments were replaced by layers of lightweight material. In science, Nansen is recognized both as one of the

founders of modern neurology and as a significant contributor to early oceanographical science.

Through his work on behalf of the League of Nations, Nansen helped to establish the principle of international responsibility for refugees. Immediately after his death the League set up the Nansen International Office for Refugees to continue his work.

In his lifetime and thereafter, Nansen received honors and recognition from many countries. Among the many tributes paid to him subsequently was that of Lord Robert Cecil, a fellow League of Nations delegate, who spoke of the range of Nansen's work, done with no regard for his own interests or health: "Every good cause had his support. He was a fearless peacemaker, a friend of justice, an advocate always for the weak and suffering."



Expedition routes, July 1893 – August 1896

- *Fram*'s route into the pack ice, July–September 1893
- *Fram*'s three-year drift to Spitsbergen
- Nansen's marches, March 1895–June 1896
- Nansen's return to Vardø, August 1896
- *Fram*'s return to Tromsø, August 1896

(From Wikipedia,
"Fridtjof Nansen.")

Bus Trip to Lake Placid, NY

January 12-15, 2024

Members, non-members, couples, singles, people of all ages! We're going NORTH for a fun-filled long winter weekend with lodging at the Grand Adirondack Hotel (a Marriott property) on Main Street in the heart of Lake Placid, and you're invited!

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

Within a short walk of our hotel are:

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

Nearby but out of the town are:

- Cascade Welcome Center for cross-country skiing
- Mt. Van Hoevenberg cross-country ski area
- Whiteface Mountain downhill ski area
- High Falls Gorge

Local transportation: Our bus takes us to Mt. Van Hoevenberg or Cascade ski areas 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 w 1 or 2 beds & a private bath / 3 breakfasts in our hotel / a bring-something-to-share happy hour / lodging taxes and gratuities.

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

Prices: Dbl. occupancy \$879 pp / Single occupancy \$1389 pp. / triple occupancy \$709 pp.

A bus driver gratuity (not included) will be collected on the way home. (\$17 to \$20 per person is recommended).

Registration: Payment in full must be RECEIVED by December 5th.

Write check to "Sierra Club L.I. Group". Send it with the make, model, color and license plate number of the car you will be parking at Bethpage to True Hampton, 26 Revere Rd., Port Washington, NY 11050. Electronic payments cannot be processed.

A block of rooms is being held for us. Unpaid rooms will be turned back to the hotel Dec. 6. Checks will be held until then. If you find you need to cancel and let True know by Nov. 30, your check will be returned to you. No refunds after Dec. 5 unless we cancel the trip. Room/trip requests after Dec. 5 may be able to be accommodated but there is no guarantee.

Questions? Call True Hampton (516-835-7689) or Jane Fasullo (631-689-1568).

Ski Trip to Craftsbury Outdoor Center, VT

January 21-26, 2024

Craftsbury Outdoor Center, 535 Lost Nation Road, Craftsbury Common, VT (802-586-7767). Trip Leader: Ronnie Levy; Nurserbl@hotmail.com. 631-455-4251 prefers contact via email.

ACCOMMODATIONS: Prices vary based on room choices including single & double dorm rooms with shared hallway baths, cabins & cottages. Prices are all-inclusive with 3 healthy, delicious and plentiful meals per day. Book room directly through Craftsbury. Notify trip leader if attending and mention who you are rooming with or if you need help with securing a roommate.

TRAVEL: This is approximately a 6-hour drive from Long Island depending where you are. Recommend car-pooling and those further east would benefit from taking one of the cross-sound ferries. Can also fly into Burlington and arrange for Craftsbury shuttle from airport.

ADDITIONAL INFORMATION: Once at Craftsbury you will not need your car until you leave to go home. This is ski-in and ski-out. Dining room is short walk from lodging. Rentals, lessons and snow shoeing are available. Please bring snacks & drinks to share for group happy hours. Bring board games for evening. If sold out, inquire about a wait list.

Road Scholar at Garnet Hill, NY

February 25-March 1, 2024

Garnet Hill, NY – run by Road Scholar: www.roadscholar.org ; (877) 426-8056. Trip Facilitator: Judy Kislik (516) 965-8353

This trip is run by Road Scholar. Cost is \$1600 pp dbl occ. which includes accommodations and 3 meals per day. Usually includes lessons and an additional program.

THIS TRIP IS SOLD OUT. If interested, contact Road Scholar and ask to get on wait list. There were additional dates for this trip but those will not be coordinated by LICCSC. As of this date, 13 members of LICCSC are going on this trip. If you do get on waiting list and acquire a reservation, please notify the trip coordinator, Judy Kislik, so she will know who from LICCSC will be on the trip.

Ski Trip to Eagle Mountain House, NH

February 11-16, 2024

Eagle Mountain House, 179 Carter Notch Rd, Jackson, NH 03846; (603) 383-6911; contact: Jennifer. Trip Leader: Lyn Lettieri, phone: 802-489-5463; email: CAL19@cornell.edu

ACCOMMODATIONS: Eagle Mountain House has standard king, queen & dbl rooms. Eight rooms are reserved for LICCSC. Room rates, per night: single occ.: \$212.17; double occ.: \$284.38; triple occ.: \$378.28; quad occ.: \$470.19. These rates are for 5 nights. Rates include: Buffet breakfast and dinner daily (5).

A TWO-NIGHT MINIMUM IS REQUIRED FOR ALL RESERVATIONS.

While there is no provision for group parties, attendees can meet at the tavern or in a guest's room. There is also a common living room with a fireplace.

After booking your room, contact trip leader, Cathie, to advise of your plan and your roommate and if you need help securing a roommate. Or send email to club requesting a roommate.

Travel by car approximate 7-hour drive from Long Island.

ADDITIONAL INFORMATION: There are several XC ski areas nearby. You can ski-in, ski-out at Eagle Mountain House. Or drive to Bretton Woods and another ski area. Ski passes are not included in the accommodation price and must be purchased separately at each location.

Reservations: EMH just sent a link to their reservation service that allows you to book a room in our club's block on line: [Long Island Ski Club](#). After you click on the check-in and check-out dates you will see a line with our group code already filled in, continue to the next screen where you will select the type of room you want to reserve.

Reservation deadline is Jan. 11. Any rooms in the club's block that have not been booked by that date will be released. The previous trip leader, Cathy, reserved 8 rooms for us. Four have already been booked. If you make your reservations soon and we need additional rooms we will probably be able to get them. But, the longer you wait the less likely that will be.

Please take note of the cancellation policy: Reservations must be cancelled 72 hours prior to arrival to avoid a penalty of one night's room and tax. A service fee of \$25.00 per reservation will be charged if reservation is cancelled any time after deposit is taken. A penalty of one night's room and tax will be charged for a no-show reservation.

Message from Your Membership Chairperson

LICCSC Current Members: 117 (approx.), [New Members so far this season: 7 \(approx.\)](#)

Members who renew with check or cash need to renew their memberships. A few things to mention:

1) Membership renewals

Ø If you pay by check or cash: I need your membership renewal by Nov 1. You can find the membership renewal form on our website LICCSC.org/Membership then scroll down the page until you see "Print Membership Form"

Ø If you pay online with a credit card – There is nothing for you to do. Your membership renews automatically.

2) 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. I am passionate about this club and I suspect you are as well. Help us grow by welcoming new people to this great club. Invite them to come play in the snow with us!

Kim Schultze
Membership Chairperson
631-897-1001

Club Officers

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