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TRAILSWEEPINGS

The Newsletter of the Trailsweepers Snow and Sport Club Inc.

October 2023

Volume 73, Issue VI

President's Corner

Even though the snow sport season is right around the corner, we still have autumn sport and social activities on the schedule. There are still kayak outings organized by Yvonne and Skip as well as hikes spearheaded by Steve.

Our program schedule is on track for the fall season. Catherine Forbes from the Cary Institute delivered a well-attended program on September 26th. She spoke about Cary Institute's latest ecosystem research being conducted by world class scientists. On October 10th, Patrick Carroll, CASAC-T, CIT, CPS, from the Ulster County Sheriff's Office, will discuss the purpose of a county wide substance use task force called "ORACLE". He will also provide training on how to use NARCAN. Zachary Fletcher, Founder of Adventure Fit Dojo and Founder of Mind Body Climb, will give a talk on the subject of fitness on November 21st. Please note some changes in dates for some of the programs.

Get ready to attend the North/South Lake hike and picnic to be held on October 15th at 10:00am. Also, your dues are due if not already paid.

Hope to see you on Oct 10th.

CLUB MEETINGS

Normally held on the second and fourth Tuesday each month with an abbreviated schedule in the summer. Note: Changes will be communicated via President's e-mail.

On **Tuesday October 10** we will have a Board meeting at **6:30 pm** followed by an Informational Program beginning at **7:00 pm**.

On **Tuesday October 24** we will hold a general Club meeting at **7:00 pm** including votes on a proposed by-law change (see minutes in Club Business section) and the 2023/'24 budget ([attached](#)).

Meeting Venue: Sky View Mexican Restaurant

237 Forest Hill Drive
Kingston, NY 12401

Hudson Valley Ski Club Link

Our "sister" club sponsors many activities that may be of interest to Trailsweepers who are not already dual members so here is a link to the HVSC website for easy reference - <http://www.hudsonvalleyskiclub.org>

FUTURE EVENTS CALENDAR

- Tuesday **October 3** 10 am - Last Kayaking event of the season (including picnic) at Catskill Landing Park RSVP requested
- Friday October 6, 5:30 pm - Happy Hour at Hoffman House, Kingston
- Tuesday October 10, 6:30/7 pm - Board Meeting followed by Informational Program
- Sunday October 15, 10 am - North/South Lake hike and picnic
- Friday October 20, 9 am - Final hike in the fire tower series to Balsam Lake Mountain
- Tuesday October 24, 7:00 pm - General meeting including vote on budget and by-law change.
- Tuesday **November 7 (Tentative)** - Fall Kick-off dinner with DJ/Karaoke
- Tuesday November 21 - Board/Regular meeting and Informational Program
- Tuesday **January 23, 2024** - After Holidays dinner at Frank Guido's Little Italy

events in either the default listing format or in an optional calendar view which is available by clicking on the "square" on the right side of the page.

INFORMATIONAL PROGRAMS

On **Tuesday October 10**, Patrick Carroll, O.R.A.C.L.E Team Outreach and Educational Coordinator with the Ulster County Sheriff's Office will discuss the group's **addiction-support services in our community**. According to Patrick "we assist individuals struggling with addiction without judgement or legal ramifications to achieve long term recovery, by whatever means that individual is comfortable with. Our team provides a community level response to overdoses which we receive from various Police Departments, hospitals, and other interactive partners throughout the county in addition to intervention calls made to the ORACLE hotline. We facilitate community outreach programs with the use of our ORACLE Trailer to provide Narcan/Naloxone training, harm reduction education, and referrals to family and individual support services. We also frequently provide drug and syringe take-back events where community members can safely dispose of medication and used syringes."

Tuesday Nov 21 (Note: this will take place the third week of the month) **"Fitness for the Senior Age Athlete"**. Presented by Zack Fletcher, Founder of Mind- Body- Climb.

If you would like to volunteer to organize and/or deliver a program or have a specific idea or request related to a topic please contact **Rob Fletcher**, Program Chair.

2023 BHF Ride/Run/Walk for Cancer Care TSSC Team Report **We Raised over \$ 1600!!**

On a very rainy Sunday, September 24 at the Benedictine Health Foundation's Ride/Run/Walk for Cancer Care, Trailsweepers fielded a team who along with other donors helped us exceed our fundraising goal in memory of TSSC members who have battled cancer and, in some cases, succumbed to this disease. As of **September 30**, we have raised **\$ 1630.74, roughly 160% of our original goal**.

Thank you to the following team members and/or donors (*apologies in advance if anyone has been missed*), *for your participation and generosity* in this important community event: *in no particular order!*

Debbie B., Daniel D., Karen S., Rosemary B., Jackie O. and several anonymous donors.

Every \$500 we raised in our efforts helps a cancer patient and their family for a year. Thank you again for demonstrating that TSSC is a club that cares about our community and its needs!

You can still make a contribution through the TSSC team page link below:

<https://secure.ggiv.com/event/bfcc2023/team/929116/>



HAPPY HOURS FOR OCTOBER

Friday October 6, 5:30 pm - Hoffman House

94 N. Front Street
Kingston, NY 12401

Friday October 20, 5:30 pm - Kingston Railyard Brewing

75 Clarendon Avenue
Kingston, NY 12401

OUTDOOR ACTIVITIES

September Mini Golf re-cap by organizer Pandora F.

"We had a smashing time golfing last night - perfect weather & timing. We closed the place. haven't been able to say that in years, lol. A small group - still took almost 2 hours, but a competitive round with 2 people getting a hole in one on different holes! This is definitely the most challenging mini golf I've played on the east coast. Followed by the drink made



Fire Tower Series

The DEC's Fire Tower Challenge encourages hikers to visit the 6 remaining fire towers in the Catskills. The challenge involves visiting all towers between January 1, 2023, and December 31, 2023. You do not need to climb up to the cab which are typically open when staffed by volunteers between Memorial Day and Columbus Day on weekends.

Six hikers participated in a **quest to view the Full (Harvest) Moon on Overlook on Thursday evening September 28**. Unfortunately, the moon did not choose to make an appearance, but the group persevered and celebrated afterwards anyway at the Colony beer garden.

The final hike of the series will be to [Balsam Lake Mountain](#) - Hardenburgh, NY - Friday October 20. Please let Steve W. know if you plan to attend via email - s.wingard@hotmail.com or call/text at 914-532-7459.

To complete the series, you will also need to visit the [Upper Esopus](#) - tower in Mt. Tremper, NY: Note: this is not a formal hike but a stop at the Catskill Visitor Center (exhibits, nature trails) 5096 Route 28, Mt. Tremper - where they have erected a fire tower. **You can do this on your own, just record the date.**

For those who complete and report their accomplishment, they will receive a letter and commemorative patch. In addition, the first 1000 to complete the challenge will receive a complimentary subscription to The Conservationist magazine. For additional information visit the website at catskillchallenge@dec.ny.gov.

As there is a car entry fee we can carpool from McDonald's in Saugerties meeting at 9:15. There are numerous hiking options ranging from a walk around the lake to out and back hikes to various popular destinations with beautiful views - Artists Rock, Sunset Rock, or North Point as the usual final destination - so you can select whatever distance you are comfortable with. Bring proper hiking shoes, water and clothing.

The Club will supply Hotdogs and hamburgers/ rolls, buns and condiments. BYOB and a side dish or dessert to share if you like.



"I want to ride my bicycle, I want to ride my bike"

Road Cycling

The Mid-Hudson Bicycle Club sponsors Thursday evening rides originating at Dietz Stadium (170 N. Front St. Kingston) usually starting at 6 pm although with decreasing daylight the rides are beginning now at 5:30.

The rides are typically 25 - 35 miles in length following a variety of routes with "A" & "B" groups divided according to route length and/or average speed. Everyone is welcome.

Club Member Jim T. is the coordinator for the Thursday evening rides so let him know if you would like to be added to the e-mail list (jtskirat@gmail.com)

O+ Festival Rides

Jim T. also coordinates the road rides associated with the O+ festival on Saturday **October 7 in Kingston**. Options include 30- and 50-mile road rides

at Keegan Ales and a barbecue for participants follows at 1 pm.

Registration for the road and gravel rides takes place 8 - 9 am and is at 10:30 for the mural ride.

Rail Trail Rides

A big thanks to Rick F. and Nancy M. for coordinating another season of Monday evening group trail rides usually followed by an informal get-together. If you would like to get on the email list for next year, let Rick know - rjje@msn.com.

***Note:** These rides are coordinated by fellow Club members but are **not** sponsored by TSSC.*



KAYAKING

Thanks to Yvonne and Skip for organizing Trailsweepers Kayaking outings this year. The final outing of the season will be held on **Tuesday October 3, 10:00 AM at Catskill Landing Park.**

There will be a picnic afterwards with burgers and dogs provided. Participants are requested to **RSVP and bring a dish to share** and beverages of choice.

As usual, bring water, personal flotation device, sunscreen, hat, comfortable

Arrive at the kayak site a half hour before launch. If it is raining heavily the day of the scheduled trip, then the event is cancelled.

For Questions and/or to RSVP:

Yvonne or Skip home phone 845-481-2898

cell - Yvonne 845-417-7144 yab1946@gmail.com

cell - Skip 845-706-9714 skipsinthewoods@gmail.com



SKI SEASON IS APPROACHING!!

SKI TRIP OPPORTUNITIES

Trips for the '23/'24 season are booking (and in some cases already full) so don't wait too long to make your plans. Information for TSSC affiliated organizations will be displayed here.

New Jersey Ski & Snowboard Council have announced the following for 2023/'24.

Mt. Tremblant, Canada – January 28, - February 2, 2024

Aspen/Snowmass, CO: February 24 - March 2, 2024

Sunday River, Maine: March 3 - 8, 2024

Additional information and links for each trip can be found in the Ski Trips section of the NJSSC website [The New Jersey Ski & Snowboard Council](#)

Hudson Valley Ski Club will sponsor the following trips

Vail, CO - January 27 - February 3 2024

Telluride, CO - March 2 - 9 2024

Eastern Trips - Several mid-week trips are scheduled to Vermont EPIC resorts:

- Mt. Snow - January 16 - 19
- Stowe - February 12 - 15
- Gore - March 12 - 15

Additional information and links for each trip can be found in the Ski Trips section of the HVSC website <http://www.hudsonvalleyskiclub.org>

Race Training for 2023/2024 season

The race training program held at Hunter each year will begin in December 2023. It consists of 9 sessions generally on Mondays and a few Wednesdays from 10 am - 12:45 pm. It is a great way to improve your racing skills with alternate weeks of GS and Slalom gate training with a side benefit of improving the consistency of your recreational skiing.

The program is very popular and fills up quickly. There **may** be an opportunity for some new participants so if you are interested in learning more and/or thinking of participating this year you should contact program lead, Jim Tomassetti via email - jtskirat@gmail.com

Killington Early Season Race Camps

GS: December 4 - 8

Slalom: December 9 - 10

CLUB BUSINESS

Dues for Renewing Members:

TSSC club dues for returning members are to be paid by October 1 each year as follows: **Individual – \$ 28.00.**

TSSC Membership
UPO Box 3061
Kingston, NY 12402

Board Meeting Minutes September 12, 2023

A meeting of the Trailsweepers Snow and Sports Club Board of Directors was called to order by Dale Ziegenfelder at Sky View restaurant. Present: Katie Viglielmo, Steve Wingard, Kathie Quick

The board voted to make the following motion:

The board moves to pay the insurance premium of \$1265 for the State National Insurance policy. Per the bylaws, the motion will be tabled until the next meeting. Since the club's current insurance has expired as of Sept 4. The board voted to pay the current budgeted amount of \$800 toward the premium with the understanding that our agent would accept partial payment until the above motion passes at which time the balance would be paid. The current insurance carrier, ACE, offered a renewal with an exclusion for athletic activities at a higher price. The Glover agency found the policy with State National Insurance that covers athletic activities.

The following update of the bylaws, Article XIV - FINANCIAL PROCEEDURES Section 3 was proposed for a vote at the next meeting occurring 30 days after publication:

Change article XIV - FINANCIAL PROCEEDURES Section 3 from Current:

DISBURSEMENTS OF FUNDS: The treasurer shall make disbursements without action from the club for:

- a. Funds appropriated in the budget.**
- b. Advances approved by the Board of Directors for Sanctioned Events.**
- c. Funds specifically authorized by the Constitution or Bylaws.**
- d. Discount ticket purchases approved by the Board of Directors up to the dollar amount approved by the members.**

All other disbursements shall be governed by the following procedure:

- a. For each item less than \$300, a motion must be made and passed by a majority of quorum.**
- b. For each item \$300 or more, a motion must be made and tabled for at least one meeting, and then passed by a majority of quorum.**

DISBURSEMENTS OF FUNDS: The treasurer shall make disbursements without action from the club for:

- a. **Funds appropriated in the budget.** If the cost exceeds the budgeted amount by less than 20 percent, the disbursement may be approved by unanimous consent of the Board of Directors.
- b. **Advances approved by the Board of Directors for Sanctioned Events.**
- c. **Funds specifically authorized by the Constitution or Bylaws.**
- d. **Discount ticket purchases approved by the Board of Directors up to the dollar amount approved by the members.**

ALL OTHER DISBURSEMENTS shall be governed by the following procedure:

- a. **For each item less than \$500, a motion must be made and passed by a majority of quorum.**
- b. **For each item \$500 or more, a motion must be made and tabled for at least one meeting, and then passed by a majority of quorum.**

The proposed budget presented by Dave Wise was reviewed and modified.

Submitted by Dale Ziegenfelder

Regular Meeting

A meeting of the Trailsweepers Snow and Sports Club was called to order at 7:04 by Rob Fletcher at Sky View Restaurant. 12 members were present.

Important clarification regarding meetings. Regular meetings now start at 7 p.m.

Board Report: Dale Ziegenfelder shared information from the meeting of the Board of Directors held just prior to the general meeting. He has provided a comprehensive overview of the three major discussion items: (1) club insurance (2) proposed changes to the club's by-laws and (3) proposed budget for the coming year.

The proposed action on club insurance will go to vote at the next meeting, scheduled on September 26, 2023. The proposed change to by-laws will be published in the newsletter and be voted on at the meeting on October 24, 2023.

schedule of paddling events. For upcoming activities, please see the newsletter.

Hikes: Steve Wingard shared the following updates: (1) the next hike will be the Full Moon Hike on Thursday, September 28. Members should check their emails for any changes due to weather. If Thursday's weather is poor, it could be changed to Friday. (2) the North Lake hike is on October 15 with a picnic to follow. Information is in the newsletter. (3) Friday, October 20, there is a hike to the Balsam Lake Fire Tower.

Kick-off Dinner: Dave Hersh and Jeff Huth are working on this. Nothing new to report.

Biking: Rick Fink leads the rides on Monday evenings and Jim Tomasetti leads Thursday night rides.

Ski Trips: Members should check the HVSC and NJ Ski Council websites for information

Mini-Golf: Pandora Fawcett reported. The event scheduled for September 13 has been postponed, with a tentative rescheduled date of September 19.

Benedictine Foundation Fundraiser: Jackie Olivet is the contact for this event. It is a bike or walk event. Dale Ziegenfelder will be attending on his unicycle.

Programs: Catherine Forbes will be presenting on September 26. Zach Fletcher will be presenting on November 21. See further information about the presentations in the newsletter. Lisa Olivet asked if there would be any interest in a program on caregiving. She will explore potential programs.

Happy Hour: Ellen Berlin coordinates Happy Hours. There is an upcoming event on September 22 at The Kitchen at Salt and Fire.

Membership: Jim Wise reported. The cost of individual membership

After Holidays Dinner: Lisa Olivet is working on this. It is expected to be held at Guido's Little Italy in Kingston. No date has been set.

Other:

Rob Fletcher will be asking Jeff Huth to initiate a task force with a focus on the media, to include Jean Pavone, Katie Viglielmo, and Carol Tomasetti. Katie's role will be incorporated into discussions.

Dale Ziegenfelder will pay now from the approved budget towards the insurance policy with State National Insurance. Any balance due can be paid upon approval by the full club.

Pandora Fawcett asked about Trailsweepers t-shirts. She will explore options for some new t-shirts.

The meeting was adjourned at 7:55 p.m.
Minutes submitted by Michelle Donlon

Trailsweepers Club Roster 2021/2022

(area codes 845 unless otherwise noted)

Club Officers

President - Rob Fletcher 338-1537, President@trailsweepers.org

Executive VP - Jeff Huth 203-482-1954, ExecVP@trailsweepers.org

Administrative VP - Dale Ziegenfelder 657-6312, AdminVP@trailsweepers.org

Secretary - Donna Matthews 706-6973, Secretary@trailsweepers.org

Treasurer - David Wise 255-1868, Treasurer@trailsweepers.org

Club Board Members (term expir.), Board@trailsweepers.org

Skip Alford (4/'25) 481-2898

Mike Griffin (4/'24) 914-388-7558

Katie Viglielmo (4/'24) 594-4359

Steve Wingard (4/'24) 532-7459

Committee Chairs

Membership - Jim Wise 914-474-1588, Membership@trailsweepers.org

Programs - Rob Fletcher 338-1537

NJSSC Liaison - TBD

Ski Racing - Jim Tomasetti 594-9044

Discount Lift Tickets - TBD

Kayaking - Yvonne Baker 417-7144, Skip Alford 481-2898

Hiking - Steve Wingard 532-7459

Media

Facebook- Jean Pavone 518-527-4670, Carol Tomasetti 594-9045

Newsletter/Website - Jeff Huth 203-482-1954, webmaster@trailsweepers.org

Social Events

After the Holidays - Lisa Olivett 542-3945

Fall Kick-off - TBD

Happy Hours - Ellen Berlin

Spring Banquet - Diana Ziegenfelder 657-6312, Karen Spinozzi 338-0626

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