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TRAILSWEEPINGS

The Newsletter of the Trailsweepers Snow and Sport Club Inc.

November 2023

Volume 73, Issue VII

President's Corner

An organization is as strong and vibrant as its members. Due to the commitment of our members and volunteers, I am proud to say that TSSC is a sound and dynamic organization. Sure, we would benefit from having a larger pool of members and especially younger members and we are engaged in a number of initiatives to address this issue. For example, Jeff Huth is leading a TSSC Communication Working Group to explore ways to improve communication for our current members and to seek ways to attract new members. Others joining Jeff in this group are Jean Pavone, Carol Tomassetti, and Kate Vigliemo.

The Club's Informational Program schedule has been in full swing. Officer Pat Carroll from the Ulster County Sheriff's Department gave a presentation on Addiction Support Services in our Community. There were a lot of stimulating discussions at this Oct. 10th presentation. My son Zach, will provide a program on Fitness for the Older Athlete on Nov. 21st. Dale will be available for a program on Boot Alignment on Jan. 9th. Gio Holmquist, from the Pro Shop will discuss Ski Tuning on Jan. 23rd.

Our meetings, Programs and other upcoming activities can be found in the Trailsweepings future event calendar and on the website.

Robbie Fletcher
TSSC President

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.

Tuesday November 21 will begin with a Board meeting at 6:30 pm followed by an Informational Program beginning at 7:00 pm. **Note: this will be the only meeting in November.**

Meeting Venue: Sky View Mexican Restaurant

237 Forest Hill Drive
Kingston, NY 12401

REMINDER: DUES FOR RENEWING MEMBERS:

If you have already paid your TSSC club dues prior to October 1, Thank You!. If not, please do so **prior to December 1** to remain a member in good standing. Annual dues are now \$ 28.00 per person.

Mail your check made payable to Trailsweepers Snow and Sports Club, Inc to the following address:

TSSC Membership
UPO Box 3061
Kingston, NY 12402

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

- Friday **November 3**, 5:30 pm - Happy Hour at Darlings - Tillson, NY
- Friday November 17, 5:30 pm - Happy Hour at The Anchorage - Eddyville, NY
- Tuesday November 21 Board Meeting at 6:30 followed by Informational Program at 7:00.
- Tuesday **December 12**, Board Meeting at 6:30 followed by Meeting and Holiday Cookie Bake-off beginning at 7:00.
- Tuesday **January 9** Board meeting at 6:30 followed by brief Club meeting and Informational Program beginning at 7:00.
- Tuesday January 16. After the Holidays dinner at Frank Guido's Little Italy
- Tuesday January 23 Informational Program at 7:00 pm.

Since events sometimes change, efforts will be made to maintain the calendar on the Club website current. To access it go the website, open the Events page and you can then view 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

Tuesday November 21, 2023 7:00 pm

Zach Fletcher, gym owner and full-time sports coach will deliver a program entitled "**Optimizing Enjoyment for Older Athletes**". According to Zach, we'll delve into strategies helpful to sustain the passion for sports for mature athletes. The session includes a blend of need-to-know stretches, strengthening exercises, expert advice, and practical tips all aimed at mitigating injury risk and maximizing enjoyment on the slopes and beyond.

Tuesday January 9, 2024 7:00 pm

Dale Ziegenfelder will deliver a program on **proper boot alignment**. Adjusting your boots for differences in your lower body is important for getting your skis flat on the snow when you are in a neutral athletic position.

For interested members, Dale will check your alignment in ski boots and depending on certain factors may be able to make some adjustment as necessary. To participate, bring your boots, their adjustment tools if appropriate and wear shorts if practical.

Tuesday January 23 2024, 7:00 pm

Gio Holmquist, General Manager and Head Boot Fitter at The Pro Ski and Ride in Hunter,

your equipment. Gio will discuss capabilities of automated tuning machines such as variable edge bevels and custom base structures.

Gio grew up in the ski shop with his father operating The Pro until Gio took over operations in 2022. In addition to formal business education at The University at Albany and The College of Saint Rose, Gio regularly attends industry specific trainings such as Masterfit University and BootDoc academy.

The Pro Ski and Ride is a full-service ski and snowboard shop located near Hunter Mountain, NY. Specialty services provided include expert boot fitting, ski and snowboard tuning and repair, as well as quality equipment rentals and full range of equipment sales.

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.



HAPPY HOURS FOR NOVEMBER

Friday November 3, 5:30 pm - Darlings

838 Route 32
Tillson, NY 12486

Friday November 17, 5:30 pm - The Anchorage

182 Canal Street
Eddyville, NY 12401

OUTDOOR ACTIVITIES



October was a busy month with the annual North Lake hike and picnic on October 15 and finishing the 2023 Fire Tower Challenge hike series on a sunny and warm October 27 with a hike to Balsam Lake Mountain attended by 6 hikers.

Thanks to Hiking Chair, **Steve Wingard**, for another great Fall season. We plan to continue hiking throughout the winter tackling some of the Catskill 3500 peaks. With the appropriate clothing and equipment winter hiking can be quite enjoyable - no bugs or nettles and offering views that you just don't see in other seasons.

If you would like to propose (or better yet lead) a hike, please speak with Steve. We are fortunate to have so many local opportunities for challenging hikes in the Catskills and Shawangunks as well as more relaxing walks on rail trails and in other recreational areas.



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

Road Cycling

Trailsweepers were well represented at the recent 25 and 50 mile rides held in conjunction with the Kingston O + festival coordinated by **Jim and Carole**

Thanks to **Jim T.** for overseeing and communicating about the Mid-Hudson Bicycle Club sponsored Thursday evening rides originating at Dietz Stadium. If you would like to be added to the e-mail list for next year, contact him at jtskirat@gmail.com.

Rail Trail Rides

Also, a big thanks to **Rick F. and Nancy M.** for coordinating and leading Monday evening trail rides normally followed by an informal get-together. If not already receiving them, let Rick know if you would like to be added to the e-mail list for next season (rjee@msn.com)

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



KAYAKING

Let's all give a huge Thank You to **Yvonne B. and Skip A.** for organizing a comprehensive program of Trailsweepers Kayaking outings this year to a wide range of paddling environments across the region and to **Carol Field** for leading several evening paddles on the Hudson focusing on full moon viewing opportunities.



SKI SEASON IS COMING!!

SKI TRIP OPPORTUNITIES

Trips for the '23/'24 season are booking, and some may already be closed out 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 with additional details to be communicated in the future.

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 when available 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

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

You may want to periodically check out the **For Sale by Members** section of the Club website. The password to gain access is "Trailsweepers"

Board Meeting Minutes - October 10, 2023

A meeting of the Trailsweepers Snow and Sports Club Board of Directors was called to order by Dale Ziegenfelder. Present: Kathie Quick, Skip Alford.

The board reviewed the proposed Kickoff Party terms and conditions. It decided that the close date proximity of the deposit return and potential loss of 50% of the deposit or being liable for the entire amount of the dinner without 45 persons attending was too great a financial risk for the club, and therefore declined to sanction the event. It was thought that we could try it at some other time with more time to advertise and collect deposits.

Submitted by Dale Ziegenfelder

Regular Meeting -

In President Rob Fletcher's absence, the meeting was called to order by EVP Jeff Huth at 7:05pm. Twenty members were in attendance thus ensuring a quorum for the two votes taken that evening. Dale Ziegenfelder led the attendees through a discussion of the

versus using some of the funds to offset the cost of Club activities. There was a motion made from the floor and carried with a majority vote to increase the budget allocation for the Spring Banquet to \$ 2000 with a portion to be allocated to an offset of the cost to attend. The modified budget was then approved by a majority vote. Following a brief discussion, the proposed by-law changes to a) grant authority to the Board to approve cost overruns of **budgeted** items up to 15% over budget and b) to raise the financial hurdle for non-budgeted items to be voted on by the membership was approved by majority vote.

Following the votes, the attendees discussed upcoming outdoor activities and social events - balsam lake mountain fire tower hike 10/27, happy hours (suggest new venues to Ellen B.), possible holiday cookie bake-off, and after the holidays dinner planned by Lisa O. There was also a discussion of the outcome of a communication working group (see next item) and ideas for attracting new members for the Club which sponsors so many sporting activities and social events. The latter should be an on-going topic.

Minutes submitted by Donna Matthews. Secretary

Communications Working Group

A small group (Jeff Huth, Jean Pavone, Katie Viglielmo and CaroleTomassetti) held a zoom meeting to discuss current communication efforts and opportunities to enhance them. We briefly discussed those that are generally oriented towards current members – Newsletters, President's emails and the website. We then discussed the Club's social media presence also applicable for internal communication but perhaps more important as a way to increase awareness of the Club and potentially attract new members.

Trailsweepers has had a Facebook page for a number of years and also have an Instagram page set up last year by Katie V. since it was felt that the two platforms are used by different demographic groups (primarily based on age) and that we might reach a broader segment of potential members by also having an Instagram page.

We discussed the importance of regular posting to the social media accounts and using a communication campaign approach - post about the event ahead of time, share photos after the event and encourage members to "like", "tag" participants and/or add comments to the posting. This will generate more attention and ensure that the social media pages appear in web-based searches along with the Club website when someone may be searching for e.g. "Ski or Sports Clubs in The Hudson Valley".

We agreed that we should be posting about Happy Hours, Meetings, Informational Programs, Hikes, Kayaking events, and major social events such as the Almost Summer

agreed to look into ways to facilitate automatic sharing of common content across both platforms and to make it easier for members to make content available to the editors.

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

Kathie Quick (4/'25) 331-7358

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

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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