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## TRAILSWEEPINGS

**The Newsletter of the Trailsweepers Snow and Sport Club Inc.**

**December 2023**

**Volume 73, Issue VIII**

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### President's Corner

I want to wish you all a Peaceful and Loving Holiday Season.

“When the power of love overcomes the love of power, the world will know peace” - Jimmy Hendrix

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive” - Dalai Lama

Enjoy the Holidays with Peace and Love  
Robbie

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### 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 December 5 at 7 pm** we will hold the sole meeting this month including a Holiday Cookie Bake-off.

Bring 2 - 3 dozen cookies for tasting/judging and some extras for an exchange. Cookie connoisseurs will be asked to judge cookies based on originality, appearance and taste and "vote" with the top 3 cookies selected on the basis of most votes.

**Meeting Venue: Sky View Mexican Restaurant**

237 Forest Hill Drive  
Kingston, NY 12401

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**REMINDER: DUES FOR RENEWING MEMBERS:**

If you have already paid your TSSC club dues, Thank You!. If not, please do so **as soon as possible**, as Club by-laws require payment 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

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**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>

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**FUTURE EVENTS CALENDAR**

- Tuesday **December 5**, 7:00 pm, Meeting followed by Holiday cookie bake-off/exchange.
- Friday December 8, 5:30 pm - Happy Hour at Keegan Ales.
- Friday December 22, 5:30 pm - Happy Hour at Masa Midtown.
- Tuesday **January 9** Board meeting at 6:30 followed by brief Club meeting and Informational Program beginning at 7:00.

- 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.

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## ***INFORMATIONAL PROGRAMS***

On Tuesday November 21, 2023 Zach Fletcher, gym owner and full-time sports coach delivered a program entitled "Optimizing Enjoyment for Older Athletes". He discussed and demonstrated a blend of need-to-know stretches and strengthening exercises providing expert advice, and practical tips all aimed at mitigating injury risk and maximizing enjoyment on the slopes and beyond. Attendance was on the low side given the weather and proximity to the Thanksgiving holiday, but everyone present enjoyed the Program, which was a team effort by Zach, son Luca and "grandpa" Rob.

### **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, NY will present a program on "**Advanced Ski Tuning**". He will discuss how regular ski and snowboard maintenance can enhance your on-snow experience as well as extend the life of 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.

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 DECEMBER***

Friday **December 8, 5:30 pm:** **Keegan Ales** (Bourbon Sprawl band will be playing starting at 7 pm)

20 St James St.

Kingston, NY 12401

Friday **December 22, 5:30 pm:** **Masa Midtown** (Turkish restaurant/bar)

666 Broadway

Kingston, NY 12401

### ***OUTDOOR ACTIVITIES***



We plan to continue hiking throughout the winter tackling some of the Catskill 3500 peaks along with other areas. 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 other recreational areas.

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### **SKI SEASON IS HERE !!!**

Trailsweepers have already been out at Hunter, Belleayre and Killington for some November skiing.

*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

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

## **SKI RACING**

**Mid-Atlantic Masters season opening race at Hunter** - Saturday January 6, Slalom, Sunday January 7, GS. See the attached flyer for more details including registration

information. [https://mcusercontent.com/12dc0f31cf0de42e0801b3e21/files/5879228b-c8ce-c227-8dd8-22e4a9df45f2/Hunter\\_Race\\_Invitation\\_Template.pdf](https://mcusercontent.com/12dc0f31cf0de42e0801b3e21/files/5879228b-c8ce-c227-8dd8-22e4a9df45f2/Hunter_Race_Invitation_Template.pdf)

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## **CLUB BUSINESS**

### **Board Meeting Minutes - November 21, 2023**

A meeting of the Trailsweepers Snow and Sports Club Board of Directors was called to order by Dale Ziegenfelder at Sky View. Present: Mike Griffin, Steve Wingard

There was some discussion on the pros and cons of spending \$1000 more on the Spring Banquet and depleting the club funds vs. spending the donation given by John Brooks for parties. Dale noted that we need to keep enough funds in the club to front a trip, or even multiple trips.

Dale theorized that social media somehow satisfies the need for social gathering for younger people that clubs accomplished in the past.

Submitted by

Dale Ziegenfelder

**Regular Meeting -** (None held in November)

### **Trailsweepers Club Roster 2021/2022**

(area codes 845 unless otherwise noted)

#### **Club Officers**

President - Rob Fletcher 338-1537, [President@trailsweepers.org](mailto:President@trailsweepers.org)

Executive VP - Jeff Huth 203-482-1954, [ExecVP@trailsweepers.org](mailto:ExecVP@trailsweepers.org)

Administrative VP - Dale Ziegenfelder 657-6312, [AdminVP@trailsweepers.org](mailto:AdminVP@trailsweepers.org)

Secretary - Donna Matthews 706-6973, [Secretary@trailsweepers.org](mailto:Secretary@trailsweepers.org)

Treasurer - David Wise 255-1868, [Treasurer@trailsweepers.org](mailto:Treasurer@trailsweepers.org)

**Club Board Members (term expir.),** [Board@trailsweepers.org](mailto: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**

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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](mailto: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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