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TRAILSWEEPINGS

The Newsletter of the Trailsweepers Snow and Sport Club Inc.

May 2025

Volume 75, Issue I

President's Corner

Congratulations to the newly elected officers and board members: Rob-President, Jeff-Exec.VP, Dale-Admin.VP , Karen-Treasurer, Martin-Secretary, and Skip and Kathie-Board Members

The spring and summer schedule is as follows:

May 13 meeting and program

May 27 meeting

June 10 meeting and program

July 8 meeting

Aug.12 meeting and barbecue

Jeff led the annual planning discussion/meeting (thank you Jeff) and a number of events were discussed. It would be wonderful if we, as members, took the initiative in leading and participating in one or more of these proposed events. The long term outlook of TSSC depends on our commitment to actively engage to insure viability of our Club. I urge all of us to do our "fair share" to make TSSC as strong as possible.

I look forward to the TSSC 75th Annual Banquet held at Wiltwyck on May 3rd.
Robbie

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 May 13** there will be an Informational Program beginning at 7:00 pm.

On **Tuesday May 27** we will hold a Board meeting at 6:30 pm followed by a regular Club meeting. **Note: There will be votes held on the Proposed 2025 Summer Budget as well as a Proposal to create a Membership Directory (see Club Business Section of Newsletter for more details).**

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

- Friday **May 2**, 4:30 pm. Happy Hour Meet and Greet at Skyview Mexican Restaurant ahead of the Spring Banquest
- Saturday May 3, 2025 - Spring Banquet Celebrating the 75th anniversary of Trailsweepers
- Saturday May 10 - first Kayak paddle of the season
- Tuesday May 13, 7 pm - Informational Program on Elder Law/Estate Planning
- Sunday May 18, 12:30 pm - "Joining" Film and Expo at Old Dutch Church. Volunteers needed to represent TSSC for promoting membership
- Tuesday May 27, 6:30 pm - Board and General Club meetings - **Votes will be held on the Proposed 2025 Summer Budget as well as a Proposal to create a Membership Directory (see Club Business Section of Newsletter for more details).**

- Saturday June 14 - Almost Summer Bash at Freer Park, Port Ewen
- Monday June 30 - Paint and Sip event at Freer Park, Port Ewen
- Tuesday **July 8** - 6:30 pm - Board and General Club meetings
- Thursday July 24 or 31 (TBC) - DISC golf at Kingston Point
- Tuesday **August 12** - 5 pm - Barbecue and Club meetings at Kingston Point Beach Park

Potential Summe Events - Date TBD

- Spiegeltent at Bard College
- Solaris Boat cruise

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

On Tuesday May 13, James Asquith with deliver a program entitled " Protecting your future: Elder Law Estate Planning" during which he will cover a range of topics including – estate planning basics, common pitfalls, planning for incapacity and long term care, the advantages of trusts over wills, etc.

Throughout his legal career, **James Asquith** has worked exclusively in the area of elder law and is currently associated with the Ettinger Law Firm. James was admitted to practice law in New York in 2013 and in New Jersey in 2012. He graduated from New York Law School in 2012 and from Staffordshire University in England in 2000 with a degree in History and Politics.

Prior to his career in law, James worked as a ski guide in Val d'Isere and Tignes in France and then as a ski instructor in Colorado, Australia, New Zealand and Canada. After an absence of nearly ten years, James returned to the ski industry to coach racers and has been coaching at Thunder Ridge in Patterson, New York for the past three seasons.

Having recently moved from Queens to Dutchess County, James now lives with his wife, Lori and two boys, Alexander and Daniel in Pawling, New York.

Skiing demands a unique combination of strength, flexibility, balance, and mental focus. Yoga offers all of these — making it the perfect cross-training and recovery tool for skiers of every level. Here's how yoga supports your skiing:

- **Builds Strength & Endurance** - Yoga strengthens key muscle groups used in skiing — especially the quads, glutes, hamstrings, and core. Poses like Chair, Warrior, and Plank mimic the athletic demands of skiing, helping build power and control on the mountain.
- **Improves Balance & Coordination** - Skiing requires constant micro-adjustments for balance. Yoga trains proprioception (your body's awareness in space) and helps you stay steady, even in variable conditions.
- **Enhances Flexibility & Mobility** - Tight hips, hamstrings, and lower backs are common in skiers. Yoga keeps your muscles supple, your joints mobile, and reduces the risk of injury.
- **Supports Faster Recovery** - After a day on the slopes, yoga helps flush out lactic acid, ease muscle soreness, and reset your nervous system with breathwork and relaxation.
- **Develops Mental Focus** - Skiing demands presence, just like yoga. Breathwork and mindfulness practices sharpen your mental game and help you stay calm and confident, even on challenging terrain.

Linda Sumer is a Certified Yoga Instructor with over three decades of personal yoga practice and 14 years of professional teaching experience. She specializes in guiding students of all levels toward greater flexibility, focus, and inner balance. Linda indicates that her passion lies in helping seniors discover the benefits of yoga through gentle, accessible practices that support strength, mobility, and mindfulness. Whether you're new to yoga or returning to the mat, her goal is to create a safe, supportive space where you can thrive—body, mind, and spirit.

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.



Friday May 2 - 4:30 pm

"Meet and Greet" as part of TSSC 75th Anniversary Celebration

Sky View Mexican Restaurant

237 Forest Hill Drive

Kingston, NY 12401

Friday May 16 - 5:30 pm

The Anchorage

182 Canal Street

Eddyville, NY 12401

OUTDOOR ACTIVITIES



encountered ice and some snow making for "sporty" conditions.

If you would like to propose (or better yet, lead) a hike, please speak with hiking chair, Steve Wingard. 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.



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

September

Road Cycling

The Mid-Hudson Bicycle Club sponsors Thursday evening rides at 6 pm.

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)

Rail Trail Rides

Rick F. and Nancy M. coordinate and lead Monday evening group trail rides starting at 6 pm unless otherwise communicated - following a rotation on sections of the Wallkill Valley, Ashokan or Hudson Valley rail trails in Ulster and Dutchess County. The rides are normally followed by an informal get-together

(rjjee@msn.com)

The tentative schedule and rail trail parking area meeting points as communicated by Rick **(to be confirmed via weekly e-mail)** are as follows:

May 5 - Tony Williams, Highland, Paved

5/12 Page Lumber, Poughkeepsie, Paved

5/19 Hopewell Junction, Paved

5/26 B.O.C.E.s New Paltz, Compacted gravel

June 2 Binnewater lot, Rosendale, Compacted gravel

6/9 Rockwell Lane, Kinston, Compacted gravel

6/16 Ashokan, West Hurley, Compacted gravel

6/23 Russell rd. Hurley, Compacted gravel

6/30 Tony Williams

July 7 Page

7/14 Hopewell

7/21 BOCEs

7/28 Rosendale

August 4 Rockwell Ln

8/11 Ashokan

8/18 Russell Rd

8/25 Tony Williams

September 1 Page Lumber

9/8 Hopewell

9/15 BOCEs

9/22 Rosendale

9/29 Rockwell Ln

October 6 Ashokan

10/13 Russell Rd

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



KAYAKING

Kayaking is back again for 2025 bigger and better than ever with more paddles and some new routes. A big **Thank You** to Yvonne and Skip, assisted by some other paddlers for planning the schedule and associated activities. The first event of the season will be held on **Saturday May 10 in Saugerties, paddling on the Esopus Creek.**

Keep in mind a few things to make your experience safe and fun. Bring food, water, personal flotation device, sunscreen, hat, comfortable clothes, and anything else you deem important like paddle, dry bag, camera, and a working kayak!

Arrive at the kayak site a half hour before we shove off. The times listed in the schedule, are the times we would like to start paddling. If it is raining heavily the day of the scheduled trip, then the event is cancelled.

For additional information and the complete schedule for the season, please see [attached](#). There will be more details for each paddle a week before.

Questions:

Yvonne or Skip home phone 845-481-2898

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

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

This year, there will also be a **Kayaking Informational Session** on the afternoon prior to the Kingston Point meeting/picnic on August 12. In addition, Marty Nystrom has arranged a **kayaking skills and safety program** (fee



SKI TRIP OPPORTUNITIES

Trips for the '25/'26 season are already booking 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:

Mt. Tremblant Canada - February 1 - 6, 2026

Banff - February 21 - 28, 2026

Sunday River, ME - March 1 - 6, 2026

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 several trips to EPIC resorts for the 2026 season. You can monitor trip announcements on their website.

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>

For Sale By Members .



Eddyline Journey Touring Kayak for sale

Carbonlite hull, 15'6" Length, 49 lbs

Adjustable seat, skeg

Stored indoors

Cockpit cover and spray skirt included.

\$1500

Contact Vivien Griffin - 914-466-5909

CLUB BUSINESS

Proposed 2025 Summer Budget ([Click here for Budget](#))

Membership Directory

We have periodically discussed making a directory of contact details (name, email address and phone number) available to our membership to enable communication within the Club. At the meeting on May 27, we will discuss and vote on a proposal to create such a directory which will be hosted on the Members Only section of the website. It is further proposed that in the interest of privacy protection, the directory will require a specific "opt-in" i.e. only members who specifically state that they want to make their details known to other members will be included.

order by Dale Ziegenfelder at Sky View. Present: Katie Viglielmo, Mike Griffin, Kathie Quick

The board's members assigned themselves jobs for the Almost Summer Bash on June 14. Karen Spinozzi prepared a proposed Summer Budget which will be reviewed by the financial committee (board and officers), then published in the newsletter.

Submitted by Dale Ziegenfelder

Regular Meetings

March 25, 2025

Meeting was called to order by President, Rob Fletcher, at 7:05 PM

NOMINATIONS for Officers and Board to be voted on April 8

President Rob Fletcher, Executive VP Jeff Huth, Administrative VP Dale Ziegenfelder, Treasurer Karen Spinozzi, Secretary Marty Nystrom, Board of Directors Kathie Quick, Skip Alford

MEMBERSHIP COMMITTEE: TSSC has 107 paid members, FINANCIAL REPORT: No report, SKI RACING Carol Tomassetti - TSSC took second place in the President's Race

KAYAKING Skip Alford - TSSC is planning two kayak trips per month

HIKING Winter hike: Kaaterskill in Catskill 3/21

EVENTS Meet and Greet Happy Hour May 2nd 4:30 at Skyview Restaurant, Banquet 6pm at Wiltwyck Club contact Diana Ziegenfelder

Meeting was adjourned at 7:49

Respectfully submitted, Donna Matthews - Secretary

April 8, 2025

The meeting was called to order by President Rob Fletcher at 7:12

Rob stated that this is the annual Elections Meeting which would be run by Steve Wingard and stated that there would be a limited General Meeting followed by the elections. There were 27 members in attendance. Hence, there was a quorum.

Rob read the agenda and asked for committee reports.

FINANCE: Treasurer Karin Spinozzi reported that TSSC has \$560 in cash and \$20,530 in savings. Dale reported that the previously discussed approach to invest the 20g, or a portion thereof, in a higher yield instrument (CD) is on hold, pending potential needs for funding trips.

MEMBERSHIP: Jim Wise reported that we have 108 paid members today, 113 a year ago and 116 two years ago. Aging out was noted.

RACING: Jim Tomasetti noted that the season was now complete.

KAYAKING: Yvonne Baker said that first put in would be on 5/10 in Saugerties. Rob noted the robust schedule. There was some discussion re: swap/ sale. It now appears that the fall would be the earliest possible date. No sales or public at the Summer Bash and that there

trip to either Long Lake or possibly 4th Lake- TBD. Yvonne offered additional kayaks if needed by friends.

HIKING: Steve Wingard said that the next hike would be at Westkill on 4/18. Contact him (845 532 7459) for info

PROGRAM: Rob reminded of the free estate planning session on 5/13 after the General Meeting at Skyview. Also, the Yoga session on 6/10 (bring a mat).

Katie Viglielmo reported that the Painting/ wine tasting potential session is TBD.

Diana Z reminded about the Meet and Greet at Skyview on 5/2 and the Spring Banquet at Wiltwyck Club on 5/3. Tickets \$60 but hurry.

Rob noted that the 4/22 meeting would have a post-General meeting with a Planning session.

Kathie Quick Reported on the Almost Summer Bash on 6/14. Bring a dish. Members free. Guest \$5. Noon Paddle. Biking and a much-anticipated killer of a Cornhole competition run by Steve W.

ELECTIONS: Steve W. ran the elections. At each position to be filled was introduced, he asked for nominations from the floor and there were none. For each nominated candidate, the votes were unanimous with no dissenting votes.

The elected individuals are:

President- Rob Fletcher

Executive Vice President- Jeff Huth

Administrative Vice President- Dale Ziegenfelder

Treasurer- Karen Spinozi

Secretary- Martin Nystrom

Board members- Skip Alford and Kathie Quick

Note the Board members whose terms expire 4/26- Katie Viglielmo, Steve Wingard, Mike Griffin

There are no changes to the Committee Chairs Media or Social Events

April 22, 2025

The meeting was called to order by EVP Jeff Huth at 6:45- after the Board meeting.

There were 21 attendees. Sign-in sheet attached.

Dale Z. provided a summary of the Board meeting which focused on planning and assigning roles for the Almost Summer Bash.

Jeff stated that this is a Planning Meeting for the summer activities especially. He provided an agenda for the Review of Upcoming/ Scheduled Events and a list of potential future activities as a start point for new ideas.

Meetings/Programs

May - Program May 13 with Estate Planning speaker, May 27 General Meeting with further reports on Future Planning.

June – (Single monthly meetings during summer) June 10 General meeting and Yoga Program

July – General Meeting July 8

August – 8/12 Meeting and barbecue at Kingston Point. Club will provide hamburgers and hot dogs and people bring side dishes and desserts to share. There will be a Kayak Informational booth run by River Connection's Marshall Seddon for info on kayak gear, techniques, what to look and plan for, etc. Anything Kayak. No sales/ no charge of course.

At this point Jeff asked for an update on funds in the bank- Karen S repeated that we have approximately \$500 in cash and \$21,000 in savings. There was further discussion on the destination of the of the funds. Dale Z repeated that CD's could be used but we may need the funds for trip planning.

A discussion ensued on the difficulty of running a trip and the fact that many Club members participate in trips run by HVSC and NJSSC. No resolution and no volunteers to run a TSSC trip although John H and Dale Z. plan to attend an upcoming expo with travel companies in early May to gather information related to potential future trip options. Ski trip arrangements and funding are an open subject for further resolution. TBD.

Scheduled Activities/Events

1. Special Happy Hour Meet and Greet ahead of 75th anniversary banquet – 4:30 May 2 at SkyView-
2. 75th Anniversary Banquet at Wyltwick - Saturday May 3 6-10. Diana Z reported that there are about 90 folks signed up. Dress is "Dressy casual". No jeans.
3. MEMBERSHIP IMPORTANT- "Joining" is a Film and Organization Expo to be held at Old Dutch Church -on May 18. This is membership related Dale Z is our representative but we need volunteers to push the value of TSSC. If you have just 2 hours to be there, please contact Dale Ziegenfelder (adminvp@trailssweepers.org) or 845 657 6312.
4. Almost Summer Bash - June 14
5. Kayaking - Full Schedule published in the April Newsletter, First paddle on May 10 at Saugerties. Seeking member input on the projected post Labor Day launches from "foreign/ northern lakes."
6. Cycling - Monday rail trail and Thursday road rides already started for the season. The 1st was on 4/21. Will publish schedule and meeting points for rail trail rides in May Newsletter. Remember, these are not Club sanctioned events but coordinated by

ICY!

8. Sking- See above though there was lengthy discussion.

New Business:

Annual Future Planning Session

Activities of the Past

Tanglewood on a Sunday afternoon- Lisa O. mentioned that only 4 attended last year. Jeff to reach out to Jackie O. and Jean P. to check willingness to coordinate again this year.

Shakespeare at Woodstock- Diana Z to research and advise.

HITS horse event- no interest

Race Day at Saratoga – Mike Griffin reported that it has become too commercial and not worth it.

Mini-Golf - No discussion, Jeff will check with Pandora F. to see if she will organize this year.

Disc Golf - Amie and Kevin Parker have proposed 7/24 or 7/31 is expected to happen. TBD.

Happy Hour cruise on Rip Van Winkle- Too expensive and noisy. A trip on the Solis boat is suggested. Diane Nowicki to research and advise.

Winery Bike Tour in New Paltz- No interest.

Cycling to Breakfast at Bread Alone or other location- Yvonne B to advise.

Benedictine Health Foundation fund-raiser benefit ride/run/walk - September 22. Jeff will check to see if Jackie O. is planning to coordinate a TSSC team again .

North/South Lake Hike/Picnic - October TBD- Steve Wingard to follow and report.

New Ideas

Kayak Swap and Sale - Fall 2025 or Spring 2026. Need to meet with Jessie Hicks, who has tentatively agreed to host but need clarification of several issues. This potential event is put off until the fall.

Anyone who has items to sell are encouraged to advise Jeff or Yvonne. Considerable items (insurance, etc.) to be worked out but “no product, no event”. Other sport equipment can be added. This would need to be a separate event and each seller would need to attend to their own equipment. We cant sell at ASB.

"Sip and Paint" - K. Viglielmo is looking at 6/30- 1pm to 5 or so at Freer Park. \$15 to \$25 and will advise. Assistance by Kathie Q.

Corn Hole Tournament versus HVSC – Steve Wingard looking at options.

Clearwater Sailing from Kingston – About \$75 pp. They fill up fast- see Solaris discussion above- lots of different tours.

Headless Horseman – No interest

After Summer Bash- Lisa O will check on restaurants that can accommodate separate check. Guidos Little Italy can't accommodate. TBD

The meeting was properly ended by vote at 8:30 pm

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 - Marty Nystrom, Secretary@trailsweepers.org

Treasurer - Karen Spinozi 338-0626

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

Skip Alford (4/'27) 481-2898

Mike Griffin (4/'26) 914-388-7558

Katie Viglielmo (4/'26) 594-4359

Kathie Quick (4/'27) 331-7358

Steve Wingard (4/'26) 532-7459

Committee Chairs

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

Programs - Rob Fletcher 338-1537

NJSSC Liaison - Steve Ahladas 337-9317

Ski Racing - Jim Tomasetti 594-9044/Dale Ziegenfelder 657-6312

Discount Lift Tickets - Steve Ahladas 337-9317

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

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