

[View this email in your browser](#)



TRAILSWEEPINGS

The Newsletter of the Trailsweepers Snow and Sport Club Inc.

June 2025

Volume 75, Issue II

PRESIDENT'S MESSAGE

As we are experiencing warm weather, Club members are enjoying other kinds of sport activities. For example, Yvonne and Skip are running our kayak outings and Steve is coordinating the hiking schedule. Many are putting miles on their road and trail bikes while others are golfing or fishing.

TSSC has an active calendar of events during the warm weather season. In addition to sport activities, we have two fun-filled picnics planned. The Almost Summer Bash is on June 14th and the Barbeque & Meeting is on August 12th.

In addition, we will have the opportunity to enjoy two new events this Summer. A Paint & Sip planned by Katie V. will be held at Freer Park on June 30th. Thanks to Marty N, an event will take place at The Spiegeltent at Bard College in August. Group seating for this event needs to be reserved soon so please follow the link to the attached [summary](#) and get to Marty ASAP if interested.

With respect to programs, we had attorney James Asquith speak on "Protecting Your Future: Elder Estate Planning". On June 10th, we will have Linda Sumber demonstrate and lead us on an introduction to YOGA (see description in this issue of the Trailsweepers).

Looking forward to next year's ski season, Trailsweepers is hoping to sponsor the first ski trip in several years. You can find links to the flyer and registration form in the Ski Trips

Lots of Fun and Sport activities for TSSC members this season. Please get involved and join us!

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 June 10 there will be a Board Meeting at 6 pm, followed by a brief Club meeting immediately thereafter and an Informational Program. This will be the only meeting in June.

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>



ANNUAL ALMOST SUMMER BASH

Saturday June 14, Noon

George Freer Park 104 Canal St. Port Ewen, NY

Once again, the Board will plan and host a fun day to kick-off the summer season of sports and social activities. In addition to food, beverages and camaraderie, there will be an opportunity for kayaking and cycling earlier in the day and a corn hole tournament during the picnic.

The Almost Summer Bash will be free for current, active members with a nominal fee requested for guests of members and former members - (this would be a great opportunity to introduce friends to the benefits of joining the club) .

FUTURE EVENTS CALENDAR

- Wednesday **June 4**, 10 am - Kayak Paddle on the Rondout, Kingston
- Friday June 6, 5:30 pm - Happy Hour at Los Jalapenos
- Tuesday June 10, 6 pm - Board and brief general Club meetings followed by Informational Program on Yoga
- Saturday June 14, Noon - Almost Summer Bash at Freer Park, Port Ewen
- Friday June 20, 5:30 pm - Happy Hour at Sakimura
- Saturday June 21, 10 am - Kayaking at Chodikee Lake, Highland
- Monday June 30, 5 - 8 pm - Paint and Sip event at Freer Park, Port Ewen
- Tuesday **July 8** - 6:30 pm - Board and General Club meetings

- Thursday July 24, late afternoon - DISC golf at Kingston Point
- Wednesday July 30, 10 am - Kayaking at Norrie Point, Staatsburg
- Saturday **August 9**, 10 am - Kayak paddle at Coxsackie
- Tuesday August 12 - 5 pm - Barbecue and Club meetings at Kingston Point Beach Park
- Saturday August 8 and/or 4 at The Spiegeltent at Bard College
- Wednesday August 20, 10 am - Kayaking on Hudson locks, Waterford to Albany
- **September 3**, 7:30 pm Solaris Sunset Boat cruise
- Sunday September 21, - TSSC team participation in Benedictine Health Foundation Walk, run, cycle event fundraiser for support of cancer patients

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 June 10, we will have a program entitled "Why Yoga For Skiers", delivered by Linda Sumber (bring a yoga mat).

Sking 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.

practice and 14 years of professional teaching experience, She specialize 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.



HAPPY HOURS FOR JUNE

Friday June 6 - 5:30 pm

Los Jalapenos

772 Ulster Avenue
Kingston, NY 12401

Friday June 20 - 5:30 pm

Sakimura

340 Kings Mall Ct.
Kingston, NY 12401

OUTDOOR ACTIVITIES



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"

Road Cycling

The Mid-Hudson Bicycle Club sponsors Thursday evening rides originating at 97 Hurley Avenue, Kingston 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.

know if you would like to be added to the e-mail list (jtskirat@gmail.com)

Rail Trail Rides

Rick F. coordinates and leads Monday evening group trail rides starting at 6 pm unless otherwise communicated - typically 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 so bring a folding chair and food/beverage if you like. If not already receiving them, let Rick know if you would like to be added to the e-mail list (rjje@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:

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 Park, Highland, paved.

July 7 Page Lumber, Poughkeepsie, paved

7/14 Hopewell Junction Station, paved

7/21 BOCEs, New Paltz, compacted gravel

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 next paddle will be held on **Wednesday June 4 on the Rondout creek in Kingston leaving from Sleightsburg Park/Port Ewen.**

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,

details and/or to sign-up.



SKI TRIP OPPORTUNITIES

SKI TRIP OPPORTUNITIES

Trips for the '25/'26 season are booking so don't wait too long to make your plans. Information for TSSC and affiliated organizations will be displayed here.

Trailsweepers

Thanks to John Hoefinger, we are planning a TSSC-sponsored trip for the first time in several years to **Zell am See, Austria March 6 - 14, 2026**. It has recently been announced that Zell am See will be part of the EPIC pass network in 2026. You can contact John with questions or to express your interest (kayakmann@gmail.com, 518-719-0490). Here are links to the revised [flyer](#) and [registration](#) form. **We need a confirmed level of interest to make this trip a "Go" so send your registration form and deposit ASAP.**

Hudson Valley Ski Club will sponsor the following trips:

[Gore Mountain, NY - January 12 - 16, 2026](#)

[Mt. Snow, VT - January 26 - 30, 2026](#)

[Stowe, VT - February 9 - 13, 2026](#)

[Breckenridge, CO - February 21 - 28, 2026](#)

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>

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](#)

[Drei Zinnen Dolomites \(Italy\) - March 13 - 21, 2026](#)

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](#)

CLUB BUSINESS

Board Meeting Minutes May 27

A meeting of the Trailsweepers Board of Directors was called to order by Dale Ziegenfelder at Sky View Restaurant. Present: Mike Griffin, Kathie Quick, Steve Wingard, Skip Alford. John Hoefinger presented some details of his proposed ski trip to Zell am See Austria. Because he had just found a different trip sponsor, he did not have a contract to review, or a sanction form filled out. The board agreed to review the contract and sanction form and bring questions and approval by email.

Submitted by Dale Ziegenfelder

Regular Meeting

The meeting started at 7:23 with Rob introducing Grandson Luka (4) with guitar and Papa Zack. Applause but no concert yet.

Rob reviewed the agenda noted below.

Board-

Summer Budget ([attached](#) version distributed ahead of meeting). Dale Z. moved that the budget be accepted with the addition of a \$150 increase for Diana Z to create an album of the 75th annual Banquet held on 5/3. The motion was seconded and the attendees unanimously approved the \$3,355- 2025 Proposed Budget.

Membership Directory. There was spirited discussion confirming the value and need for this long-discussed document. Bill Harper stated the importance and noted that it should include name, email and phone. The concurrence was that there should be an Op in or Opt out

considered. Unanimous approval.

Finance report- \$7,305 in checking and \$19,995 in savings.

Membership- No report.

Kayaking- Today at Saugerties we had 6 attendees- 2 nonmembers. Great day.

Next Launch will be on 6/4 on the Roundout Creek, Kingston. The Great Swamp rescheduled trip is June 12, to be confirmed by blast.

We may be doing some private full moon launches from Ryder Park to be confirmed by email blast.

The Instructional day of 6/28 is a go with enough to go but there are still 3 openings. Close out date is at the ASB. Contact Marty at 845 679 8613. Open to nonmembers.

Working on details of post Labor Day mid-week camping and motel accommodations trips. Potentially 2 trips. Contact Yvonne at 518 929 6173 if you are interested.

Hiking- Steve W noted tomorrow's hike and that the fall N/S Lake is TBA. There is a proposal for a Minnewaska hike with good reception. This Fall hike date to be announced.

Media- No Report

Programs-

6/10 Yoga Program is on, post the General Meeting.

Boat cruise. On the solar powered Solaris is scheduled for September 3. Individuals to make their own reservations. Adults \$35/ Seniors \$30. Book on-line (hrmm.org). Limited space.

Austria Ski Trip. John Hofinger made a full report on the status. The hotel will be changed at a significant savings. He is also working with several agents and the airlines. The trip includes bus pickup and drop off here. He discussed the huge amount of skiing available, including cross country and the sites for non-skiers. There was discussion as to what to charge nonmembers and HVSC members. He has about 11 commitments and needs 18 for the trip to be a go. In summary, John will issue a memo on the trip with all details. The attendees applauded John for his work.

Spiegaltent at Bard- Dates set for August 8 (Stella Cole, Jazz singer \$56.50) and 8/14 (Eldeige & Adreassen, Bluegrass \$36.50). A separate blast will go out as requested by Rob. A good time with a picnic or dinner and entertainment. Contact Marty Nystrom at 845 679 8613 for details He will get the tickets and booths (6p per booth). Go to Bard Spiegaltent to hear the performers Deadline 6/15.

Almost Summer Bash- Dale reminded that we are to bring a dish and that guests (for a fee and a dish), including HVSC, are invited. Kayak in the morning. Steve W will run the Cornhole contest and will develop the rules and consider a heated contest with HVSC with prize. A “Grand Championship” could be held, perhaps at the 8/12 meeting at Kingston Point. OK for HVSC to come at some cost TBD. Much support.

DISC Golf at Kingston Point- no report.

Paint and Sip- On for 6/30 at Freer Park, Port Ewen. 4 persons confirmed. Contact Kathie Quick 845 331 7358

Schedule of meetings- Rob noted the meetings are as follows:

6/10- Board at 6:30, General at 7 followed by Yoga

7/8- Board at 6:30, General at 7

8/12 -5 PM Barbecue and meetings.

Meeting adjourned at 8:42 pm

Minutes by M. Nystrom, Secretary

Trailsweepers Club Roster 2025/2026

(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 - Martin (Marty) Nystrom, 679-8613 Secretary@trailsweepers.org

Treasurer - Karen Spinozi 338-0626, treasurer@trailsweepers.org

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

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

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

Subscribe

Past Issues

Translate ▼

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Trailsweepers Ski and Sport Club · UPO Box 3061 · Kingston, NY 12402 · USA

