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TRAILSWEEPINGS

The Newsletter of the Trailsweepers Snow and Sport Club Inc.

August 2026

Volume 76, Issue IV

PRESIDENT'S MESSAGE

At the time of this writing, we have already received four plus inches of rain in West Hurley during the last week of July. If this level of precipitation would occur this winter with temperatures of 32 degrees or less, we would have approximately 4 feet of snow. Is this a dream or a plausible prediction? I believe it is indeed plausible. Furthermore, I am an optimist by nature, so I generally think that "the glass is half full". In this scenario, it is not too early to THINK SNOW.

In the meantime, TSSC has a number of events planned for August, September, and October. These are listed in this issue of Trailsweepings. Please note that we will have a picnic and meeting on August 11th at 4:00 at Kingston Point. This will be our only meeting in August. Regularly scheduled meetings will begin in September with a meeting and program on the second Tuesday and a membership meeting on the 4th Tuesday of each month.

The Board of Directors and Officers are reviewing and proposing minor changes to the TSSC Constitution and By-laws. Once a draft is completed, the membership will review and vote on the proposed changes. I want to thank the TSSC Board for their attention to the details of governance. I want to thank the Officers for their stewardship in the various operations of running our Club. I want to thank our event leaders who commit time, skills, and energy that makes our Club exciting, fun, and relevant. I want to thank our

Trailsweepings editor, website manager, and chief communicator.

Your President,

Robbie

FUTURE EVENTS CALENDAR

- Thursday **August** 6 - Bard Speigeltent event - "The Onlies".
- Saturday August 8 - Kayaking, Ramshorn Catskill
- Tuesday August 11, 4 pm - Meeting and Picnic at Kingston Point Beach, Kayaking before at 2 pm
- Wednesday August 12 - Race Day at Saratoga Meet-Up. Additional Information via e-blast.
- Tuesday August 18, 4 pm - Mini-Golf
- Sunday August 23 - Kayaking, Rondout Creek
- Thursday August 27 - Cycle to breakfast leaving from Skip and Yvonne's
- Saturday August 29 - Shakespeare in the Park/Woodstock. Picnic before at the Ziegenfelders'
- Tuesday **September** 8, 6:30 pm - Board and regular meetings plus Informational Program on Yoga
- September 18 - 20 - Kayak/Camping, Lake George
- Tuesday September 22, 7:00 pm - Regular club meeting
- September X (TBD) - DISC Golf at Kingston Point
- Saturday **October** 3 - "Murder Mystery" event to be hosted by Monique C. Details to follow.
- Sunday October 4 - Annual Hikes and Picnic at North/South Lake

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.

CLUB MEETINGS

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

dessert to share and BYOB. Kayaking earlier in the day at 2 pm.

This will be the only meeting in August.

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>

New Member Spotlight

(commentary provided by new member Peter Baumgartner)

I'm a migrant farmer living in Accord from the beginning of June until the colors peak in October. While here, I'm looking to make friends with whom I can do outdoor activities. I have an inflatable kayak, a bicycle, hiking boots and dance shoes.

My other home is in Lyons, CO, which is mid way between Boulder and Rocky Mountain National Park. There I belong to Flatirons Ski Club wherein everybody has an AARP subscription and has had or is scheduled for cataract surgery. In the 2025-2026 ski season we skied in conditions best described as "dust on crust". If this upcoming ski season threatens similar conditions, I will return to ski with you all.



Will be resuming in the Fall with the first one to be held **Tuesday September 8 on Yoga for skiers with returning speaker Linda Sumer. Bring a floor mat to participate.**

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 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.



HAPPY HOURS FOR AUGUST

Friday August 7, 5:30 pm - Mariner's Harbor

1 Broadway

Kingston, NY 12401

(Music by The Stringmasters that evening)

Friday August, 5:30 pm - Great Life Brewing at RMV Cellars

112 Burroughs Drive

West Park, NY 12493

If you have suggestions for new venues that you believe would be suitable for our Happy Hours, please contact Ellen Berlin at zeeventure.woman@gmail.com or 845-594-2105.

OUTDOOR ACTIVITIES



There will be a **Shingle Gully** hike led by Steve Wingard on Monday August 17. This will be open to the public (10 hikers can be accommodated) so it will be necessary to sign-up via Eventbrite on or about August 3.

There were two hikes held in July a 5 - mile loop at the **Shaupaneak Ridge**

Forbes. (Photos below)

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.



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

Cycle To Breakfast - on Route 28a, use any bike

Thursday, August 27 (rain date Friday August 28th). Leaving from Skip and Yvonne's house - 1435 State Rt 28A, West Hurley, NY 12491 at 07:30 am,

This ride can be a 10-mile ride or 20-mile ride - for 20 miles meet at Skip and Yvonne's at 7:30 ready to ride 8am. For the 10-mile ride meet at the Ashokan Reservoir west basin parking lot after the intersection of 213 and 28A) at 8:30 ready to ride 9am. You will wait here for the riders coming from our house.

Together we will ride to **Good Friends Cafe** for breakfast...

We MUST HAVE an RSVP by Saturday August 22nd if you are going to do this ride..(we need to let the cafe know how many people they can expect)
Call us 845-481-2898 or Text: Skip 845-706-9714 or , Yvonne 845-417-7144

See a brief description and photo from the **Ride to Breakfast at Bread Alone** (thanks Yvonne, below)

Rail Trail Rides

Rick F. coordinates and leads Monday evening group rides on sections of the Wallkill Valley, Ashokan or Hudson Valley rail trails in Ulster and Dutchess County. Rick has provided the following information to ensure everyone has a positive experience:

- All rides are out and back (you can shorten any ride)
- All rides average 15 miles @ 10-14 mph
- All bikes need to be in good working order
- All riders must wear helmets
- All riders need minimum of spare tube (even if you can't change a flat) and water
- Rides typically end in a tailgate party
- Rain and foul weather usually cancel ride so get on email list to stay abreast for notice of cancelation, change of location, or start times, etc. - Rick Fick rjje@msn.com, 914-443-4060

Here is a link to the [full schedule](#) so far to be confirmed each week via email.

Road Cycling

The Mid-Hudson Bicycle Club sponsors Thursday evening rides at 6 pm originating at the O & W Building, 97 Hurley Avenue Kingston.

The rides are typically 25 - 35 miles in length following a variety of routes with

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)

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

Ride To Breakfast at Bread Alone - July 16

Another successful ride despite the smog from the Canadian forest fires. We were six. One person didn't make the start time but rode and didn't make breakfast. None of us were affected by the air quality which was much better than the day before. Thanks to those that were able to be there.



KAYAKING

This year, following some of the paddles, there will be an optional hike to an adjacent area of interest. There may also be some moonlight paddles with assistance from Carol Field. These will require some additional equipment and preparations described in the complete schedule document below.

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 or canoe!

Arrive at the launch 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 the complete schedule for the season, please see the [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

Commentary and Photos - (Chodikee Lake, Sojourner Truth Park, Constitution Marsh - top to bottom in date order) from Recent Paddles:

Chodikee Lake June 30 - Well it seemed to be a beautiful day to be paddling yet only 4 people showed up. Thank you Kerry for making the sign in sheet.

Sojourner Truth Park- July 11 - This was our first launch from this site.

Paddling south towards the Rhinecliff Bridge, on an incoming tide, we followed several immature blue heron curiously looking at us. The paddle was followed by a pleasant hike through the trails of this park. Then we indulged in food and libation at Armadillo's in Kingston.

Constitution Marsh July 22 - Another gorgeous day on the river paddling from the Cold Spring Train Station launch. We were 10 and one dog. We were able to approach the marsh with the tide in our favor allowing us to pass under the train bridge. Then following the trail through the marsh to the other bay which is across from West Point. A few paddlers had gotten stuck in the muck due to

tracks, and were entertained by the passing trains.





SKI SEASON WILL BE HERE BEFORE WE KNOW IT

SKI TRIP OPPORTUNITIES

Trips for next year - 2027/2027 season - are being actively planned and in some cases already closed out so don't wait too long to make your plans. Information for TSSC and affiliated organization-sponsored trips will be displayed here as available.

New Jersey Ski & Snowboard Council have announced the following:

Mont Tremblant, Canada – February 7 – February 12, 2027. **Note:**
Registration for this trip is already Closed.

Lake Tahoe – February 20 – February 27, 2027. Please [click here](#) for a flyer. Online registration will be open shortly.

Loon Mountain – Riverwalk Resort – February 28, 2027 – March 5, 2027. Please [click here](#) for a flyer and reservation form. **Accommodations are booking fast.**

Hakuba Valley, Japan - March 13, 2027 skiing in Hakuba and visit to Tokyo followed by 2 different skiing or sight-seeing extension opportunities. Now available for sign-up.

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

Hudson Valley Ski Club will sponsor trips to IKON resorts next season. The following are in the mix for next season. TSSC members pay no extra fees to participate although initial registration priority goes to HVSC members:

- Mount Bachelor, OR - January 23 - 30
- Sunday River, ME - February 1 - 5
- Mount Tremblant, QC - February 7 - 12 (same week as NJSSC but different hotel)
- Banff, BC - February 27 - March 6
- Killington, Vermont - March 8 - 12?

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>

CLUB BUSINESS

Board Meeting Minutes - July 14, 2026

A meeting of the Trailsweepers Snow and Sports Club Board of Directors was called to order by Dale Ziegenfelder at SkyView. Present: Mike Griffin, Kathie Quick, Katie Viglielmo, Skip Alford. The board voted to continue the \$10k CD at Mid Hudson Valley Federal Credit Union when it matures on July 31. It will be for 9 months at the current interest rate at the time of maturity.

The board discussion on how to stimulate more readership of the newsletter morphed into a suggestion by Katie to have the QR code available at meetings/events. Jeff H. had already adopted putting the upcoming events on the first page. In the interest of changing to one budget vote near the end of the fiscal year for the following year, the board will have a constitution committee meeting at Dale's house on July 28 at 6:00PM to develop changes to the constitution and bylaws to facilitate this and other changes. The officers and all members are invited. Since the current summer budget is in place, we will need to have the October full budget vote as usual, with any changes to take effect afterward.

Submitted by Dale Ziegenfelder, board chairman.

Regular Meeting

Rob opened the meeting at 7:09 pm. There were 18 members in attendance. Katie V ran the 50/50.

New Member Peter Baumgartner from Accord was in attendance (see Spotlight section). Welcome Peter.

Board Report -The Board meeting preceded the General Meeting. Dale Z noted two Board discussions. There is a CD of 10g maturing shortly and the Board has decided to "let it roll"

works. Further clarification is needed.

Dale stated that the Board agreed to investigate one annual Budget in lieu of the present summer and fall budget approach. This change would require a change of the club Constitution and Bylaws which was last amended in 10/23. Dale also stated that the Board will activate the Constitution Committee, as noted in Article V1, section 9 of the Bylaws, to work on revisions.

The committee is open to any and all members in the club who would be interested in assisting. He stated that the first meeting would be at his house on July 28 2026. A reminder will be sent. All welcome, bring some food please.

Finance- Dale reported that there is \$1,253 in checking, \$5,983 in savings and \$15,000 in CD's.

Membership Report-Chair Jim Wise indicated that the committee will stay in place and that the role was evolving. Rob F, (Committee member) indicated that the existing defined role of the committee has evolved to be active in "developing" new membership needed as the level of membership is on an upward trajectory, thru the leadership of Jim. Outreach and publicity is under discussion. Jim reported that there have been 20 new members in the last 3-4 months to a level of about 127. He called for the continued "Highlight on New Members", continued to be featured in the newsletter prepared monthly by Jeff Huth. There was a discussion about merchandise based on a proposal that Andrea S. obtained from a vendor for tee shirts. Most shirt items require a minimum order of 48 but one item required the purchase of only 24 items. There was a repeat conversation and interest regarding the potential of hats and stickers. We will do more research and issue a survey with specific recommendations and web sites.

Hiking- Jeff H. Reported for Steve W on upcoming hikes. All events will be announced with specifics in the normal manner by email blast to the entire membership. Look for these, read them and so too, consult the Website. There will be the annual hike and picnic at North South Lake on October 4h. Save the day.

Kayaking- Skip outlined the activities of kayaking Sojourner Truth Park last week. The short launch was followed by a hike, which is a format that this committee is advancing- a two for one (launch and hike)- either/ or both. Of interest, there are several Sojourner Truth Parks in the region. One attendee went to New Paltz's park! Caution.

Biking- Skip A and Yvonne B are ruing a Cycle to Breakfast along the Rail Trail to Bread Alone and back. You can choose the start/ end point, depending on what distance you wish to ride. The trips will start at the eastern end of the trail, near Stewart's. There will be a mid-trail stop at the mid point parking lot then continuing to Boiceville's Bread Alone for food. Post breakfast and hang out, we will return to the two start points. An email blast will be issued.

Speigeltent Bluegrass.- Scheduled for 8/8 to see The Onlie's - there are still tickets

email reminder/ update.

Saratoga Races- Mike G. set the date as 8/12. The gates open at 8 and racing starts at 12:30. There is a Training track-side "Breakfast at Saratoga" that should be considered as it is interesting, with lots to see in the town before the races. Mike will scout out tables, Yvonne will bring a TSSC banner.

Entry is only \$7 on line and \$10 at the gate.

Mike will send out an email reminder. Do let him know if you are going so he nails the number of picnic tables needed.

Shakespeare in the Park (Woodstock) Diana Z invited all attendees to their house at 3Pm on 8/29 for a pre-event sharing of food. Bring a contribution and a folding chair for comfort.

The free show starts at 5:30 at Woodstock's Comeau property. There is a request for a minor donation. All is weather permitting. Diana will send an email notice to all.

Murder Mystery- Monique C. is offering her home for this suspenseful event on Saturday October 3rd at 5PM. She outlined the set up- 10-16 suspects (guests) are invited- first come first served. A villain will be found by the group. Fun, fun. Come. Respond to Monique on receipt to the normal email blast.

Programs- Rob note that the next meeting will at the Kingston point picnic on 8/11. Bring a dish. Kayaking starts at 2PM. He also reminded that at one of the September meetings there will be floor yoga for all of us to experiment with.

Secretary position- Rob announced that this writer will be moving away so there is an immediate need for a person to fill the position- which is actually fun. Dale suggested that it may be filled with a couple of individuals to spread the work. It is NOT the work of so many of the Officers and Committee Chairs. Contact Rob Fletcher if you are willing to share or carry this position.

50/50- Katie V. Called out the ticket numbers and Mike Griffin won the pot. The club netted 40 bucks and Mike got 39, which he will spend in Saratoga to double the winnings.

Personal note- I am so pleased to have had the opportunity to be in this role as Secretary for an all too short time. I have tried to offer reporting with a bit of humor and readable, though too long as there are so many events that TSSC conducts- see above.

TSSC is an important, wonderful organization and a group of people bonding in so many ways. Pull on an oar when you can.

I will absolutely miss all of you good folks and do love you all.

All I can say is- THANKS!

Rob adjourned the meeting at 8:09pm

Respectfully submitted,

Marty

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 - John Hoefinger 838-273-3175

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

Skip Alford (4/'27) 481-2898

Mike Griffin (4/'28) 914-388-7558

Katie Viglielmo (4/'28) 594-4359

Kathie Quick (4/'27) 331-7358

Steve Wingard (4/'28) 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,

Instagram - Katie Viglielmo

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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