

[View this email in your browser](#)



TRAILSWEEPINGS

The Newsletter of the Trailsweepers Snow and Sport Club Inc.

September 2026

Volume 76, Issue V

PRESIDENT'S MESSAGE

Labor Day will soon arrive and this marks the end of our summer vacations. With summer fun in the past, it is time to get ready for what the fall season has to offer. We are fortunate to live in or near the beautiful Catskill Mountains and take advantage of all that it offers. The fall foliage provides us with a transformation of color from the bright green of summer into gorgeous red, orange and yellow leaves on the trees.

The TSSC Annual hike and picnic at North/South Lake on October 4th provides us with an excellent opportunity to witness this transformation of the fall foliage.

Robbie

FUTURE EVENTS CALENDAR

- Friday **September 4**, 5:30 pm - Happy Hour at Underground Coffee & Ales, New Paltz
- Tuesday September 8, 6:30 pm - Board/Finance Committee and regular meetings plus Informational Program on Yoga
- Wednesday September 9, 1 pm - Kayaking at Twin Lakes Salisbury, CT
- Friday September 18, 5:30 pm - Happy Hour at Stone House Tavern, Accord
- Sunday September 20 - BHF walk, run, cycle fundraiser for cancer care

details).

- Thursday **October 1**, 4 pm - DISC Golf at Kingston Point
- Sunday October 4 - Annual Hikes and Picnic at North/South Lake
- Tuesday October 13, 6:30 pm - Board and regular meetings plus Informational Program on Evolution of Ski gear
- Saturday October 17 - "Murder Mystery" event to be hosted by Monique C. Details to follow.
- Saturday **November 21** - Start of the Ski Season Dinner/Dance

Since events sometimes change, efforts will be made to maintain the calendar on the Club website current. To access it go to 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 and fourth Tuesday each month with an abbreviated schedule in the summer. Note: Changes will be communicated via President's e-mail.

On **Tuesday September 8** there will be a Board/Finance Committee meeting at 6:30 (at which the proposed 2027 budget will be reviewed) followed by a short Club business meeting and Informational Program.

On **Tuesday September 22** at 7 pm there will be a Club meeting **including an important vote**.

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>

We are looking at a new venue for this year's event. Details and sign-up information will be communicated shortly via email.

INFORMATIONAL PROGRAMS

Tuesday September 8 - Yoga Program by Linda Sumber

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 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.

Tuesday October 13 - Program on the Evolution of Modern Skis and Bindings by Sam DeCicco

Sam has a collection of skis and bindings starting in 1930. He will bring a dozen skis and

Head Standards in leather boots. His first trip to Hunter was in 1971. The lodge on top was under construction, no West side yet.

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 SEPTEMBER

Friday September 4, 5:30 pm

Underground Coffee and Ales
36 Main St.
New Paltz, NY 12561

Friday September 18, 5:30 pm

Stone House Tavern
4802 U.S. Route 209
Accord, NY 12404
(Music by Breakaway. If interested in dinner, reservations are recommended).

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.

Race Day At Saratoga Re-cap

The weather turned out beautiful for our trip to Saratoga. We had 10 TSSC members and 1 HVSC member join in. We watched the horses get saddled in the saddling area, then some went to watch at the rail, some watched on the tv's at the "Backyard" tables where we were sitting, to see what the outcome was. Money was won, money was lost, but no one ended

Michael and Vivien



OUTDOOR ADVENTURES



Hold the Date for the annual North/South Lake hike(s) and picnic on Sunday October 4 at 10 am.

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"

Rail Trail Rides

Rick F. coordinates and leads Monday evening group rides (currently at 5 pm) 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 now starting at 5:30 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 groups divided according to route length and/or average speed. Everyone is welcome.

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



KAYAKING

TSSC Kayaking had a very active 2026 season. Unfortunately, the planned camping trip to Lake George is being cancelled due to lack of interest.

However, another outing has been added not in the original schedule.

On **Wednesday, September 9th at 1 pm** there will be a paddle at **Twin Lakes, Salisbury, Connecticut**. There are two lakes with plenty of shoreline. The boat/ kayak launch is on the East Lake. For Carpooling meet at the RHINECLIFF BRIDGE parking area 11:30 am. **Please let us know if you plan to carpool.**

End of season picnic. If you have paddled this year (or at any time) you are welcome on Saturday September 19th, 2 pm at our house - 1435 State Rt 28A, WEST HURLEY NY 12491. We will provide hot dogs, hamburgers and chicken, seltzer, soda and water.

BYOB, a dish to share, and a chair. **PLEASE let us know if you will be attending as we need to tally up for the food we will need to buy.**

QUESTIONS:

Yvonne or Skip home phone 845-481-2898

Thanks to Yvonne for providing reports and photos from recent outings below:

August 8th - Ramshorn Sanctuary:

Another paddle into the sanctuary with the tide at it's highest the fauna and floral were abundant. The mile paddle through the sanctuary ends at a dock which had been taken out but allowed us to raft up the kayaks to the ladder still in place. Some did a hike to a two-story observatory that overlooks the 436 acres of tidal marsh, swamp and forest. Back to the rafted-up kayaks I happened to be standing on my sit on top kayak ended up in the "drink" due to slipping on my deck. Actually, the water felt delightfully refreshing and surprising. Food and libation were at Port of Call.

August 11th - Kingston Point:

Another kayak paddle exploring the western shore of the Hudson River provided a peaceful paddle before the picnic/ meeting at the pavilion.

August 23rd - Rondout Creek:

After a 4-hour delay twelve people paddled up to the Eddyville Falls. Definitely a different falls than earlier in the year when not a trickle could be seen. Quite the opposite with the raging flowing water. Libation and food followed at Armadillo restaurant.





SKI SEASON IS COMING

SKI TRIP OPPORTUNITIES

Information regarding trips for next year - 2027/2027 season - 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.

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

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:

- Gore Mountain, January 4 - 8
- Stratton, VT - January 11 - 15
- Mount Bachelor, OR - January 23 - 30

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

Quorum Needed for Vote on Amendments to the Constitution/By-Laws and Dues change

Please plan to attend the meeting at Skyview on Tuesday, September 22 and vote on proposed changes to the Constitution/By-Laws and a modest increase in the annual dues to \$ 35/person. A link to the document can be found [here](#). Text to be deleted is shown in red and proposed changes/additions are in green.

Pay Your Dues Early and Save

It's time to renew our membership for next year. If you send in your dues before October 1, you can save \$ 3/person off the annual dues of \$ 35/person - the new level anticipated to go into effect following the vote on September 22. You can pay via check made out to TSSC and sent to PO Box 3061 Kingston, NY 12402 or save a stamp and pay via Zelle if supported by your banking institution. Just enter treasurer@trailsweepers.org as the recipient and note the purpose of your payment.

Regular Meeting Minutes – Kingston Point, August 11, 2026

President Rob Fletcher opened the meeting with 41 members/guests in attendance. We have the need for a new secretary. Please give serious consideration as to whether you can assist the Club in this important role.

Dale Ziegenfelder provided an update on the work of the Constitution/By-laws Committee which has met several times to review and update the document in several areas. The revised document will be circulated ahead of a vote by the membership at the September 22 meeting along with the proposal for an increase in the annual dues to \$ 35/person with \$ 3 early payment discount. Thanks to Monique Corcoran for tracking and documenting the on-going committee's work.

from the park in Sleightsburg/Port Ewen with an email will be issued about a week ahead.
Programs – will resume at the Tuesday September 8 meeting with a session on Yoga by Linda Sumber. Bring a Yoga mat.

Hiking – Steve Wingard reported on recent hikes to Shaupaneak Ridge and the Lime Kiln Trail in Rosendale (thanks to Katherine Forbes for leading the latter). There is a hike to Shingle Gully planned for August 17 – sign-up through EventBrite was required. Several additional guided hikes will be planned. The annual North/South Lake hike/picnic will be held on Sunday October 4. Skip Alford has agreed to coordinate the picnic this year.

Upcoming August Events

- Saratoga Racing – August 12
- Mini Golf – August 18, Venue to be confirmed
- Cycle to Breakfast on Route 28a from Yvonne and Skip's house – August 27
- Shakespeare in Woodstock preceded by picnic at Ziegenfelders' August 29

Happy Hours – the next one will be held on Friday August 21 at the Great Life Brewery at RMV Cellars, West Park, NY

Jim Gahn from Hudson Valley Ski Club gave an overview of planned ski trips for 2027 and invited Trailsweepers to participate. Information can be found on the HVSC and TSSC websites.

It was noted that the date for the Murder Mystery event hosted by Monique Corcoran has been changed to Saturday October 17.

Katie Viglielmo ran the 50/50 raffle which netted \$ 72.50 each for the Club and raffle winner.

With no additional new business, Rob Fletcher adjourned the meeting.

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

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

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

Subscribe

Past Issues

Translate ▼

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Trailsweepers Ski and Sport Club · UPO Box 3061 · Kingston, NY 12402 · USA

