



Trail Sweepings

The Newsletter of the Trailsweepers Snow & Sports Club Inc.

December 2020

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www.trailsweepers.org

TSSC Roster

2020 - 2021

(area codes 845 unless noted)

Club Officers

President

Lisa Olivett 542-3945

Executive VP

Robert Fletcher 338-1537

Administrative VP

Dale Ziegenfelder 657-6312

Secretary

(OPEN POSITION)

Treasurer

David Wise 255-1868

Club Board

Skip Alford 481-2898

Mike Griffin 914-388-7558

Jeff Huth 203-482-1954

Kathie Quick 331-7358

Steve Wingard 532-7459

Committees

President's Corner

HAPPY DECEMBER TRAILSWEEPERS

No matter what is going on in our lives, the world never stops turning. I do hope that this note finds everyone continuing to be healthy in mind and body and if not, well on your way to recovery.

Who would think that we would continue to have such mild temperatures at the beginning of December. I know you avid skiers are getting all your ski equipment in order, if not already attached to the roof your cars, but let's not forget the other winter activities.

We have tossed around with the idea of having some Happy Hours via Zoom on Tuesday nights in lieu of our Regular Club meetings. I will notify you all via email if and when this will come to fruition.

Membership

Karen Spinozzi 338-0626

Meeting 50/50

Robert Fletcher 338-1537

Programs

Robert Fletcher 338-1537

NJSSC Liaison

Jim Culla

Ski Racing

Jim Tomasetti 594-9044

Discount Lift Tickets

TBD

Kayaking

TBD

Fall Hiking

Steve Wingard 532-7459

*Media***Facebook**

Jean Pavone 518-943-3061

Carol Tomasetti 594-9045

Newsletter

Jeff Huth 203-482-1954

Website

Daniel Desmedt

www.trailsweepers.org

*Social Events***After the Holidays**

Karen Spinozzi 338-0626

Fall Kick-off

Janet Mihm 201-615-
2806

Spring Banquet

Diane Ziegenfelder 657-
6312

Jean Pavone 518-943-
3061

I would also like to take this opportunity to Thank Rob Fletcher, his son Zach and Sue Gamache for pulling together our Zoom Program on Mindfulness. It takes extra effort to coordinate this activity and Rob has been doing a smashing job at spiking our interests. If anyone has a suggestion for a future program, please contact Rob.

I Wish Everyone and Their Family, Loved Ones and Friends a Blessed, Happy, Merry Christmas and Holiday Season filled with wonderful new and different memories.

Be Safe and Be Fit,
Lisa Olivett

Trailsweeper Annual Dues cover the period November - October each year.

If you have already paid your dues, thank you. If not, please mail a check for \$30 (single) or \$ 45 (couple) to the following address at your earliest convenience:

TSSC Membership

INFORMATIONAL PROGRAMS

Kudos to Rob Fletcher for organizing a comprehensive schedule of informational programs across a broad range of topics this fall. During the programs we:

- were presented with an overview and demonstration of key topics related to safe cycling
- were introduced to concepts and principles for living a more sustainable life-style
- received useful information on how to prepare our gardens for the winter and
- learned about the relationship between mindfulness and performance in sporting activities.

In the final (virtual, zoom) program of the series, Rob's son Zach described his own journey learning and applying the principles of mindfulness in his personal and professional life coaching participants in outdoor sporting activities. He challenged us to reflect on how we overcome injuries and approach continuous improvement objectives in our favorite sports and took us through some simple exercises to illustrate the principles and how they can be applied.



HAPPY HOURS

As mentioned last month, the decision has been made to suspend live Happy Hours for the near future due to Covid-19. However, be on the look-out for further information on the planned virtual Happy Hours referred to by Lisa above.

These can simply be opportunities to check in with each other or we could add a little more structure and trade views on specific topics. A few examples that come to mind could include experiences with the EPIC reservation system, skiing in the time of Covid, day trips you may have taken recently.

In addition, if you are interested in selecting a few dates for club members to meet at

Hunter, let us know and we could share the information for making reservations on specific days.



INTERESTED IN WINTER HIKING??

With questions persisting regarding the ski season in the Northeast due to covid-19 and the uncertain weather it may be time to consider other recreational opportunities including winter hiking in the Catskills.

As many of you are aware, while there are some challenges and more specialized gear requirements, there are also some advantages of hiking in the winter:

- fewer people on the trails such that weekend hikes are more feasible than they have been recently
- absence of stinging nettles, insects and ticks
- views from many of the peaks that don't typically have them due to foliage
- sometimes walking on packed, frozen snow in gullies is actually easier than scrambling over rocks

If you are interested in leading or joining hikes this winter please let me know and we can discuss it at an upcoming meeting/happy hour.

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