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## TRAILSWEEPINGS

The Newsletter of the Trailsweepers Ski and Sport Club Inc.

May 2021

Volume 71, Issue I

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### ***LIVE CLUB MEETINGS ARE RETURNING !!***

While Zoom has enabled many of us to stay connected over the winter, the first live Club meeting of 2021 will be held on Tuesday May 11 at George Freer Park located at 104 Canal St. alongside the Hudson in Port Ewen, NY. Attendees should bring their own chairs.

Look for an e-mail from Lisa with further details as the date approaches.



## Club Election Results

Thanks to all Club members who participated in the Virtual Election Meeting held Tuesday April 13, 2021 delivering the required quorum.

The following individuals were elected to serve as Officers and Board Members:

President - Lisa Olivett

Executive VP - Rob Fletcher

Administrative VP - Dale Ziegenfelder

Treasurer - Dave Wise

Board Seat 1 - Skip Alford

Board Seat 2 - Kathie Quick

Unfortunately, the Club is still operating without a Secretary. If you are interested in learning more about this important role and/or serving on an interim basis please contact one of the Officers.

On behalf of Club membership, Thank You to the members who have agreed to serve and congratulations on the election results.



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The Trailsweepers annual picnic to kick off the summer is back! Please plan to join us on Saturday June 19, 2021 beginning at 1:00 pm at George Freer Park located at 104 Canal St. alongside the Hudson in Port Ewen, NY. Club leadership continues to monitor the rapidly evolving Covid-19 situation regarding group gatherings and will follow recommended NYS and CDC practices in place at that time.

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

In addition to food, beverages and camaraderie, we plan to resume some of the Club outdoor activities many of us enjoy earlier in the day.

### ***Kayaking***

Yvonne Baker will coordinate kayaking and has provided the following information:

*Meet at Freer Park at 9:00 am*

*What to bring - working kayak/canoe, paddle, life vest, spray skirt, water, snacks, camera*

*Attention to - proper clothes for the weather, gloves, hat, sun protection, anything else you might need*

*Questions - call Yvonne 845-481-2898 (H), 845-417-7144 (M) or email her at [yab1946@gmail.com](mailto:yab1946@gmail.com).*

### ***Cycling***

Interested cyclists will meet at 8:30 am at the park with wheels down at 8:45am. We will split into two groups following different routes.

Jeff Huth will lead a shorter, slower paced ride following the route below.

[Freer Park 23 mile route](#)

Carol or Jim Tomassetti will lead a longer, faster ride following this route.

[Freer Park 33 mile route](#)

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## **INFORMATIONAL PROGRAMS**

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Breathwork focused on methods for enhancing physical health and mental wellbeing.

Zach explained that muscle tone decreases as we age and isometrics which involves isolated contraction of specific muscle groups can represent an easy, low impact and safe way to help maintain strength. He demonstrated and took attendees through a number of exercises that can be done virtually anywhere for maintenance of muscle tone and/or to assist in recovery from injury along with complementary, directed and intentional breathing techniques.

Our **next program** (which will also be via zoom) organized by Dale Ziegenfelder will be held on Tuesday evening May 25. It will focus on climate change and the steps being taken by New York State following passage of The Climate Leadership and Community Protection Act (CLCPA) in 2019 which seeks to shift the state to 70% renewable energy by 2030, and to 100% zero-emissions electricity by 2040.

The program will be delivered by Mark Lowery, Assistant Director, NYS DEC Office of Climate Change. It will cover the provisions of CLCPA, the Climate Action Council and Advisory Panels established by CLCPA, and the implications for the Hudson Valley.

Thanks again to Rob Fletcher for coordinating this valuable club activity covering a broad range of topics and interests.

If you would like to volunteer to organize and/or deliver a program or have a specific request related to a topic you would like to hear about please inform Rob.



## ***HIKING IN A UNIQUE LOCAL AREA***

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of Sam's Point.

The first hike (as communicated in an e-mail from Lisa) was offered on Friday 4/30/2021. Dates available for future hikes are:

Tues	June 8	08:30 start
Fri.	June 18	08:30 start
Fri.	June 25	08:30 start
Sat.	July 3	08:00 start

Dale requests that you sign up directly with her via email at [dwolfield@gmail.com](mailto:dwolfield@gmail.com) or phone at 845-206-7643 providing names and contact details for all attendees. Note there is a limit of 8 - 10 people who can be accommodated on each trip.

The meeting point will be at Berme Rd. Park behind the firehouse in Ellenville. Sam's Pt. Covid Protocols will be followed.

You should bring microspikes and be advised that hikes may be modified dependent on localized ice conditions in the immediate area.

*Here's a brief description:*

Shingle Gully is a rugged, protected landscape accessible only on guided tours led by volunteer docents. The all-day, 6-7 hour strenuous adventure ascends and descends 1,500 feet, includes off-trail bushwhacking, steep rock scrambles, exploring caves and is only appropriate for hikers comfortable with heights, tight spaces, open ledges, and hands on ascent and descent [and the possibility of snakes].

**Please be sure to read the attached PDF file about the hike before signing up.**

[https://mcusercontent.com/12dc0f31cf0de42e0801b3e21/files/670d5d88-45f4-4c78-b510-14d94cb311a8/SHINGLE\\_GULLY\\_HIKE\\_INFO\\_2021\\_2\\_02.pdf](https://mcusercontent.com/12dc0f31cf0de42e0801b3e21/files/670d5d88-45f4-4c78-b510-14d94cb311a8/SHINGLE_GULLY_HIKE_INFO_2021_2_02.pdf)



## ***SKI TRIP OPPORTUNITIES***

A number of ski trips are being offered through TSSC affiliated organizations  
- Hudson Valley Ski Club and New Jersey Ski & Snowboard Council.

### **Hudson Valley Ski Club**

HV Ski Club Trip Committee has announced two Western (fly) trips for the 2021-2022 ski season. They are:

Crested Butte, CO [January 29 - February 5]. \$ 2008 - \$ 2041 depending on room option  
**and**

Whistler, BC, Canada [February 26 - March 5]. \$ 1726

EPIC Local Pass holders will receive a further discount off the prices listed. Given the continued uncertainty about potential travel complications it is necessary to determine potential numbers of participants for both trips soon.

Additional information can be found in the Ski Trips section of the HVSC website <http://www.hudsonvalleyskiclub.org>

Interested parties are requested to let the HV Ski Club Trip Committee know very soon that you are considering joining. No commitment required at this time, just looking for numbers of people who may be interested.



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(914) 213-7250 or e-mail at [jimbgahn@gmail.com](mailto:jimbgahn@gmail.com)

## **New Jersey Ski & Snowboard Council**

Also, The NJSS Council will be running the following ski trips during the 2021 – 22 ski season. Click on the trip to see the details.

Big Sky, Montana [February 5, 2022 – February 12, 2022]. [Click here](#) for a flyer.

Sunday River, Maine [March 6, 2022 – March 11, 2022]. [Click here](#) for a flyer.

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## **CLUB BUSINESS**

### ***April Board Meeting Minutes***

A meeting of the Trailsweepers Snow and Sports Club Board of Directors was called to order by Dale Ziegenfelder on April 13, 2021 via zoom. Present: Steve Wingard, Kathie Quick, Skip Alford, Jeff Huth, Mike Griffin. Officers present: Lisa Olivet, Rob Fletcher

In preparation for the club election immediately following, the nominating committee had agreed to divide up conducting the meeting as follows: Steve Wingard will be the moderator, Jeff Huth will be the vote counter, and Mike Griffin will act as secretary for the proceedings.

David Wise presented a proposed summer budget to be published in the May newsletter and voted on seeking club approval on May 25. The finance committee reviewed it, and increased the publicity item by \$25.

The proposed **interim budget for operating expenses** as reviewed by the Board is presented in the attached.

[https://mcusercontent.com/12dc0f31cf0de42e0801b3e21/files/98d40b07-8650-4331-8e74-7fc5b332772e/20\\_21\\_TSSC\\_InterimBudget.xls.pdf](https://mcusercontent.com/12dc0f31cf0de42e0801b3e21/files/98d40b07-8650-4331-8e74-7fc5b332772e/20_21_TSSC_InterimBudget.xls.pdf)

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## ***Outdoor, Active Volunteer Opportunity***

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weekly Farm Stand for the season which runs through mid-October. Each week fresh produce (much of it grown locally at the Farm Hub in Hurley) and other food items are distributed outside People's Place.

Volunteers are needed each Tuesday from about 8:00 - 11 or 11:30 am to sort, pack and distribute food. There are roles that involve interacting with food recipient clients as well as jobs to be done supporting the "front line". As with every aspect of daily life these days the workflow and processes were adapted for the Farm Stand last year (mandatory masks, social distancing, volunteer temperature checks, pre-packing food bags) all designed to minimize close contact and maintain a safe environment for clients and volunteers.

If you are interested in getting involved with this worthwhile activity you should visit People's Place Volunteer page on the website (link follows) <http://www.peoplesplace.org> to complete an on-line application, or to download and print an application form which can be mailed or returned when you first volunteer.

Hope to see some of you at the Farm Stand beginning next week.

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## Trailsweepers Club Roster 2021/2022

(area codes 845 unless otherwise noted)

### Club Officers

President - Lisa Olivett 542-3945, [President@trailsweepers.org](mailto:President@trailsweepers.org)

Executive VP - Rob Fletcher 338-1537, [ExecVP@trailsweepers.org](mailto:ExecVP@trailsweepers.org)

Administrative VP - Dale Ziegenfelder 657-6312, [AdminVP@trailsweepers.org](mailto:AdminVP@trailsweepers.org)

Secretary - (OPEN POSITION), [Secretary@trailsweepers.org](mailto:Secretary@trailsweepers.org)

Treasurer - David Wise 255-1868, [Treasurer@trailsweepers.org](mailto:Treasurer@trailsweepers.org)

### Club Board Members (term expir.), [Board@trailsweepers.org](mailto:Board@trailsweepers.org)

Skip Alford (4/'23) 481-2898



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Jeff Huth (4/'22)	203-482-1954	
Kathie Quick (4/'23)	331-7358	
Steve Wingard (4/'22)	532-7459	

### Committee Chairs

Membership - Karen Spinozzi 338-0626, [Membership@trailsweepers.org](mailto:Membership@trailsweepers.org)

Programs - Rob Fletcher 338-1537

NJSSC Liaison - Jim Culla

Ski Racing - Jim Tomasetti 594-9044

Discount Lift Tickets - TBD

Kayaking - TBD

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](mailto:webmaster@trailsweepers.org)

### Social Events

After the Holidays - Karen Spinozzi 338-0626

Fall Kick-off - Janet Mihm 201-615-2806

Spring Banquet - Diana Ziegenfelder 657-6312, Jean Pavone 518-527-4670

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