



**Schenectady Wintersports Club**

**Northern New York Paddlers**

**Mohawk Valley Hiking Club**

**Newsletters**

**December 2023**

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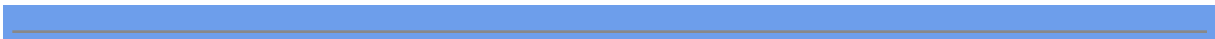
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- Dec 7 - 10 Early Season Clinic
- Feb 2 - 5 Wintersports Weekend
- Mar 4 North Creek Snow Train Festival
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# **The President's Column**

## **Advice from a Past President**

By Dorie Valenti

Never short yourself on sports equipment. A friend gave me this advice years ago. His advice came after telling him about a near-disastrous winter adventure in the Adirondacks. My three young boys - ages 8, 10, and 12 or thereabouts - and I decided to hike into Johns Brook Lodge, or was it the time we climbed Cascade? I can't remember being the old timer that I am now. I bought four pairs of cheap plastic snowshoes, and they would fall off with every step. We would post holes into the snow, stop, and put them back on, and with every step, they would fall off. I threw all four pairs out and bought four pairs of Tubbs.

Never short yourself on sports equipment. Buy the best you can afford. Enjoy the Winter.

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## **News From the Clubhouse**

### **Reservations**

We are ready to go for winter...!  
Any feedback on the Reservation system?

Send any comments to: [swcbookingstowe@gmail.com](mailto:swcbookingstowe@gmail.com)

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### **Lots of Work Accomplished at the Fall Work Party**

Submitted by Bill Kornrumpf

We had a great group of SWCers up for the Nov. Work Party Long Weekend. 15 members spent 3 days cleaning, demolishing things, repairing things, rebuilding walls that had been demolished. With all of that we took some time in the afternoon to get in some outdoor exercise (biking, hiking, pub crawling) since it looked like we would finish the main weekend task. We had the support of Chef Earl Lahna again with his great cooking. He kept us well fed for the 3

days and we all appreciated the help from Earl as it would take 3 of us to do the amount of cooking he does on these weekends.

The big project was to remove an unused furnace chimney on the north end of the building. It ran through bedrooms 12, 21, 22 & 31 to the roof where it had caused leaks around the flashing and subsequent water damage to room 21. We could have left the chimney where it was, but it took up space in those 4 bedrooms and could become an issue in the future.

The project entailed contacting for removal of all the bricks and construction debris. To avoid carrying countless bags of debris and way too many bricks downstairs, we obtained a debris chute to send everything directly to the trailer from the 3<sup>rd</sup> & 2<sup>nd</sup> floor fire escape doors. At the end of the day on Friday the chimney was completely removed, and work had started on repairing all the holes in the ceilings and floors. There were 5 teams working on the project almost all the weekend. By Sunday we had all the walls repaired but they still needed a final 1 or 2 coats of compound before the sheet rock could be primed and painted. The walls are all in good shape but do look like they still need work and a fresh coat of paint.

I think we all should be thankful that we have people like Martha & Kirby VanVleet, Steve Dudka, Walt Kangas, Earl Lahna, Lat & Phil Schmidt, Aline & Jim Flaherty, Jim Foely, Peter Dent, Jim Geiger, Cyd Geiger, Bob Tomlinson that step up when needed. If you see any of them, please thank them for their work on keeping the Clubhouse in tip-top shape.



Left: Room 12 with the chimney hidden by an enclosure.

Right: Chimney removed and walls & floor repaired



Left: Jim and Jim covering hole in room 31  
Right: Lat and Steve cleaning up room 22



Left: Peter & Kirby installing new Wi-Fi  
Right: Steve & Bob testing the debris chute

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## **Total Eclipse Weekend at Stowe**

by Ellen Bidell

This event is currently booked. Wait list options only. You may add your name to the waitlist by going to [swcweb.org](http://swcweb.org) > events > [solar eclipse@swc clubhouse](mailto:solar_eclipse@swc_clubhouse) > join waitlist.

On Monday, April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. The Burlington/Stowe area is in

the path of totality, which means for about 5 minutes in the early afternoon, the area will be in total darkness. The partial eclipse will last for several hours.

Skiing is still great in the area in early April, so put on your calendar to join us for the weekend as John and I host a Total Eclipse party at the SWC Clubhouse. May involve a bonfire, Blue Moon beer and some Bonnie Raitt, but will definitely be a good time!

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## **Ski Trips and Packages**

### **The Future**

By Rick Cobello

We are preparing for our trip to Telluride in January. The snow fall has started out west, hopefully, filling in by the time we arrive in January.

We have started preliminary planning for next year. I have a list of potential resorts for 2025. Your feedback is appreciated. In the next few weeks, you should see an email linking to a poll for potential trips. I don't coordinate the trips for myself....that would be much easier for me! The trips are for adventure seekers from our club.

Exploring ski centers around the world is a great way to see fantastic vistas and meet some great like minded people. Look for the email and please let us know if you have any questions.

**Enjoy the winter! Your comments are welcome**

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# Not To Miss

## The Snow Trains



### **WANTED: SWC VOLUNTEERS!!**

The 90th Anniversary of the Schenectady to North Creek Snow Train of March 4, 1934 is being celebrated this coming year.

A 90th Planning Committee has been meeting to organize a series of events to take place in the North Creek area.

We are looking for SWC volunteers to work on some recognition events here in Schenectady. After all, SWC was formed with promoting snow trains as one of the main goals 90 years ago....

**WOLF HOLLOW BREWING COMPANY** has offered to be a meeting place for the planned "90th Snow Train--Schenectady Committee."



We are going to make WHBC "The Place Snow Train and Ski Venture Skiers/Riders Meet."

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## **Review: 94th Annual Thanksgiving Day Breakfast**

Even before there was SWC there was Mohawk Valley Hiking Club. Inspired by Vince Schaefer and founded January 6, 1929, one of the club's objectives was to contribute to the preservation of the Christman Sanctuary. November 1929 saw the first Schaefer family hosted Thanksgiving Breakfast at the Sanctuary. Fast forward 94 years and Jim and Kim Schaefer continue the Thanksgiving morning tradition. The Sanctuary is a beautiful area with hiking trails, a lean to and the Bozenkill Falls. Beginning early in the am there was a constant flow of people hiking in and enjoying the community of others who appreciate the out of doors. The breakfast has now become a tradition for us, and a continuation of the Schaefer legacy.



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## **Good to Know**

### **Ski Council Discounts and Stickers**

Log in to the SWC website. On the Menu bar near the top of the Home page, click on the three bars next to the Directory, and select MEMBERS ONLY from the dropdown menu. Click the [Discount Sticker](#) button that will open the instructions for requesting your sticker(s).

This is done by mail, so please plan ahead and allow for time to receive your stickers. Also, if you are part of a family membership, check to make sure all



family members are listed in the membership; we send stickers based on the number in the family.

**FOR MORE INFORMATION ON DISCOUNTED SKI TICKETS SEE: [INSIGHTS FROM THE SWC ADMINS BELOW](#)**

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## **Whiteface Mountain 2023/24 Ski Club/Council Appreciation Days**

### **Memo from Whiteface:**

We want to show our appreciation to all of the Ski Councils and Ski Clubs and what better way to do that than by offering a great deal on a day (or more) on the slopes!!

December 7 and 8, 2023 (Thursday/Friday)

January 5, 2024 (Friday)

February 5, 2024 (Monday)

March 8, 2024 (Friday)

April 4 and 5, 2024 (Thursday/Friday)

Simply come to Whiteface on any of the dates listed above, show your Ski Council or Club ID as well as a photo ID and get a lift ticket for only \$59.

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## **Insights from the SWC Admins**

### **From the Membership Desk**

By Brenda Streed

One of the benefits of SWC membership is access to ski discounts offered through the Capital District Ski Council (CDSC). CDSC has updated their website with all currently available discounts at

<https://nycdsc.org/ski-council-days>.

**IMPORTANT:** You need to check the CDSC website for specific details related to the mountain you want to visit and take advantage of the discount offer. There are various terms and conditions, in addition to having the discount sticker! Examples: Some mountains want you to pre-purchase your tickets at least 48 hours in advance, date and time restrictions etc. You may need to click on links specific to the mountain in addition to visiting the CDSC web page.

**Question: How do you get the discount sticker to attach to the back of your membership card?**

**Answer:** You log in to the SWC website. On the Menu bar near the top of the Home page, click on the three bars next to the Directory, and select MEMBERS ONLY from the dropdown menu. Click the [Discount Sticker](#) button that will open the instructions for requesting your sticker(s).

This is done by mail, so please plan ahead and allow for time to receive your stickers. Also, if you are part of a family membership, check to make sure all family members are listed in the membership; we send stickers based on the number in the family.

**Question: How do I get my Membership Card?**

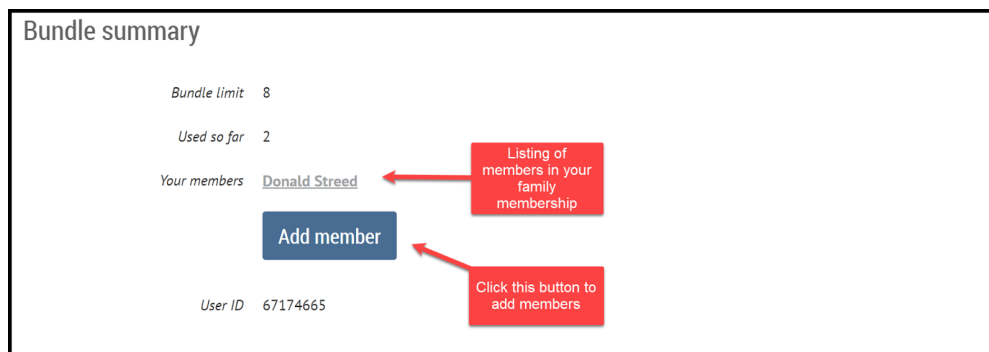
**Answer:** You log in to the SWC website, and go to your profile (the link is your name in the upper right hand corner on the Home page). In your profile, your membership details and a printable membership card are on your profile page. Print out the card on card stock.

**Question: How do I check the listing of family members in my membership?**

**Answer:** Ask the main Bundle coordinator for your family to log in to the SWC website. The coordinator is the person who usually receives the renewal invoice.

The coordinator clicks on their profile (the link is their name in the upper right hand corner on the Home page).

**DO NOT click the Edit Profile button. Scroll down the page to the Bundle summary section (example shown below), verify the family members, and if needed, add a member.**




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**Notice.. P.O. Box for the Club has changed**

We are in the process of changing over to a new PO Box that is closer to the location of our Membership Secretary who lives in Saratoga Wilton. The new address (below) is also published on the SWC website.

P.O. Box 2072  
Wilton, NY 12831

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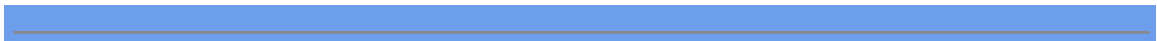
## A Little Bit of SWC History

By Bill Schaefer

Next March 4th, 2024 will be the 90th Anniversary of SWC's first charter of what is now known as the "Snow Train" to North Creek NY. This pioneering effort led to major developments in skiing and winter sports. The following historic images are pages from a history of the D&H Railroad, showing our arrival at the North Creek Train Depot.

After the train arrived in North Creek, school buses and trucks were hired to take skiers up the roads on the back side of Gore where logging roads became many of today's iconic trails. More about the old trails next month!







## The Northern New York Paddlers

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### The President's Column

By Ed Greiner

December. The trees have shed their leaves, our gardens gave their last bit of bounty over a month ago. Thanksgiving is behind us and the temperature jumps above and below freezing daily. It is a time to reflect on the year past and look forward to the next seasons.

It may also be a time to reduce our physical activity and stay inside to keep warm. Our bodies are programmed to slow down and build a layer of protective fat to take us through the winter. My body seems particularly good at this. We can fight it!

There is much good quality outdoor gear available, both locally and online. Hiking in 40 degrees Fahrenheit temperatures and a light drizzle is not uncomfortable if you have a rain suit and waterproof hiking shoes. On dry days, cycling is still an option down to freezing. You can get warm tights or shell pants, a wind proof jacket and booties that fit over your bike shoes. I even know some intrepid paddlers that ply the Mohawk River from time to time. It is pleasant being out on the water with no powerboat traffic. Just make sure you wear a well-fitting PFD.

If the weather keeps you inside. There are many things you can do to maintain your fitness. Yoga is an option which I have not tried yet. You can also set up equipment at home for your own gym. We like to do a circuit workout with the Total Gym, paddling machine and a bicycle on a wind trainer. We also incorporate free weights. Twenty minutes seems to be a good interval of time at each station. You can watch TV or a video while exercising to alleviate the boredom. I like to chase the peleton in the Tour de France while on the bike or follow Serge Corbin as I paddle. If you are fortunate to have a gym membership, the possibilities are boundless.

The bottom line is, we don't need to surrender to our evolutionary tendency to fatten up in winter. The hard part will be taking my own advice.



## Mohawk Valley Hiking Club

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### President's Column

By John Bidell

#### Time for a Hike

I came across a nice area sponsored by the Mohawk Hudson Land Conservancy located in Knox NY. This preserve is located about 10 miles from Thatcher park, so a full day of outdoor activities can be split between the two properties. The Nancy Winn Preserve is located on Street Road outside of Altamont NY. No, Don doesn't have any affiliation. The property has numerous trail loops with views out into the valley. There are 10 QR codes available at stops that link you to audio descriptions of the property. The land is mature hemlocks with quite a number of limestone fissures so watch your footing. The existing cabin which was constructed from a kit is to be donated to the Heldeberg Workshop, a children's summer program located in Voorheesville. Anyone interested in helping with the dismantling of the cabin please feel free to contact me as I am the lead on that project.

Well, since I started my day at Thatcher park with a short hike, and finished at the Winn Preserve, I need a beer and a snack. Jump back on 159 and head back to Altamont to the Farmhouse Tap and Tavern. Great food and of course draft beer. I think that gives you a great way to plan your outdoor adventure; remember, it is hunting season and red or pink, I prefer a hat, is highly recommended during the month of December.

[johnbidell@yahoo.com](mailto:johnbidell@yahoo.com)



## **SAVE THE DATES**

**December 7-10 2023** Early Season Ski and Snowboard Clinic

**February 2- 5 2024** SWC Wintersports Weekend at Rock and River Lodge

**March 4 2024** is the 90th Anniversary of the first Snow Train to North Creek, an SWC excursion that jump started modern skiing as we know it. Activities in North Creek are being planned around this date. More details to follow as they develop.

**April 8 2024** Hosted Weekend at the Clubhouse to experience the total solar eclipse.