

Fall 2020



UPPER CAPE SKI & SPORTS CLUB

# The Avalanche

# From the Summit

What a strange time this is. Wearing masks, distancing, and doing everything we can to ward off the virus.

I know several of our members are in education. Being married to an educator, and having spent several years on a local school board, I know the unbelievable challenges presented by returning to school this fall. I wish you all well, and our most positive energy is headed your way.



So, the theme of this *Avalanche* is "How I spent My Covid Vacation". You will read the accounts of several members as to what they've been doing during the last few months.

From a ski club standpoint, an effort was made to see if we could do some things outdoors that we could do within the coronavirus guidelines. To that end, Jo Kraemer and Bud Shaw hosted two kayak events. The first, July 9, was held in West Falmouth harbor attended by 18 yakkers. The second event, Sept. 12, was held on Mashpee/Wakeby ponds, attended by more than 20 paddlers. Thank you to Jo and Bud for finding a way to get together without getting together!

We also just got back from N. Woodstock NH on what was originally going to be attending the Highland Games. The Games got cancelled, but we went anyway. We did some awesome cycling, shopping, sightseeing, but the best part was the gathering time around the fire pit. It was so good to get together after all this time. And, of course, we wore masks and distanced. Thanks, Len and Jean Hills for organizing this great trip!

In the Howe household we watched a lot of Netflix and assembled many thousand jigsaw puzzle pieces, walked the dog, cycled, played pickleball, and the yard has never looked so good! We got our groceries delivered, and we got very limited take-out. We also read that for some reason a lot of people bought cars during this time of holing up. What's up with that? But sure enough, I caught the bug and bought a newer Suburban. Crazy, right?

The ski season is fast approaching, and that too will be like no other. Lift tickets will be limited, and by reservation only, with priority given to pass holders. Same with parking. And forget the lodge. Your car will be the lodge. Different. Also, we're reexamining Sugarloaf, Mt. Washington, and Park City. We'll keep you posted on developments to keep everybody safe. But 8 people huddled around a 6-foot table playing Uno probably won't happen, so we need to find safer ways to do accommodations.

Meanwhile, I hope you enjoy reading about peoples' experiences while staying safe. The ski club board continues to try to find ways to resume our monthly meetings, but so far we're still frustrated. We would entertain any suggestions. Similarly, if you have an idea for a club trip or outing that can be done safely, please let us know.

Until next time, stay safe, stay well, don't let your guard down, and don't forget to VOTE!!



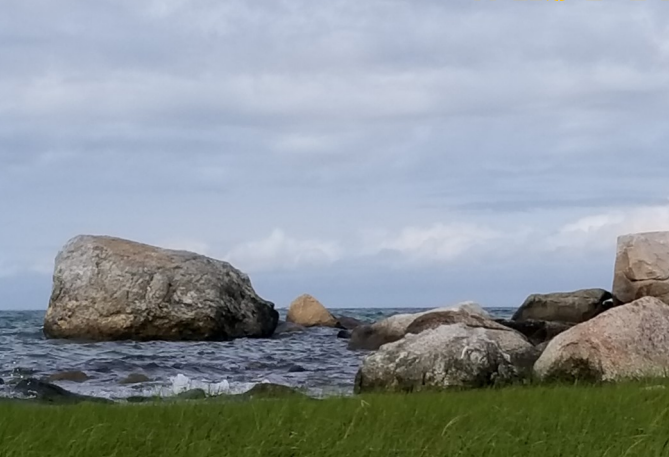
Rick Howe,  
President







# UPPER CAPE SKI & SPORTS CLUB KAYAK TRIP WEST FALMOUTH HARBOR





# Kraemer's Own Tabasco Sauce

BY JO KRAEMER

The coronavirus spring was quite an interesting time for all of us, wasn't it? We were afraid to go out anywhere where there were people—even to the grocery store in the beginning (and we're *still* very careful...). During the early months when we were all *really* hunkered in, we tried to find many different sorts of ways to keep busy at home. Here's one thing Tom and I did to pass through that unique time period: we made a batch of real, fermented, homemade Tabasco sauce, completely from scratch and from the beautiful heirloom Tabasco peppers we had grown the summer before. It was fun, and we got something neat from the process—a hot and very yummy sauce, *and* a special pride from what we did!



## A 3 - 4 MONTH COVID-19 PROJECT! MARCH - JUNE 2020



Tom getting ready!  
Boy is he ever...look at his apron!

First, we made our own "hooch" (yellow liquid on top) from a sourdough yeast starter we created 2 weeks before.



We used Heirloom Tabasco peppers that we grew last summer and froze. What gorgeous, brilliant peppers they are! We ground them up in a small processor (had to wear a mask for those *potent fumes!*).



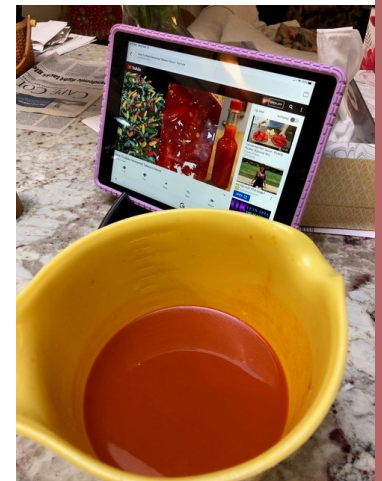
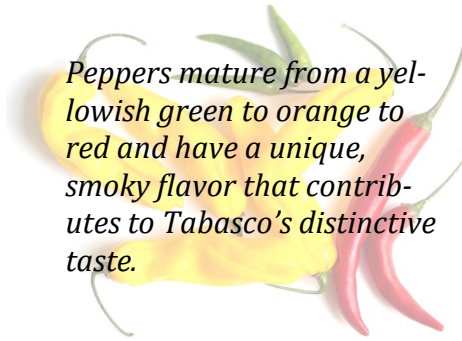


Next, we added salt and poured in the hooch. We covered the jar loosely and stirred it daily at room temp for 7-8 weeks.

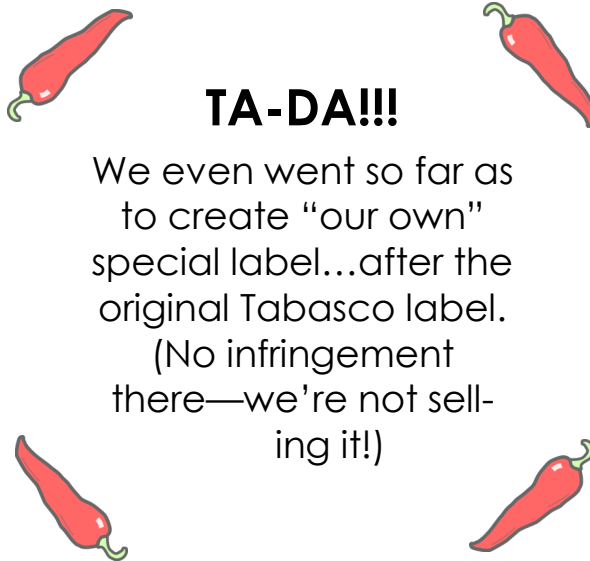


After that wonderful fermentation period, we strained the seeds.

*Peppers mature from a yellowish green to orange to red and have a unique, smoky flavor that contributes to Tabasco's distinctive taste.*



We added a very nice white vinegar to the Tabasco juice and minimally adjusted the flavors—and it's READY! Next we let it set in the fridge for a few more weeks to let the flavors meld a bit.



**TA-DA!!!**

We even went so far as to create "our own" special label...after the original Tabasco label. (No infringement there—we're not selling it!)





## Fun in the Adirondacks

by Linda Henderson

After a strange and stressful summer, Tom Spence and I got away to a small camp on Upper St. Regis Lake, near Saranac. We spent five days in the woods - canoeing, hiking and just relaxing.

Our original plans for a long Labor Day getaway were quashed by the pandemic. We had planned to go up to Highland Lodge in Greensboro, Vermont, but Barnstable County went into the yellow zone for travel to VT just as we were getting set to go. We had to cancel our reservations or get tested within 72 hours of travel and decided the risk was not worth it.



New York seemed more welcoming, so Tom went on a virtual hunt and found our camp, which was the smallest of a compound, on VRBO.

As a bonus, we were close to one of my best college friends and her husband who live on Lake George. On Sunday we welcomed them into our bubble and they pitched their tent in the yard. It was almost like normal times.

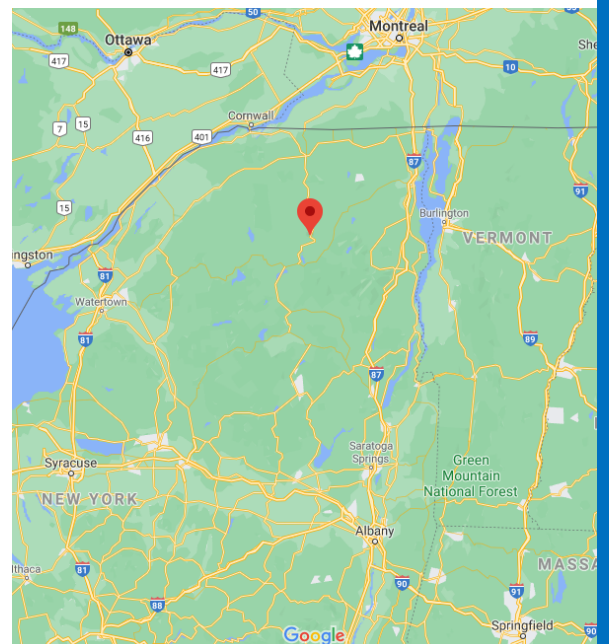
Because the wind came up every day, we only got out in the canoe on Thursday. But we had three fun (and easy) hikes in three quite different environments – marsh, high falls and woods.

With the possibility of a future club outing in mind, we also explored the area around Saranac, Lake Placid and Fish Creek Ponds. We think it would be a great place for a long weekend in the woods!

## About the Area...

"The 18,400-acre Saint Regis Canoe Area is the only designated Canoe Area in New York State. The number and proximity of lakes and ponds offer numerous remote and unconfined paddling opportunities in a wilderness setting. Saint Regis Mountain is a popular hike and the summit, with its signature fire tower, can be seen from most waters within the canoe area."

Find more info on this area [here!](#)





# Bucky Barlow's Boat Yard

by Linda Barlow-Palo

## 1950-2020

The Barlow children had the good fortune of growing up at a boat yard started by our father, Franklin Edward "Bucky" Barlow. It all started in 1950, when a friend asked Dad to build a boat for him. The friend lent Dad the money to buy some land, and a boat yard was born! Dad ended up building him a shoal-draft L. Francis Herreshoff-designed Meadowlark and, shortly after, the Golden Ball (Wooden Boat Magazine, Feb. 2018). Over the years, other boats were built or launched at the boat yard including a Damian McLaughlin built sail boat for renowned author Nathaniel Philbrick.

Another interesting fact about the boat yard involved its winch. Dad bought the winch from a Fairhaven boat yard. It was manufactured in 1932 and required two men to man the crank handles. Eventually, Dad added a motor; however, it was still very noisy. When it was replaced in 2012 by an electric winch, residents along the river thought we had gone out of business. The original winch now rests in our front yard in Cataumet.

*"The first Meadowlark was built by Bucky Barlow, circa 1949-50 for Bobby Gibbs of Pocasset who, a few years later, commissioned him to build Golden Ball."*

-James Caird, [The Wooden Boat Forum](#)



*Bucky Barlow's boat "The Fat One," a Crosby-built Gaff-rigged yawl.*

The boat yard weathered many hurricanes. Dad once marked a tidal surge of six feet in the boat house! In contrast, 1991's Hurricane Bob produced a tidal surge of three feet. Bob did a lot of damage and Dad decided that at age 75, he had had enough. He leased the yard out for about 13 years, and our family took over the business again in September 2006. Brenda, Rachel, and Buck ran the business until 2020 with the invaluable assistance of manager Scott Northrop.

Many of you have participated in kayaking and cook out events at the yard and know that it was a special place on the Pocasset river.



# KRAEMERS & HILLS



**@ MOOSEHEAD LAKE!**



# Traversing the Whites

by Tom Burt

Frequent readers of this newsletter might recall that I have a moderate to severe addiction to hiking, particularly in the White Mountains of New Hampshire. When the pandemic struck and we were all deprived of the many things we love to do, I found that solitude in the mountains remained an appealing and safe way to enjoy an adventure. The early days of the pandemic found me locked away like all of you; however, once it became relatively safe to travel, my attention was quickly drawn north.

Having completed all 48 summits in NH that are 4000 feet or higher last year, my goal for this summer was to cross off as many of the nineteen remaining 4000 footers in New England as possible—14 in Maine, and 5 in Vermont. Unfortunately, access to those states was not permitted to MA residents for much of the summer. This is where I introduce Jason—a friend and training buddy that has shown interest in completing the NH48 list. He had started working on his list last summer when we tackled the dreaded “Pemi Loop,” a notoriously challenging day hike that spans 30+ miles and includes over 10,000 feet of climbing. The Pemi Loop crosses 10 of the 48 peaks, so Jason had already made a sizeable dent in his list after just one hike. He and I decided to continue where we left off last year, and try to cross a few more off his list. Here’s how it went...

## **Kinsman Ridge (12.2 miles, 5338’ of climbing):**

The west side of Franconia Notch along Route 93 gets little attention compared to the much better known “Franconia Ridge,” which runs along the east side of the notch and is probably one of the most popular hikes in the entire USA. But if you want to avoid the crowds and still enjoy spectacular views of Franconia Notch, the Kinsman Ridge Trail is a great choice. Jason and I started out our summer hiking season here. It was still relatively early on in the pandemic, so we made it a day trip from the Cape. Like much of the White Mountains, the terrain is rugged, with little forgiveness for legs not yet adjusted to such abuse. Passing Lonesome Lake and its accompanying hut, we ascended North Kinsman then South Kinsman. Turning back north, we followed the ridge trail over what is known as the “Cannon Balls,” several very demanding (and annoying) bumps on our way to Cannon proper. The biggest of these “Cannon Balls” is visible from Route 93 on your approach to the notch, just south of Cannon Mountain. Ascending Cannon put the final touches on our quads, but also added a little chill to the bones with early season cool temperatures atop its observation tower. Descending steeply after five or so hours of hiking, we came upon an injured hiker who professed to have broken his leg. With the help of one other good samaritan, two out of the three of us took turns carrying the hiker down. Unfortunately for us, he was carrying a few (probably a hundred) COVID pounds too many. It made for a physically demanding yet rewarding end to an already great day.



## **The Sandwich Range (18.8 miles, 6155’ of climbing):**

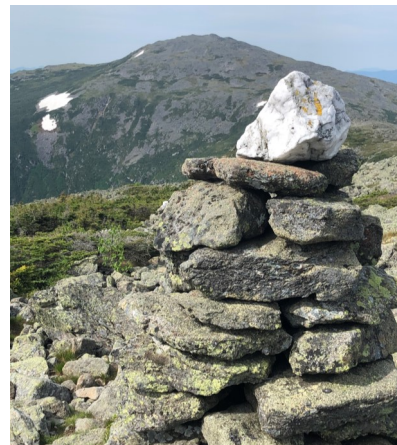
Nestled between Waterville Valley and the Kancamagus Highway is the Sandwich Range. Its more popular peaks include Passaconaway, Whiteface, the Sleepers, and the Tripyramids. Our goal was to ascend Passaconaway and Whiteface (both 4000 footers), traverse and bag the two Sleepers (not 4000 footers), then ascend the three Tripyramids, two of which are 4000 footers. Seven summits in all. The challenge here is that the start and end of the hike are not in the same place, requiring a way to get back to your car after finishing the hike. Some choose to bring two cars, leaving one at each lot (aka “car spotting”). Instead, Jason and I opted to hide our bikes in the woods and use those to get back to my truck. The peaks on this hike, while



rewarding in their own way, offer little views with the exception of Whiteface. Still, the hikes are enjoyable and worthwhile. While the earlier Cannon/Kinsman hike left us hobbling around our houses for days, the Sandwich Range was a fair bit more forgiving despite its longer distance and more ascent (it didn't hurt that we were starting to "find our legs"). As an extra treat, we were greeted by a moose along the Kancamagus on our way out.

### **The Presidential Traverse (21.9 miles, 9154' of climbing):**

In normal years, a Presidential Traverse is a beautiful multi-day hike utilizing the Appalachian Mountain Club huts atop the ridge. However, the huts were closed this summer. Alas, another one-day "death march" is born! This very well known traverse ascends all the peaks in the Presidential Range (plus a couple bonus peaks for over-achievers): Madison, Adams, Jefferson, Clay, Washington, Monroe, Franklin, Eisenhower, Pierce, and Jackson. Words cannot describe the beauty that is to be seen from anywhere along this ridge. That is, if you can look up from the monotonous rock scrambles long enough to enjoy the views! However, one can't delay too much if making this a one-day hike. In order to finish in time, we did a fair bit of trail running, primarily on the downhill after Mount Washington (it's all downhill from there, right?). The hike took just over nine hours, plus some breaks (including a snowball fight, mid-summer). However, upon finishing, our day was not yet over! We were still a long ways from the truck. Being a traverse, this hike requires a car spot; however, we ended up doing another bike spot and had ditched our bikes in the woods at Crawford Notch shortly after 4am that morning. On tired legs, Jason and I mounted our two-wheeled steeds and biked the seventeen miles (and 1400 more feet of elevation gain!) over Jefferson Notch to get back to our car. And yet another moose sighting made the day even more special!



### **Wildcat/Carters/Moriah Traverse (19.2 miles, 7448' of climbing):**

A much lesser known traverse than the Presidential, the Wildcat/Carters/Moriah traverse can still be brutally challenging. Its biggest obstacle is descending and re-ascending Carter Notch. This notch lies just to the north of Wildcat and is steep enough that it's easily recognized from many miles away. Like other traverses, this one is a one-way adventure. Jason and I decided to get the bike portion out of the



way before the hike this time, so our day started in Gorham, NH with a 10-mile, 1300' uphill ride up Route 16 to the top of Pinkham Notch. From there, the hike started up Wildcat in the woods on the south side of the ski area. It's a tough but captivating climb with a variety of interesting rock slabs and cliffs. After traversing the Wildcat ridge (technically, there are five "Wildcat" peaks—A through E), we start the 0.8-mile, 1200' drop into Carter Notch. After bottoming out, it's a 1500' ascent back up the other side, in about another 0.8 miles. If your legs haven't fallen off by the top, the rest of this traverse is pretty mild. However, it was a very hot and humid day, and the accumulation of efforts over the summer were starting to get the best of me. It turned out to be my most challenging hike of the season.

### **Bonus hike—A single-day Hut Traverse!:**

Even I draw the line somewhere, and when Jason proposed this as a single day effort, I knew it was beyond my current ability. The hut traverse is a little-known feat that involves traversing a significant portion of the White Mountains, and touching each of the eight AMC huts along the way. It's about 54 miles of hiking and 17,500 feet of climbing, all in less than 24 hours. While I wasn't able (or willing?) to take on the challenge, I agreed to be a Sherpa and hike as much as I could in support and to help resupply him. Our friend Lee joined us as well. We started the hike to Carter Notch Hut at midnight and made our way under headlamp for the dark hours of the night/morning. Jason then ventured through the Presidential range on his own while Lee and I tried to nap, while also watching a satellite tracker that provided us with Jason's real-time location. We rejoined him for Mount Pierce and hut #4—Mitzpah Spring Hut. By noon, he was on the south side of Crawford Notch and headed for the Pemigewasset



Wilderness. I climbed up and met Jason at hut #6—Galehead hut (38 miles in for him)—and stayed with him for the remainder of the hike. Shortly after meeting up with him, we had to don our headlamps once again, making our way up the daunting Mount Lafayette under the stars. A late night finish at Lonesome Lake Hut resulted in a total hiking time of 22 hours for Jason! In that time, I myself ended up with 33 miles and 12,700 feet of climbing in a single day. It's a day I'll remember for the rest of my life.



Planning and executing these adventures (plus a couple other hiking weekends not mentioned above!) certainly captured my attention and provided a much needed distraction from the stress of the pandemic. Also, I can honestly say we were as careful as possible for all our trips, wearing masks on the trails when others were present, and camping out instead of staying at hotels. After completing all these hikes, Jason has now completed 35 of his 48 peaks, and I have now duplicated 33 of the 48. We hope to coordinate our remaining summits so that he completes his first 48 as I complete my second round of 48.

## What is EuroVelo?

by Michael Finegold

**IMAGINE** if you could start riding your bicycle by the Atlantic Ocean and go all the way to the other side of the Continent. You would do this with minimum traffic, mostly on paved bike paths or low traffic automotive roads, with accommodations along the way that have washer/dryers, bike repair facilities and cater to riders. Well you can, you just can't do it in the U.S., yet. You need to go to Europe. Europe is building 16 bicycle highways, the shortest of which is 650 miles long and the longest will be 6930 miles. In total it will be 55,923 miles long and as of November, 2019 there are already 27,962 miles completed. These 16 routes will run east, west, north and south and all manage to cross each other at some point. The route that most interests me is EV6. It starts in western France and passes through Switzerland, Germany, Austria, Slovakia, Hungary, Serbia and Romania. A total of 2,770 miles. Some of you have already done small parts of this route if you were on either the Loire River trip in 2014 or the Danube trip in 2017. But then there is EV8, it passes through 12 countries and chalks up 4,700 miles in the process. It's more of a Mediterranean and Adriatic sea route and flows through Spain, France, [Monaco](#), Italy, [Slovenia](#), [Croatia](#), [Bosnia and Herzegovina](#), [Montenegro](#), [Albania](#), Greece, [Turkey](#), [Cyprus](#).

*"Europe is building 16 bicycle highways, the shortest of which is 650 miles long and the longest will be 6930 miles."*



You don't have to stick to one route either. You can drop off of your route and join another along the way. Kind of like customizing your own travel. I was hoping to do one of these routes or at least a portion of one this coming summer (2021) and might even be looking for someone to join me. Isn't that what retirement is all about? The chance to do something that you could not do while you were in the working world. Some camping might be on the docket but mostly I would utilize BnB's whenever I could. Interested? I'm thinking 3 to 6 weeks in the saddle exploring at a leisurely pace. Message me at [mfskier@comcast.net](mailto:mfskier@comcast.net). We can work out the details together.

Want to find out more about Eurovelo? Click here <https://en.wikipedia.org/wiki/EuroVelo> or <https://en.eurovelo.com>. At the Eurovelo.com site there is an interactive map where you can see the route more closely.



-photo credit EuroVelo Flickr





## NORTH COUNTRY & HIGHLAND NO-GAMES!











## Who we are...

The Upper Cape Ski & Sports Club is a group of outdoor enthusiasts that love to enjoy a variety of activities with friends. We're a casual and social group, never particularly serious about anything. Skiing and Snowboarding is our primary interest, although we do throw in other activities such as biking, kayaking, traveling, bowling, and more. Our goal is to provide fun and affordable activities that folks of all ages and abilities can enjoy. Families are always welcome, as are non-members.

## Contact Us?

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