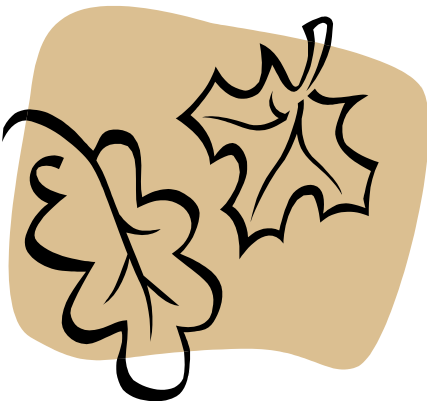


The Avalanche

UPPER CAPE SKI & SPORTS CLUB

Our season is almost upon us. Yes, at the Upper Cape Ski & Sports Club we participate in a broad spectrum of outdoor activities. Our motto is, after all, "Year 'Round Outdoor Fun." We kayak; we cycle; we participate in civic activities; we play pickleball; we travel; but above all else, and our reason for being: WE SKI. Resorts are beginning to open. The race is on between Killington and Sunday River to be first in the East. They're skiing out west. And we'll all be skiing soon. Visit the club website to see details on the trips to Omni Mt. Washington/Bretton Woods, Sugarloaf, and Jay Peak that we're offering this season.

Travel was epic this year. We sent two trips to the Greek Isles, and we cycled from Amsterdam to Bruges, Belgium. The Greek trips were not perfect. There was some bad weather, some bad luck, and some covid. But the Amsterdam trip was awesome. Thanks as always to Michael Finegold for arranging and running these spectacular trips. There are two European trips so far planned for 2024. Check the website for details.



We had a great season of SNOs (Steamer's Nights Out). We gathered at historic Aptuxet Trading Post on the Cape Cod Canal. We arranged for Upper Cape Ski Club Night at the Cape Cod Baseball League Bourne Braves. The National Anthem was sung by the Upper Cape Ski Club Glee Club, assembled for the occasion, and led by Camille Morgan. We met at Cape Cod Coffee, Off the Grid, The Bog Tavern, and finished with a beautiful sunset at the Seacrest Resort. They were all attended by 30 or more people. Even a little rain at a couple of venues couldn't dampen our hardy spirits. We did have to cancel a few things due to weather, specifically a kayak trip,

The Poker Ride, and one of the pickleball sessions. All on Saturdays of course. Cursed.

Our monthly meetings have gotten off to a rousing start. We've met at the Sportsmens Club twice so far this Fall, and our famous Holiday Swap Party is coming up soon. That's always sold out, so register now. The food is a bit of an upgrade from our usual monthly fare, and we'll have lots of fun activities, highlighted by the swap. In January we'll be entertained by Wiz Hathon, aided by her trip-mates on Greece #2. Wiz will be showing her slides from that trip. I've seen many photos from that trip, and Wiz's presentation will be a real treat. At our February meeting we'll have an update from the Friends of the Bourne Rail Trail. Our club has been very supportive of this project, which will connect the Shining Sea Bikeway in Falmouth with the Cape Cod Canal trail. Several members of the ski club serve on the FBRT board, and their president, Ken Cheitlin, will provide the update. In March we'll get to view a video being produced by Michael Finegold.



Happy Holidays everyone! Be joyful. Be safe. Until next time...Think Snow!

Rick Howe, President

From the Summit

Fall
2023

PHILANTHROPY

"I have found that among its other benefits, giving liberates the soul of the giver."

—Maya Angelou

The Upper Cape Ski Club, on behalf of its members, has made a donation to the [Maine Community Foundation](#) to help those impacted by the tragic shooting in Lewiston—a community very close to our hearts.

On behalf of the Bourne and Falmouth Food Pantries, thank you to all that participated in November's collection. In total, we collected about 100 pounds of Food and \$515 in cash that will be split between the 2 organizations.





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UPCOMING...

ANNUAL HOLIDAY SOCIAL MEETING

December 7—6:30p—9:00p

It's our annual Yankee Swap! Please bring a wrapped gift valued around \$20 to exchange. Be creative! No re-gifting of things nobody else wants! Wear your favorite ugly sweater! We may also have a holiday sing along if there is enough time. Registration is mandatory for everyone. Please register no later than December 3rd.



FALMOUTH HOLIDAY PARADE

December 3—10:30a—4:00p

The club will once again march in the Falmouth Holiday Parade! This is always a fun event, and all are invited. We need marchers as well as volunteers to help design/build our float. This is the biggest parade in Southeast Massachusetts. Dress warm, bring your skis or snowboard, or paddleball racket or even some other sports equipment.

SKI PICK-UP

December 7—6:30p—9:00p

If you brought your skis to the Nov. 2 meeting to be tuned up by Sportworks, they will be returned to you at the Dec. 7 meeting. Even if you don't plan to attend the meeting, please come get your skis anyway. Reach out for alternate arrangements.





STEAMER'S CAFE

I'm sure it comes as no surprise that we have a lot of great cooks in the club. To showcase some members' favorite recipes, we're starting a new feature in the Avalanche: **Steamer's Café**. Please send us your favorite recipe (preferably with a photo of the finished product) to be inserted in the Avalanche. Send them to thomas.burt@comcast.net.

DIY Stuffing By Tom Burt

I get asked every Thanksgiving to make this stuffing. Sometimes Christmas too. And New Year. Or any excuse we can think of to eat homemade stuffing. It's pretty okay stuffing, is what I'm getting at. It's easily adapted, and it's fun to play around with some variety to see what you prefer. I actually make my own bread first (I really like [this recipe](#)) and use that to make the cubes/crums for the stuffing. Sourdough is another favorite.

Ingredients:

- 5-6 cups bread cubes/crums, then left out at least 24 hours to get stale
- 1 pound ground sausage (experiment with favorite varieties)
- 1 cup chopped onion
- 3/4 cup chopped celery
- 5 tsp fresh sage (cut quantities in half if using dried)
- 3 tsp fresh rosemary
- 1 tsp fresh thyme
- 1 Granny Smith apple, cored and chopped
- 1 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1.5 cups turkey stock (adjust for desired texture)
- 4 tablespoons butter, melted
- 1 egg



Cook sausage and onion in a skillet, then add celery, sage, rosemary, and thyme and continue cooking a few minutes to blend the flavors (I am pretty heavy-handed with the herbs and usually end up adding a fair bit more than what is listed above). Place stale bread cubes into a large bowl and stir in cooked sausage mixture. Add chopped apple, dried cranberries, and parsley. Mix in melted butter, egg (to help bind), and turkey stock (adjust stock quantity as necessary). Place in a greased pan and bake at 350 for about 45 minutes, stirring occasionally.

Trips!



Bretton Woods

Omni Mount Washington & Bretton Woods Ski Package

- January 17—19, 2024
- 2 nights lodging
- \$309 per person
- Lift tickets @ \$39/day

This has become a favorite post-holiday getaway for people looking for a bit of pampering, some of the most predictable and reliable skiing in New England, and the unique and wonderfully historic Mt. Washington Hotel. There is an opportunity to add Tuesday at the club price. If you've not been to the Hotel you owe it to yourself to experience the gorgeous location, fabulous views, and the historic Grand Hotel feel of the place. Bretton Woods can be relied on to have excellent snowmaking and grooming. It is a great place to get feeling good about your skiing and is a great tune-up for Sugarloaf!



Sugarloaf Maine Ski Package

- February 4—9, 2024
- 5 nights lodging (condos)
- 5 day lift ticket
- \$620 (Condo only is \$350)

I was loafing around and started to think of types of loafs. There's meatloaf, salmon loaf, ham loaf, bread loafs and then I remembered Sugarloaf. I don't need my loafers there. But I can sure use my downhill skis there. I've even seen cross country skis and snowboards there. If you would like to ski and loaf at Sugarloaf, then re-up your club membership and sign up for Sugarloaf NOW. Only \$124 a day for both lodging and a lift ticket! Unbelievable! Your loafin' leader is Camille Morgan.



Jay Peak Ski Package

- March 3—8, 2024
- 5 nights lodging (condos)
- 5 day lift ticket
- \$599 per person

Jay Peak is a four-season resort in Northern Vermont, close to Canada and Burlington, and far from anything resembling ordinary. Featuring a year-round indoor waterpark, ice arena, rec center (with climbing walls, obstacle courses, arcades and a movie theater), championship golf course, easygoing disc golf course, and, of course, the East's best skiing and snowboarding, Jay offers a mountain getaway for everyone. March is a great month to ski Jay! Sign up on the website today!



NATIONAL PARKS TOUR OF CROATIA

April 26, 2024—May 3, 2024 | 8 days | \$2450—\$2750

On this bike and boat tour in Croatia, you will experience a country full of beautiful, pristine coasts with thousands of islands, reefs, and bays. Numerous Roman ruins, charming hills, and breathtaking beauty await you here. If you have always desired to cycle in Croatia but have worried about the mountainous terrain, you need worry no longer. You can bike Croatia and will conquer the hills almost effortlessly on this electric bike and boat tour. You will not be denied the breathtaking views that these mountain climbs provide. Come bike in Croatia, the land of a thousand islands!

Sold Out!
Waitlist Only!

France | Luxembourg | Germany

Bike & Boat



This bike and boat tour in Germany, France, and Luxembourg highlights the heart of Europe following the path of the Mosel River through the land of the ancients. Vineyards climb the mountains and medieval castles and fortresses dot the landscape. Villages are quaint, cities abound in history, art, and architecture, and cycling is sheer magic. Enchanting old cities like Cochem and Bernkastel enrich the experience and of course, it goes without saying that you can taste the local wine as often as you like.

- August 18—25, 2024
- Includes 7 breakfasts, 6 packed lunches, & 6 three-course dinners
- Includes standard bike, e-bikes available for a small additional charge
- Prices vary based on cabin, starting @ \$2599pp



Contact Michael Finegold at 774-392-2567 or mfskier@comcast.net



KATAHDIN

By Tom Burt

Katahdin is legendary.

The Penobscots gave it its name, which means “The Greatest Mountain.” But they also feared an evil spirit that resided there. They did not climb the mountain for fear of death or being eaten by the spirit. For generations, the Penobscots have lived in its foothills, living off the land and taking advantage of the resources offered.¹

For the hiking community, Katahdin’s summit—evil spirit or not— is an oft dreamt of place. Hikers from all over the world spend months dreaming of Katahdin’s summit, for Katahdin is the northern terminus of the Appalachian Trail. It marks the end of a months-long, 2,190-mile walk from Springer mountain in Georgia. Visit Katahdin on virtually any day from July through September, and you’re likely to encounter a hiker that has just completed a life-altering journey.

My journey to Katahdin took a different route. For me, it was the end of a years-long effort to hike all of the peaks in New England that are 4000 feet or higher. A couple years ago, I unabashedly monopolized this newsletter space to tell of my finishing all the 4000 footers in New Hampshire. Since then, I’ve been bagging the remaining peaks in Vermont and Maine. I intentionally saved “The Greatest Mountain” for the end. Katahdin and its neighboring two peaks would mark numbers 65, 66, and 67 on my list.



It took about a year to plan the trip. Baxter State Park, where Katahdin is located, has very strict limits on the number of attendees allowed in the park at any given time. Getting reservations —required to hike Katahdin or camp within the park— are like trying to buy Taylor Swift tickets. They need to be made four months in advance, and you need to be online and waiting early in the morning the day the site opens. Knowing this, my hiking buddy RJ successfully booked us for three nights of camping in late June of this year.

¹ [A History of Katahdin](#), Appalachian Mountain Club, 12/18/2019.

(Katahdin, continued...)

Camping in Baxter State Park is an interesting experience. It's car-camping, but many of the sites are "walk-in," meaning you have to carry all your gear some distance to the site. There is no running water or other amenities (other than vault toilets) and it is squarely in bear country. Each morning and evening, we would carry all our food and other "smellables" back and forth from a car or bear box where they could be safely stowed. When you're tent camping in bear country, there's a real incentive to keeping your site as clean as possible.

Baxter State Park was created in 1931, following a generous donation by then-Governor Percival P. Baxter. As governor, he had tried to officially acquire the land for (and by) the State of Maine using state funds. However, he ran into difficulty and ultimately used his personal wealth to purchase the land over the course of 32 years. It eventually added up to 209,644 acres. He further left a trust of \$7M for the purpose of maintaining the park with no need for taxpayer funding. Baxter is a unique park in that it is governed by a separate authority and has very strict conditions for its use, as established in a Deeds of Trust. Visitors are often frustrated by the limitations placed upon them, but it's what makes Baxter unique. As stated by Governor Baxter, the park "...shall forever be kept and remain in the natural wild state."²

We awoke early on a Friday morning, retrieved our food and supplies, and had a quick breakfast. Oatmeal and AeroPress coffee means using only one pot, which doesn't even need to be cleaned after. We packed our hiking gear and got right to it. The first several miles would be along the Helon Taylor Trail—mostly in the trees with a pretty steady effort averaging about 1,000 feet of elevation gain for each mile. We emerged from the treeline just below Pamola Peak ("Pamola" is the name given to the evil spirit by the Penobscots). From there, we got our first glimpse at the famed "Knife Edge" trail—our route to the top.



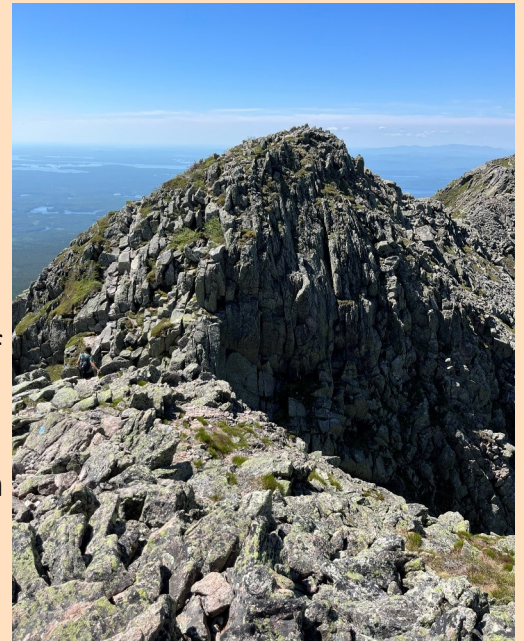
² [History](#), Baxter State Park

(Katahdin, continued...)

“*The mountain seemed a vast aggregation of loose rocks, as if some time it had rained rocks, and they lay as they fell on the mountain sides, nowhere fairly at rest, but leaning on each other, all rocking stones, with cavities between, but scarcely any soil or smoother shelf. They were the raw materials of a planet dropped from an unseen quarry, which the vast chemistry of nature would anon work up, or work down, into the smiling and verdant plains and valleys of earth. This was an undone extremity of the globe; as in lignite we see coal in the process of formation.* -Henry David Thoreau, Katahdin, 1848”

Knife Edge is a 1-mile section of “trail” that has gained a reputation for being one of the more treacherous routes you’ll ever encounter. It has resulted in a fair number of deaths over the years, thanks to it being a very narrow ridge, with steep 2,000-foot drops on both sides. Hiking it is a slow scramble over uneven rocks with hikers going in opposite directions trying to squeeze by each other. There is nothing else like it in all of New England, so I had always hoped to take that route, weather permitting. Knife Edge certainly did not disappoint. It took an hour to traverse the ridge, knees wobbling and heart rate soaring. At times, the ridge was only as wide as my two feet. There was no room for error.

Knife Edge delivered us right to the summit of Katahdin. We had made it! The weather was absolutely perfect, and we took a few minutes to enjoy seemingly endless views in all directions. Being June though, it was prime bug season, so we didn’t linger long out of fear of being carried off by some of the largest winged insects I’ve ever seen. From the summit, it was off to Hamlin Peak—a separate peak that is part of the larger Katahdin massif. We refilled our water from a crystal clear spring bubbling out of the top of the rock, and started the long descent back to camp. Our route had taken us on a big 10.5-mile loop with 4,600 feet of vertical gain, taking a total of 9 hours. Pound for pound, this was one of the hardest hikes I have done in all my years of hiking.



The next morning we got a very early start. There were thunderstorms headed our way, lasting through the day and into the next. Reluctantly, we had decided to cut our camping trip



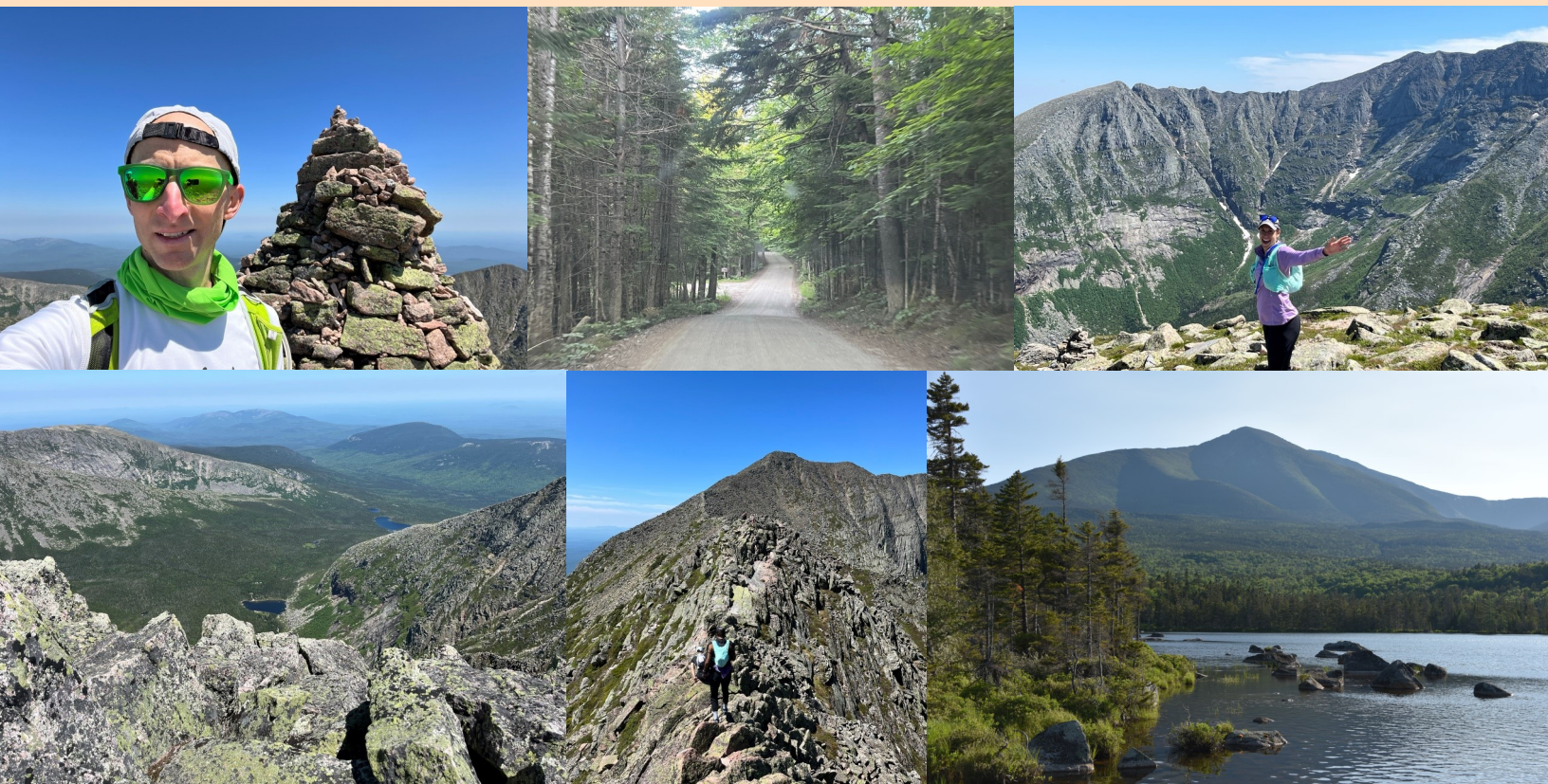
short due to the storms. Before we could head home, there was one more mountain I needed to complete my list—North Brother. North Brother also resides within Baxter State Park, but it involves a one-hour drive on dirt roads to get there. We needed to make the drive and also finish a 8.5-mile hike before the storms arrived around noon. North Brother tops out at 4,151 feet with 3,100 feet of vertical gain to get there. Thankfully, most of the hike is in the protection of the trees, with only the upper

(Katahdin, continued...)

most quarter mile exposed above treeline. It was a much easier hike than Katahdin the day before, so we made quick work of the ascent. At the top, we paused briefly to celebrate finishing all of New England's highest peaks before being murdered by an assortment of flying creatures. We were right up against our time limit, so we made a rapid descent off the exposed summit for the safety of the trees. It was a rough 400-mile drive home that afternoon.

Completing all of New England's 67 highest peaks was a bittersweet moment. I was proud to have accomplished the feat, and was thrilled to have finished at Baxter. But it meant the end of another chapter. I will undoubtedly return to the Baxter State Park and to Katahdin, preferably without all the drama of the reservation system. It is a huge park, with lots to explore and enjoy (even without climbing Katahdin). I highly recommend making a point of going at some point.

“From this elevation, just on the skirts of the clouds, we could overlook the country, west and south, for a hundred miles. There it was, the State of Maine, which we had seen on the map, but not much like that,—immeasurable forest for the sun to shine on, that eastern stuff we hear of in Massachusetts. No clearing, no house. It did not look as if a solitary traveler had cut so much as a walking-stick there...It is a country full of evergreen trees, of mossy silver birches and watery maples, the ground dotted with insipid small, red berries, and strewn with damp and moss-grown rocks,—a country diversified with innumerable lakes and rapid streams, peopled with trout and various species of leucisci, with salmon, shad, and pickerel, and other fishes; the forest resounding at rare intervals with the note of the chickadee, the blue jay, and the woodpecker, the scream of the fish hawk and the eagle, the laugh of the loon, and the whistle of ducks along the solitary streams; at night, with the hooting of owls and howling of wolves; in summer, swarming with myriads of black flies and mosquitoes, more formidable than wolves to the white man. Such is the home of the moose, the bear, the caribou, the wolf, the beaver, and the Indian. - Henry David Thoreau, *Ktaadn*, 1848”



Business as Usual...

At our November 2 meeting, our current slate of officers were re-elected for another term. Those officers are:

President: Rick Howe
Vice President: Scott Northrop
Treasurer: Len Hills
Secretary: Linda Barlow-Palo

In addition, we adopted several minor changes to our by-laws, particularly as they relate to the name of our Board of Directors. Those changes will be reflected on our website.

Possible trips?

We're always looking for new ideas for great trips. Even better, we need trip leaders to make those trips happen! Have a idea for a great trip and a willingness to help plan it? If so, reach out. Here are a few that have crossed our minds:

- Western Mass Getaway—whitewater rafting, ziplining, biking
- White Mountain Weekend—biking, hiking, camping, s'mores on the fire!
- The Downeaster—a tour of Downeast Maine
- Montreal to Vancouver Train Expedition!

What cool ideas can you come up with? Let us know!



Sportworks

116 Tremont St, Duxbury, MA
www.sportworksduxbury.com

Steamer-tested, Steamer-approved!

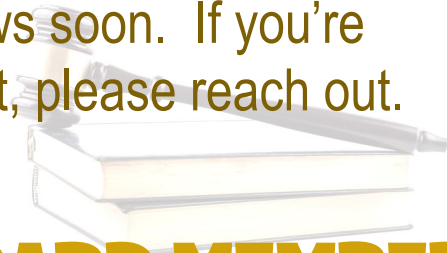
He would give it two thumbs up, if only he had thumbs...



The Fine Print...

BY-LAWS:

Our current by-laws are available [here](#). We hope to do a full review and refresh of the by-laws soon. If you're interested in being a part of this effort, please reach out.



BOARD MEMBERS:

Our current board members are elected to 1, 2, or 3-year terms, in order to stagger terms. This will allow for greater opportunity for other club members to participate. If you are interested in serving on the Board of Directors, please contact President Rick.

DEPOSIT/REFUND POLICY:

Deposits help ensure that a space is reserved for our members. These deposits apply to bus trips, weekend trips, week-long trips and more. Late cancellations are not entitled to a refund, nor is the club responsible for finding a replacement for you. You must find your own replacement, although we will endeavor to help you whenever possible. Deposits are further subject to the conditions imposed upon us by our suppliers, agents or other providers. We make every effort to refund as much money as possible but cannot guarantee that we will be able to do so. Inquire of your trip leader for specific information regarding your particular trip. The club recommends that you consider trip insurance whenever possible.

About Us



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?

By Mail:

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PO Box 3149
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By Phone:

Tom Burt
508-566-0095

By Web:

www.uppercapeskiclub.com



President:

Rick Howe

Vice President:

Scott Northrop

Treasurer:

Leonard Hills

Secretary:

Linda Barlow-Palo

Website:

Michael Finegold

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