



Slopes & Trails

May 2007 www.buckridgeskiclub.org

From the President...

Greetings!

Our ski season has again come and gone. It was a mixed year weather-wise but fortune favored Buck Ridge trips. The report is that Alyeska was a great success after a rough start. Many thanks to Sally Lewis and Dan Aronson for all their work to ensure that success. We also thank Glenn Weisel for his tireless stewardship of the popular Jay Peak tip and being the go-to person for Sugarloaf. He's already planning next year. We really appreciate the willingness of Keith Richards, Mel Stiles, Dan Aronson and Lev Barinov to lead group trips to the lodge. Remember the lodge is a wonderful resource for our members year round.

The April Meeting was lots of fun. Dan Jones arranged for Lisa and John Harvey to come and give a presentation on a Philadelphia Canoe Club trip to Ecuador. It was thrilling to watch the kayakers maneuver the rapids. The scenery was breathtaking and shots of the locals, colorful birds and flora were wonderful. We even signed up a few new members. The May Meeting (May 20) will offer a wrap-up of the year with lots of pictures and videos of the Jay and Alyeska trips and a wine and cheese spread to sample. Be sure to come join us to toast the end of another ski season.

Jack Schmader, President

UPCOMING MEETINGS

May 2: Last regular club meeting for the season. Installment of new officers—Mel Stiles as president, Dave Singer vice president, Pat Beccia continuing as secretary, and Terri Walklett treasurer. Don't miss the program: a ski season wrap-up with pictures from some of the clubs' trips during the year.

May 9: Annual Woodbridge Lodge Meeting, Springfield Masonic Hall (usual meeting place), 7–10 pm

NEW MEMBERS

Welcome the following new members:

Russell and Martha Ferretti

6 Country Lane

Hamilton, NJ 08690

email: Ferretti@MNR.org

sponsors: Sydney Rust, Judy Sheffer

David & Patricia Stern

345 Farwood Rd.

Haddonfield, NJ 08033

email: WALKGC@verizon.net

sponsors: Mel Stiles, David Singer



The deadline for articles for the Slopes and Trails is the 15th of the month. Send submissions to:

Michael Fernandez
 1118 Kings Highway
 Swedesboro, NJ 08085
 Phone: 856-467-5189
 Email: amf72@verizon.net

If you would like a copy of the monthly newsletter, please contact Bill Raney at 610-293-9571 to be placed on the mailing list, or check the web site.

OFFICERS OF THE BUCK RIDGE SKI CLUB

President	Jack Schmader	610-527-3969
	E-mail	
Vice-President	Larry Hardin	610-869-9654
Secretary	Pat Beccia	610-664-9506
Treasurer	Terri Walklett	610-876-1728

COMMITTEE CHAIRS

Activities Chair	Marge Tarte	610-874-3162
Biking Chair	Marvelene Richards	610-566-9563
Canoe Chair	Dan Jones	856-429-1585
Hiking Chair	George Wiedersum	610-358-5891
Lodge Chair	Mel Stiles	856-478-4621
Program Chair	Kay Schmader	610-527-3969
Ski Chair	Dan Aronson	215-643-7252
Ski Co-Chair	Rudy Pittelli	610-363-7093

WOODBIDGE LODGE

Permanent Reservation Chair

Joan Strachota 610-872-6459
 jstrachota@comcast.net

Lodge Telephone Number 802-464-6591

Only if you have been repeatedly unsuccessful contacting the reservation chair for a key may you call the following people:
 Judie Sheffer 610-461-1848
 Glenn Weisel 215-822-9459
 Eliot Woodbridge 609-921-3229

MEMBERSHIP

BRSC is an outdoor club for people of all ages who enjoy companionship in outdoor activities.

For a membership application and procedure for joining, contact:

Sally Lewis, Membership Chairman
 1009 Main Street
 Upland, PA 19015-3001
 610-876-7334

Annual Dues: \$20 Individual / \$23 Family

CHANGE OF ADDRESS

If you are moving or changing your email address and want to keep *Slopes & Trails* in your mailbox or inbox, please notify:

Merle Roemer
 4 Anser Lane
 Lewes, DE 19958

E-mail: mroemer@reading.org

**REGULAR MEETINGS ARE THE FIRST WEDNESDAY OF THE MONTH AT SPRING VALLEY MASONIC HALL ON RT 320, SPRINGFIELD (DELAWARE CO.) PA.
 NO MEETING IN JAN, JUNE, JULY, OR AUGUST.**

ACTIVITIES & TRIPS

SKIING

Its hard to believe the ski season has wrapped up. Despite a slow start, there was some great skiing this year. An aborted trip to northern Vermont in January ended up in Utah, with skiing at Alta, Snowbird, Solitude, and Brighton. The trip to Sugarloaf had a huge turnout. The Jay trip just got better, combining the Jay Peak Mardi Gras celebration with four days of stunning weather and a nice 12" dump of powder for the final day. A trip to Alyeska Resort in Alaska capped off the season. Don't miss the May meeting for a photo wrap-up of the season. And its never to early to look forward to next year—the EPSC 2008 Winter Carnival will be held at Breckenridge, Colorado from January 19 thru 26. Buck Ridge will be running a trip there. For advance details, check the EPSC web site (www.easternpaskicouncil.org/Trip/pdf/Breckenridge08TripFlyer.pdf), and read a recent trip report by the editor there in April of this year on page 6.



BIKING

Biking season is getting under way- the first big trip is the 25th annual Memorial Day Spring Fling, sponsored by the Baltimore Bicycling Club in Chestertown, Maryland. Registration is full for this trip; interested parties should check with Mary Ann Thomas (*email mat_ski_stuff@msn.com*) for any last minute openings. Other bike trips upcoming this summer:

Farewell Ride for Keith & Marveline Richard June 10, 2007

Come and join your fellow Buck Ridge Bikers as we say "see you later" to Marveline and Keith Richards as they are moving to Vermont this summer. As you know, Marveline had been our intrepid bike committee leader for many years now.

The location is yet to be determined, but will probably be on one of the near-by bike trails. Call Sue Pitelli at 610-363-7093 for information or to let her know you would like to go.

Vermont Adventure II August 17–20

August 17 thru 20 will be the 2nd Vermont Adventure with BRSC and the Delaware Valley Bicycle Club at the Woodbridge Lodge. Last year's inaugural running of this trip in September was popular; it has been moved to earlier in the summer to take advantage of warmer weather. Full details on page 8.

CANOEING

Learn to kayak and canoe

The Philadelphia Canoe Club (PCC) has an extensive training program with over 50 ACA certified instructors. Training is less expensive than with commercial outfitters. After you take a course you are welcome to go on trips if you have the necessary skills. PCC can supply you with a boat and equipment if you get a member to sign it out for you.

Our courses include solo and tandem canoeing up to white water and recreational kayaking, whitewater kayaking, and sea kayaking. After you complete training you can practice our new skills on Thursday evening on the Schuylkill River. Club boats and equipment are furnished for \$10. A one-time fee of \$10 is charged for ACA insurance that is good for the season. After you get back to the club, you can share in a pot luck supper!

The complete training and trip schedule as well as training applications are on the PCC web site at www.philacanoec.org. If you can't download the applications you can contact the head instructor for the class you want to take and they will send you a copy. A list of some of the course offerings follow. Please note that the on-water training is only done on weekends. Any midweek date listed is for an evening lecture or pool session. Get your application in early so you will be informed of the equipment we will need to start the course and to ensure your place, as some courses fill up quickly. Contact the course head instructor for further information. The following courses are offered this year:

1. Novice River Whitewater Canoe Training

Dates: June 13, 14, 16, 17, 23, 24

Prerequisite: Basic River Canoeing (May 20).

Instructors: Rebecca and Charlie Field, ph. 215-765-3599, email cwfield@casioninc.com

2. One Day Introduction to Whitewater Kayaking

July 21: Janice Fiore, 856-467-8932, email whitewaterpaddler@yahoo.com

July 28: Looie Voorhees, 215-493-7405, email looielooie@netscape.com

August 4: Rosemary Rau, 215-743-6938, email rosemaryrau@comcast.net

August 18: Wayne Mackin, 856-985-4744, email wjmcpcpa@jerseycpas.com

3. Introduction to Canoeing

May 19: Looie Voorhees, 215-493-7405, email looielooie@netscape.com

July 31: Digger Vermont, 215-727-2728,

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email digger@verizon.net

August 18: Forrest Mayo, 215-387-7652,
email oneshot3123@hotmail.com

4. Basic River Canoeing

May 20: Looie Voorhees, 215-493-7405,
email looielooie@netscape.com

July 22: Digger Vermont, 215-727-2728,
email digger@verizon.net

August 9: Forrest Mayo, 215-387-7652,
email oneshot3123@hotmail.com

5. Intro to Flatwater Canoeing—Pine Barrens Rivers

June 1, 2, & 3 or July 27, 28, & 29

Steve Sher, 215-624-1549 or voice mail at 215-895-2128,
email steven.r.sher@drexel.edu

6. Intro to Recreational Kayak

July 29: Looie Voorhees, 215-493-7405,
email looielooie@netscape.com

7. Novice Training for Whitewater Kayak

June 13, 14, 16, 17, 23, & 24

Craig Stoneking, 856-797-3554,
email stoneking@erols.com

8. Intro to Sea Kayak, Recreational, and Touring Kayak

June 9: Sid Hostetter, 610-458-9472,
email s.m.hostetter@rcn.com

July 14: Andy McAloon, 215-752-5534,
email andrewmcaloon@yahoo.com

9. River Rescue and Safety for Kayak and Canoe

July 14-15: Rick Shandler, 610-446-1867,
email RSShandler@aol.com

If all else fails, contact Dan Jones, Buck Ridge canoe chair, at 856-429-1585 for advice and help to get registered for the course you want. See you on the river! - Dan Jones



HIKING

SPRING SHORT HIKES

Join us on Wednesdays and enjoy the spring foliage. The meeting place for all hikes is the Value City parking lot at Routes 320 and 420, just off Exit 5 of the Blue Route. We leave promptly at 9:30 AM; bring lunch and clothing for expected and unexpected weather. Wear comfortable shoes and socks; sneakers are not suitable for many trails. If you have any questions, please call George Wiedersum, 610-358-5891. Here's the Spring schedule:

- May 2 French Creek State Park
- May 9 Jenkins Arboretum
- May 16 Smedley Park
- May 23 Marsh Creek State Park
- May 30 Ridley Creek State Park

FEATURED HIKE

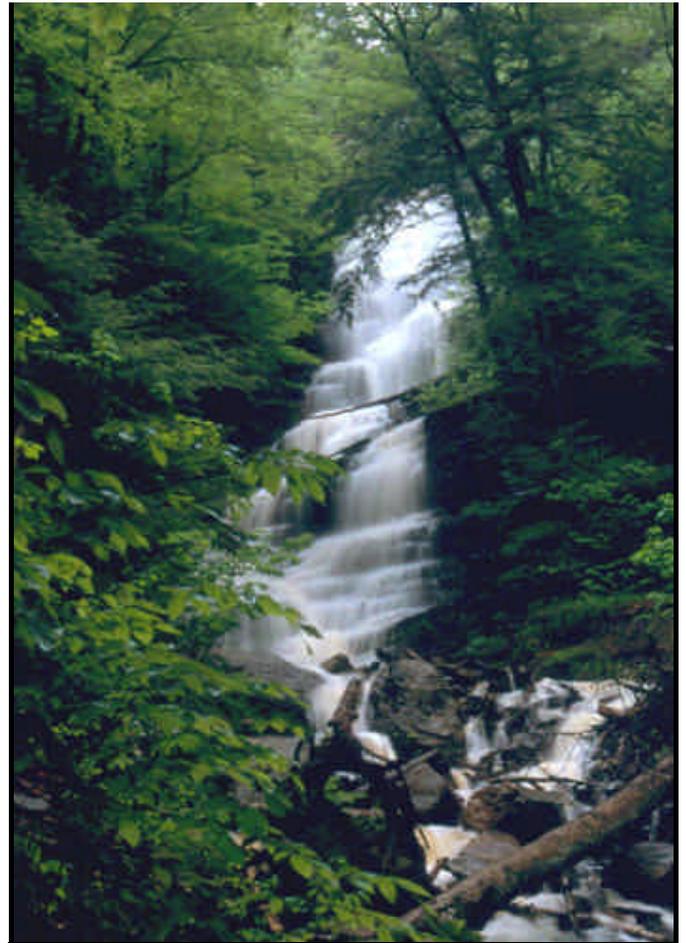
In order to promote the Woodbridge Lodge as a year-round destination, a "featured hike", typically within a 1 hour drive of the lodge, was started in January. Our hikes have included Hamilton Falls, Mt Equinox, Stratton Mountain, and Dorset Peak. This month's featured hike is Lye Brook Falls, a short distance east of Manchester, Vermont. Members with their own favorite hikes near the lodge are welcome to submit it! -ed

This months' featured hike:

Lye Brook Falls

Directions: From the lodge, take Rte 100 north to Rte 30 west towards Manchester (alternatively, take the back road to Stratton Mtn & continue past the ski area to Rte 30 in Bondville). Follow 30 west; as you descend the mountain into Manchester, look for East Manchester Road on your left, just where Rte 30 makes a bend before going under the Rte 7 bypass. Go left on East Manchester Road; in a little over a mile look for Glen Road on your left (there may be a sign indicating the Lye Brook Falls access road here) just before you cross under Rte 7. Follow Glen Road to a fork with a gravel road to

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Lye Brook Falls in early Summer

Lye Brook Falls (Continued from page 4)

the right; take the gravel road to a dead-end in about 1/2 mile. The trail exits the parking lot at the far end.

The first several yards of the trail are on rounded and somewhat slippery rocks, but this changes to a level former rail bed. The falls are reached after about 2.3 miles. Typical hiking time is around 90 minutes, with an elevation gain of approximately 600 feet.

Lye Brook Falls is one of Vermont's highest at around 100' overall. It is a long, "stepped" waterfall, and tends to have a seasonal flow, often drying up by mid-summer to some trickles. Even so, it is a very scenic spot, with great views west over the valley to the Taconic Mountains. It makes a great hike in any season, and would be a good snowshoe destination in winter.

For a longer hike, Lye Brook Falls may be reached from the Stratton Pond trailhead off the Arlington-West Wardsboro Road. Total round trip will be about 16 miles, so its could make a nice overnight trip by camping at Stratton Pond. The falls lie in one of the larger wilderness areas of the Green Mountain National Forest.



Lye Brook Falls in Autumn

A Trip Report of sorts.... PCC Paddlers Weekend

Ed. note: For several years now, PCC has been running a "paddlers weekend" at the lodge, typically in late March. Presumably, this trip is for skiing or, if the year is right, maybe some early season boating. This year, however, the true purpose of this trip has been revealed: it's merely an excuse for a springtime feast of epic proportions... must be some sort of paddler's ritual. This was brought to light by the smuggling out of the following secret recipe, possibly attributable to someone with the code name of "Bald Eagle":

PCC Ski Trip Menu - Bambi Stew

Serve over rice with roasted winter vegetables. Makes 24 servings, 2 hour cooking time.

Ingredients

- ½ c vegetable oil,
- 15 pounds venison steaks (preferably from a marauding Potter County herd), de-boned, de-fatted, trimmed & cut into 1 inch cubes
- 1 ½ complete heads fresh garlic, minced
- 1/3 c Worcestershire sauce
- 3 bay leaves
- 1 ½ t dried oregano
- 1 t dried rosemary
- ¼ c salt
- 4 c water, 4 c red wine
- 6 pieces of cooked crispy bacon, crumbled
- ½ lb honey maple deli sliced ham, chopped
- 2-3 lbs cleaned sliced white mushrooms

Directions

1. In a deep skillet or Dutch oven, deeply brown the meat in oil. Add, garlic. Worcestershire sauce, bay leaf, oregano, salt, and wine and water. Simmer, covered, for 1½ hours, add mushrooms, simmer another 30 minutes, or until meat is tender.
2. Stew may be thickened with a little cornstarch or flour if necessary. Thin if necessary with equal parts wine & water.
3. Prepare at least 24 servings of rice.
4. Remove bay leaves before serving.

Roasted Winter Vegetables

Ingredients

- 3 parsnips
- 5 lb sweet potatoes
- 1 turnip, peeled and cut
- 5 lb yellow onions. Cut in quarters, may be peeled
- 5 lb Yukon gold potatoes
- 2-3 lb baby carrots
- Seasonings to taste—Italian spices, seasoned salt, parsley, pepper

Directions

1. Scrub vegetables and cut into 1-2 inch pieces.
2. Toss in enough olive oil to coat evenly, place in single layer on 4 cookie sheets.
3. Sprinkle with seasoned salt, mix of Italian spices, dried parsley and pepper. Roast in 375 oven until nicely browned. Approx 2 hours.
4. Check and turn once during cooking time. Enjoy.

Another trip report...

Breckenridge, Colorado - A Preview

Submitted by the editor

Next year's EPSC Winter Carnival will be held at Breckenridge, Colorado January 19 thru 26, and Buck Ridge will be running a trip there. With the chance for a late season trip to Colorado with my daughter this April, I thought I would get an advance look at what folks going on the trip can expect.

Somewhat reminiscent of Sunday River in Maine, the ski area sprawls across 4 peaks in what is known as the "10 Mile" range south of Vail. The peaks are somewhat un-imaginatively named 7, 8, 9, and 10. An extensive network of lifts allows one to travel between peaks with a minimum of fuss, although it will require riding three lifts to get from the south end of the ski area at peak 10 to the north end at peak 7. Except for peak 7, each of the peaks has at least one place to eat at the base or summit area, as well as several heated enclosed shelters with rest rooms scattered about. And getting to the ski area from town is convenient no matter where you are—several lifts start right at the edge of town, and a new 8 person gondola extends from a remote lot on the north end of town to the base of peak 8.

The ski area ranges in elevation from 9600' at the edge of town to just under 13,000' on peak 8; the town itself lies at over 9000'. At these elevations, it can take a while to acclimate—it took a day and a half before a nagging headache left me. You need to drink a lot of water and limit adult beverages in order to minimize the effects of the altitude.



Looking down the Imperial Express lift line from peak 8 summit

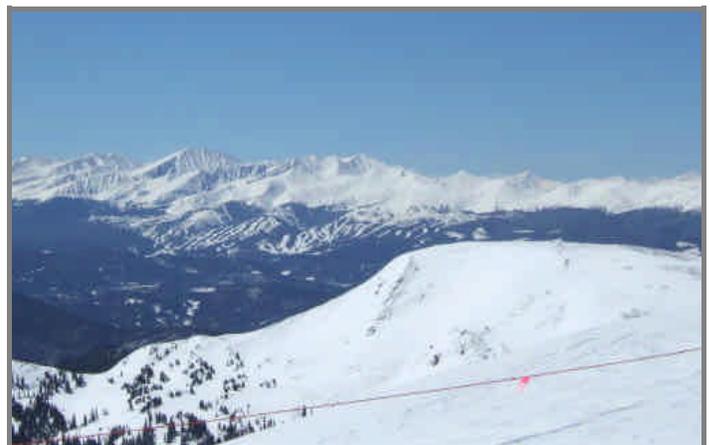
Breckenridge (the town) lies in the heart of Summit County, and there are a number of other excellent ski areas nearby including Keystone, Arapahoe Basin, Copper, Loveland, and Vail, most of which are within a 40 minute drive of town. A free public transit system has service to Copper, Arapahoe, and Keystone from Breckenridge. The town itself lacks no ski resort amenities, with an ample array of restaurants and shopping opportunities. Free public transit runs throughout town on a 20 minute schedule during the day (somewhat longer in the evening), but you can practically walk from one end of downtown to the other in 15 minutes.

My only bit of advice for those thinking of going is to not limit yourself to only skiing Breckenridge! We spent one day at Loveland, and wished we had more. Situated astride the continental divide, Loveland had more alpine ski terrain and better tree skiing than Breckenridge. I'm sure each of the nearby ski areas will have their own unique features to sample!



Endless blue cruisers

Below tree line, the resort boasts an impressive array of groomed blue cruiser runs, with peak 10 and the valley between peaks 8 and 9 containing an number of black diamond runs. Lift served skiing on peaks 7 and 8 extends above tree line, and alpine areas can be reached on foot from peak 9 as well. The Imperial Express chair on the south face of peak 8, reported to be the highest lift in Colorado, provides access to the Imperial Bowl on the south side of peak 8 and several other alpine bowls on the east side of peaks 7 and 8. A T-bar part way up peak 8 also gives access to the east face of peaks 7 and 8. No matter what your ability, Breckenridge should have something to please.



Looking west to Breckenridge from the continental divide at Loveland ski area



FAREWELL TO WINTER...

Clockwise from top left:

Summit view,
Alyeska Resort, AK

Glacier heli-tour at
Alyeska

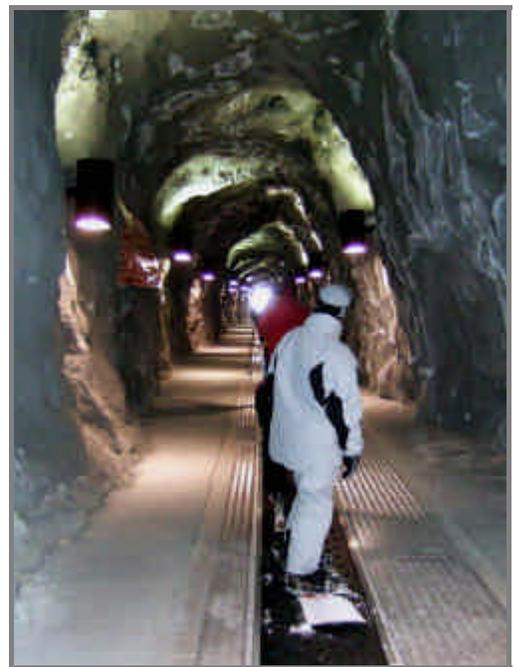
The new tunnel conveyor at
Snowbird, UT

Mardi-Gras parade
Jay Peak, VT

Enjoying the soft snow
at Jay

Late season powder
Magic Mt, VT

St Patty's Day ice mon-
ster, Magic Mt.



BRSC/DVBC Vermont Adventure II

August 17-20, 2007

Join members from both of our great clubs Buck Ridge Ski Club (BRSC) and Delaware Valley Bicycle Club (DVBC) for a biking adventure at BRSC's Woodbridge Lodge in the Green Mountains of southern Vermont for a weekend or long weekend of biking with several other activity options. This time of year should give us lush foliage, warm days, cool nights and quiet roads for a fun packed adventure, with one of the most economical packages that you could imagine.

Activities available from the Lodge: Road biking for all abilities with cue sheets and support; mountain biking at nearby Mount Snow, self proclaimed "mountain bike capital of the East"; kayaking on Grout Pond, a pristine wilderness area that also includes hiking trails; hiking on the Appalachian/Long Trail to nearby Mount Snow and Stratton Mountain summits; or relax and just go sightseeing/antiquing/shopping at nearby towns and villages. *For details on mountain biking at Mount Snow check it out at: <http://www.mountsnow.com/summer/mountainbiking.html>*

Woodbridge Lodge: Owned and operated by BRSC since 1950 – a rustic mountain getaway that sleeps 23 with all of the necessary facilities, just a short distance from Mount Snow resort In southern Vermont. *Please call or email trip leaders for more information about the lodge and driving directions to get there.*

Reservations: Complete reservation form below and send in with appropriate deposits. Email confirmation will be sent. *Contact the trip leaders, Mel Stiles: (h) 856-478-4621, stilesmj@verizon.net or Edward Sobolewski: (h) 610-358-3055, sobolewski3@comcast.net for questions.*

Costs: Lodging \$7.50/person/night; optional lodge key deposit, \$75 (check returned when key is received). Shared food cost approximately \$20 to \$30 dollars per person depending on how many meals are shared. BRSC activity fee is \$0.25/person/day; other activities, i.e., mountain biking, see link above. Approximate cost for one person for 3 nights and 4 days with shared food at lodge is ~\$85.

Deposit to hold spot: Equal to number of nights stay X \$7.50 X number of people in party. *Releases for both clubs will be sent and need to be signed, upon confirmation of reservation.*

Cancellation Policy: *Cancellations should be made to the trip leaders as soon as possible but no later than Thursday August 16, 2007. A full refund will be issued from the lodge treasurer. After 8/16/07, no-shows forfeit deposit to the Lodge capital improvement fund.*

Reservation Form

Name (s) _____

Address _____

Phone (h) _____ (c) _____ Email _____

BRSC/DVBC Vermont Adventure for the nights of:

8/17, 8/18, 8/19 or others _____ (circle nights of stay) X \$7.50 X no of persons = \$ _____ (amount of deposit).

I plan to arrive on: date _____ time _____ and depart on date _____ time _____

Make checks payable to **Buck Ridge Ski Club** and send to:

Mel Stiles, 456 Woodruff Trail, Mullica Hill, NJ 08062

Key Deposit - \$75. Issue a **separate check** and send with reservation form and payment.

Enclosed is my check for \$75. I understand that this key is due back **within 2 weeks after my planned trip** or my deposit check will be cashed. My check will also be cashed if key is lost in the mail.

Signed _____

WOODBRIIDGE LODGE – RESERVATION FORM

Note: Ski season reservations may only be made after October 1.

WOODBRIIDGE LODGE USAGE RATES (rev. 7/2004)

Season	Nov 1 – Apr 30	May 1 – Oct 31
Members	\$15.00	\$7.50
Guests	\$20.00	\$10.00

Rates are the same on weekends and weekdays. Children 6 and under are free.

Member's Name	Date: (nights)	COST
1.		
2.		
3.		
4.		
5.		

TOTAL: _____

GUESTS are welcome when accompanied by a member. Maximum three (3) guests per member.
Inviting member is responsible for guests complying with the Lodge rules and regulations.

Guest's Name	Accompanying Member	Dates: (nights)	COST
1.			
2.			
3.			

TOTAL: _____

Name, phone number, or Email where you can be reached:

Make checks payable to BUCK RIDGE SKI CLUB LODGE. Mail reservation form and payment to:

Joan Strachota, 114 Maple Rd, Wallingford, PA 19086

Key Deposit - \$75. Issue a **SEPARATE CHECK** and send with reservation form & payment.

- Enclosed is my check for \$75. I understand that this key is due back **within 2 weeks after my planned trip** or my deposit check will be cashed. My check will also be cashed if key is lost in the mail.

Signed: _____

Any questions, email jstrachota@comcast.net

RESERVATIONS will be CONFIRMED after payment In full is received.

PLEASE USE THIS FORM FOR ALL RESERVATION REQUESTS

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**BUCK RIDGE SKI CLUB
P.O. Box 282
Bryn Mawr, PA 19010**