

The Avalanche

DECEMBER 2013

Photo credit: Tom Burt @ The Canyons, Utah

From the Summit



This is the season when all my family starts looking for gift ideas for Christmas. While I'm not really lacking for anything, I've found that if I don't give them suggestions, I'll probably get something that will get buried in a sock drawer and never used. So, here goes—my 2013 Christmas list (at least the ski related stuff).

Socks—I know, it's boring. But you can't go wrong with new ski socks. If you ski any number of days in a row, you need lots of socks.

Gloves—Okay, this is pretty boring too, but gloves get packed out so quickly these days. And it seems that once your hands and feet get cold, everything else follows. Keep those fingers warm—get new gloves.

Triple 8 Bumsavers—these little beauties will protect my beauties from falls! No more frozen bum either!

GoPro—I'm a little torn on this one. I'd like to have some cool video of my skiing adventures; however, it's going to capture the not so cool stuff too. And I'd just look like a goon with that thing sticking out of my helmet. Well, an even bigger goon...

Snofling—the perfect snowball every time! For those going on my January 15 Killington trip, beware! I'll be hiding behind the bus, waiting for the perfect ambush opportunity...

A pass—whether it's a season pass or a single day ticket, a pass to a resort is a great idea! Killington's Express card is a favorite—for \$109, you get discounts on every lift ticket purchased plus every seventh day is free. Shop around—there are plenty of others like it.

A club gift certificate—A gift certificate for a day trip with the club is the ideal gift for any skier or boarder (see Treasurer Len Hill for details)!



Jolly Old Saint Stokey

President



C
O
L
O
R
A
D
O



BRECKENRIDGE

Now accepting Wait
List reservations!

Be one of the first to experience Peak 6 at Breckenridge—a huge addition to an already sprawling resort. With Peak 6, Breckenridge offers 2,901 acres across five peaks (almost 4 times the size of Killington), 11 bowls, the highest chairlift in North America, family-friendly terrain and a world-class ski school, all situated above an authentic, hip mountain town with awe-inspiring views. Renowned for the welcoming spirit and friendly character of their locals, with over 200 restaurants, bars, and shops, there are many good reasons why “Breck” is one of the most popular ski resorts in the Western Hemisphere.

The Important Stuff:

Dates: February 22—March 1

Price: \$1590

Trip Leader: Bud Shaw (508-477-3717, budco1@comcast.net)

Includes:

- 5 of 8 day lift (also valid at Keystone & Arapaho Basin)
- 7 nights lodging (Mountain Thunder Lodge Condominiums)
- Roundtrip airfare (and transport to/from hotel in CO)





DISCOUNTED MT. SNOW TICKETS

Through the generosity of Mt. Snow, the Boys & Girls Club of Brattleboro, VT is selling discounted full day lift tickets to Mt. Snow as a fundraiser. These tickets can be used by anyone and make great holiday gifts and stocking stuffers. The Boys & Girls Club has a limited number of tickets available at a price of \$40 each. And, \$35 from each ticket sold benefits the Boys & Girls Club. The tickets are valid any day from Monday, January 6th through and including Friday January 17th.

Tickets can be ordered by individuals or in bulk. Tickets can be [ordered on line](#) Tickets purchased online will be mailed to the purchaser's home address, unless other arrangements are made with the Club. For more information and to order tickets by mail, email: Beth Baldwin at: bgcbdirector@gmail.com or call the Club at 802-254-5990, ext 4.

Falmouth Christmas Parade

CALLING ALL MARCHERS!

We will once again be marching in the Falmouth Christmas Parade, raising awareness of the club. Anyone interested in marching is more than welcome! Refreshments provided at the end of the parade. Please sign up on the website.

Sunday, December 8 - 10:00AM
88 Palmer Ave, Falmouth



BIKE & BARGE

...the Loire Valley

The Loire, a legendary river listed as World Heritage by UNESCO. Europe's last untamed river, the Loire has always fascinated by its unexplained caprices: in turn calm and savage, it has carved out a line in the earth full of surprises, from green islets to moving sandbanks. Following the course of the river, discover the Loire Châteaux: Renaissance homes, medieval fortresses, architectural heritage listed by UNESCO. Kings, artists and authors all had the right idea. Seduced by the Loire, a great many of them decided to settle along the banks of this river. Each of these monuments has some great stories to tell.

-loirevalleytourism.com



Includes:

- 7 nights lodging aboard a hotel barge
- 3 meals per day included
- Bicycle rental
- Entrance to 1 Chateaux
- Entrance to 1 Vineyard
- Transfers in France from Gare Du Nord to barge and back
- \$1199*

Trip Leader:

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

Note: we are taking wait list only at this time. Contract Michael for more info.

*does not include airfare, to allow for added vacation time before or after. Price may fluctuate slightly due to exchange rates.





‘Deep’ investigates climate change through skier’s lens

By Heather Hansman

Here are some scary facts about winter:

- The Northern Hemisphere has lost 1 million square miles of spring snow cover in the last 45 years.
- The rate of winter warming in the U.S. has tripled since 1970.
- The Alps have lost half of their glacial ice since the late 1800s.
- 1 billion people around the world depend on snowmelt for their water supply.

If you’re a skier or snowboarder that should make you nervous. Actually, if you’re a human that should make you nervous. For snow enthusiasts and the literate, Powder magazine features editor, Porter Fox wrote a book about the history of skiing and the future of snow. The two are inextricably linked together, and if climate change continues at the same rate, they’re both in trouble: less than half of the Northeast’s ski resorts will be operable by the middle of the century. Fox has started a Kickstarter [to fund the book’s publication, which you can check out.](#)

In addition to supporting the book, there are a lot of things you can do to slow global warming. Protect Our Winters, a nonprofit that works within the snowsports industry to raise climate change awareness, has a list of the seven most important actions you can take.

1. Get political: Use your vote. Bug your elected officials and ask them to support clean energy legislation.
2. Educate yourself: Know what’s at stake and what you can take action. Follow the news.
3. Find your biggest lever: What can *you* do? How can you use you job, or your friends, or your hobbies to promote sustainability?
4. Be vocal, bug your friends: Talk to people. Who cares if it’s annoying.
5. Talk to businesses: Ask your local businesses what they’re doing about sustainability, and support companies that use sustainable practices.
6. Change your life and save money: This is the little stuff. Bike commute, turn off the lights, bring your own coffee mug. Take action in your everyday life.
7. Join POW: There are 21 million winter sports participants in the U.S. If we lobby as a block, Washington is much more likely to listen to us.

“We can stop this,” Fox says. “Most experts say we have around 20 to 30 years to initiate major changes and avoid the worst of global warming.”

What are you doing?

Quick. It's the first Thursday of the month. 7:00pm. Where are you?

If it's anytime between October and April, your answer should be, "at the Beach House in North Falmouth at our monthly SKI CLUB meeting!" It's more than just a social event. There's pizza. And club networking. And announcements of events. And sometimes prizes, raffles, and jokes. And ALWAYS lots of laughs.

Here's the lineup of activities and speakers for the next few months. Please set aside time on your calendars now to come out and join us! Social time starts at 7pm. Meeting and speakers start at 7:30pm.

Thursday, December 5 - it's the beloved Yankee Swap Holiday Party! Participation is not required, but if you'd like to take a gift home with you, bring one along to share. It should be wrapped, in the range of \$10 - \$20. Something NICE (NOT the ten year old passed around too many times fruitcake)!

Thursday, January 2 - Learn about taking care of those wonderful, hardworking muscles to improve strength, flexibility, and reduce the chance of injury. Guests include Karen Lacasse of Upper Cape Chiropractic Associates, and Melissa Lorusso, Yoga Girl Cape Cod. Dr. Lacasse's specialty practice focuses on treating muscular conditions of all kinds, with a special interest in sports injuries such as shin splints, hip and shoulder problems. Learn about the Graston technique for healing old sports injuries. Melissa promises to share stretches that will help to alleviate tightness the day after, geared toward those who play hard and then sit on the bus for several hours. Audience participation for all who care to do so!

Thursday, February 6 - Are you current on ski etiquette? How have the rules of the road changed since you first learned to ski? Dr. John A. Child, Clinical Director of Cape Cod Vision Associates in Falmouth—and member of the Sunday River Ski Patrol for over ten years—will share tips and tales based on his experience. Come prepared to ask questions. This is your opportunity to learn more about safe skiing from one who has taken the dreaded toboggan down the slope more times than any of us ever want to consider! The club goes to Sunday River the following week on February 12 - so if you have mountain questions, he'll be happy to answer those as well.

Mark your calendars now. All meetings are free to current club members. Bring a friend or two... it's a great way to introduce them to our group... feel the fun!

Special thanks to Mimi Schlichter for this teaser and for arranging guests for these meetings!



As witnessed by my bathroom scale, this is perhaps the greatest stuffing ever... (-ed.)

Wild Rice, Apple, and Dried-Cranberry Stuffing

Ingredients

4 cups water
1 cup wild rice
1 1/2 teaspoons salt
1/2 pound crusty white bread, cut into 1/2-inch cubes (6 cups)
1 stick (1/2 cup) unsalted butter, plus 2 tablespoons melted unsalted butter or reserved fat from turkey
2 cups diced (1/3 inch) onion
2 cups diced (1/3 inch) celery
2 cups diced (1/3 inch) apple
1/4 cup finely chopped fresh flat-leaf parsley
2 tablespoons finely chopped fresh sage or 1 1/2 teaspoons dried, crumbled
2 teaspoons finely chopped fresh marjoram or 1/2 teaspoon dried, crumbled
1 teaspoon finely chopped fresh thyme or 1/4 teaspoon dried, crumbled
1/2 teaspoon black pepper
1 cup dried cranberries (5 ounces)
1 cup turkey stock or chicken broth

Directions

- Bring water to a boil in a 2-quart heavy saucepan, then add rice and 1/2 teaspoon salt. Reduce heat to low and cook, covered, until rice is tender and most grains are split open, 1 to 1 1/4 hours (not all liquid will be absorbed). Drain well in a colander and spread out in a baking pan to cool completely.
- Put oven rack in upper third of oven and preheat oven to 350°F.
- Spread bread cubes in a shallow baking pan and bake in upper third of oven until dry, about 20 minutes.
- Melt 1 stick butter in a large nonstick skillet over moderate heat, then cook onion and celery, stirring, until softened, about 8 minutes. Add apple and cook, stirring, until crisp-tender, about 5 minutes. Stir in herbs, pepper, and remaining teaspoon salt and cook, stirring, 2 minutes. Transfer to a large bowl and toss with rice, bread, and dried cranberries.
- Increase oven temperature to 450°F and butter a shallow 3-quart baking dish (13 by 9 inches).
- Spread stuffing evenly in baking dish and drizzle with turkey stock and melted butter. Bake, covered tightly with foil, in upper third of oven until heated through, about 20 minutes. Remove foil and bake until top is browned, 10 to 15 minutes more.

2013 - 2014 Trip Schedule

DATE	DAY	DESTINATION	COST	TRIP LEADER	TIME
January 8	Wednesday	Stratton, VT	\$75/79	Mimi Schlichter	5:00
January 15	Wednesday	Killington, VT	\$75/79	Roger Stokey	5:00
January 19-24★	Sun-Fri	Sugarloaf, ME	\$387	Bud Shaw	DY*
February 5	Wednesday	Okemo, VT	\$75/79	Len Hills	5:00
February 12	Wednesday	Sunday River, ME	\$75/79	Scott Northrop	4:30
Feb 22—Mar 1	Sat—Sat	Breckenridge, CO	\$1590	Bud Shaw	FLY
Feb 26	Wednesday	Bretton Woods	\$75/79	Steve Carr	5:00
March 5	Wednesday	Cannon, NH	\$75/79	Scott Northrop	5:00
March 12	Wednesday	Wildcat, NH	\$75/79	Camille Morgan	5:00
May 3—10	Sat-Sat	Bike/Barge—France	\$1199	Michael Finegold	FLY

★ NOTE THE DATE CHANGE!

- \$75/79—sign up by 12/31 and pay only \$75. On 1/1/14, prices increase to \$79.
- Trips highlighted in gray are overnight trips
- *DY—Drive Yourself
- All trips subject to our deposit policy, found elsewhere in this newsletter and on our website.
- Non-members are subject to a \$15 surcharge.
- Don't sign up at the last minute! You may incur additional fees!



2013—2014 TRIP LEADERS

Roger Stokey 508-292-8370	Bud Shaw 508-477-3717	Camille Morgan 508-759-7616	Mimi Schlichter 508-548-3278
Steve Carr 508-563-9498	Len Hills 508-563-3941	Michael Finegold 774-392-2567	Scott Northrop 508-563-6731



Upcoming Trips!



January 8, 2014

5:00AM

\$75 (by 12/31), \$79 (after 1/1/14)

Trip Leader: Mimi Schlichter

Our first day trip of the year - not to be missed! Whether you are a top notch skier looking to get your legs under you for the new season, or a novice who wants a gentle ride to boost your confidence- Stratton offers it all. GREAT snowmaking (if needed) - OUTSTANDING grooming - and, yes, a trip leader with plaid flannel pants. What else do you need? Sign up now... this trip always proves to be a favorite! Better yet - invite a friend to come, too!

Killington



They don't call it the "Beast of the East" for nothing. More trails, more snow making, and more fun on some of the best terrain anywhere. New GM Mike Solimano has taken Killington old school, returning it to its roots, and has been busy blowing a continuous blizzard of snow since October, and the resort should be 100% open for our trip. Opening in December is a new Peak Lodge, which along with the Umbrella Bars, should provide an outstanding après experience, but with 141 trails, 22 lifts, and 80 miles of trails across 6 peaks, you may want to ski until the closing bell rings.

January 15, 2014

5:00AM

\$75 (by 12/31), \$79 (after 1/1/14)

Trip Leader: Roger Stokey



SUGARLOAF, MAINE

January 19—24, 2014

\$387

- White, White, World Week
- 5 nights condominium lodging
- 5 1/2 day ski pass
- Free group lesson each day
- Singles can be accommodated (fee)
- Monday evening “Welcome Social”
- Daily use of the Health Club

Deadlines:

\$200 due November 1

\$187 due December 15

Contact:

Bud Shaw @ 508-477-3717 or budco1@comcast.net

Note:

Membership dues MUST be paid prior to sign-up



Membership & Trip Special

- Are you a new member? -or-
- A prior member that has not joined in at least 3 years (10-11 season)?

\$99 gets you a one-year membership and a day trip of your choice!

Contact: Michael Finegold (774-392-2567) or Len Hills (508-563-3941)



BUS PARKING has changed (again)...



Day trip buses will now depart from the old Nickelodeon theater on Route 151 in Falmouth. We'll be using the lower parking lot. A map is available on the website. We apologize for the multiple changes.

Yankee Swap!

December 5, 2013—7pm



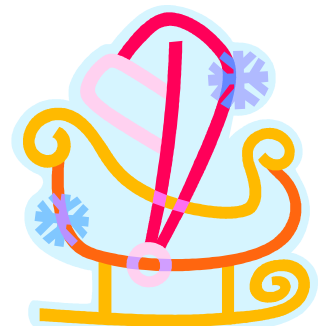
Our December meeting is always a favorite! Bring a wrapped gift valued between \$10 and \$20 and take home something equally special. Put some thought into it! As Humphrey says, no bringing cheesy re-gifted crap!



Agenda:

December 5 Meeting:

- Yankee Swap!
- Free food!
- 7PM start @ The Beach House



Q & A

What is the “Fall Line?”

Q Ever hear the term “fall line” but don’t know what it is? The fall line can be thought of as an imaginary line between your position and the bottom of the face/trail you’re on. In other words, if you were to pour water on the mountain, where would it flow? Down the fall line... So why is this important? Two reasons. First, trails that follow the fall line tend to be the steepest (think Cannonball at Cannon, the “front four” at Stowe, etc.). Trails that wind and curve across the fall line are typically easier (Wildcat’s Polecat, for example). The second reason why the fall line is important is that it determines good skiing form. Your upper body should always face straight down the fall line. If you’re the type of skier that turns your entire body with each turn, take note. Instead, point your sternum, arms, and head straight down the fall line. All the turning should happen from the hips down, with your upper body always facing down the fall line. In the picture below, club member Mike Purcell is looking down the fall line while his skis are perpendicular to it. As he pushes off and initiates a left turn, Mike’s left shoulder will open up even further to expose his chest to the fall line (exactly where he is looking) while his hips will turn with his skis. Give it a try on our January 8th trip to Stratton! Try skiing Upper Standard or North American while keeping your chest and head pointed directly at the base area far below.





Sugarloaf Change

Please note: The date for the Sugarloaf trip has changed to January 19 through January 24. We apologize for any inconvenience this may have caused—the mountain made a last-minute change to “White, White World Week.” Current attendees should re-confirm their interest with the trip leader.



~ 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.

Contact Us?

 **By Mail:**

Upper Cape Ski & Sports Club
PO Box 3149
Pocasset, MA 02559

 **By Phone:**

Tom Burt
508-566-0095

 **By Web:**

www.uppercapecskiclub.com

President:

Roger Stokey

Treasurer:

Leonard Hills

Membership:

Scott Northrop
Pam Tremarche

Website:

Michael Finegold

Vice President:

Scott Northrop

Secretary:

Rick Howe

Newsletter:

Tom Burt