

Fall 2021



UPPER CAPE SKI & SPORTS CLUB

The Avalanche

From the Summit

We are overjoyed to announce that the Upper Cape Ski Club is back to normal activities. This doesn't mean we're being stupid—it means that we have resumed our monthly membership meetings. And it means that we are planning trips as usual. It also means we will be smart and safe. To that end, we are happy to render an early review of our new home: the Monument Beach Sportsmans' Club in Bourne. WHAT??!! What happened to the Courtyard?? Two things: 1) they have staffing problems and couldn't commit to accommodating us this season; and 2) the small room we've been meeting in no longer feels safe for the large number of people we bring in.

So we set out to find a new home. Board member Linda Henderson suggested the Sportsmans' Club, and told us we could get a discount thanks to member Tom Spence. We went and checked it out. It's huge. It will hold over 100 people, so we're able to spread out. There are windows and doors to open, and there are ceiling fans, providing excellent ventilation.

The Sportsmans' Club is not a restaurant, so we bring in our own food. Our Entertainment Committee (Collette Shaw, Jean Hills, Pam Northrop, and new addition Cindy DiMestico) has solved the food issue with pizzas and salads from local Bourne restaurants. The Sportsmans' Club has a full bar and provides a bartender, and the drinks are very reasonable.

We had our first meeting there Oct. 14. It was a huge success. We had pizza. We had salad. We had videos. But most importantly we had each other. What a joy it is to be meeting again! Our new venue is a little tricky to find, but once you go there once it's easy. It's right off MacArthur Blvd in Bourne. Directions are on our website.

The club by-laws designate the October meeting for officers' nominations. The Nominating Committee, Bud Shaw, Tom Burt, and Michael Finegold, recommended the same slate as the existing officers: President Rick Howe, VP Scott Northrop, and Treasurer Len Hills. Secretary Linda Barlow's term is not up. The by-law also provides a provision so that the Board can waive the term-limit restrictions on the officers. This vote was taken, so terms limits are waived for this election only. The November meeting is for the elections.

Thursday, December 9, will be our annual Holiday Party with Yankee Swap and Ugly Sweater Contest. We will be serving a more elaborate menu than the usual pizza. This is one of the highlights of the club season, so plan to be there. If you dropped off skis at the November meeting for the Sportworks tune-up, your skis will be available for pickup at the Dec. 9 club meeting.

Please visit the club website for information on all our offerings. Besides excellent ski trips, we are planning European Bike & Boat trips for next Spring, and a new trip on the Rideau Canal in Canada next Fall.



So please, please, please join us in our reentry into what the Upper Cape Ski Club does best: PARTY!! See you all soon. Think snow.

Rick Howe, President

Tour the World!

with Michael Finegold

Italy 2022

May 7—May 14

\$2399—\$2579 ppdo*

This is a bike and boat trip from Venice to Mantova, Italy. We will be aboard the Ave Maria, a 40 meter vessel with 17 cabins. Come and enjoy all that Italy has to offer. There are 3 cabins that can sleep up to 4 people.

Croatia 2022

May 20—May 27

\$2024—\$2574 ppdo or pppto*

This is an 8-day, 7-night National Parks Bike and Barge tour with most meals included. Croatia is a country full of beautiful, well-kept coasts with thousands of islands, reefs, and bays. Numerous Roman ruins, charming hills, and breathtaking beauty await you here.

Rideau Canal Boat Adventure

September 7—September 14

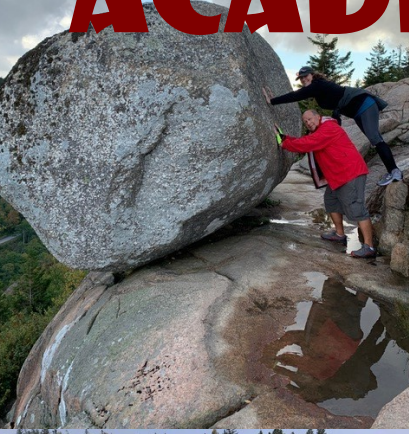
\$1350 ppdo Twin Cabin

Spend a week cruising the Rideau Canal and river in a self drive boat that you will captain. No experience is necessary as you will be given a 2 hour lesson once on the boat. From the base in Smith's Falls you can cruise to Ottawa the capital city of Canada. The boats are completely equipped for cruising with a full galley and 3 cabins with private bathrooms. So gather up your friends and book a boat. Each boat sleeps 6 in 3 separate cabins.

Contact Michael for info on these trips—mfskier@comcast.net or 774-392-2567

*Trips are priced without airfare to give you flexibility over your trip.

ACADIA 2021



Meetings!

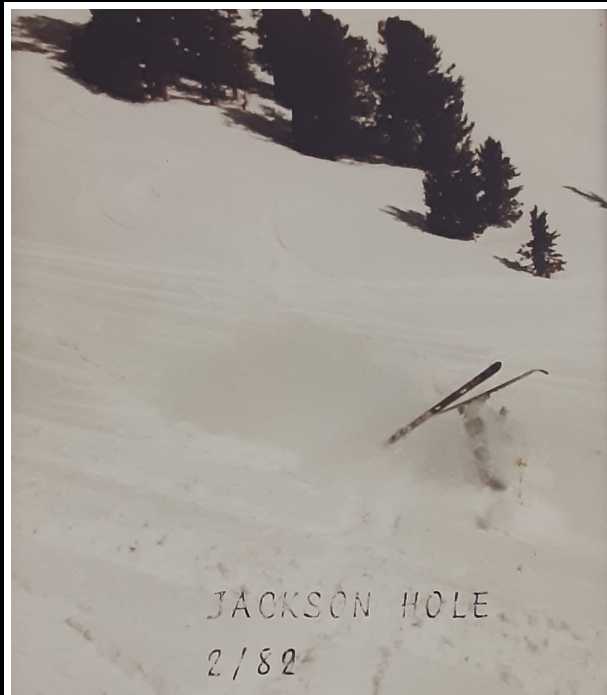
Our regular monthly membership meetings resumed in October at our new location, the Monument Beach Sportsmans' Club! We hope to see you at an upcoming meeting. Keep in mind that registration is mandatory for all meetings.

Upcoming Meetings:

November 11: Elections, Food Drive, \$15 Tune-up special

December 9: Yankee Swap & Ugly Sweater Contest

Directions To MBSC: When heading north on MacArthur's Blvd in Bourne, the MBSC entrance is combined with the Bourne Landfill entrance on the right, just shy of the Bourne Bridge. In other words, when you see Atlantic Subaru on the left side of the highway, get ready to turn right!



**Can you
name this
unfortunate
upside-down
club member?**

Answer is on page 12



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.

EZ CHILI! BY TOM BURT

The temps are dropping, so that means it's time for chili! I make this in a crockpot to make it even easier. Everyone has personal tastes and preferences when it comes to chili, but this one is super easy, quick to prepare, and produces a chunky and meaty chili that always gets good reviews!

- 2 pounds lean ground beef, or choice of meat
- 1 or 2 Italian Sausages (optional), sliced or chunked
- 1 cup of your favorite BBQ sauce (I like something smoky!)
- McCormick Grill Mates Montreal Steak Seasoning
- 1 46 oz can tomato juice
- 1 29 oz can tomato sauce
- 2 15 oz cans beans (your choice), drained and rinsed
- 1 medium onion, chopped
- 1 small green bell pepper
- 1/8 teaspoon ground cayenne pepper
- 1/2 teaspoon dried oregano
- 1 1/2 teaspoons ground cumin
- 1/4 cup chili powder



Brown the ground beef and sausage in a skillet. I like to add a healthy sprinkling of Montreal Steak Seasoning while it is browning. Once it's browned, drain the grease, add the BBQ sauce, and briefly simmer to combine flavors. Add meat and remaining ingredients to the crockpot (I have a heavy hand when adding the spices). Cook until you can't wait any longer (my patience allows for about 4 hours)!



SUGARLOAF IS BACK!

FEB.6-11-2022

This annual club favorite is a drive-yourself (or carpool) trip. Sugarloaf is fully open and will continue as such unless circumstances dictate a change. Lodging availability is trickier than ever, so there are very limited spots. A full Covid-19 Vaccination is required for this trip.

Includes:

- 5 1/2 Days of lift tickets
- 5 nights lodging
- Daily lesson
- Health Club Access
- Free Local Shuttle
- Club Party



\$580 PPDO

Questions? Call or Email Bud Shaw 508 477 3717 - budcol@comcast.net

Bretton Woods

Mt Washington Hotel

Back after a Covid hiatus year is the perfect post-holiday indulgence. Come join us for two nights at the Omni Mt Washington Hotel and skiing across the street at Bretton Woods. This has been a popular club trip for six years now for a number of reasons: the Hotel itself is an experience: huge, sprawling and impressive, it offers amenities to satisfy guests who want to be active as well as those seeking relaxation. We'll be staying in our usual Deluxe 2-queen-bed rooms. Find yourself a roommate or I will attempt to match up singles. You must be a paid member to come on this trip.

January 10—12, 2022

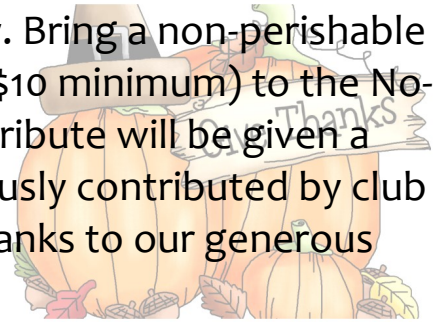
\$309, add \$39 per day for lift tickets

Questions? Call Scott Northrop at 508-776-4694



Food Drive

November is a time of giving and in that spirit our club collects donations for the Bourne and Falmouth Food Pantry. Bring a non-perishable food donation or a cash donation (we suggest \$10 minimum) to the November 11 meeting. As thanks, those that contribute will be given a raffle ticket for one of 4 gift certificates generously contributed by club member Annie Hart Cool. Thanks Annie, and thanks to our generous members for your spirit of giving!



Christmas Party!

DECEMBER 9

Come out and join us for our annual holiday party! We'll mix up the menu a bit, and will have our usual festivities: an ugly sweater contest and a Yankee Swap. Bring a super epic wrapped gift (not too epic—\$10 to \$20 please), and take something equally epic home with you. Attendance is free, but like all our meetings, please register on our website so we can plan accordingly.

~ 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.

The Western States

by Tom Burt

It was a trip I had dreamed of for many years. But I was never sure it would ever happen. When an opportunity presented itself earlier this year, I knew I had to make it happen.

The dream came alive on ski trips to places like Jackson Hole, Breckenridge, and Big Sky. I loved those places in winter, but really wanted to see them in summer. I envisioned a road trip, driving around the American west visiting different states and National Parks. But I needed an excuse to actually get it done.

2021 started off with a lot of uncertainty, much like 2020. I was scheduled to race Ironman Mont Tremblant again, although my heart wasn't really in it this year. When my buddy RJ, whom you may recognize from other stories I've shared, scored a lottery spot to the famed Leadville Trail 100 Mountain Bike race in Colorado, the wheels started turning. Fate was sealed when I got the news that Ironman was cancelled due to border closures. Now what do I do with my summer? I started putting my dream trip together—where would I go? How many places could I squeeze in? How can I get the time off from work?

On August 7, we set out. The truck was loaded down with mountain bikes, camping equipment, hiking gear, and all the other crap you might think you'll need for a 3-week tour. We took 3 days to drive from the Cape to Estes Park, CO—our first destination. The drive out was uneventful, but really interesting. Particularly memorable was the rotting out 1990-something Ford Escort with the words "Booty Slayer" sprawled across the rear window, the strikingly bad quality of Waffle House food, the stream of mud that is the Mississippi River, the saddening slums that comprise much of St. Louis, and the staggering amount of time it took us to cross Kansas (even with the cruise set at 90mph).

Estes Park, CO is home to Rocky Mountain National Park. We hiked up into the mountains to stand atop a waterfall with lingering snow fields alongside it. Eating lunch on some rocks aside an alpine lake, we saw our first mountain goat of the trip—its bright white fur radiating against the dark rock cliff. The park is also home to some amazing fly fishing, so we got a guide and spent a day catching browns, brooks, and rainbows (none of which are native to Colorado). Cutthroat trout—the only native species—managed to elude us. On our third day at Rocky Mountain, we said goodbye to our elk friends, and took the



long way through the park, scaling a windy twisty dirt road up to about 11,000 feet, with precipitous drops just outside the window. Exiting the southwest side of the park, we witnessed the unfortunate devastation of wild fires from a prior year before cruising past Winter Park ski area on our way to Denver.

After a couple down days in the “low lands” of Denver, we ventured up to Leadville to get ready for RJ’s race the next day. Leadville is the highest city in the US at 10,152 feet above sea level. We would be staying in the relatively oxygen rich town of Frisco, just down the hill at 9,000 feet. The Leadville Trail 100 is a famed 100-mile mountain bike race that features grueling terrain and thin air. Those that do the ride in under 13 hours get to call themselves a finisher. RJ did it 11 hours, 11 minutes.

The day after the race, I set out to hike Peak One, of the Ten Mile Range. Those that have been to Breckenridge will know this range—Breckenridge occupies Peaks Six through Ten. The 12,796-foot summit was made that much better by the presence of a Mountain Goat and a marmot. We shared the summit together for about 10 minutes before I made my way down.

Ten days into our trip, it was off to the next stop—Moab, Utah. Arches National Park and Canyonlands National Park feature stunning views and fascinating formations for as far as one can see. We found another windy twisty dirt road, this one even more intense. The Shafer Trail winds 1500 feet down the face of a sandstone cliff. It’s barely one lane wide, but allows traffic in both directions. Fortunately, we didn’t have a chance to figure out how that works—we were basically the only vehicle out there. The road is also limited to 4WD high clearance vehicles with low range gearing. It makes the Mount Washington Auto Road feel like a walk in the park.

Moab is home to all sorts of other adventures. We missed out on rafting down the Colorado River, but took advantage of the ATV tour that takes you crawling up and down sandstone formations and ripping through fields of red sand. And no self-respected mountain biker could go to Moab without riding the world-famous Slickrock Trail. Even riding it in the pouring rain, the smooth sandstone somehow provided perfect grip. The memory of that ride will last a lifetime but, in case it doesn’t, I’ll be forever reminded by the fine red dust that I’m still cleaning out of my bike components to this day.



The Shafer Trail started at the top of the cliff in the background, and descended its face.

It was an 8-hour drive from Moab up to Yellowstone National Park. We stopped briefly in Jackson to walk through the town square and took some pictures from Mormon Row alongside Grand Teton National Park. Yellowstone was its usual epic self. We spent three nights tent camping on the shore of Yellowstone Lake, wondering if a bear would pay us a visit. We did see bears—both black and grizzly—but thankfully not in camp. There were also elk, bison, eagles, pronghorn, beaver, osprey, and deer. Oh, and lots of geysers.

The drive through eastern Wyoming was fascinating. From the Lamar Valley and the east gate of Yellowstone, we briefly crossed into Montana and travelled the beautiful Beartooth Highway. Dead Indian Pass was truly spectacular, but also inspired a desire to learn the history behind the US Army and Native American conflicts that took place throughout the mid to late 19th century. A quick stop to watch a moose in Bighorn National Forest, and a visit to Devil's Tower rounded out Wyoming.

South Dakota hadn't been on my original list of places to see, but it was a logical stop on the way home. With only a week left in our trip, we rolled past the brightly lit Mount Rushmore after dark on our way to a cabin in the Black Hills National Forest. Custer State Park was a great take, in particular the Needles Highway with its tunnels bored through the rock formations, and



the Iron Mountain Road with its pigtail bridges. Badlands National Park brought something completely different, with endless geological formations and fossil beds. It would be the sixth National Park of the trip. While in South Dakota, we added prairie dogs, bighorn sheep, and American badger to our list of wildlife sightings, and even lost a few bucks in the casinos of Deadwood.

Our trip home took us across southern Minnesota and Wisconsin before making our way into the northeast—the land of traffic jams and speed limits. It was a 2.5-day drive from western South Dakota. Looking back, I appreciated going home a different way that we took going west—it provided some variety, and also got our “states visited” count up to 16.

So was it the trip of a lifetime, like I had envisioned it? Absolutely! Sure, there were some things we missed (Zion and Glacier come to mind); however, for a couple of working stiffs with limited vacation time, I'd say we did pretty well to cram in as much as possible in those 23 days and 7500 miles. I'm not sure I would change any of it, if I had the chance. A bonus of this trip was that it gave a great introduction to a large variety of destinations. When I go back, I'll know exactly where to focus my time.







CHRISTMAS PARADE

Sunday, December 5

88 Palmer Ave

Please sign up on the website!

Once again we'll be marching in the Falmouth Christmas Parade! Please come out and show your support by joining us! We gather at Michael and Diane's house before and after, with refreshments and social hour following the parade. Bring something sporty or club-like to walk with; i.e, ski poles, kayak paddle, etc.

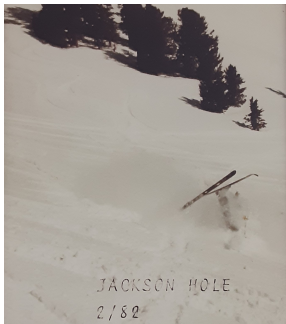


\$15 Tune-up Special!

Bring your skis to the November 11 meeting. Tape/band them together and put your name and phone number on the skis. Include an envelope with your name, phone, ski description, and \$15 cash or check payable to Sportworks. Your skis will be available for pickup at the December 9 ski club meeting.

Check out our friends at their new location!

116 Tremont St, Duxbury MA 02332



NAME THAT SKIER!

If you guessed Bud Shaw, you are right!



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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