

Summer 2021



UPPER CAPE SKI & SPORTS CLUB

The Avalanche

From the Summit

What a difference a few months makes. In the spring we were all scurrying to get vaccinated, with the hope that some semblance of "normal" would be the result.

Just about everyone has been vaccinated and had their 2 weeks of waiting until fully immunized. What does that mean? IN-PERSON, that's what it means! And meeting in-person is what we're doing.

We have a full slate of Steamer's Nights Out (SNOs). We've already had several of them, all well-attended, and all lots of fun. The first was at the historic Aptuxet Trading Post in Bourne. It's a great venue for our type of event. Thanks to Linda Barlow for setting it up. Next we went to Cape Cod Coffee in Mashpee on Tom Burt's recommendation. Another perfect spot for an SNO, as exhibited by the fact that the attendance is growing. Our next stop was Cape Cod Winery, as suggested by Jo Kraemer and Richard Dotson. In spite of the sweltering heat, a group of at least 30 had a great time. The Sagamore Inn, a family-owned local favorite, made for a great finish to the month of July.

Our remaining SNOs are Seacrest Resort Aug. 12; The Bog Tavern (formerly the Sunset Grill at the Brookside Club) Aug. 26; and, last but certainly not least, The Chart Room Sept. 9. We're in the process of setting up a kayak event this summer, and possibly a bike event on the Vineyard in the fall. Watch this space...

Our popular Poker Run is scheduled for Saturday, Sept. 18, with rain date the following day. Our Poker Run guru, Tom Burt, is unable to run the trip this year. Ron Purdy and Paul Palo have stepped up to fill in for Tom. We can be assured that the event will be creatively and successfully engineered. Thanks, Ron and Paul.

Shortly after the Poker Run we head to Bar Harbor, Maine, and Acadia National Park. The cottages are sold out, but there is still availability in the area where you are close enough to participate in activities at the cottages.

We're planning a Sugarloaf trip in January and a Mt. Washington/Bretton Woods trip in February. Watch the website for details. Our 2022 European trips are Italy May 7-14 (cabins still available) and Croatia May 20-27 (sold out, wait list only).

We hope you'll mark your calendars for as many of these events as possible. We can't begin to tell you how much we appreciate your continued support. Attendance at our SNOs shows that our members are really glad to be gathering again and are ready to party! Let's Go!



Rick Howe, President

For Your Consideration...

Bike & Barge

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 21—May 28

\$2024—\$2574 ppdo or ppto*

This is an 8-day, 7-night National Parks 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.

*Trips are priced without airfare to give you flexibility over your trip. Additional details will be provided in future newsletters, or [Contact Michael](#).

Poker Ride!

Saturday, September 18

Temporarily under new management!

Details
TBA

BAR HARBOR!

NOTE: Cottages are currently sold out. [Contact Len Hills](#) for alternate lodging options.

We had such a great time back before Covid that we thought we should do it again. So we have reserved 12 cottages in picturesque Southwest Harbor which is on the quiet side of Acadia (Mt. Desert) away from the hustle and bustle of Bar Harbor. You can still easily drive over to Bar Harbor for dinner or a bit of sightseeing.

Start:	24 Sep 2021
End:	28 Sep 2021
Location:	Acadia Cottages, Southwest Harbor, ME
Price:	Varies, based on cottage
Spaces left:	0

ACADIA!

Meetings!

Our regular monthly membership meetings will resume in October, on the first Thursday, tentatively at the Courtyard. We're still in the planning stages, but we're cooking up something special. According to our by-laws the October meeting is for nominations of officers and members of the Board. We'll vote on those nominations in November. Our ever-popular Holiday Yankee Swap will be in December.

Upcoming Meetings:

October: Nominations

November: Elections

December: Yankee Swap

If you have any interest in serving on the Board contact any member of the Nominating Committee: Bud Shaw, Michael Finegold, or Tom Burt. Terms of Board members and officers are 3 years.



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.

Our first recipe comes from Jo Kraemer, who thought it would be easier to share her **Cream Cheese Ball** recipe this way than to send it to every person who tried it at the Cape Cod Winery SNO and asked for the recipe. So here it is... Thanks Jo!

CREAM CHEESE BALL



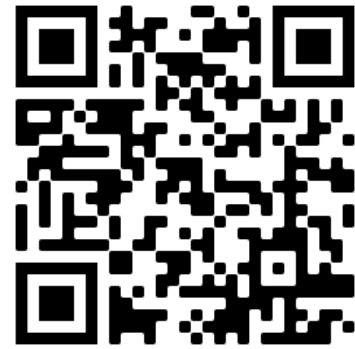
- 8-oz pkg. cream cheese, softened
- 1, 8-oz can crushed pineapple, drained and juice saved
- 2 Tbsp. onion, finely chopped
- 2 Tbsp. sweet pepper, chopped
- ¼ tsp. salt
- 1 c. chopped pecans

Mix ingredients with some or none of the nuts. Reserve rest for rolling cheese ball in. Sometimes, I've made this as a dip rather than a "ball" and used few if any nuts. If you do this, reserve a little of the pineapple juice for the mixture to make it a little more creamy and spreadable.

This has been a quick and tried-and-true appetizer over the years, one that I've served at home for gatherings or brought to parties. Serve with crackers or fresh vegetables. I don't remember from where the recipe originally came, but I started making it in the 1970's. It's extremely simple, but people will ask you for the recipe!

WANNA BE ALL
HIP AND TRENDY?

**Try out our
new QR Code!**



One Last Run Down the Mountain

It is with sadness that we share news that Lionel "Red" Blanchard has passed away. Red was the owner of Village Ski and Sports in Pocasset. He was also instrumental in the founding of the Upper Cape Ski Club by gathering names of those that might want to explore the idea of a possible ski club back in 1985. Red then organized the first meeting at the Courtyard as well as the club's first week long trip to Vail, CO. Red was an inspiration to many of us and was always ready to help with our skiing needs. He was an enthusiastic promoter of the club, the sport, and the industry. His business began when he started installing bindings on wooden skis for his friends; eventually, he owned several ski shops in various locations on and near Cape Cod. Red was well known in the ski industry as one of the early skiing enthusiasts. He also served his country in both WWII and the Korean war. Red was predeceased by his son Kemper and leaves his wife, Sherry, of 43 years. He will be greatly missed by our club. Services will be private and interment will be at the Massachusetts National Cemetery in Bourne.

Lionel "Red" Blanchard - Rest in Peace - June 24, 2021

Steamer's



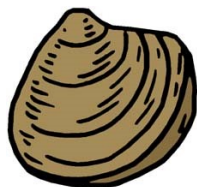
NIGHT OUT





SEA CREST
BEACH HOTEL
Little moments. Big memories.
Thursday, August 12



THE BOG TAVERN
Thursday, August 26



**Chart Room**

Thursday, September 9





Vermont in a Day? A Failed Attempt...

by Tom Burt

Frequent readers of this space know all too well my addiction for hiking and for mountainous adventures that may not make sense to most. Sometimes, they don't even make sense to me. But they can make for some good story-telling. On this occasion, the story didn't have the happy ending we were hoping for.

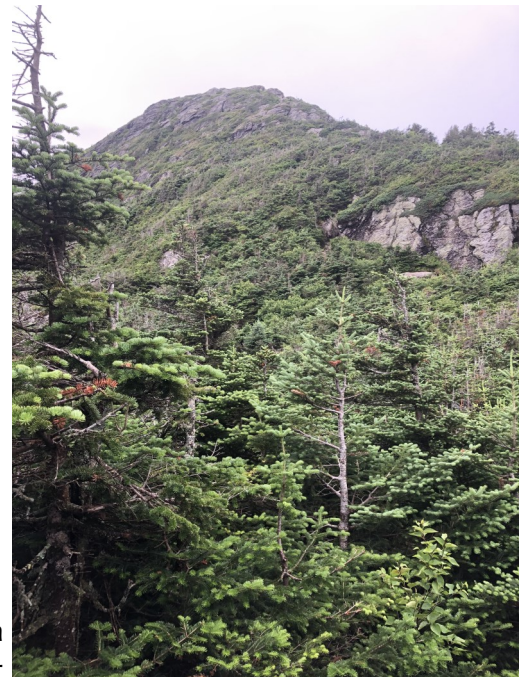
We had affectionately named it the "High Five." The name was ours, but the idea was not. My buddy Jason (who has appeared in previous tales in this newsletter), had discovered this challenge on the FKT website—FKT, for "Fastest Known Time." It's a site that tracks various routes and challenges, and the fastest known completion time for each. Most FKTs are held by superhuman endurance athletes whose achievements would boggle one's mind. The "High Five" had relative few attempts, and this FKT seemed almost achievable.

The High Five is simple. There are five mountains in Vermont that surpass 4,000 feet in elevation. Climb the first, ride your bike to the second, climb the second, ride your bike to the third, and so on. Note the time it takes from start to finish. Do it in under 14 hours 48 minutes and you have the FKT!

I had always intended to summit each of the VT peaks in my pursuit of the New England 67 (climbing all of the 4000 footers in New England). Doing them all in a day was ambitious enough, and adding a bike ride in between was a bit too much for me. Instead, I agreed to hike the hikes, and drive the route in support while Jason added the bike legs. Even just bagging all five in one day would be good enough for me!

We had driven up on a Friday night, and camped in a State Park in central Vermont. Spotting a black bear on the drive up was a gentle reminder of the remoteness of some of these areas. Saturday morning's start to the adventure came early as we headed north to Mount Mansfield. Upon arrival, we assembled our gear, re-checked the route, and headed out. Jason and I are more hikers than trail runners, but it was still a very brisk pace up the Long Trail. We topped out #1 with a quick celebration then ran the full 2.5 miles back down the mountain. Jason hopped on his bike amidst a gentle sprinkle of rain, and started on the 26-mile bike ride to Camel's Hump. I turned on the tunes, sipped some coffee, and enjoyed the views as I drove the route.

Just south of Waterbury, Camel's Hump is a 4,083' peak with a 6.6-mile round trip climb. Thankfully, it is a fairly gentle ascent which made for easy fast hiking. Clouds had moved in by now, and there were no views from the top. Another fast trail run down from the summit and we were on our way to Sugarbush Resort.



It was a 27-mile ride (drive for me!) to Sugarbush, with a very healthy climb up the access road. This resort is home to two more 4000' peaks: Mount Abraham and Mount Ellen. We started up the ski trails, passing a work crew that was assembling a massive fireworks display for a wedding that was taking place that night. It was raining off and on by now, so the trails were wet and there was substantial mud from storms earlier that week. Still, it was a relatively quick 10.8-mile hike that got us two more summits.

After descending Mount Ellen, the rain started in earnest. Storms were predicted all day, but we had somehow managed to avoid them. A



quick check of the radar showed that our luck had run out. There was heavy rain falling on this next leg—a 45-mile bike/drive to Killington. To make things worse, we had taken longer than expected to get to this point and it was now getting dark. Riding and hiking into the night was part of the plan, but not through heavy rainfall on a windy twisty Route 100. With lots of red blobs on the radar, Jason made the call to abandon his third (and longest) bike leg. We opted to still drive to Killington, in hopes of summiting #5 and accomplishing that part of our goal at least.

It was about 9:30p when we hit the Killington access road. Jason had never been up this road before and upon seeing it for the first time, was quite relieved he was not biking it (at night, in the middle of a storm). We got to the K1 and checked the radar again. It was raining pretty hard off and on, and there were still red blobs on the

radar. Visibility was near zero, and we couldn't even see our intended route up the hill. It was there that we abandoned the challenge entirely. We had been willing to hike into the wee hours of the night, and were even willing to hike in the rain. We were not willing to risk our safety by standing atop Killington with thunderstorms in the area. As we drove down the access road on the hour-long drive back to our campsite, we saw a family of five black bears running across the road by the Ramshead lodge. We could have been a late night snack for them if we had decided to hike!

Getting four out of the five VT 4000 footers in a single day was still a great achievement. I was disappointed to not get them all, but I now know that it is possible, particularly without the bike rides. We will go back for sure; after all, we still need to summit Killington. I suspect there could be a second attempt at the whole challenge as long as we're there. Hopefully this time in better weather. Even without the fifth summit and last bike leg, we still hiked 22.5 miles with 9100 feet of vertical. To that, Jason added 53 miles and 4500 vertical feet of biking.

The next day, we enjoyed a scenic ride home through the back roads of Vermont. A trip to the Green Mountains wouldn't be complete without a stop at Long Trail Brewing for burgers and Blackberry Wheats. We shared our debrief with a friend we like to call "Kona Man." Or Billy Hafferty, for short. Billy is one of those superhuman endurance athletes I mentioned earlier—the kind that frequent the FKT leader board with mind-boggling achievements. Less than a week after our attempt, Billy was trying his luck with the High Five. He completed all five summits with bike connections in 13 hours, 48 minutes. He broke the FKT by a full hour.



SKI NEWS

Cannon Seeking \$10 to \$30 Million for Tramway

The state-owned ski area wants to refurbish or replace the aging lift. The first aerial tramway at Cannon Mountain was constructed by the American Steel & Wire Company for a cost of \$250,000, opening in 1938 and operating for four decades. The current aerial tramway was installed by Agudio Corp. of Italy between 1978 and 1980 at a cost of \$4.6 million. Millions of dollars have been subsequently invested in the lift, including a major overhaul in 2001, a motor rebuild after a well-publicized evacuation in February 2016, and ongoing renovation project (including \$400,000 recently spent on rebuilding carriage assemblies). According to the Union Leader, the tramway currently costs between \$350,000 and \$500,000 per year to operate and maintain. The lift has operated part-time during the ski season since 2008 and was closed from March 2020 through May 2021 due to COVID-19 concerns.

Doppelmayr Garaventa expects a rebuild to cost \$10 to \$15 million, while a replacement would be \$20 to \$30 million. According to the Union Leader, a rebuild would extend the life of the lift by 20 years, while a replacement would be expected to last 40 to 50 years. According to DeVivo, either project would result in no tram service for one winter and two summers and would increase tram car capacity from 80 to 100 people.

Doppelmayr Making Fast Progress at Loon

The new Kanc 8 chairlift is scheduled to debut this winter. Calendar summer is only just starting, but the new Kancamagus 8 chairlift is already taking shape at Loon Mountain.

Following the closure of the Kancamagus Quad in late March, disassembly quickly took place, allowing for an early start to pouring concrete forms for the new lift. Originally slated for a 2020 installation, permits and fabrication were already complete well in advance of this construction season. Since the lift is not located in a high-elevation Bicknell's Thrush protected habitat, construction can continue throughout the spring and summer. As a result, the massive towers were flown into place last week.

The Doppelmayr high speed eight-person bubble chairlift is Boyne's second of its type, following the installation of the Ramcharger at Big Sky in 2018. The former Kancamagus Quad will replace the Seven Brothers chairlift next year.

Credit: www.newenglandskiindustry.com



The Upper Cape Ski club is happy to announce that we are sponsoring a hole at the 22nd Annual Nu Psi Chapter Women's Golf tournament! The Nu Psi Golf Tournament has been Nu Psi's main fundraiser during the past 21 years. It is the method by which Nu Psi provides a number of families with a complete Christmas from gifts to food, donations to area food pantries, Cape Kids Meals (a group that provides food for children on weekend and vacations) and numerous other charities that benefit children and their families. Good luck to Nu Psi and all the participants!





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.

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