

Fall 2022



UPPER CAPE SKI & SPORTS CLUB

The Avalanche



As summer seems to be winding down, we have fond memories of the many things we did this summer, and at the top of the list was Steamer's Nights Out (SNOs). We started at the historic Aptuxet Trading Post on the Cape Cod Canal. We visited past venues, including Cape Cod Coffee. We added Off the Grid in Sandwich and Bad Martha's Brewery in E. Falmouth. As an extra bonus we added a Cape Cod Canal cocktail cruise. And we finished off with an incredibly beautiful sunset at the Sea Crest Beach Resort in N. Falmouth. Most of the SNOs were attended by more than 20 members and friends, and everybody had a great time...as always.

By the time you read this, 16 of us will have returned from a week navigating the Rideau Canal in Canada (Google it). We rented 3 LeBoats, 43 feet long each. If you're not familiar with LeBoat, they are all over Europe with you-drive-it boats on canals, lakes, and rivers. They have recently expanded into Canada. The Rideau, a UNESCO World Heritage Site, runs from Ottawa to Kingston Ontario, complete with locks. You'll hear all about this exciting adventure at a monthly meeting in the fall.

Speaking of monthly meetings, as in the past they will be held on the first Thursday of the month, starting on Thursday, October 6, at 6:00pm. We will meet at the Monument Beach Sportsman's Club again. We will provide a light snack. There is a cash bar. And we will try to have some interesting and entertaining speakers. October is the month when we do nominations for club officers, whom we'll elect in November.

The Board has been working hard to set up trips and activities for the 2022-23 season. And please note that the Martha's Vineyard bike trip that we cancelled last year due to Covid will be scheduled for the spring. But speaking of biking, we have two major events coming up. First, our annual Poker Run will take place on the Shining Sea Bikeway in Falmouth on Saturday, Sept. 24, rain date Sunday, Sept. 25. It's always a great time. Check the club web site for details and to sign up. Additionally, on October 2 many club members are riding in the Buzzards Bay Coalition Watershed Ride. It goes from Rochester to Woods Hole, with parties at both ends. It's a great time for a great cause.

And lest we forget that we're a ski club, check the website for details of our Sugarloaf trip in February, and our Park city trip in March. Coming soon to the website will be our January Trip to The Omni Hotel at Mt. Washington, NH, and skiing at Bretton woods. Always a well-attended trip, offering many amenities in addition to skiing.

Want to bike-and-boat in Europe? You came to the right place. The club is running trips to Greece and Amsterdam to Bruges, Belgium, in April/May, 2023, and a bike-and-boat in Germany in September 2023.

There's lots to look forward to. We never let up this summer, and we look forward to seeing all of you at the Sportsman's Club in October. Remember, space is limited, so you absolutely have to sign up for the monthlies. They're free, but you must sign up. We have a few other surprises up our sleeves, so keep in touch with the website to see what's going on.

Until then, enjoy the rest of this great fall weather.

Rick Howe, President



Meetings!

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

Next Meeting:

October 6

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!

Poker Ride!

**SEPTEMBER
24**

The Poker Ride is back again this year! Join us for a leisurely bike ride along the Shining Sea Bike Path, followed by a cookout and social gathering. To make it more fun, we'll add an additional challenge. Riders will pick a playing card from a deck at several pre-determined stops along the ride. By the end of the ride, everyone will have a 5-card poker hand. Don't worry, you don't need to be good at poker or even know how to play—we'll handle that part for you. Cash prizes to whoever has the best and worst hands! Registration via the site is mandatory. Rain date will be Sunday, 9/25.



Date: September 24

Cost: \$20

Trip Leader: [Tom Burt](#)—508-566-0095



2023 Bike & Boat Trips

with Michael Finegold

Several trips to choose from! Trips have limited availability and some may be sold out. Contact Michael for the latest status.

Greece

x 2

Two Boats, Two Trips!

Dates: April 15—22, 2023

Cost: \$2750

These trips follow two different routes. Both feature amazing destinations and comfortable lodging, most meals, a bike, and a guide. Island hop via barge, stopping at various islands and cities to see the sites. E-bikes are available but limited. Itinerary is on our website. Space is extremely limited.

Wait List
Only!

Amsterdam to Bruges

You will visit some of the top attractions in the Netherlands. Tulip season will be in bloom and the Gouda cheese is superb. The bike trails in the Netherlands are among the best in the world with many in use by daily commuters. E-bikes are available and recommended due to occasional strong winds in the Netherlands, after all this is the land of windmills!

Dates: April 27—May 4 **Cost:** \$1899—\$2449

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.

2023 Bike & Boat Trips

with Michael Finegold

Aschaffenburg

Take an 8-day cruise on the fabulous Main River aboard the premium class river barge *Iris*. See Franconian, Gothic, and Baroque buildings and villages, the UNESCO World Heritage Residenz Palace, Würzburg and the castle gardens, Bamberg Cathedral, and drink lots of Beer! The trip includes breakfast, packed lunches and five dinners, accommodations for 7 nights, a bike & helmet, and tour guides. eBikes may be available for an additional fee. See website for additional details and inclusions.

Dates: September 23—30, 2023

Price: \$1939 (check) or \$1999 (credit card) PPDO

Only 4
Cabins left!

To Bamberg



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.



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.

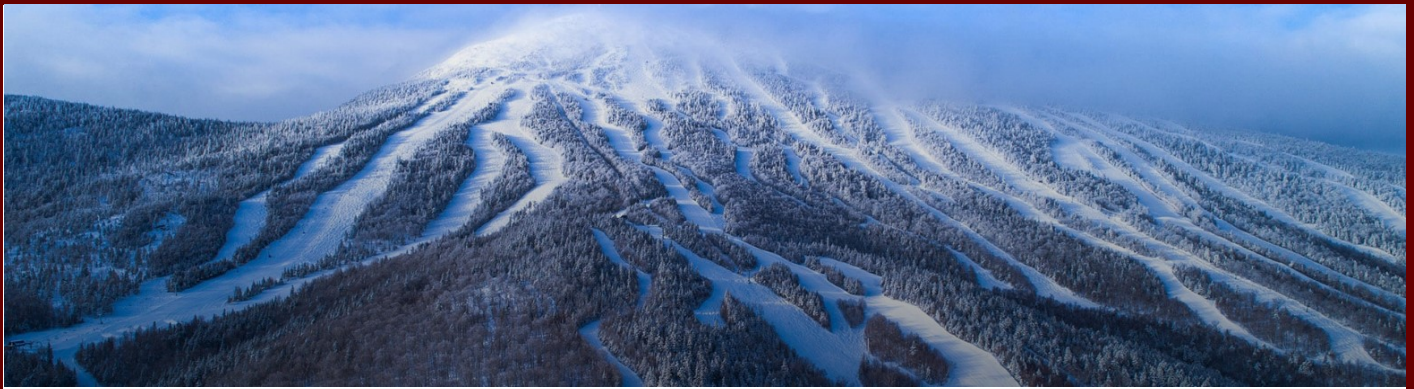
Pineapple Salsa

(Adapted from Cooking Light Magazine, submitted by Linda Barlow-Palo)

- 1 cup finely chopped fresh pineapple
- 1/3 cup chopped onion (I use Vidalia but a red onion would work too)
- ¼ cup chopped cilantro
- ¼ cup pineapple preserves (optional)
- 1 tab or more chopped jalapeno pepper
- 1 1/2 tab of lime juice
- ¼ tsp black pepper



This is an easy to make salsa that pairs well with fish, chicken or corn chips. I do not measure anything and probably make double the recipe. Do not be afraid to use a jalapeno pepper-I use a whole large one as the flavor seems to be overwhelmed by pineapple. It does not make the salsa too spicy! I use a small food processor to chop the cilantro and jalapeno together after first very carefully taking the seeds and membranes out of the pepper (Crate and Barrel has a great little tool that does this). I also do not add the pineapple preserves as it is sweet enough without it, it's hard to find, and then you have to deal with a left over jar in your frig. Basically, just mix up in a bowl and serve or chill for an hour or two. Enjoy!



SUGARLOAF 2023

What is there to say about this trip that hasn't been said for the last 30+ years? There's a reason this is our longest running annual trip. It's simply the best! Better than all the rest! So we're going back. Young Padawan Camille will be running this trip, under the tutelage of Master Bud. We'll be staying in condos to minimize costs and maximize fun. You won't find a better deal, so sign up today! Includes: 5 days lift tickets, 5 nights lodging, daily lesson, health club access, club gathering w/ free raffle.

Dates: February 5—February 10

Cost: \$585 PPDO

Trip Leader: [Camille Morgan](#)—508-221-5961



~ 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.

Mt. Washington Hotel

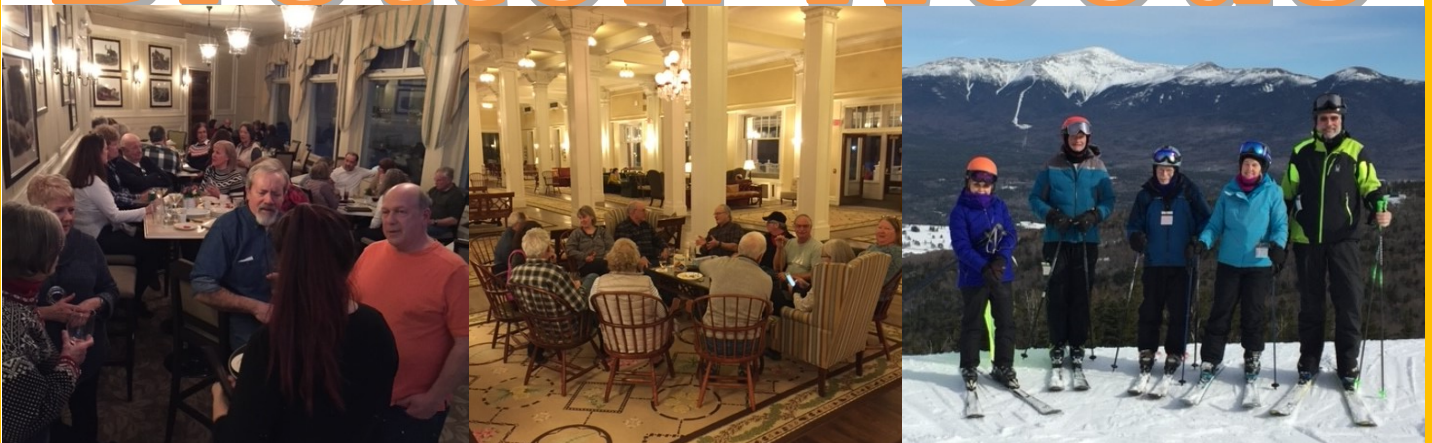
Here we go again! Our annual post-holiday, lets do something nice for ourselves and get this ski season under way trip! We'll go back to the Omni Mt Washington Hotel for a bit of pampering, perhaps some fine dining or spa time, and maybe a dip in one of the pools or hot tub. If napping and reading are on your agenda, it's a fine place for that. Oh, did I mention that there is a terrific ski area right across the street, accessible by shuttle bus, with an almost new gondola and shiny new mid-mountain lodge? Great snow-making virtually guarantees good ski conditions, wind is rarely a factor, and the view can't be beat. There is no better place than Bretton Woods to start your ski season or get ready for Sugarloaf. The dates are January 18-20, 2023. That's a Wednesday and Thursday night at the Hotel in our usual Deluxe 2-queen bed rooms.

- Dates: January 18-20
- Price (same as last year!): \$309 per person double-occupancy with
- Lift tickets: \$39 per day
- Trip Leader: Scott Northrop 508-776-4694 or snortrop@comcast.net

Find your own roomie works best but I'll try to match up singles. Deadline for registration and FULL PAYMENT is Sunday, December 11, 2022. You must be a paid member of the club to attend this trip.

Will it snow, I don't know, you and your Bunkie should sign up and go!

Bretton Woods





RIDEAU CANAL





Park City



March 14 - 21

If you've never skied out west, this is the place to try it out! It's an easy flight (included in price) and a quick drive to Park City from the Salt Lake airport (shuttle included). We'll spend seven nights at the Park City Peaks Hotel, a very popular modern boutique hotel right in town that also features free daily breakfast. Utah snow is some of the most reliable in the American West, and is typically lighter and fluffier than what you'll find anywhere else. Park City Resort has 7300 skiable acres, almost five times the size of Killington. It's easily navigated though, and has terrain for everyone, with 42% of the terrain being rated intermediate. Looking for something different? Deer Valley is right up the road via free shuttle, and the Cottonwood Canyons include resorts such as Alta, Snowbird, Brighton, and Solitude (all accessible via numerous commercially available shuttles for an additional fee). In fact, our trip is priced without lift tickets to give you maximum flexibility over your trip. Use an epic pass if you have one or pick up one for about \$430 for a 5-day pass (window price is \$233/day).

Cost: \$1799

Trip Leader: [Michael Finegold](#)—774-392-2567



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?

By Mail:

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

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

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Michael Finegold

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