

Winter 2022



UPPER CAPE SKI & SPORTS CLUB

The Avalanche

From the Summit

**The State of the Ski Club Address
(not to be confused with the State of the Union Address)**

I am overjoyed to report that the Upper Cape Ski Club is as healthy and prosperous as it has been in years. In the last year we have had wonderful monthly meetings with a wide variety of extremely interesting speakers. We have gone on extended ski trips to Bretton Woods and Sugarloaf. We have biked, kayaked, and had a great time doing all our activities.

We have many ideas for the Spring, including a single day Marthas Vineyard bike trip, and many ideas for our now-famous SNO's (Steamer's Nights Out). We will be returning to our favorite venues, as well as some new ones that we think you'll find fun.

I need to take time to send a special "Thank You" to the Entertainment Committee: Colette Shaw and her team, Jean Hills, Pam Northrop, and Cyndy DiMestico. They have had to switch gears from our former Courtyard meetings. They now provide EVERYTHING for our monthly meetings at the Sportsmans' Club. They have arranged for the food (much improved from the Courtyard fare), the place settings, the decorations, and all the personnel to prepare, serve, and clean up. They get to the Sportsmans' club long before the meetings start, and they stay until everything is finished. I thought they were a good team before, but now they are nothing short of A WELL-OILED MACHINE. It has really been impressive to see this new venue evolve, and the Entertainment Committee is the main reason for our monthly meetings drawing near-capacity crowds every month. I can't thank you enough.

Our April monthly meeting will be our Grand Finale for the season. It will include a more elaborate buffet than the usual pizza and salad. It is traditionally a members-only event. If you've been coming to our monthlies as a non-member, and want to continue enjoying the fellowship, now would be the time to join the club. As has been the case in Grand Finales in the past, there will be a nominal charge for the April event.

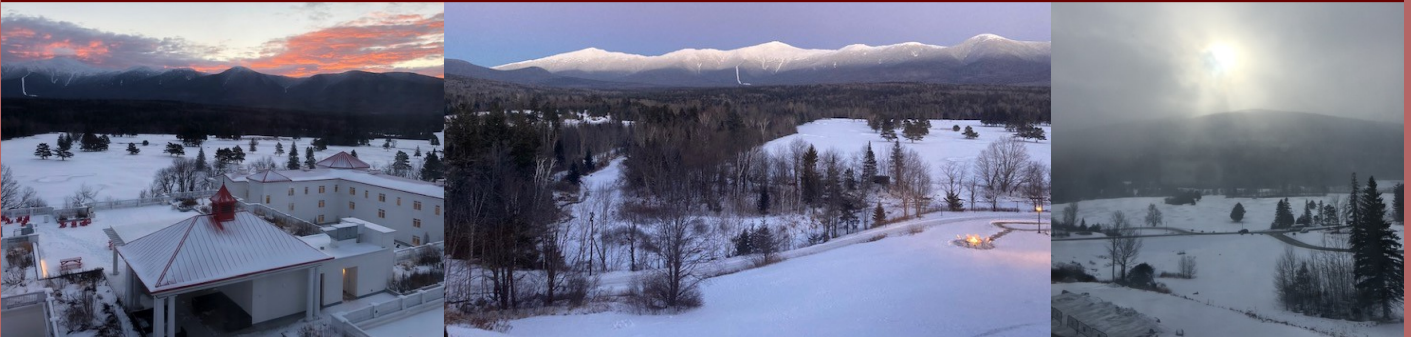
Thanks also to the Board of directors for their energy, guidance, and constant flow of great ideas that make the Upper Cape Ski club the awesome club that it is. We are up to 134 members, and we are growing every month. All our events are selling out. Thanks to Michael Finegold who is our European trip leader extraordinaire; to Bud Shaw and Scott Northrop for running our most popular trips; and thanks to Tom Burt for your ongoing commitment to regular, informative, and entertaining issues of the Avalanche. But most of all, thanks to all of YOU, our dedicated and active members, for making the club what it is: the best place on Cape Cod for "Year 'Round Outdoor (and indoor) Fun!" Join Us!



Rick Howe,
President

Mt. Washington Hotel, a recap

BY SCOTT NORTHROP



January of 2022 saw the return, after a one year Covid break, of the Upper Cape Ski & Sports Club to the venerable Mt. Washington Hotel and Bretton Woods ski area. 33 members made the trek through the notch for a dose of post-holiday self-indulgence at the Grand Hotel and a few turns on the mountain, where everybody is a good skier! The trip was scheduled for a Monday and Tuesday night stay with a few members choosing to add an extra night on the front or back of the trip. This has proven to be popular and gives people a little extra flexibility with scheduling. As was the case all over New England in January, snow cover was a bit thin with all the glades closed, but the runs that had snow had a lot of it and it was in great shape. Monday was good skiing in pleasant conditions, then came Tuesday... How cold was it? I went out to my truck Tuesday morning to find that my tire pressure had dropped 7psi just sitting in the cold! Sub-zero temps and wind? No problem for hearty UCSC veterans trained on the icy slopes of countless January Sugarloaf trips! I couldn't have been more proud watching them troop out the door... as I re-filled my coffee cup. The afternoon proved sunny and the returning skiers declared it a fine day, as was Wednesday. Folks on the Nordic side of things reported much the same; not enough snow, but enough to work with—a little crusty for good snowshoeing. Sadly, no sleigh rides were available this year. The Hotel is as grand and comfortable as ever, perhaps more so, now with a recent renovation producing a newly decorated and laid out main dining room and an entirely new “Presidential Wing” featuring luxury rooms and suites with balconies. Raves were also heard about the new mid-mountain lodge at the top of the new gondola at Bretton Woods!

Lingering Covid concerns limited our ability to gather as a group but people always find a way to get together and this trip was no exception. All in all, a nice no-stress get-away.



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:

March 3 (this Thursday!)

April 7

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!

NEW BUSINESS CARDS!

Why do we need business cards?

They're an easy and effective way of marketing our club! Keep a few around for those chance encounters when you can't stop raving to a friend about this great event you just attended! Here's one possible design.



Tour the World!

with Michael Finegold

Italy 2022

May 7—May 14

\$2399—\$2579 ppdo*

This is a bike and boat trip from Mantova to Venice, 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.



STEAMER'S CAFÉ

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.

BOOPIE'S HONEY CURRY CHICKEN BY RICK HOWE

1/3 cup butter, melted

1/3 cup honey

1/4 cup Dijon-style prepared mustard

4 teaspoons curry powder

1 pinch ground cayenne pepper

4 skinless, boneless chicken breasts



In a medium bowl, combine the melted butter/margarine, honey, mustard, curry powder and cayenne powder. Mix well. Place chicken breasts in a 9x13 inch baking dish and pour honey/mustard mixture over chicken. Cover and place in refrigerator. Marinate for at least 4 hours or overnight.

Preheat oven to 375 degrees F (190 degrees C).

Remove dish from refrigerator and bake, covered, in the preheated oven for 10 minutes. Remove cover and bake about 10 minutes more, or until done and juices run clear (baking time will depend a little on how thick your chicken breasts are. Might be 15 covered and 15 min. uncovered).

Serve with sticky rice. Enjoy!



(L) - Club members Mick Beriau and Paul Sylvia spent the day skiing together at Loon. (R) - Franconia Ridge and Lonesome Lake, as seen from Mount Kinsman



Can I Get Sunburned In Winter?

Our experts bust 20 myths about the fourth season.

Something was off. My face felt tight. Pressure piled in my head like it does when you plunge deep into the ocean or to the bottom of a pool. My heartbeat—rhythmic and steady—thrummed in my lips. I fumbled for my headlamp and sat upright in my sleeping bag, hoping my body would discover some sort of equilibrium.

It was cold on the glacier, which was still blanketed in predawn's purple vacuum. We were camped on a col high above the pines in the Coast Range, a jagged strand of peaks that splinters British Columbia along the Pacific Ocean. We had spent the three days prior working our way to this spot, alternately skiing, cramponing, ski-cramponing and generally MacGyvering across snow and ice.

It wasn't that I didn't believe in the merits of sunblock—that's silly. But after applying in the morning, it simply didn't occur to me that I may need more as each day progressed. I was preoccupied with more pressing safety concerns, and without the cue of a blinding sun, the thought never crossed my mind.

And so, as I blinked away the sleep, still nestled inside a downy cocoon in my tent, I didn't need a mirror to confirm what I already knew: I was in for it. Second-degree sunburns entombed my face, from the top of my chest where I hitched down my quarter-zip base layer in the afternoon, plaited across my throat and up to my cheekbones where my sunglasses sat.

Ultraviolet rays had penetrated through the overcast conditions, magnifying off the snow and reflecting off the ice—soaking into my bare skin like magma. Where we traveled across mountains, literally closer to the sky, the UV index had exceeded summertime levels. And it's not uncommon. Anyone who recreates outside in winter, whether downhill skiing, snowshoeing or even walking the dog, faces similar conditions. The sun's rays do not hibernate in wintertime, even if it's colder or darker outside.

It's just one myth—that you can't get sunburned in wintertime—among many this time of year. And it's the impetus behind the articles that follow. So apply your sunscreen generously and read on as our staffers and co-op members debunk the hardest-hitting myths from the fourth season.

—Maren Horjus

Reprinted from [REI's Uncommon Path blog](#), 2/24/2022

North Woods Great Adventure

By Jean Hills

Months ago, we read an article from the Bangor Daily News regarding bike trails in Grindstone, Maine. They sounded really interesting, but Grindstone is --- miles away, so we put the article in the "to do" adventure file.

In September we were in Acadia, for the Southwest Harbor Getaway Trip, and we realized it was only an another 2 and a half hours north to the Medway/Grindstone area.... almost to Mt. Katahdin. Through Air B&B we rented Meadow Brook Camp, a great two-bedroom camp on the banks of the East Branch of the Penobscot River, complete with a deck, a separate "summer kitchen" (great for grilling) and our very own moose.



The next day we loaded up our bikes, snacks and maps and took off to the Penobscot River Trails. What we found was amazing. The area calls itself a "world class facility" and it lives up to that claim. The area was well marked and easy to find, approximately 12 miles down Route 11 from the Millinocket exit off Route 95.



The trailhead starts at a spacious parking lot with an informational kiosk. The only other folks there were a couple, and their wonderful dog, who were stealth camping and ready to ride the trails. What we weren't expecting was a large beautiful, warm, sunny and inviting lodge just off the parking area, with maps, more information and a register which everyone is required to sign. They refer to these lodges as "warm up huts", with a wood stove, a great supply of wood, table, chairs couches, all very new and very inviting. And, oh yes, there are vault toilets available,

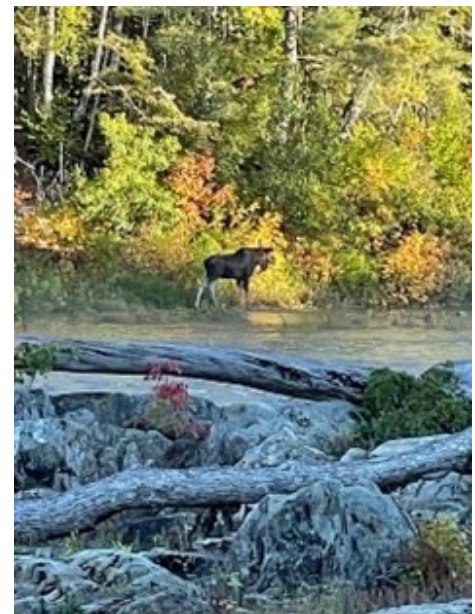
The trail system is approximately 25Km or 16 miles. Although this doesn't seem

long, the trail is designed in a loop with links at four locations that cross the loop. Using the links, and traveling in the required counter clockwise direction, a rider or hiker could make a much longer trip.

We started on The Riverside Trail along the East Branch of the Penobscot River. The trail quality was excellent, wide enough for the trail crews to get their ATV through, with a surface of well packed fine gravel. The trail hugs the river using bridges and board walks (trail



width) to cross streams. It meanders up and downhill so that the rider has a variety of terrain, but still the same great surface to ride on. We stopped several times to look at the river, which at times is wide open and other times seems like a backwater. There are two kayak launches along this stretch, as well as a warming hut and toilet between the first and second links.



At approximately 9 miles, the trail leaves the river and changes character to a ride through the woods. Before continuing we stopped to admire those outstanding views of Mt Katahdin and enjoy our lunch at the Long Meadow Warming Hut. We could picture this setting with tons of snow and cross-country skiers sitting around the wood stove.

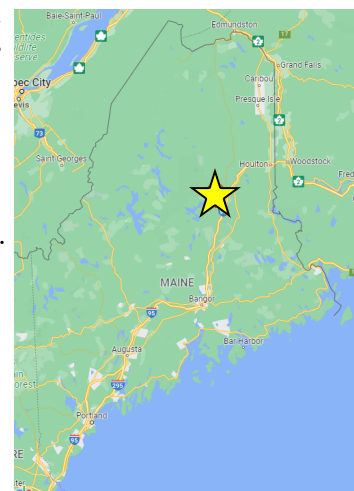
We finished the last 7 miles back to the trailhead. But not before we explored the area known as the Long Logan Loop. This is a shorter set of hilly trails that lead from the Visitor's Center. A really wonderful day of cycling, wildlife, foliage and scenery!

This facility is designed to be used all year long. They welcome walkers, cyclists and strollers in the non-snow seasons, and cross-country skiers, skate skiers and snowshoers during the winter, with some restrictions as to what trails can be used by each sport. Unfortunately, no pets anytime. Also, kayakers can use the Hay Brook Canoe-Kayak Facility, which is adjacent to the entrance area.

This is also home to the Maine Outdoor Education Program (MOEP) for the local school children. the organization has skis, boots, poles, snowshoes, bikes, canoes and kayaks available for a donation to MOEP.

So how did this wonderful facility appear in the north woods? In an area which has had its share of economic down turns? It was the project of the Butler Conservation Fund, started by Gilbert Butler, a wealthy philanthropist, who donated 80 percent of his company's assets to create this environmental conservation fund. The Foundation has done projects worldwide, but the Maine based projects seem to resonate Mr. Butler's attachment to northern Maine. The Foundation has also completed a project in Lubec, Maine which encompasses over 500 acres with various park areas, campsites, miles of trails and over 13 miles of scenic coastline.

So, all you northern Maine adventurers, put Lubec and Grindstone on your Adventure To-Do List!



~ 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.

Considering a Canadian Vacation?

Here's the latest travel guidance:

As of February 28, 2022 at 12:01 a.m. EST:

- We will be easing the on-arrival testing for fully-vaccinated travellers. This means that travellers arriving to Canada from any country, who qualify as [fully vaccinated](#), will be randomly selected for arrival testing. Travellers selected will also no longer be required to quarantine while awaiting their test result.
- Children under 12 years old, travelling with fully vaccinated adults, will continue to be exempt from quarantine, without any prescribed conditions limiting their activities. This means, for example, they no longer need to wait 14 days before attending school, camp or daycare.
- Unvaccinated travellers will continue to be required to test on arrival, on Day 8 and quarantine for 14 days. Unvaccinated foreign nationals will not be permitted to enter Canada unless they meet one of the few exemptions.
- Travellers will now have the option of using a COVID-19 rapid antigen test result (taken the day prior to their scheduled flight or arrival at the land border or marine port of entry) or a molecular test result (taken no more than 72 hours before their scheduled flight or arrival at the land border or marine port of entry) to meet pre-entry requirements. Taking a rapid antigen test at home is not sufficient to meet the pre-entry requirement – it must be authorized by the country in which it was purchased and must be administered by a laboratory, healthcare entity or telehealth service.
- The Government of Canada will adjust its Travel Health Notice from a Level 3 to a Level 2. This means that the Government will no longer recommend that Canadians avoid travel for non-essential purposes.
- Travellers should understand the risks that are still associated with international travel given the high incidence of Omicron, and take necessary precautions.
- On February 28, 2022 at 16:00 EST, Transport Canada's Notice to Airmen (NOTAM) that restricts where international passenger flights can arrive in Canada will expire. This means that international flights carrying passengers will be permitted to land at all remaining Canadian airports that are designated by the Canada Border Services Agency to receive international passenger flights.

Source: [Public Health Agency of Canada](#), 2/15/2022

LOOK HOW FAR WE'VE COME...



Logo Redesign!

Here are just a few of the options the Board of Directors is considering. We wanted to keep things similar, but with a little "refresh."

Huge thanks to Paul Palo for doing the redesign work!



Keep an eye out...

Martha's Vineyard Day Trip

Grab your bike, your black dog, and hop on the boat! We'll be doing some riding, some sight-seeing, and of course some eating! But maybe not until the weather warms up some.

Details TBA

STEAMER'S NIGHT OUT

SNO returns this Spring and Summer! Come and spend an evening out with friends, each time at a different location. It's always a good time! We'll be announcing dates and locations in the near future, so let us know if you have any suggestions or requests!

Summer Schedule

It's never too early to be planning our next amazing adventure. Keep a watch on our website and in your e-mail inbox for details on this summer's activities. As always, if you have an idea for a great trip, please feel free to reach out!

APRIL END-OF-SEASON SPECTACULAR

We're a year-round club, so our season doesn't truly end in April; however, our monthly meetings do. Don't miss out on our last meeting of the fall. We always have something a little special planned for this one.



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

Website:

Michael Finegold

Newsletter:

Tom Burt

Follow Us!

Click on either of the logos below to check our pages!



<http://www.uppercapeskiclub.com>