



# The Avalanche

There's no news like snow news !!!

Monthly newsletter by the Upper Cape Ski & Sports Club

Vol. 9, Issue 1

January 2001

## Newsletter Index:

Some words  
from the Prez  
Okemo, VT  
Stratton, VT  
Attitash/Bear  
Europe powder  
Raclette's story  
Mount Sunapee  
Jay Peak, VT  
Get in touch



## Some words from the Prez.

Dear Gang,

As we near the halfway mark of our season I am happy to report that we have had 6 successful trips and only had to cancel 2 so far.

The Sunday River trip, which last year was a success, did not go due to lack of interest by club members. The Super Bowl was on the same day and this could be one reason for the trips failure although last year it was also Super Bowl Sunday and the trip was very well attended. We will try to come up with a different idea next year and we always welcome your input into trip planning and locations.

This is also a good time to review our deposit policy and I ask that all members read the policy on page # 7. Our by-laws are published once a year and will be in the next newsletter. However if you wish to review them you can check them out at any time by visiting our new website. Our webmaster Mark Marion has been busy revamping our site and making it easier to locate. This is a work in progress and will be done by the end of February. Please don't hesitate to send suggestions to him at [mfskier@aol.com](mailto:mfskier@aol.com). Also please make a note of our new web address which is now much easier to remember. Check it out @ [www.uppercapeskiclub.com](http://www.uppercapeskiclub.com)

Lastly I want to remind all of you of the importance of exercise and stretching before skiing. I am sad to report that several of our members have been injured lately. We wish them well and hope they have a speedy recovery. Overall our club has had a very low injury rate and I hope we can keep it that way in the future.

Happy skiing!

Jack Reardon, President

[BACK TO TOP](#)

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### Want to be a

#### TRIP LEADER?

Anyone who wants to lead a ski trip, raise your right hand!

Now don't worry, the only way you can volunteer is to fill out this form.

**Beginner?** Not a problem, we'll have you apprentice on

one of the trips!

**Intermediate?** No sweat, you've done this before. Give us a jingle and let us know which trip you want.

**Advanced?** We probably already know who you are. How about teaching a beginner the ropes (not tow).

#### BENEFIT TO BEING

##### A LEADER:

Besides a leadership role you are also entitled to a paid ski trip if the trip has met a minimum number of 20 participants. On day trips, the bus ride will always be paid for you, as long as the trip is going, you just pay the ski lift ticket.

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### NEXT MEETING:

Monday-Feb. 6th,  
2001 7:00 PM at  
the:

**BRITISH BEER  
COMPANY**, Falmouth  
Heights

*Bring a friend or  
come and meet new  
ones.*

**LINK TO:**



**Wednesday, February 4, 2001**

**WWW.**

**.COM**

Space still available sign up today!

Ann Verissimo is leading this fabulous trip to Okemo. Here's your chance to try some glade skiing in one of the few places in the East that offers it. Okemo is a quality resort through and through with lifts and trails in abundance. They are one of the few areas to offer glade skiing! Come sharpen your skills at this wonderful mountain. Check out their website at [www.okemo.com](http://www.okemo.com) for up to the minute conditions and a trail map.

**Trip leader is Ann Verissimo. Call her at 548-3194**

[BACK TO TOP](#)

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**LINK TO:**



**WWW.**

**.COM**

**Wednesday, February 7th, 2001**

Fabulous Stratton is getting better and better. The mountain has put \$11 million into it's "Ursa Project", a complete upgrade of snowmaking, lifts and services. Get up early and join us as we travel North for a great day of skiing. There are 55 trails and 13 lifts open for skiers and boarders of all abilities. So dust off your skis and ski suits and get to the bus at 5 am for coffee, donuts and a fabulous day at Stratton. Call Suzanne Robertson at 540-5959 for information and to sign up. This is one of the clubs favorite trips in past years has frequently been a sellout. So don't dilly dally or you won't get a seat on the bus.

**Trip leader is Suzanne Robertson. Call Suzanne at 540-5959**

[BACK TO TOP](#)

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**LINK TO:**



**WWW.** [www.attitash.com](http://www.attitash.com)

## Wednesday, February 14th

Join Brenda Purdy as she forages into the deep, dark woods of New Hampshire for some of the best skiing that state has to offer. Attitash is only a short bus ride compared to most others and is located in the Mount Washington valley area. Skiers and boarders are welcome at this mountain which has 59 trails all of which are currently open. They are reporting excellent conditions with a base of 20 to 56 inches. There are more than 20 miles of trails to ski on! For boarders there is a half pipe and a terrain park. Attitash has invested 32 million dollars in their facilities over the last six years. Jump on this trip and help them recoup some of their investment.

Trip leader is Brenda Purdy. Call Brenda at 540-4268

[BACK TO TOP](#)

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LINK TO:



**WWW.** [www.verbier.com](http://www.verbier.com)

## COME TO THE POWDER CAPITOL OF EUROPE

*Verbier, March 1st to the 10th, 2001*

*10 glorious days in the mountains of Switzerland*

Join us in quaint Val D'Bagnes, the valley home to Verbier. Our hotel is in the center of the village where you can walk to everything. Rooms are double occupancy with two twin beds as is the European custom. Air fare, transfers in Europe, hotel, lift tickets and tax are included.

Your 6-day lift ticket lets you can explore the mountains to your hearts content. There is terrain for skiers and snowboarders of all levels. Verbier contains 96 lifts and four hundred kilometers of prepared ski runs. Snow-making covers 64 kilometers of the runs. The highest skiable point is at 3300 meters (approx.

**10,000 feet). Come and join us for this most excellent of ski adventures.**

**Verbier is located in western Switzerland, close to the Matterhorn, the lakes region of Italy, and about 3 hours from Chamonix. All are easily accessible by train for a convenient day trip. Oh and by the way recent storms in Europe have dumped lots of snow in the mountains. Check out the Verbier website at [www.verbier.ch](http://www.verbier.ch) and you will see two live web cam which show ample snow both in the mountains and in the village. Yippee!**

**Contact Michael Finegold for further details at 508-548-0071.**

**[BACK TO TOP](#)**

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## **THE STORY OF RACLETTE**

**Before the days of Super markets and 7-11's, and well before refrigeration, foods were chosen not only for taste but for their ease in preserving.**

**It wasn't unusual for a Swiss family to live ten or more hiking hours out of town. This led to the need for foods which could be easily grown, transported and stored for long periods of time.**

**Today, Raclette is still consumed by the Swiss, but mainly in resort areas. It also happens to be one of my favorite gourmet delights.**

**Raclette is a cheese made in the mountainous Valais region of Switzerland. It has a mild taste similar to Gruyere with a smooth texture. Valais homes had a store of Raclette, which, when melted on a hot stone in the fireplace went well with pickles, steaming hot potatoes, dried meats and tiny marinated onions. It's a delicious and filling meal.**

**Those lucky souls that have signed up for the Verbier trip will get the chance to experience this fine delectable for themselves as we are going to the heart of Raclette country. You can be certain that I will.**

**By the way, listen up guys, this makes for a very romantic dinner by the fireplace. Just remember to get a flat rock (or griddle) for the cheese and a good hearty red wine and you will love the results. Call me and I will tell you my secret source for Raclette cheese right here on Cape Cod and provide a few other helpful dining tips as well.**

**Michael**

**[BACK TO TOP](#)**

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**LINK TO:**



**March 2 ~ 4.**

Those of us who experienced the Mt. Sunapee-SooNipi Lodge weekend last ski season enjoyed it so much that we have scheduled two trips this year. The lodge is ideal for a moderate sized group looking to experience some old time camaraderie and good skiing.

The March 2 ~ 4 trip includes two nights lodging and two days skiing ( i.e. one day at Sunapee and one day at Okemo). The price for this trip is \$140 for adults: \$130 for 13-18 year olds and \$120 for seniors ( 65+) and children under thirteen.

For both these trips, you may opt to ski all the days at Sunapee. The March 2-4 weekend currently has 14 spaces available but not for long!

For further information call Brenda Purdy at 540-4268.

[BACK TO TOP](#)

LINK TO:



**April 5 ~ 8 , 2001**

**Thursday ~ Sunday**

Here's your chance to ski a little known resort that has the most snow in the East! Jay Peak reports an annual total of 340 inches of the fabulous white stuff each year. That's more than twice as much as Killington.

Jay Peak also offers the only off-piste skiing in the East as well as abundant glade skiing for those wanting to challenge themselves.

Our accommodations are slope side at the Hotel Jay. Based upon double

**occupancy our package includes two dinners, three breakfasts, three lift tickets and three night's lodging. All this for \$229 per person! Space is limited to 20 people and this trip is guaranteed to be a sellout.**

**The trip leader is Diane Payson. Checks for the full amount only can be sent to :**

**Diane Payson ~ 88 Palmer Ave.**

**Falmouth, Ma 02540**

[BACK TO TOP](#)

### **HOW TO GET IN TOUCH WITH THE CLUB:**

**\* by mail:**

Upper Cape Ski & Sports Club  
P.O. Box 2123  
Teaticket, MA 02536

**\* by e-mail:**

[info@uppercapeskiclub.com](mailto:info@uppercapeskiclub.com)

**\* by telephone:**

President's phone: (508)563-9273  
Editor's phone: (508)548-0071

for club's activity inquiries or newsletter submissions.

[Go back to the Top](#)



[Home page](#)