



Sugarloaf Ski Club

MARCH 2004

Carrabassett Valley Academy - One with its Community.

CVA is more than just a school. It's a way of life. That life for our student athletes, faculty and staff begins here within the Sugarloaf, Carrabassett Valley community. Sugarloaf Mountain and the Sugarloaf Ski Club are critical to CVA's success. There is a special quality to the people who chose to make this unique setting their home. After traveling to events at other mountains in other states, and other countries we experience great relief each time we return home to Sugarloaf. While we are away we learn to appreciate the tireless efforts of the dedicated volunteers at the Sugarloaf Ski Club. People in competitive skiing know that Sugarloaf's competitions are world-class productions. We thank all the members of the Sugarloaf Ski Club and Carrabassett Valley community for your dedication and commitment.

Maine Special Olympics Winter Games
and
Carrabassett Valley Academy
February 9 and 10, 2004

Two days of athletes bringing out the best in each other.

Perhaps the greatest competition of the 2004 Maine Special Olympics - Winter Games was determining who had the most fun, the Olympians or their CVA student coaches. One spectator said he was pleasantly surprised at how sincerely kind and supportive the CVA athletes were. His only previous exposure to CVA was watching them race down the mountain.

Go to the CVA website www.goCVA.com to see photos revealing the true essence of athletic and social achievement realized at the 2004 Special Olympics - Maine Winter Games.

—provided by Rick Bisson,
Communications Office, CVA

RECENT AND UPCOMING SKI CLUB EVENTS !!

On Sunday morning, February 22d, the Ski Club gave out hot chocolate to members who stopped as they were skiing by the gazebo at the bottom of Comp Hill. There were not large crowds of skiers on that day, so attendance was light. But that will not be the last "hot chocolate day" for the season. Thanks to Anne Hanson, Nancy Holliday, and Mary Libold for providing the helping hands.

A spaghetti dinner was held at the Stratton Community Center on Saturday evening, the 28th of February. Charlotte Zahn made outstanding spaghetti sauce; the menu included an excellent spring greens salad, garlic bread, coffee, and desserts brought by the participants. We wish there had been more attendees as the food was excellent. Where else can you get a great meal for \$5 a person?? Many thanks for the help from Bryan and Mary Libold and Nancy Holliday.

Upcoming events include the **March 27 Potluck Dinner** at the Stratton Community Center. This event is a lot of fun, and always offers an interesting variety of casseroles, breads, salads and some spectacular desserts. The Ski Club supplies wine, beer, soda, and coffee (now that we have our own new coffee pot). Be sure to come.

The **MARA Spring Series barbecue** will occur on Saturday the 3rd of April (with weather cooperating). This is always a sell-out event and lots of fun for kids and adults. Tickets will be sold at the Competition Center during race registration in the morning. The barbecue is held at the bottom of Competition Hill around noon.

A plug also for the **McKey Waddle Spring Race**—this is an important fund-raiser for the Sugarloaf Regional Ski Education Foundation scholarship funds. It will be held on Saturday, the 10th of April. Young and not-so-young, skier, telemarker, boarder—come one, come all. Get in the race, get a t-shirt, have a barbecue lunch and a great time.



Have you asked that your name be put on the Sugarloaf Ski Club email news distribution list yet?? Get brief reminders of events!
Send an email to the office and ask to be added!!

sugski@tdstelme.net

USCSA NATIONAL CHAMPIONSHIPS AT SUGARLOAF: MARCH 1-6

By the time this newsletter reaches the hands of the members, the USCSA (United States Collegiate Ski and Snowboard Association) national skiing and snowboard championships will be concluded; they were held between March 1 and March 6 at Sugarloaf. Alpine events in slalom and giant slalom; cross country events including 8.5 K Freestyle, 3 x 5K Relay, and 15 K Classic; and snowboard events including half-pipe and parallel giant slalom comprised the array of competitions for both men and women.

Athletes from 54 different schools and 20 different states competed; 370 men and women participated. In the USCSA, generally athletes come as part of a college team that has qualified, rather than qualifying as individuals although a few individual competitors do attend. The USCSA includes geographic diversity as broad as California State University at Long Beach, Virginia Tech, the University of Toledo, and Brown University. Representation is also diverse; some schools sent only alpine competitors, some only cross country, some only snowboard, and some sent combinations of the above.

There were several local students involved in the competitions. CVA graduates included Garret Lashar, Kara Hoisington, and Rachel Coffin. Formerly from the SCVA weekend programs— Kristina Hoch, Brent Shannon, and Matt Bailey competed also.

—continued on next page

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Or Call Matt Keene at 207-235-2585

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SPRING

In the "old days" when spring came and the wooden skis were put away, some pretty interesting rituals had to occur. One "blocked" the skis" but putting a piece of wood between them at the waist and strapping the tips and tails together. That was supposed to preserve the camber.

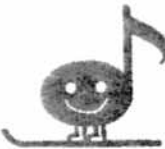
They were also hung by the tails, because if the skis were just left leaning at a strange angle, they might become warped. Leather boots had to be nice and dry, perhaps stuffed with newspaper to absorb moisture and keep the shape (and maybe keep the mice out).

Spring today may be as simple as getting the rust off the edges, putting some wax on to protect the bases, and drying the inside of the boots and buckling them up.



HAPPY TUNES!

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—continued from last page: **USCSA competitions**

Many of our readers may be more familiar with the NCAA Division I schools which include the Universities of Vermont and New Hampshire, Dartmouth and Middlebury, Colby, Bates, among other eastern teams, as well as such western powerhouse teams as the Universities of Colorado, New Mexico, Denver. In contrast, the National Collegiate Athletic Association competitors do qualify as individuals for the NCAA national championships—to be held at Sugar Bowl, California, hosted by the University of Nevada this year.

The Sugarloaf Ski Club was pleased to support the competitions by helping to staff a hospital-ity tent at the bottom of Competition Hill and provide complimentary coffee and cookies to parents and alpine competitors. In addition the Club volunteered to provide the same for competitors in the cross-country events at the Sugarloaf Outdoor Center.

9th ANNUAL SUGARLOAF SKI CLUB SNOWBALL



The 9th Annual Snowball, held on 14 February, was a great way to spend Valentine's Day this year. Attendance was a little higher than last year, with 84 partygoers. The Little Big Band, a new band from central Maine, played for the club and was quite popular with the group. There were also good reviews for improved dinners this year. Hopefully, we will be able to continue and offer the 10th Annual in 2005.

INTERESTING TRIVIA--MEMBERSHIP STATS FOR THIS SEASON !!

For the 2003-2004 season the Ski Club has 1101 members distributed among 430 memberships, ranging from individuals to families of 7. We have slightly fewer members than last season. However our general pattern remains the same; most are Maine residents, 339 of the memberships. The northeast encompasses all but a few, but we have members from Ontario, Wisconsin, Japan, Utah (remember Bob and Sue Turner?), Virginia, and New Mexico.



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Recipe for Quick, Cheap, Easy Fondue!

(Made by Nancy Holliday for the Annual Meeting and printed here by request)


About 1 ¼ to 1 ⅓ pound swiss cheese (cubed or grated)
 1 ½ cup cheap white wine
 1 Tbsp lemon juice
 3 Tbsp flour
 nutmeg and cayenne pepper to taste
 clove of garlic

Rub the inside of the fondue pot with the peeled clove of garlic. Add the wine and lemon juice and heat to just below boiling. Toss the cheese with the flour and add to the fondue pot. Stir, stir, stir until it comes to a boil, adding the seasonings at some time during the melting process. Get the bread cubes out and enjoy!



CALENDER

- March 8-14: J 1 and 2 Finals
- March 19-21: Future Stars
- March 27: Ski Club Potluck
- April 3-4: MARA Spring Series and Barbecue
- April 10: McKay Waddle Race



237-2192 In the Village West at Sugarloaf

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DISCOUNT PROGRAM FOR SSC MEMBERS

Present your membership card at these area businesses to take advantage of benefits. Many discounts are for regular priced items only, and some may not be used for alcoholic beverages, or during holiday weeks.

SUGARLOAF MOUNTAIN AREA

The Seasons and Double Diamond Restaurants 10% off dinner seven days a week
The Bag and Kettle -10% off dinner Sun-Thur (excludes specials, excludes holiday weeks)
D'Ellie's - 10% off sandwiches before 10:30am and after 1:30 pm, every day
Gepettos - 20 % off lunch (Mon-Thurs)
Gold/Smith Gallery -10% off jewelry over \$100
Hug's Italian Cuisine - 10% off dinner, food only (Sun-Thurs, excludes holiday weeks); must show card before ordering
Java Joe's - \$1.00 for a medium coffee
Mountain Images -10% off all services and merchandise
Ride On! Snowboard Shop and Sugarloaf Ski Shop 20% off MSRP, not including Labor, Bogner, or Burton
Sugarloafer Shop - 20% off MSRP
Perfect Turn - package of 5 clinics, any discipline, for \$99
Sugarloaf Outdoor Center - 20% off services (lessons, rentals); show card

STRATTON AREA

White Wolf Restaurant - 20% off entrees anytime, each patron must show membership card before ordering

CARRABASSETT VALLEY & KINGFIELD AREA

Julia's - Complimentary Boutique wine tasting with purchase of prix fixe dinner (one time only)
Longfellow's - complimentary wine or soft drink with dinner
Scent-sations - 10% off store-wide
Sports Plus - 10% off regular priced items
Sugarloaf Sports Outlet - 20% off MSRP

AROUND THE STATE

Hilltop Ski & Bike, Manchester, ME - 20% off all skis, snowboards, and other winter-related purchases (except sale items and labor)
Kentucky Fried Chicken & Taco Bell, Farmington Only - 20% off items or meals with the exception of Combo meals or Special price meals. Must show SSC Card.
McDonald's in Farmington, Skowhogan, Jay, Winslow, Waterville (x2), Newport, Augusta— With the purchase of a Value Meal, your choice of a **free** item from the \$1 menu. Please present your card to your order taker at the counter.

SKI CLUB LOGO ITEMS

We have lots of nice Sugarloaf Mountain Ski Club logo items for sale. Support the Club, show you are a member—all at the same time!

Such items as:

Roomy grey sweatshirts: \$25
 Heavy white tee shirts, with an outline of Maine: \$12
 Also gray tee shirts: \$10
 Great blue denim shirts: \$35
 Long Sleeved Golf shirts: \$25
 Baseball hats: \$15
 Child-size baseball hats: \$12
 Pushovers: \$8 on sale
 Full aprons (with pockets) for ski tuning or barbecuing: \$20
 First Trail posters: \$5

The office is open every weekend when the mountain is open ---from about 8/8:30 to about 2, and varying weekday hours (call).

BULLETIN !!!

OUR NEW WINDBLOC FLEECE HATS ARE HERE!!

**THE SILVERFOOT COMPANY
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CONTACTS

Ski Club Office at the Competition Center
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207-237-3026 (FAX)-winter only
sugski@tdstelme.net (EMAIL)

Lev Steeves, President	235-2183
Bruce Miles, Vice-Pres	235-2495
Nancy Holliday, Secretary	235-3446
Philip Hunter, Treasurer	246-6181
Mary Jean Doyle, Membership	246-3283

Sugarloaf Ski Club
Village West #13
Carrabassett Valley ME 04947

* Don't forget the March Potluck Supper, or the MARA Spring Series Barbecue *
