



# Sugarloaf Mountain Ski Club

# NEWS

Published on the Mountain • Carrabassett Valley • Maine • 2010 Winter Edition

## What's Inside

- 2 News and events
- 3 Ski Club & SRSEF grants \$20,000 in scholarships  
Big Mountain Program
- 4 Maine Huts annual ski event
- 5 Ski Museum news
- 6 CVA is international
- 8 Raising a world class athlete
- 10 CVA news
- 12 SCVA snowboard program schedule

### Sugarloaf Mountain

#### Ski Club Officers

President - Bruce Miles  
V. President - Steve Schaefer  
Treasurer - Phil Hunter  
Secretary - Nancy Holliday  
Newsletter Chairman - Peter Smith

#### Board of Directors:

Ginny Bousum, Greg Foster,  
Bob Friedrich, Ragan  
Beauregard, Tom Hildreth,  
Mike Rowland, Lev Steeves,  
Joyce Tobias, Joe Tutlis,  
Lani Cochrane, and  
Jim McCormack - SMC  
Matt Waddle - CVA

#### Club Administrator:

Catherine Nodine

## Norton Luce remembered

On November 7, 2009 in the Dick Bell Chapel, under blue skies and at the base of the mountain covered with early snow, friends and relatives of past Sugarloaf Ski Club president, G. Norton Luce gathered to celebrate his life. As was expected, it was an afternoon of shared experiences amongst many people who had come to know Norton through skiing at Sugarloaf, sailing on the coast or working with him in business or as a volunteer.

A Farmington native, Norton started skiing at Sugarloaf as soon as the Sugarloaf Ski Club was formed and the first trail was cut. He married his lifelong partner Jean in 1958. That same year they both became more involved with the club when Norton became a board member. Jean said they were looking for some "younger blood" to serve on the board. A quest that continues to this day. They built a house in Sugarloaf Village in 1965 and moved here permanently in 1967.

Norton served as President of the club for the seasons 1966 - 67. During his tenure as board member and president the idea of creating a fund raising arm of the club, called The Sugarloaf Regional Ski Educational Foundation, was formulated. It became a reality in 1968 and still plays a huge and important role in financially helping kids who might not be able to ski or



Left to right Jean Luce Norton Luce and long time friend Dick Crommet enjoying a moment at Bullwinkles

ride on this mountain we all love so much.

Norton, along with Jean, was involved in ski race organization in a very big way. While being involved at Sugarloaf, he also served on the board of the United States Eastern Amateur Ski Association, which was the Eastern arm of the U S Ski Team, and was also the governing body of what is now known as Professional Ski Instructors Eastern Division.

Norton also achieved what very few Americans involved with organized ski racing have. When the Sugarloaf Ski Club and Sugarloaf Mountain Corporation put in a bid to host the 1971 Tall Timber Classic, which was then one of the largest World Cup Races ever held in North America, Norton was made "Chief of Race". Jean worked along side him as the "Race Secretary"

After the enormous job of running this hugely successful event, Norton decided it was time to slow down a little in the race organization and allow some "younger blood" to take over. The term "slow

down" did not apply to his skiing however. Many of the stories told at the Dick Bell Chapel involved Norton's high-speed "point 'em down the hill" style of skiing.

### Norton Luce Memorial Scholarship Fund

Because of Norton's passion for snow sports and his belief that all local kids should have the opportunity to enjoy skiing and riding on the mountain he loved so much, his family asked that, in lieu of flowers, contributions could be made in his memory to the Ski Club Scholarship Fund.

Our club board of directors has voted to use the money collected in this fund to help with an ambitious project. We have made a five year commitment to a scholarship fund that will help SAD 58 students to participate in their SKI SKATE Program. This program is set up by Sugarloaf to give kids lift tickets, lessons, rentals, hot chocolate and a cookie, all for \$5 per session. The kids from the four participating schools of Phillips, Strong, Kingfield and Stratton come

*Continued on page 11*



## Events you won't want to miss

Check our web site at [www.sugarloafskiclub.org](http://www.sugarloafskiclub.org) for news of upcoming social events.

**January 12**  
Tuesday Social at Gepetto's  
4:30-6:00 pm

**January 16**  
Fishtails and Cocktails  
6:00 pm • Cancer fundraiser at Sugarloaf Mountain Hotel.

**January 23 • Tickets required**  
Annual Ski Club Meeting  
5:30 pm • Sugarloaf Golf Clubhouse  
Seating is limited and tickets are required so please pick your tickets up at the Ski Club office soon

**January 30**  
Sugarloaf Charity Summit  
6:00 pm • Sugarloaf Mountain Hotel  
[www.sugarloaf.com/charity](http://www.sugarloaf.com/charity)

**February 6 • Tickets required**  
Wine Tasting and Educational Evening  
5:00 pm • Sugarloaf Golf Clubhouse

**February 9**  
Tuesday Social at the Widomaker  
4:30-6 pm

**February 13**  
Ski Heritage Classic  
More information on page 5

**February 16**  
Potluck Supper  
5:30 pm • Competition Center

**March 20 • Tickets required**  
15th Annual Snowball "Swing Into Spring"  
6:00 pm • Sugarloaf Inn

## Catch up with friends at our midweek social events!

On the second Tuesday of each month during the ski season, the Ski Club sponsors a midweek social event for Ski Club members at area locations. With the support of local bars and restaurants, the Ski Club provides hor d'oeuvres. There is a cash bar often with happy hour prices. This is a great opportunity to visit with other Ski Club members during the week when weekends become too busy. Social hour takes place from 4:30 – 6:00pm on the following dates.

January 12 at Gepetto's                      March 9 at Shipyard Brew Haus at the Inn  
February 9 at the Widomaker              April 6 at The Rack

Have fun, free food, and a cash bar; how can you go wrong? \*

## Warming up for the Sugarloaf Charity Summit Coming up on January 30, 2010



A bonfire outside the Jean Luce Competition Facility on Competition Hill helped keep the skiers warm who competed in the Challenge race on December 30, 2009. It was a Bluebird day with temperatures in the single numbers.

Yes, I would like to be a member of the Sugarloaf Mountain Ski Club!



Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Individual \$25    Couple \$40    Family \$50    This is a renewal. I've been a member since: \_\_\_\_\_

Please make checks out to: Sugarloaf Mountain Ski Club, • Village West #13 • Carrabassett Valley, Maine 04947



## Annual Ski Club Wine Tasting Event

Make your plans to join members of the Ski Club on Saturday evening, February 6 for the annual "Wine and Cheese Educational Evening." This popular event, held at the Sugarloaf Golf Club House from 5:00 to 7:00 pm is a fundraiser for the Ski Club's Community Scholarship Fund.

This has always been a fun event with lots of good wine to taste in a relaxed and informal atmosphere. A wine expert gives a history of the wines he has chosen, and how to pair the wines with foods. There are interesting hors d'oeuvres, including York Hill Farm's distinctive dry-aged goat cheese. John and Penny Duncan of New Sharon, Maine, generously donated two pounds of their cheese last year and will again for this event. We want to thank them again for this delicious contribution.

Tickets are \$25.00 each. Space is limited so tickets must be purchased in advance. You can stop in at the Ski Club office upstairs in the Competition Center between 11:00 am and 1:00 pm on weekends, or call Cathy Nodine at 237-6955 to have some set aside for you.

If you haven't attended in the past, we urge you to add this fun event to your calendar. \*

## \$20,000 granted to local athletes

That old saying, "the more, the merrier," is especially true for the Sugarloaf Ski Club and the SRSEF. Our scholarship funds come from various fundraising efforts, usually involving a fun social time for which attendees pay a fee.

When we have a successful event, we take in more in fees than the event's expenses cost, and we therefore have a surplus to add to the Scholarship Fund. These fun events include several cookouts at the Jean Luce Building, the Homecoming Pig Roast, the Wine Tasting evening (coming up soon, on Feb. 6, 2010) and the Snow Ball dinner dance (on March 20, 2010.) So, when we have more attendees we not only have a merrier time, we have more funds available to help more kids!

Your Ski Club's scholarship committee meets in Novem

ber to process the applications for scholarships, which help defray the costs of participating in the ski programs offered at Sugarloaf and in competitions locally, statewide, nationally and internationally.

This past November the Sugarloaf Ski Club, the Town of Carrabassett Valley, and the Sugarloaf Regional Ski Educational Foundation together were able to help nearly 70 young snow sport participants and high-level competitors with funds totaling just over \$20,000.00. In many cases, these kids would not be able to join a program without our grants. With prices rising and with hefty competition fees everywhere, we wish we could do more. Our thanks to all who have made these grants possible and we look forward to seeing you at our upcoming events! \*

## Perfect Turn's Big Mountain Program

Watch WSKI any night of the week and the future of skiing and riding is on display. Athletes are launching themselves off massive cliffs, squeezing impossible lines out of ribbons of snow and then skin right back up to do it all over again. Sugarloaf is one of, if not the only resort in the east that can offer that kind of experience, if you know how to do it. Carrabassett Valley Academy has developed the ALPS program that trains skiers and riders to exploit every opportunity the mountain environment can provide. Sugarloaf's Perfect Turn Ski

and Snowboard School is now offering a similar program for its season long program participants called the Big Mountain Program.

The Big Mountain Program was introduced last spring following the Bubblecuffer season. It was called the Spring Academy and the goal was to introduce kids to the possibilities of big mountain skiing, in their own backyard, so to speak. Bubblecuffer coach and Professional Ski Instructors of America Examiner, Steve Moore put the program together based on



past trips out west and to South America. With the help of a former Bubblecuffer and current Jackson Hole coach, Sean Baker, Steve set up an agenda that on two consecutive weekends had participants learning how to winter camp, check for avalanche danger and how to skillfully access challenging terrain. The re-sponse was so positive that we decided to

incorporate the idea into our season long program calendar. The resulting Big Mountain Program is designed for 12 to 16 year olds who will similarly learn about all the mountains have to offer.

Assisting Steve is CVA ALPS alum Chase Bourgoin. Chase came up through the Bubble-

*Continued on page 13*





**THE PLACE TO BE ANYTIME...  
DAY OR NIGHT**

**Lunch**

Featuring Pizza, Salads,  
Sandwiches

**Leisurely Dinner**

Featuring Pasta, Seafood,  
Steaks & Pizza

Join us in our smoke-free Greenhouse  
overlooking the slopes

**In Village West at Sugarloaf  
207-237-2192**

**Open Daily for Lunch & Dinner**

**NORTHERN LIGHTS  
Hearth & Sports**  
in Farmington and Rangely

**Wood, Gas & Pellet  
Fireplaces and Stoves**

30 years of sales, service and installation



We're also a full service  
Bike & Ski Shop

**207-778-6566 • 800-789-6566**

Visit our shops on Route 4 in Farmington and Main Street in Rangely  
nlights@beeline-online.net

**Maine Huts 2nd Annual Ski  
Marathon Point-to-Point  
Race and Tour on Feb. 14**

On Sunday, February 14th, Maine Huts & Trails will once again welcome cross-country skiers from around New England and beyond to take part in the 2nd Annual MH&T Ski Marathon Point-to-Point Race and Tour. This year's event will again feature two distances, a 20K and a 40K, and is open to general enthusiasts as well as competitive racers. Representatives from New England Nordic Ski Association will oversee the timing for the event.

The course will be very similar to last year's. Participants for both distances will meet at the Sugarloaf Outdoor Center on the morning of the event and will be shuttled to each of the two starting lines, located along the east shore of Flagstaff Lake. The course follows the Maine Hut Trail over rolling hills, through coniferous forests, past Poplar Stream Falls Hut and then joins with the Narrow Gauge Trail for the final approach to the Outdoor Center. New



this year, 40K participants will have the option of staying at Flagstaff Lake Hut on Saturday, the night before the race. Space will be limited to 42 guests and those interested in this lodging package option will take a shuttle from the Outdoor Center on Saturday afternoon. The lodging package, as with any hut stay, includes a hearty dinner and a full breakfast.

Only 175 entrants will be accepted and race officials expect the field to fill up by early Feb, if not earlier. For more information about the event, check out [www.maine-huts.org/events](http://www.maine-huts.org/events) and to register, visit [www.skireg.com](http://www.skireg.com). \*



**Mountainside  
Real Estate**

*The Sugarloaf Agency.*

**Telephone: 207.237.2100**

**Fax: 207.237.3500**

**Toll Free: 877.237.2101**

**Email: [mtside@sugarloaf.com](mailto:mtside@sugarloaf.com)**

**Web: [sugarloafmountainside.com](http://sugarloafmountainside.com)**



## News from the Ski Museum of Maine

Megan Roberts

We are having a great time here at our new location in Kingfield. Traffic through the museum has been excellent, and people have commented on how wonderful the displays are and how much more is available to explore. If you haven't stopped in yet, please do! We are open whenever the Sugarloaf Ski Outlet is open, which is seven days a week. Ski Museum staff is in and out, as the museum is self-tending, and we are usually around on weekends. If you want to make sure to connect with someone when you visit, please call 207-491-5481 beforehand.

A large crowd was on hand for our December 5 Open House. As more people filled the room, many ski tales were told and memories of (mostly uncomfortable) ski boots were rehashed, just as if it were yesterday. Thanks to all of you who joined us.

Scott Andrews continues with his very successful "Fireside Chats" series. The Museum thanks the Sugarloaf Ski Club for their support in this vital, interesting and fun program. Scott will be adding a few more dates as the season goes on, so check the website [www.skimuseumofmaine.org](http://www.skimuseumofmaine.org) for an updated schedule.

**Be sure to attend our  
3rd Annual Maine Ski  
Heritage Classic**  
Saturday, February 13, 2010

**Sugarloaf Base Lodge**  
**10:30 - 3:30 pm**  
Ski Memorabilia Display

**2:00 pm**  
On-snow Vintage Ski Expo  
**3:30 pm** Vintage Ski Parade

**Sugarloaf Inn**  
**4-5:30 pm**  
Silent Live Auction

**4-6:30 pm**  
Reception

## Retiring to volunteer bag lunches!



*Ski Club former president, current board member and Cardiac Club Fuhrer Greg Foster, celebrates his retirement from his Law Firm. He is admiring the volunteer bag lunch he will be enjoying, hopefully many times this winter.*

# Ski Depot / RaceSkis.com



**Sugarloafers since 1976**

**Rt. 4 Jay Me. www.ski-depot.com 1-866-754-3376**  
**Complete Ski & Snowboard Sales, Service, Rentals & Demos**

## CVOA announces the 2010 Calendar of Adventures

A new year, a new attitude and lots of new opportunities for outdoor adventures!

The year will flow from 2009 to 2010 without any help from us, but we can thank CVOA Secretary Sandy Jamison for a new outlook on our traditional calendar of "events."

"They are so much more," said Sandy. "We really ought to call them adventures!"

And so we will: From a weekend adventure in the Moosehead region to a weekend adventure in coastal Camden ... from a week-long ski adventure in Jackson Hole in Wyoming to a 3-day ski

adventure at the Balsam's in New Hampshire, it's going to be a banner year for the hearty brood of outdoor enthusiasts who call themselves the Carrabassett Valley Outdoor Association.

When the CVOA Board of Directors met in November to fine-tune the 2010 schedule, the word of the day was "fresh." Sure, we'll visit some of our favorite haunts — like Baxter State Park — but with a different view. This year, we'll be camping at South Branch for a change of pace, moving away from Katahdin to explore hikes on some of the other impressive peaks that call Baxter home.

The 2010 season will kick off with our annual winter social January 9th with an evening of dinner and dancing, and then steam into our annual out-west ski trip, this time to the cowboy town of Jackson, Wyoming. More than three dozen CVOA members head west January 3 to February 6 for that adventure.

In February, there will be a full moon cross-country trek at the touring center, followed by a 3-day outing at the Balsams March 7-9 for skiing, skating and socializing. March 27 we'll hold our annual meeting and celebrate our 10<sup>th</sup> birthday!

April will feature the popular spring fling. For May, we're open to suggestions!

In June, we'll be peddling in the 2nd Annual Tour de Gagne, a 25 to 35-mile trek through the coastal towns of Biddeford, Cape Porpoise and Kennebunk. This year the adventure will offer a second day of fun: a kayak or canoe tour on the Saco River. Some of our southern CVOAers will be offering backyard tent space and BBQs — so we'll make a weekend of it.

In July, we'll travel to Moosehead for the first time, camping out July 9-11, with opportunities for hiking,

**FRESH DOUGH**  
WOOD FIRED **PIZZA** BRICK OVEN

**BREWS**  
**Blue Monday**  
& BLUES

**TROUT BROOK GOLD**  
Light Cidering's Hops

**PICK FOLE PALE ALE**  
Copper, Malt, and Hops

**UNCLE'S WINTER ALE**  
Dark and Full Baked

**ALPINE RED RASPBERRY**  
Light & Fruity

**RED SNAPPER ALE**  
Bag's Tribute to Celtic-Style Red Ale

**JOE STOUT**  
Creamy, Rich Stout, brewed with Carrabassett Coffee Espresso Beans

**THE BAG'S POTATO ALE**  
Amber, Malt, Spices, and Malt

**HALE PIPE PORTER**  
Dark, Roasted, and Malt

Our elevation at Sugarloaf raises us high above all other eastern micro breweries.

The clear, sparkling, mountain waters that we use to formulate Master Brewer P. Mulligan's exacting recipes give our patrons a brew experience both lofty & unique.

*Would you expect anything less from*  
**THE BAG & KETTLE**  
*in our 39th year?*

---

**Mountain Brewed Ales from The BAG & KETTLE Brewing Company**

On the Mountain at Sugarloaf/USA Village Center 237-2451



boating and fishing. One option under consideration is to book the cabins at Maynard's wilderness camps.

August means Baxter, followed by our traditional September coastal adventure. For the past two years, we've taken over the Tanglewood 4 H camps in Tenants Harbor. This year, we'll commandeer the 4 H camp in Lincolnville, with opportunities to hike on Isleboro and Camden State Park.

October brings Homecoming, with the Oct. 8-11 weekend packed with hikes, bike rides, cookouts and trap shoots followed by our popular urban adventure weekend in Bar Harbor Oct. 15-17.

There are other ideas still percolating: A hiking trip to the Bold Coast in Lubec, a

kayak/fishing trip to East Grand Lake, day-long canoe trips, an overnight hike or boating adventure. We'll also be sponsoring a digital photography class.

The CVOA board is open to ideas for other adventures. If you've got any suggestions for an outing, please contact President Pete, Vice President Nancy or Secretary Sandy and we'll help make it happen.

For additional information and updates to the calendar, or to join CVOA, check out our website, CVoutdoors.com. Membership is still just \$15 per family or \$10 for an individual. \*

## Sugarloaf friends gather together on New Years Eve 2009



Front row from left to right, Dick Storch and Ron Leonard.  
Back row from left to right, Kay Storch, Jean and Frank Woodard, Audrey Leonard, Else and Bob Boylestad and Nancy and George Lord

# MORONG FALMOUTH

*Bill and Peter Sowles are pleased to support the Sugarloaf Ski Club*



www.morong.com • 1-800-356-4020

187 Route One, Falmouth, Maine 04105 • Sugarloafers since 1958

# Parents...the world class athlete begins with you!

by Chip Cochrane, Head Alpine Development Coach, Carrabassett Valley Academy

Everyone has heard the comparisons that are made about various Olympic athletes, as to what makes them outstanding, as well as some of the conclusions that are drawn. When they were young, each of these athletes had parents or mentors, who inspired them, got them to practice on time and with all the necessary gear! I believe parents are the #1 influence for most successful athletes.

Their coaches do have influence at some point in their career, but during very early development, the parents' role is essential.

Consider this: Studies have shown that the best time to learn a new language or a new skill is before age of 10.

Who has the most influence on a future athlete before age 10? I believe what a parent does in these early stages can either make or break a young athlete.

Consider also how most young people currently spend their free time. In this day and age with the overwhelming use of electronics, we see fewer children outside playing athletic games, running, jumping, climbing, on a Saturday or Sunday afternoon. This fact is discouraging for me both as a parent and a ski coach, who has to convince future athletes that staying indoors with "X-Box" is not the path to an athletic future. The problem is that these athletes are stimulated electronically rather than athletically! The parents are their only salvation.

*If you can engage your family in an athletic lifestyle, live in the outdoors whenever possible, your children will be raised in an environment that will give them the necessary tools not only to stand out as young athletes, but to increase their chances of developing into a world class athlete.*

Proof of these observations: As a ski coach of 13 – 14 year olds, on an average, I see less athletic development in the young athletes I work with now than when I started coaching 27 years ago.

What else affects a young athlete's development? Besides less exercise, consider what these youngsters are eating for meals and in between.

With indoor electronic activities (and I use the word "activities" loosely), food (and I use the word "food" loosely) is always right at hand, so that snacking is convenient. What do most households have around for snacks? While young people are indoor and sedentary, they are not working up an appetite for healthy food at meal time.

The lack of exercise and over-eating of junk food is not proper nutrition for a developing athlete. Also, as parents, we may offer healthy, nutritious food in our house, but we don't have control at a friend's house.

Without exercise and nutritious food, proper rest (sleep) may not be occurring. With poor nutrition, lack of exercise, and reduced rest, mental focus at school and in athletics may be in question. How can a young athlete become a world-class

athlete with these disadvantages? This is why parents need to be strong leaders.

Having been a world class athlete, and through my experience coaching numerous athletes over the past 30 years who have gone on to become world class athletes, as well as having raised two daughters (ages 13 and 15) who have been primed to become world class athletes if they should choose to, I would make the following suggestions for parents/guardians who would like to increase the potential that their child might become a world class athlete:

- From before conception of your athlete to your own expiration, eat well, exercise, live a healthy lifestyle and practice what you will preach. Be a role model for your children and you will live a healthier and happier life.

- Nutrition – Provide the best natural, un-processed, organic, food you can afford and find. Keep fruit on hand for snacks. Avoid hydrogenated oils (margarine, processed peanut butter, etc.) This topic can be expanded on, but that's for another article!

- Allow your offspring to experience the outdoors with you: hiking, biking, skiing, snowshoeing, paddling, sailing, etc. as soon as YOU are comfortable doing

so. Young children will adapt to the out of doors very quickly. The activities should be age appropriate.

Too much sun, heat, or cold are not good for anyone, and precautions should be taken. Humans have evolved to be outdoors, and it is a natural environment. This is an important detail.

- Encourage the young athlete to participate in sports of all kinds as soon as they are able, and show interest in their progress.

- Teach them to swim at an early age, so that they do not to fear the water.

- For birthday and holiday presents, purchase: bikes, skates, In-Line skates, skate boards, balance boards, jump ropes, pogo sticks, unicycles, skis, snowboards, surf boards, water skis, trampoline and other balance sport activities. In addition, add traditional sport gear like baseball/soft ball gloves, soccer balls, and tennis rackets. Having this gear will encourage them to get outside, which is the first step.

You can purchase much of this gear from yard sales and second-hand sport stores, e-bay and classified ads. Engage in these sports with them, if you are able.

- Put up a tight rope in your back yard (a rope or cable two feet off the ground and 20 – 30 feet long should do it.) Tighten it with a "turn buckle", "come-a-long", or "trucker's hitch" on a rope. Have them start with a stick or ski poles for balance.



•Keep safety in mind, but don't become a fanatic. Young athletes can do more than they think they can. Be involved in their activities in order to promote safety.

Spot and teach them to use their equipment correctly and responsibly. Allow them to become "street smart" and intuitive, which may involve making occasional mistakes.

•When your young athlete gets an injury during some sport or activity, allow them time to recover. Teach them to have a positive attitude and get them "back on the horse" at a progressive pace.

•Challenge them to a competition in their activities (while you still have a chance to beat them!) Don't allow them to win, but arrange things so they have a 50:50 chance. Encourage competition often; help them understand the concepts of winning and losing and how to accept both with poise.

•Take them hiking, canoeing, kayaking, and camping often. These are probably the most important activities a parent can do with their children. Hiking a mountain will help develop a good cardiovascular system. Walking and running on a rocky trail will promote balance, coordination, and agility. Steep climbs with a small backpack will develop strength, stamina, and character! The children will also work up a huge appetite, so reward them with healthy food and snacks, which they will more willingly accept.

Canoeing across a big lake teaches them patience and fortitude. A river run through white water teaches them anticipation, exhilaration, and potentially the consequence of an action! Include overnight camping with this activity and it's a

complete positive experience. Encourage them to carry their own pack, gather and cut wood, light a fire, put up tents, and organize their gear. They can also help cook and clean up, which are essential aspects of life. The key is start small and work up to the "big" trips. Too much too soon can do more harm than good.

•You own mind set will help set the tone for your young athletes. You may need to persuade and even drag them out of the house at first to partake in these activities. They may resist and possibly throw a fit in the process of learning to love these activities, but don't give in! You must prevail. Keep a positive attitude, and by the end of the day, your young athlete will have had a great time. If after several outings your athlete does not have any fun, consider switching things around. Give them a selection of options. Instead of hiking, take a canoe or kayak trip (both of which are beneficial to their development) and allow them to help pick a location. Involve them in the decision making when appropriate.

•Once an athlete shows favoritism toward a particular sport, provide opportunities for them to practice and compete as often as they are interested. This is the biggest and toughest commitment by a parent. Many times it is inconvenient and costly. It may be a sport that you are not interested in. Do keep your athlete engaged in other sports and activities as much as possible. It's their general all-round athleticism that is the most important to develop.

•Friends of your athlete are a huge motivation and influence. Friends are also fun to be with. Try to seek out

*Continued on page 15*

**JAVA JOE'S**

Serving the best coffee, eats & chat this side of Ripsaw.

Across the street from the ski lockers

Open every day at 7am

*Serving the Sugarloaf area and the beautiful western mountains of Maine for over 30 years!*

**CSM**  
Real Estate

*Contact one of our real estate professionals today!*

call 207-265-4000  
e-mail [info@csmrealestate.com](mailto:info@csmrealestate.com)  
online [www.csmrealestate.com](http://www.csmrealestate.com)

(If you are currently listed with another real estate agency, please do not consider this a solicitation.)

## CVA's 2009-10 International Journey

Every year marks the beginning of a new journey. At Carrabassett Valley Academy our journey begins in September. Since 1982 CVA has journeyed to train the minds and bodies of hundreds of student-athletes who share a passion for academic achievement and athletic excellence, including 11 Olympians. This year CVA has athletes training and competing for a spot at the Olympic games in Vancouver. Seth Wescott '94, Bode Miller '96 and Emily Cook '97 are on track to represent the US once again. Recent CVA grads, David Digravio '05 and Jeremy Cota '07 will compete in the pre-Olympic qualifiers for berths in moguls. Two current CVA

foreign students, Woo Hyun Cho '10 of Korea and Dimitri Gedevanishvili '11 of the Republic of Georgia are potential members of their national Olympic teams that will compete in Vancouver. Adding to the international feel of this Olympic year, this year's student-athlete body has the broadest international representation in the school's history. Student-athletes from: Australia, Canada, England, Germany, Japan, Korea, Republic of Georgia, Scotland, Spain, and Switzerland are walking the same halls and training on the same slopes as CVA Olympians. Many of these international student-athletes are pursuing their own quest for qualification to their national team with

dreams of competing in the 2014 games.

Inaki Aspiunza - Spain  
 Woo Hyun Cho - Korea  
 Liz Claridge - Australia  
 Heather Doran, Becca Nadler, Cailey Stewart, Henrik Tonning - Canada  
 Dimitri Gedevanishvili - Georgia Republic  
 Lewis John, Euan Macfie, Jo Morrison - Scotland  
 Misato Kaneko - Japan  
 Felice Pozzi - Switzerland  
 Jamie Prebble, Nick Prebble - New Zealand  
 George Scott - England  
 Sebby Smithback - Germany

Arriving after Christmas are Sarah Norton, Danielle Polly and Alexandra Tilley of Scotland; and Jeremy Spratt of New Zealand. \*



CVA student Woo Hyun Cho - Korea



CVA student Dimitri Gedevanishvili - Georgia Republic

### Special Wine Dinner Events Monthly Dec. - April



Located at the base of Sugarloaf Mountain  
 In the Sugarloaf Mountain Hotel  
 Is one of Maine's finest Restaurants  
 The Double Diamond Steakhouse

*Fine Dining \* Full Service Bar*

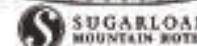
*Pub Dining \* Breakfast*

**10% DISCOUNT**

Sugarloaf Mountain Ski Club member's will receive a discount.  
 Diner's that bring in this ad will receive a discount.

The taste of excellence! ♦ Reservations Suggested \* 237-4220

For more information visit the dining guide at [www.sugarloaf.com](http://www.sugarloaf.com)





## Marshall wins Flat Classroom Prize

Eric Chamberlin knew that this year was going to be different in Sociology class. The major difference was going to be that each student was going to have a laptop as part of CVA's new One to One laptop initiative. With a class full of seniors each with a brand new learning tool, CVA Sociology looked for opportunities to learn about and connect with the world. One such opportunity arose with an international project called the "Flat Classroom". [www.flatclassroomproject.org](http://www.flatclassroomproject.org) is a global hands-on project for senior high school students founded by Julie Lindsay Beijing, China, and Vicki Davis [www.westwoodschoools.org](http://www.westwoodschoools.org), Westwood Schools, Georgia, USA). This project is based on the principles and concepts laid out in the book "The World is Flat" by Thomas Friedman.

This year's project included 10 schools from around the world including China, Qatar, Germany and Australia. The project includes two components; the first is a collaboration of a small group of students that worked on a group web page focusing on one of the flatteners that is included in "The World is Flat". The second component of the project required each student to make a movie representing their view or story focusing on their flattener. Some of the flatteners mentioned in the book are "Web 2.0", "Wireless Connectivity", or "Workflow Software". The videos submitted were then judged by a panel of teachers and the top three videos from each category were named. Additionally, an independent judge viewed all of the videos in terms of how well they were crafted and identified the top three overall winners.

Carrabassett Valley Academy students did very well in the judging of the videos. Reed Drechsel, Hank Poulin and Craig Marshall all finished in the top three within their categories. In the judging for the best videos overall, Craig Marshall's video on Virtual Communication was chosen for third best overall out of 119 videos submitted. This project was a great introduction for CVA's students to the new possibilities available to with the introduction of more technology into the classroom. \*

## Luce scholarship

*Continued from page 1*

to the mountain many afternoons during the winter. We are hoping to continue and expand this program so that no child from this area will be denied the opportunity to play on this mountain because of financial reasons.

We hope that the well known Sugarloafer generosity will help this program continue and expand. If you would like to make a contribution in memory of Norton, please make out your check to Sugarloaf Ski Club and mail to Village West #13, Carrabassett Valley, Maine 04947

Please send us an email if you have any questions: [sugarloafskiclub@roadrunner.com](mailto:sugarloafskiclub@roadrunner.com)

See you on the hill  
Bruce Miles  
Club President



# HAPPY TUNES!!

Valley Crossing on Route 27 • Next to Tufulio's  
7 miles South of the Access Road • 207-235-TUNE  
Email: [happy@tdstelme.net](mailto:happy@tdstelme.net)

## SKI CLUB SPECIAL

**HOTRONICS  
BOOT HEATERS  
AND BOOT DRYERS  
20% OFF!**

## EXCEPTIONAL WINTERSTEIGER SKI & SNOWBOARD TUNING

Satisfaction guaranteed  
Experience a Happy Tune and you WILL feel the difference!  
For overnight service, ski/boards must be in by 4:00pm  
Reservations recommended

## HIGH PERFORMANCE DEMOS

Alpine: DYNASTAR, BLIZZARD, HART  
Tele: ROSSI, ATOMIC, CRISPI, BLACK DIAMOND

## CUSTOM BOOT-FITTING

By appointment; call 235-TUNE

## WIND-HOLD? NO WORRIES!

SKINS, TELE & AT Bots and BINDINGS from BlackDiamond, Fritschi, G3, Rottefella, Naxo, 7tm



## Characters from Sugarloaf's colorful past



From left to right: Harry Baxter, Hartmut and Geishi Winter (Austrian instructors), Bruce Miles, Trudy Sullivan with son Chummie, Kay Doble, mystery person, Jim Brownrigg (holding broom), Shirley Smith and Dave Hutchinson.



### BIRCHWOOD INTERIORS

Furniture • Flooring • Window Treatments  
Cabinets • Granite • Renovation

### Ski Club Members Only Sale

Sofa and Mattress Special

**\$100 gift certificate to Happy Tunes,  
D'Ellies or the Sugarloaf Ski Shop  
for any purchase over \$1000.**

Ski Fast – straight into Birchwood  
for your Discount Today

Village West - Sugarloaf • birchwoodinteriors.com  
207-237-7000



### The 4% Company (2% if you help!)

If you're considering selling your home,  
we specialize in the Sugarloaf Area, Kingfield  
to Eustis! We utilize the internet & MLS to  
sell your property at a lower commission.

[www.sugarloafarearealestate.com](http://www.sugarloafarearealestate.com)  
Visit us to see what's new in real estate!

Brokers: Stan & Janice Tingley, Jan Kremin, Tom Carey



**Perfect Turn** *Continued from page 3*

cuffer program and began coaching for Perfect Turn when he turned 16. For his senior year Chase decided to join the ALPS program. He has since brought his recent experience from attending CVA back to Perfect Turn where he is helping turn kids on to the form of skiing that was so fulfilling for him. It is great for us to have him on staff and challenging his students, as his coaches at CVA did, to appreciate all that this mountain offers and encouraging them to take away a deeper love for the outdoors.

Perfect Turn's Big Mountain Program is more than just lessons; it's the starting point for a lifestyle. It is a beginning for kids who may not be as passionate about racing or freestyle competition but who still want to ski and ride hard. It's an opportunity to learn skills that will enhance any trip into the backcountry, whether it is exploring out of bounds terrain at Alta, or going for a snowshoe out your back door. Who knows where a kid's passion will take them. From here it could lead to CVA and then on to being a heli guide someday out west. Or perhaps it could lead to, like in the case of Steve and Chase, helping pass on all they know because when you give it all away, you get so much more in return. Wherever this passion leads them in the future, today as they watch WSKI these kids can understand the skills being displayed because to a similar degree, that is what they are working on right here at Sugarloaf. ✱

# SUGARLOAF AREA GROCERS



*For all your Sugarloaf Area  
Grocery needs since 1989*

**Sugarloaf Groceries**  
on the mountain  
237-2200

**Mountainside Grocers**  
at access road entrance  
237-2248

**Annie's Market**  
Main Street Kingfield  
265-2664

**Ayottes Country Store**  
in the Valley  
235-2443

John Beaupre "72" and Bob Thomas "82"  
Proprietors

*An independent insurance  
agency that works for you.*



Call Jim today for a review  
of your current insurance  
**207-235-2642**

**Jim Wilson • Branch Manager**  
Carrabassett Valley, Maine  
**Jim Harrison • CIC**



## We treat all pet emergencies 24/7

**Maine Veterinary Referral Center**  
in Scarborough, Maine

Open every day year round including weekends and holidays.  
Our hospital is located next to Scarborough Downs  
in the Enterprise Business Park off Route One.



To be prepared, enter this info  
into your mobile phone and GPS:

**207.885.1290**

1500 Technology Way, Scarborough, ME

[maineveterinaryreferralcenter.com](http://maineveterinaryreferralcenter.com)

# TRANTEN'S



Main Street, Kingfield

## We meet your grocery needs!

A big selection of your favorite beer and  
wine beverages

Our qualified butchers will cut you a  
fresh steak, package our store-ground burger  
or de-bone our chicken for you.

Featuring all kinds of deli meats, cheeses,  
salads and fresh seafood

Talk to our deli staff about making up a party  
platter or fruit basket for your special occasion.

We also have a laundry facility

Open 7 days a week until 8:00 PM except Sundays(5:00 PM)  
On Main Street • Route 27 in Kingfield • 207-265-2202

## SCVA Snowboarding

*The perfect mix of fun, camaraderie,  
and competition*

Kids can never have too much fun and when you couple SCVA snowboarding with the atmosphere here at Sugarloaf the result is sparkling smiles and lots of laughs.

Carrabassett Valley Academy and Sugarloaf team up to provide professional fundamental snowboard coaching while introducing young riders to the competitive arena. With more and more young Sugarloafers strapping on a snowboard, they quickly discover their own untapped potential.

Today's age of electronic gadgets, games and computers have made it easy for kids to be satisfied with just hanging out inside. When a kid gets a taste of what we do in the SCVA snowboard program at Sugarloaf those video games take a back seat. Let's face it; most times it's too cold on the lift to text, although some still find a way. Bottom line, when kids are having a blast doing something they love the learning curve tends to be driven up. The SCVA snowboard program is the perfect vehicle for kids to discover excitement in a positive environment.

The individuality of snowboarding has lead young riders to express themselves in healthy ways both physically and mentally. Young riders compete against others in their age range, often sharing advice, support and cheering each other on. They continuously make new friends and in turn parents are introduced and become friends. As snowboarding continues to be one of the fastest growing sports, that circle continues to ex-

pand and evolve. Being part of a sport that your child develops a passion for is what links us all and adds substance and gratitude to our lives.

Our young riders compete in the United States of America Snowboarding Association (USASA) in regional events called the Maine Mountain Series. The venues consist of Slalom, Giant Slalom, Snowboard Cross (SBX), Slopestyle, and Half Pipe. These events are held at Maine resorts, such as Sugarloaf, Sunday River, Saddleback, Shawnee Peak, Mt. Abram and Lost Valley.

Most Sugarloaf families know the S/ GS alpine side very well, racing through a series of gates acquiring combined heat times. Best time wins. Snowboard Cross has become extremely popular due mostly to Sugarloaf, CVA alumni, and Olympic gold medalist and World Cup champion Seth Wescott. These events are extremely technical requiring power, strength, commitment and strategic awareness while racing up to 6 riders through a varied terrain course. Anyone riding through the Sugarloaf Sidewinder trail without any speed checks can attest to the excitement. Try adding five other riders and it's a whole new game.

Slopestyle and Half Pipe are considered freestyle events and utilize judges to determine the finish order of riders. These venues can be very popular with young riders because of the creative and in



dividual stamp they can apply. The thrill of sliding down rails or flying through the air performing rotations, grabs, flips or a combination of all is something young riders dedicate years of their lives to master. If you have a young rider who is interested in any of these opportunities give us a try, and prepare for an awesome ride.

**2009-2010 USASA Maine Mountain Series Schedule**

- 1/3 Giant Slalom #2 - MtAbram
- 1/3 Slalom #2 - Mt Abram
- 1/9/2010 Giant Slalom #3 - Shawnee Peak
- 1/9/2010 Slalom #3 - Shawnee Peak
- 1/16/2010 Boardercross / Skiercross #1 - Sugarloaf
- 1/17/2010 Boardercross / Skiercross #2 - Sugarloaf
- 1/23/2010 Slopestyle #2 - Sunday River -
- 1/24/2010 Double Halfpipe (AM) #1 & (PM) #2 - Sunday River
- 1/30/2010 Slopestyle #3 - Lost Valley
- 2/7/2010 Double Halfpipe (AM) #3 & (PM) #4 - Sugarloaf
- 2/13/2010 Boardercross / Skiercross #3 - Sunday River
- 2/14/2010 Boardercross / Skiercross #4 - Sunday River
- 2/20/2010 Giant Slalom #4 - Saddleback
- 2/20/2010 Slalom #4 - Saddleback
- 2/21/2010 Slopestyle #4 - Saddleback

We hope to see you all on the hill...

Barry Tripp

CVA Department of Snowboarding \*

**World Class Athlete**

*Continued from page 9*

programs where other young athletes are doing the same thing. Encourage and foster the friendships associated with these programs. Sports

and activities are more fun to do with a friend the same age.

•Keep an “athletic friendly” household; pictures of the family involved in sports, keep balance boards around, a chin-up bar in the door way, keep healthy food stocked. Eliminate smoking and/or reduce the use of alcohol by adults in the household. Your choices may become their temptation! Encourage drinking water, not soda. Have curfews to insure enough rest is happening. If your athletes are living a full and active life style (as you are) every one should be tired by 9:00pm.

•Self-Confidence and sense of self-worth are a critical characteristic in the world-class athlete. Development of self esteem comes from all the experiences listed above. The harder one has to work for success, the greater the value of one’s self-worth.

The bottom line: If you can engage your family in an athletic lifestyle, live in the outdoors whenever possible, your children will be raised in an environment that will give them the necessary tools not only to stand out as young athletes, but to increase their chances of developing into a world class athlete. When your children choose a different path, or when they have aged past their athletic prime, you can be confident that because of how you have raised them they will have the competence to succeed in the world at whatever profession they choose, and you and your family will live a healthier and happier life. \*



**agrenappliance.com**

AUBURN AUGUSTA S. PARIS  
BRUNSWICK S. PORTLAND  
WALDOBORO

*Maine’s Largest Family  
Owned Appliance &  
Television Store*

**WEEKLY SERVICE  
TO  
SUGARLOAF**

**CALL  
DAVID SHANAHAN**

A Sugarloafer since  
1987, Dave can help you  
with all your appliance  
and television needs.

**592-2421**



**HDTV – We deliver it... we set it up.**

## JUST ONE SIP.

Open a bottle of Merriam Vineyards... and discover why our vineyards are earning distinction as a world-class winery. We pride ourselves on paying meticulous attention to the endless details that go into making fine wine. No short cuts...no compromises... nothing mass produced.

**The result?**  
Our Merlot & Cabernet Sauvignon have won double-gold awards and are attracting attention from critics, collectors and people who are passionate about wine.

Enjoy!



**MERRIAM  
VINEYARDS**

Tel: (978) 352-8155 • Fax: (978) 352-8857  
www.merriamvineyards.com • email: info@merriamvineyards.com

## Sugarloafskiclub.org

Be sure to check out our website frequently. It has all of the latest information regarding social events as well as the racing schedule.

**Stay well informed!**

P.O. Box 115 • 103 Main Street • Kingfield, Maine 04947

*The Luce Family  
Sugarloafers since 1952!*

Fax 207.265.2987 • [www.valleygasandoil.com](http://www.valleygasandoil.com)

1.800.675.7443 • 207.265.5443

*Your complete energy source for  
propane, kerosene, fuel oil and equipment*

# VALLEY GAS & OIL COMPANY



Sugarloaf Mountain Ski Club

## N • E • W • S

On the Mountain • Village West #13  
Carrabassett Valley, Maine 04947  
[www.sugarloafskiclub.com](http://www.sugarloafskiclub.com)



Cardiac Cuties Ann Parker on left and Luli MacNaught on right getting psyched for their runs in one of the County Kitchen Races.

**INSIDE: News about stuff that only Sugarloafers care about!**