



Sugarloaf Ski Club

MARCH 2003

MESSAGE FROM THE PRESIDENT

Another season is drawing to a close. It's been a great snow year and I hope all the members had a wonderful time.

There are only a couple of Ski Club activities remaining this year; a social evening later in March and our annual BBQ at the MARA Spring Series Race. We hoped to have more activities on hill for the competitors and their families in the "gazebo" on Comp Hill, which was provided by the Mountain for club use. However, this did not happen and will have to wait until next year.

Your Board does need input from the members as to what you would like to see done in the areas of competition, social and community. Bonnie Stagers is in our office upstairs in the Competition Center on Saturdays and Sundays (as well as some weekday hours) so drop in and give her your ideas, phone her at 237-6955, or e-mail her at sugski@tdstelme.net.

We wish everyone good spring skiing/riding, a great summer and look forward to serving you next season.

Lev Steeves
President



MARCH POTLUCK DINNER

STRATTON COMMUNITY CENTER
6:30 PM



Saturday, MARCH 15

Lionel Hering, of Happy Tunes, will present a kayaking travelogue slide show

Bring the whole family
Beer, wine, and soda will be provided

Maine Special Olympians Team Up with CVA Student-Athletes

CARRABASSETT VALLEY, Maine – Students from CVA's Community Service class, along with other student-athlete volunteers, teamed up with Maine's Special Olympic athletes for two days off campus to volunteer in the 2003 Special Olympics Winter Games.

Maine's Special Olympics is headquartered in South Portland, under the direction of longtime President and CEO Mickey Boutilier and Vice-President Phil Geelhoed. During Monday's early morning registration, Mickey spoke fondly of the early days of the Winter Games held at Sugarloaf Mountain. Mickey quickly sought the help of Peter Webber, former owner of the Sugarloaf Inn and former trustee at the Academy. Recognizing the immediate need and importance of volunteers for the Special Olympic Winter Games in the mid 1980's, Peter recruited a group of CVA student-athletes to team up, one-on-one, with the Special Olympic athletes. The rest is history.

Today at the Academy, the academic curriculum includes several community service projects under the direction of faculty members Hugh Kelly and Erica Bakanec. CVA student-athletes volunteered to set gates on GS and Slalom race courses, timed events at the start and finish of the courses, assisted in meal preparation, and attended Monday night's Olympian Dance Mixer at Sugarloaf's Base Lodge. Events at the Winter Games included snowshoeing, Sit-Down-Ski, Giant Slalom, Slalom, and Down Hill racing, figure and speed skating and Nordic skiing. CVA's student volunteers cheered on the Olympians and attended the opening and closing ceremonies to watch their assigned athletes receive their medals.

"It was impressive to see CVA students and faculty set aside their busy lives of training and schoolwork and give their energy to the Special Olympians. Pairing up with an Olympian allowed students to be coaches for a day and they filled this role successfully. I saw students respond flexibly and calmly to all sorts of challenges." Hugh Kelly, CVA Faculty.

—CVA Press Release, Peg Willihan



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KID'S SKI CLUB PROGRAM FOR NEXT SEASON ??

Would you be interested in a program organized by the Ski Club that would offer a supervised skiing experience for children aged about 10-11 who are Ski Club members? Fun, recreational skiing would be the focus, not instruction. We are considering setting up a group next season, with a maximum of 10 children, to ski a possible 8 or 10 Saturday mornings with a supervisor. It would be neither a Bubblecuffer nor an SCVA experience. It is intended to be a season commitment, not a drop in program. It would be oriented to blue/intermediate trails. The fee and schedule will be determined in the fall, after interest and schedule can be determined. We would like to get some early indication of potential interest, and would greatly appreciate having interested parents clip and return the questionnaire below (use extra paper if more space is needed) to the Ski Club (or come in and talk with Bonnie at the office).

Parent Name _____
Name/names of children who might be interested? _____
Ages _____
Why might this program be of interest? _____
Suggestions you might have for the program? _____

WHEN and HOW to start small children skiing?

Age 1-3 - Ski only as a FUN sunny warm day activity to get them outdoors; they will not have the muscle development or coordination to do any real skiing up on the mountain. It is fine to ski with them between your legs or on a harness. Gradually work them up to a maximum of a couple of hours on a nice warm afternoon. It is best to keep them away from crowded slopes so they do not get run over by a wayward skier or boarder. Remember skiing at this age will have no bearing on their ability as adults. It is only healthy outdoor fun. Do not torture yourself with a sore back and a toddler between your legs until it is a bad experience for both of you. On a flat surface let them play with their skis on, make a game of falling down and getting up, and walk and turn around with the skis on so they become comfortable with the skis on their feet.

Age 4-9 - By age 4 they learn to control their speed with a snowplow, and begin to work their way up the trail map. Nearly 100% of children in this age group will enjoy skiing. It is still important that they are warm and that they are with a fun and patient parent or instructor. Skiing with others their age and ability in one of the mountain's several programs is a great choice during this stage. As they get better it is important that they ski in all snow conditions: bumps, trees, and powder so they can eventually master anything they may encounter. Not all children will choose specific programs such as racing, freestyle, or instructing, but any children who do go on will be better if they are great all-around skiers before they specialize. The biggest key is to have FUN.


---Harry and Nancy Ricker, parents of three, and SCVA coaches

Calendar of Events

- March 8-9: Freestyle B meet
- March 15: Potluck Dinner
- March 10-16: Alpine J 1, 2
Finals
- March 20-23: Future Stars, J4
- March 24 > Kids Ski Free Week
- March 29-30: MARA Spring
series and Ski Club barbecue
- April 12: McKay Waddle Race
- April 20: Easter
Season closes

HAPPY TUNES!

SKI SERVICE CENTER



Winter Hours

Mon-Thurs: 7:30 - 10 and 3 - 8:00 pm

Friday 7:30 - 10 and 3 - 10:00 pm

Saturday 7:30 - 10 and 3 - 8:00 pm

Sunday 7:30 - 10 and 1 - 8 pm

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BITS AND PIECES

The 8th Annual Sugarloaf Ski Club Snowball, held at the Sugarloaf Inn on 25 January, was attended by 71 party-goers who had a wonderful time. Where were you? —Nancy Holliday, Social Chair

The Ski Club office (Bonnie!) wishes to thank the loyal helpers who show up regularly, and cheerfully, to help fold, stamp, and label the newsletters. (And they don't even complain when Bonnie asks them do it her way and to press firmly on the stamps!!) Those great folks are: Imogene McWilliams, Mary Jean Doyle, Laurie Steeves, Doug and Mary Collins, Marilyn Bain, Mary and Jerry Hopson. Also Mary Hunter, Barb Moyer, and Anne Hanson have helped out.

HOW MANY TIMES HAVE YOU BEEN TO THE TOURING CENTER THIS SEASON?

The conditions at the Outdoor Center, as reported by Sue Foster, and personal experience, are the BEST in years!! Spend the day or go after a cold morning of alpine skiing; either way the trails are wonderful. There are some really nice snowshoe trails as well as groomed tracks and skating trails. Not to forget ice skating!!

The new trail map produced for this year is superior. It is well laid out, clear and easy to read, and very helpful. In addition the trail signs and markings are excellent.

—Bonnie S.

CHRISTIAN TALMAGE—AN EVOLVING LOCAL SKIER

An alpine racer from Kingfield, Christian Talmage is a sophomore at Mt. Abram high school and attends Carrabassett Valley Academy for the 7-month term. Besides being an alpine racer, Christian also plays soccer for Mt. Abram. He is 16 years and has been skiing since he was about age 3; originally he came to Sugarloaf to ski with his parents on trips from Long Island, New York.

Christian started with the Bubblecuffer program and then moved on to the competitive SCVA program as a J4 at age 11. As a 13-year-old first-year J3, he started to get more "into racing." After participating in the weekend SCVA program that year with local coaches, Nick Stagers and Pat Hawksley, Christian moved on to the full-time 5-month CVA program as a 9th grader for the following winter.

Denny Olsen, the SAD #58 leader of the middle school alpine ski racing program, had recognized the athleticism and budding interest in ski racing and encouraged 13-year-old Christian to go on the summer trip to France organized in the summer of 1999. George Manter, co-leader of the group, remembered watching Christian ski some difficult pitches in Les Alpes fearlessly and faster than the others, and saying "he has no brakes." Manter got to know young Christian pretty well on that trip, and describes him as "athletic," a "fierce competitor," and a "hard worker," but one who does not take himself too seriously! Christian remembers the trip as a great experience; for variety they even had an opportunity to see a little of the Tour de France (which was won by fellow American, Lance Armstrong).

Christian will go to USSA Junior Olympics at Whiteface for the J1 and J2 level this season. In the MARA JO Qualifier on February 22, he placed third for the J2 racers in the giant slalom event. Although he is doing well in the giant slalom and slalom events, he says the downhill and super G speed events are the most fun!

Although he is only a sophomore, Christian is looking ahead to attending college. Currently he is thinking of Dartmouth as a possibility, and hopes to continue racing in the NCAA Division I collegiate level. Unlike most students at his age level, he already has an idea about a future major—architecture.

The Talmage family also includes Taylor, who is a 17-year-old cross country skier, and a junior at Mt. Abram high school. Although Taylor also started as an alpine skier, he later tried both snowboarding and cross country. Last season, he was a snowboard instructor at Sugarloaf, but this year has decided to concentrate on cross country. According to his Mom, he has a pretty strong competitive spirit and he is working very hard on his cross country specialty so that he can catch up with his competitors who have been doing it longer. Taylor also plays soccer and runs. He hopes to go to Bates College.

Both of the Talmage boys have been on the Sugarloaf Ski Club radar for some time, and have received grants from the scholarship programs administered to encourage and support local skiers. Hopefully all recipients will be as motivated and enthusiastic as these two!

—Editor's Note: Sue Manter was instrumental in arranging an interview with Christian!

Interesting Updates on our Membership for 2002/2003:

Ski Club membership for this year ending June 30, 2003 is at 1146 members and 454 memberships ranging from single to families of 6. It is about the same as last year with some old members falling by the wayside, and some new members joining us. Most of our membership is Maine-based, with 350 of our memberships.

We have members from Japan, Texas, Florida, and California, most of those from far-flung spots being CVA students!

Currently our **oldest member** is Walter Melvin Sr., from Bangor; he turned 88 on the first of March. Congratulations to you! Our **youngest member** is 6 month old Harry Byrne who lives with his skiing family in Carrabassett Valley, and regularly graces the Comp Center with his perpetually smiling face!!

Currently our **most famous member** is Kirsten Clark of the U.S. Ski Team. She is from Raymond, Maine, where her parents still live. Sorry folks, Bode is not a member any more!!

LOCAL SNOWBOARDER HAS FUN WITH SCVA !!

My name is Devin Littlefield. I am 10 years old. I have been riding with the SCVA snowboard team for three seasons. I have learned so many things with SCVA kids and coaches. For instance I learned how to race boarder cross and learned how to ride in the woods without hurting myself. I have made many friends that will last a lifetime. Those are the obvious things, let me tell you some cool things. Yoga, I thought it was just something you ate, but it's actually a way to stretch and breathe. I've learned that I can do anything if I try, and if I do it a lot I can do really good at it. I know that I'm a lucky kid, the city kids don't have Sugarloaf in their back yard, all they have is a hill.

Devin Littlefield (Grade 5, Stratton, Maine)

(Editor's Note: When asked if he would be willing to write a little description of his experience in snowboarding with SCVA, Devin not only gave an enthusiastic "yes," but had it done in record time! Thanks, Devin!)

After 22 Years, CVA's Big Raffle and Silent Auction Still Going Strong!

In 1981, the first Big Car Raffle began with the dedicated leadership of Bruce Miles, Lloyd Cutler, and Tom Hildreth, as part of the Sugarloaf Regional Ski Educational Foundation (SRSEF), whose primary mission was to help racers and freestylers sharpen their skills for competitive skiing.

Twenty-two years later, Carrabassett Valley Academy and the Parent Support Organization (PSO) teamed up to organize the annual Big Raffle and Silent Auction, on Saturday, February 22, 2003, at the Sugarloaf Inn. While a few things have changed, the fund-raising effort remains the same. All proceeds from this event are allocated to CVA's General Scholarship Fund.

The 2003 Big Raffle and Silent Auction raised more than \$45,000, with an estimated \$31,000 allocated to CVA's general scholarship fund. Each year more than \$269,000 in scholarship awards is allocated to nearly 40 percent of CVA's student-athletes, with 61 percent of the funds allocated to Maine residents. --- from CVA press release copy to Ski Club



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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

Sugarloaf 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

Mainely Yours - 10% off dinner

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

Nostalgia Tavern - complimentary dessert with dinner

Scent-sations - 10% off store-wide

Sports Plus - 10% off regular priced items

Sugarloaf Sports Outlet - 20% off MSRP

Tufolio's - new benefit pending

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, Skowhegan, 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

Golf shirts: \$25 and 28

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 from about 8/8:30 to 2, and varying weekday hours (call).




Check out the Sugarloaf Ski Club on the Sugarloaf Mountain Corp website Go to



www.sugarloaf.com/company

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CONTACTS

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 sugski@tdstelme.net (EMAIL)

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Bruce Miles, Vice-Pres	235-2495
Don Fletcher, Secretary	235-2341
Philip Hunter, Treasurer	246-6181
Mary Jean Doyle, Membership	246-3283

Sugarloaf Ski Club
 Village West #13
 Carrabassett Valley ME 04947

Pot Luck Dinner in March ! Look inside for details !