



# Sugarloaf Ski Club

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November 2002

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## The Old Sugarloafer 1986

The Spring of 1986 was a sad chapter (Chapter 11) in the history of Sugarloaf Mountain Corporation. However, in November of 1986 the cold weather and early natural snowfall got the Mountain off to a good start for the 1986-87 season.

Saturday, November 15, 1986

We started off the season on manmade snow, under Bucksaw Chair, Double Runner Chair and on Boardwalk. We alternated between the two areas, skiing with Don and Cheney Fletcher, and Dick, Jim and Beth Keenan. We ate lunch with the Keenans, Bruce Coggeshall and Bruce Coggeshall, Jr. After dark I conferred with the local hunters and learned I hadn't missed anything by going skiing. Neal Trask, Thurlow Cooper, George Abbott, Paul Hoularis, Joe Lessard and Milt Hadley all reported seeing only cold weather. After supper Bruce Coggeshall engaged his teenage son as a driver, and, together with Dick Keenan and George Abbott, we made a brief tour of each of Cathy's Place, Trail's End, Kern's Inn and The Herbert Hotel. Trail's End was full of hunters. Kern's Inn had more band members than customers. The other two establishments were quiet as well.

Saturday, November 22, 1986

Friday's storm dumped fifteen inches of fresh powder snow on a manmade surface. Tough but terrific skiing on the Narrow Gauge. Bucksaw Chair provided less of a challenge but near perfect conditions. At various times I skied with Don and Mary Fletcher and Barb Tracy.

Sunday, November 23, 1986

Once again the Narrow Gauge and Bucksaw Chair were the picks. I ran into Chris and Maryanne Howard. Chris was trying downhill skiing for the first time of his life. (Editor's Note: Chris Howard ended up a top executive in American Skiing Company for a few years in the late 1990's). I also ran into (figuratively, not literally) Bob Bass, Neal Trask and Al Webster.

Thanksgiving, Thursday, November 27, 1986

Substantial rains on Wednesday filled up the Carrabassett and damaged snow surfaces on the lower slopes. It stayed below freezing on the upper slopes. This made for boiler plate conditions all around, and a short ski day. I went hunting in the afternoon off the Huston Brook Pond Road, although the crusty snow was too noisy to provide much beyond spectacular views of the snow and ice encrusted Bigelow Range. A logging operation this year on the Bigelow Preserve has opened up access roads and views of the surrounding mountains.

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Friday, November 28, 1986

The Upper Narrow Gauge and Upper Tote Road -- Bucksaw combination provided good skiing until a large crowd scraped the snow off, and high winds closed the upper lifts. However, the parking lots were full, proving that if you have snow you can draw a crowd in November. However, we left the Mountain early. Among our afternoon visitors were Ron Allen, Bud Ragan, Neal and Linda Trask, Thurlow Cooper, George Abbott and Roberta Demauro.

Saturday, November 29, 1986

Tom Pelletier and I had great skiing early on Upper Narrow Gauge, Upper Tote Road and Bucksaw Chair until another large crowd scraped off the loose snow by mid-morning.




Sunday, November 30, 1986

After several days of mild weather, a stiff wind brought in cold temperatures, and it froze up hard. It never got above 20 degrees all day in the Valley. I had some good runs on the Narrow Gauge with Tom Pelletier and John LaCasse the first couple of hours before the traffic took its toll on the groomed surfaces.

## Calendar of Upcoming Events

- November 16: Opening Day for  
Touring Center
- November 22: Opening Day
- November 23: Ski Club Board
- November 30: Party for volunteers  
at Comp Center
- December 7: Dax Brown GS
- December 8: Sugarloaf Opener SL
- December 14: Touring Center—  
Maine High School Opener
- December 15: Sugarloaf Opener  
10K and 5K Freestyle XC Race
- December 14-15: A- Mogul Meet
- December 19-22: FIS men's events
- December 27: Bill Bousum GS
- January 25: SNOWBALL !!



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## PIG ROAST RULES !!

Tickets were sold out by 2 pm the afternoon of the pig roast. Of the 130 tickets available, 45 were reserved even before Homecoming Weekend. Our opening event is certainly a great place for dinner during Homecoming Weekend. The new pig roaster, Jeff Niemi from Salem, did a superb job; it was the tastiest, most moist we have ever had. Jeff told us that the pig, a 200+ pounder, was a prizewinner at this year's Fryeburg fair.

Thanks to Nancy Holliday and Anne Hanson for all the coordination of grocery shopping, setup and cleanup. And many thanks to Sue Foster and the Touring Center. Also a big round of thanks go to all the people who stayed around and pitched in to clean up at the end.

## CARDIAC CLUB THE HEART OF SUGARLOAF

New to the area? Meet new people? Kids in programs?

Join the Ski Club's fabled Cardiac Club and ski with a thirties plus group of hardy sociable souls. Get coaching tips in the morning (groups of 6 or 7) and free-skiing with a coach in the afternoon. Occasional video taping and replays après ski in a social setting.

The Cardiac Club was founded around a kitchen table 25 (plus) years ago by Ski Club members for Ski Club members. Some members have been around since then and others only for a short while. The cost is \$135 (\$110 for new members) with all proceeds benefiting the Ski Club. Meet at 8:45 a.m. in front of Wiffletree Quad, lunch at 11 a.m. and then ski with a coach from 12:00 until 2 p.m. The dates will be December 14, January 4, 11, 25, February 1, 8, 15 and March 1 and 8. For more information, call the Ski Club Office - 237-6955 or contact Greg Foster - home - 207-829-6110 or Sugarloaf 237-3544. Come have some fun with the Cardiac Club, the Heart of Sugarloaf.

## HAPPY TUNES! SKI SERVICE CENTER



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## NEW CARPETING IN THE COMPETITION CENTER !! CABINETS IN THE OFFICE !!

When you enter the Competition Center this season, the first thing you will notice is the new wall-to-wall carpeting in the main room. The Sugarloaf Ski Club fully funded this project during the past summer. So, the Comp Center will be looking far less shabby!!

But don't get so comfortable that you forget to come upstairs to the Ski Club office ( on the second floor, in the corner office ). Another project, built by a local craftsman, is a massive new shelving and cupboard unit for storage in the ski club office. Now, instead of buying a denim shirt from a stack of boxes, it will actually come off a shelf!

**Carrabassett Valley Academy Celebrates its 20<sup>th</sup> Anniversary at the Pineland Farms**

The Academy celebrated its 20<sup>th</sup> Anniversary at the Pineland Farms, in Gray, Maine, on Friday, October 25, surrounded by more than 150 guests including former trustees, alumni, friends, faculty, students, and staff. A social gathering opened the event with many in attendance catching up on "Who's doing what and where?" Harriman Associates of Portland, Maine, constructed a 3-D model of CVA's proposed campus and athletic field, proudly displaying the much-needed dormitory and academic/administrative facilities, which will be located on the access road at the base of Sugarloaf/USA.

Headmaster Ritzo provided a festive welcome by stating, "The Vision and Mission coupled with an incredible amount of human energy has resulted in the Carrabassett Valley Academy that we are all so proud of today. Last winter, watching Bode Miller win his silver medals in the Salt Lake City Olympics made me realize how far this vision has come. Everyone here tonight, and many who could not make it, have played a significant role in creating the CVA story."

The evening program celebrated and recognized the efforts and achievements of many young student-athletes, faculty, and coaching staff who have played a significant role in creating the CVA legend. Kathi Acord Gray received the first honorable mention for her twenty years of dedicated service as dorm parent, teacher, and College Admissions Director. Today, Kathi continues to be a positive role model for young student-athletes and CVA faculty. Joan McWilliams Dolan has served almost 20 years from freestyle coach, teacher, dorm parent, athletic trainer, Director of the Freestyle Program to today, in her current position, as Dean of Faculty and Director of Athletics. John Ritzo has been the longest serving Headmaster (1986 to present) providing excellence in education and athletics for more than 16 years.

Former Board Chairs were on hand to join in the festivities including Warren Cook (1989 - 1994), Tina Hinckley (1994 - 1999), and Bonnie Potter (1999 - 2001). Current Board Chair, Tom Pelletier, proudly recognized all past members of the Board for their tireless energy and commitment to the Academy.

Guests were delighted to hear from Nora Stowell, Alpine skier, Class of 1992. As Valedictorian of her class, Nora was accepted early decision to Dartmouth College. While at Dartmouth, she received the '93 Coaches Award as the Most Improved racer and was co-captain her senior year when she received the Inspirational Award. Nora spoke from the heart when she said, "If it was not for CVA, I probably would not be who I am today and as cliché as this sounds, it's true."

The event was a wonderful night of remembrances and celebration. The strong CVA vision that began 20 years ago continues to develop today. The future vision for the CVA campus and athletic field is in the planning stages, with the purchase of 22-acres of land (funded by the Libra Foundation) and the construction of the soccer field and jogging track (funded by Paul and Carol Fremont-Smith) completed as of this date.

*current enrollment is 114*



*alpine 46  
freestyle 35  
snowboard 27  
alps 6*

## NEWS FROM THE SKI MUSEUM OF MAINE

Maine's skiing history can be found in the artifacts, the photos, trail maps, articles and equipment from our past. Maine's skiing heritage is the memories, the smell of the wet wool and the taste of the hot chocolate from years gone by. The Maine Ski Museum is working to preserve the state's history and heritage. Let us share with you two of our many projects.

### PRESERVING MAINE'S SKIING HISTORY

Much of Maine's ski history is already well preserved. The New Sweden Historical Society has a collection of 10 and 12-foot skis from the late 1800's when the settlers of the town became Maine's first skiers. The Fryeburg Historical Society has a wonderful collection from 1936 when it was the home of Maine's first rope tow. (Skiing was so exciting that 3,000 people came out to watch the handful of skiers.) The Maine State Museum has a collection that includes equipment made by Theo Johnsen. Scrapbooks from Rumford's time as a ski jumping mecca, 1930's catalogs from Maine equipment makers such as Tubbs and Paris Manufacturing in South Paris and Nautilus Ski Company in Mechanic Falls are all in private collections. The Ski Museum of Maine has begun a program to locate and identify these diverse collections. The goal is to in effect create a Museum without walls, a museum that preserves Maine's ski history in numerous locations.

### ORAL HISTORY PROGRAM

One of the first projects for the Ski Museum of Maine was an oral program. Stories and memories of skiers from years past are the heart and soul of our ski heritage. So far the Museum has recorded memories of the daughter of Birger Olsen. Birger organized, promoted and competed in some of the state's biggest Winter Carnivals in the 1920's. Aurele Legere was one of the country's top jumpers in the late 1930's and into the 1940's. We have preserved his memories of growing up in Rumford when every neighborhood had a ski jump. Bunny Bass told us stories about Bass Shoe and making ski boots in the 1930's. Albert Soule told us about Paris Manufacturing and making skis in the 1930's, 40's and 50's. Dana Wallace shared with us stories from the early days of Sugarloaf. As you can see we have been busy. An oral history program is expensive. The easy part is to sit down with someone and listen to their wonderful stories. The tape then needs to be transcribed and the written copy is checked for errors and spelling. It costs about \$2 for each minute of history that is being preserved. Just think of all the stories that we should preserve.

### NEED YOUR HELP

Please let us know of any local or private collections of Maine's ski history. The biggest help for our oral history program is money. Please tell us how many minutes of Maine's ski heritage you can help us preserve and send us a check. Become a member. Ski Museum of Maine, PO Box 359, Kingfield ME 04947

--this page provided by the Ski Museum of Maine

### KEEP IT SIMPLE

An interesting interview with Jeff Hawksley, CVA Alpine coach and director of the SCVA program, resulted in some great early season (and all-season) advice. No high-tech equipment or complicated drills are needed. His philosophy is centered in the time-honored "keep it simple" principle.

For kids up to about 10 years old, Hawk says to just be very sports active. Play, play, play! Play games, lots of sports games; balance and agility will come naturally as a result.

For both kids and adults a healthy lifestyle forms a critical basis for fitness, and most understand how important to practice it. Adults need to move on and add aerobic activity at least 3 times a week. As the ski season gets closer, 2 or 3 sessions a week in a weight room will be very beneficial. Free weights can be used either in a gym or at home. If one has access to a "total gym," then exercises can be included which are more ski specific.

The focus of the exercise needs to be "core" or torso strength. This means that the chest to mid-thigh region all around the body needs work. Physio balls are quite helpful; they are also great for balance work.

Other simple and lo-tech work can be done with jump ropes for quick feet and general aerobic fitness, power hiking, and simple agility exercises. Certainly if one has a problem area, or a weak link due to an injury, it is important to see a physician first and to then get advice from a certified and experienced trainer who has the understanding and education to deal with sports injuries.



**SUGARLOAF SKI CLUB PRIZE DRAWING HOMECOMING 2002**

One Year subscription to the Irregular (value \$22)  
 Dinner for 2 at Seasons (value \$50)  
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Sugarloaf Mountain Corp Ski tuning voucher (value \$60):  
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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

**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

**Tufulio's** - complimentary wine or soft drink w/entree

### 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).



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**CONTACTS**

Ski Club Office at the Competition Center  
 Bonnie Stagers, Administrator  
 207-237-6955  
 207-237-3026 (FAX)-winter only  
 sugski@tdstelme.net (EMAIL)

Charlotte Zahn, President	235-2522
Lev Steeves, Vice-Pres	235-2183
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



Opening Day Coming Soon: Touring Center 11/ 16, Mountain 11/23