



Sugarloaf Mountain Ski Club

NEWS

Published on the Mountain • Carrabassett Valley • Maine • Holiday 2013

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Sugarloaf Mountain Ski Club Officers

President - Bruce Miles
 V. President - Steve Schaefer
 Treasurer - Phil Hunter
 Secretary - Nancy Holliday

Board of Directors:

Ginny Bousum, Greg Foster, Jennifer McCormack, Ragan Beauregard, Tom Hildreth, Kim Kearing, Rick Ray, Birch Royall, Mike Rowland, Lev Steeves, John Thompson, Joyce Tobias, and Joe Tutlis

Jim McCormack - SMC
 Eric Chamberlin - CVA

Social Chairman:

Peter Van Alstine

Ski Club Members:

Approx. 1,300

President's message

Bruce Miles,
 President, Sugarloaf Ski Club

Season 64 is starting up

With the arrival of cold weather, the snowguns started around 2 am on November 12th this year. Over 75 guns were fired up on Tote Road. Opening date was set for Friday November 22. I am sure the usual suspects were lined up early vying for that first chair. Maybe we should do a lottery in future years for that honor. I know what you are thinking, "there goes Bruce thinking of another fundraising opportunity. "Yep, that's me.

It has been a busy Fall here at the Club. You won't see a new competition building this season, but you will see a new color scheme in the gathering room of the existing building. As you can see by the pictures, I put volunteer Patrick Willihan to work patching holes in the walls, and painting. Thanks, Patrick, for all your help. His work was followed up by Ragan Beauregard organizing a wall painting crew that include Stacey Patrick, Kim Kearing, Lani and Czari Cochrane, Lee Foden, Lori Safford and Jessica Williams. Thank you to all. It is amazing what a little paint will cover up.

Peter Van Alstine ran a very successful event over Homecoming. His idea of replacing the annual Pig Roast with something different was a great suc-



Opening day Nov 22, 2013, L-R CC Walsh, Adam Nappi, Maria Nappi, Ben Susla set up their own grill and were cooking breakfast at the Superquad at 6:30 so they could make the first chair.



John Christie and Don Fletcher got to the locker room early but couldn't get out in time to beat the young guys who got the first chair.

cess. Over 100 people came for our first Oktoberfest meal at the Outdoor Center. The bratwurst, sauerkraut and rest of the meal were prepared by Alfred Oberlerchner and the crew at Shipyard. It was served up along with some German beer by our volunteers. This event is set for a great repeat next year.

Our beer tasting with Rising Tide last year was such a great success that they are coming back in February and being joined by Baxter Brewing. Sign up early for this event as space is limited. More info you will find in the article on the event. Have a great season. ▲

2013 Event Calendar!

For more information on these events and to view our complete calendar of events, check out our web site: www.sugarloafskiclub.com

December 2-6

Locals Week at Sugarloaf

December 7

"Into the Mind" movie Premier
7:30 pm at the Widomaker

December 7 & 8

Demo Days at Sugarloaf

December 14

Ski Museum of Maine Open House • 3-6pm

December 27

Pot Luck Supper • CVA's new academic center
5pm

December 28

CVA Alumni Challenge Race

January 7

First Tuesday Social at Geppetto's

January 11 • Ski Club Annual Meeting

Carrabassett Library • Begin Community Room

January 25

Sugarloaf Charity Summit
www.sugarloaf.com/charity

February 8

Beer Tasting • Begin
Community Room
Carrabassett Library

February 18

Spaghetti and Skating
party at the Sugarloaf
Outdoor Center



Joyce Tobias and Peter Van Alstine
at the Oktoberfest dinner.

February Beer Tasting Fun

Mark your calendar for February 8, 2014 -- it is the Sugarloaf Ski Club's beer tasting night at the Carrabassett Valley Public Library. Last season the beer tasting evening proved to be very popular and this time looks "bigger and better!"

Long time Sugarloafers Heather and Nathan Sanborn, owners of Rising Tide Brewing Company in Portland, create artisanal handcrafted ales. Heather will educate attendees on the differences and composition of a variety of ales and will be bringing both new and favorites for sampling.

This year, the Ski Club will also welcome Baxter Brewing Company of Lewiston, Maine, to the event, allowing folks to sample and compare a greater variety of brews. In addition, there will be an opportunity to interact as well as vote for your favorite.

Join the Ski Club as we learn just how creative Rising Tide and Baxter Breweries can be with Humulus Lupulus. Tickets are \$25.00, with all proceeds going to the Ski Club Community Scholarship Fund. We'll start at 5:30 and appetizers will be served. ▲



Some of the 2014 Sugarloaf Snowmakers

The guys and gals that make it all happen - working to get the mountain covered with a good base for the upcoming winter.

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



Sugarloaf Ski Club Scholarships Awarded

By Ginny Bousum, Chairperson

On October 22, members of the Sugarloaf Ski Club Community Scholarship Committee and the Sugarloaf Regional Ski Educational Foundation met to award scholarships for the upcoming ski season.

Over \$23,000 was awarded to 50 deserving youngsters. The funds awarded allow recipients to participate in CVA's Weekend Programs and Sugarloaf Mountain's Bubblecuffers, Minicuffers and Perfect Turn Programs. This year, by coordinating the application deadline and the early-bird discount dates, over \$1,000 was saved by parents, and also increased the funds available for scholarships.

These funds came from various sources, including a generous grant of \$10,000

from the Town of Carrabassett Valley for the Ski Club to award to local youth for ski and snowboard program participation.

Another major source of revenue is the Dick and Martha Ayotte fund. Thanks to the tireless efforts of John Beaupre and Bob Thomas, the owners of Ayotte's store, we were able to give out \$6,000 this year from that fund. We are all proud of the successful growth of the Ayotte fund. A few years ago an endowment fund was established with The Maine Community Foundation to ensure the continued growth of the fund. And another important fund is the Dan McKay/Mike Waddle Fund. Each year we have a ski race and BBQ to honor these two former members of the

Sugarloaf Junior racing programs who lost their lives as young men. This event is not only a great fund raiser, but also a good time to be had by all. The race course is fun and forgiving and racing is an option for participants.

During the season, we will also be awarding \$2,000 to our four local elementary schools, Strong, Phillips, Kingfield and Stratton. This money comes from the G. Norton Luce fund, established to assist youth who participate in the area ski/skate program. This very important low-cost program has been responsible for giving a chance to local kids who otherwise might not be able to ski or ride at Sugarloaf.

Our next round of scholarships is based on merit and

will be awarded in April. These awards were established by the Ski Club to help member ski racers and riders who have excelled in their sport and have qualified for out-of-division competitions. The old adage, "the better you get the more expensive it is", applies to ski and snowboard competitors. These athletes know that their club is there to help them achieve their competitive goals. Details about the application process can be found on our website.

To donate to any of our scholarship funds, more information is available at our website www.sugarloafskiclub.org. The Ski Club welcomes those who would like to establish a fund to honor a family member or support our athletes. ▲

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Volunteers Tackle the Competition Center

After Patrick Willihan painted the ceiling, it turned into an all-ladies job of painting the walls.

Ragan Beauregard organized the project and was assisted by Stacey Patrick, Jessica Williams, Lani and Czari Cochrane, Kim Kearing, Lee Foden, and Laurie Safford

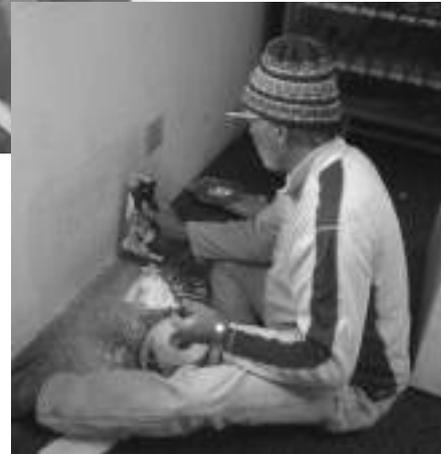
Amazing what a little paint will do to spruce up an aging Competition Center.



Left: Lani Cochrane on the ladder, Jessica Williams bent over, and Czari Cochrane rolling.



Left: Ski Club board member Stacey Patrick rolling it on.



Right: Patrick Willihan pitched in with patching and painting.

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Save the Date for The 2014 Charity Summit

The 2014 Charity Summit will be held on Saturday night, January 25. Tickets are available at www.sugarloaf.com/charity



(l. to r.) Paul & the late Jill Dugas, and Joe & Doris Tutlis enjoyed a very special evening at the 2008 Sugarloaf Charity Summit.

January 25, 2014. That is the date of a gala evening you will not want to miss. The 14th annual Sugarloaf Charity Summit. "Raising a mountain of money to find a cure", Sugarloaf's premier fundraising event, has raised over 1.6 million dollars since its inception. The money raised is split between the Maine Cancer Foundation and the Martha B. Webber Breast Care Center.

For the second year we will be starting the program with the "Summit Snowshoe Shuffle" at the Sugarloaf Outdoor Center on December 30, 2013. This kickoff event leads up to the Charity Ball on January 25, 2014. During the month of January there will be many

ways for you to be involved in helping to fight cancer. You can buy a raffle ticket to win a two-year Sugarloaf season pass that is good for both the mountain and the outdoor center. You can donate silent and live auction items. If you ever thought about donating a week at your vacation property, this is a good event to do it. Become a corporate or individual sponsor. Become a "Loafer for a Cure" - these caring Sugarloafers collectively raised over \$32,000 last year, and in doing so many earned a \$500 Downhill Supply Co. gift card. Please contact Bruce Miles, 235-2495, or Martha Bradley, 415-1036, a call for more info. Or go to www.sugarloaf.com/charity. ▲

Holiday gifts for 'Loafers



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Sugarloaf Maintenance at Works
Roger and Tony are busy making the walkways up here safe.



Ski Museum of Maine

Bruce Miles,
Executive Director

256 Main St
Kingfield, Maine

207-265-2023

Email:
info@skimuseumof
maine.org

Winter hours:
Mon-Thurs
8:00 AM - 5:00 PM

Fri-Sun
8:00 AM - 6:00 PM

Ski Museum of Maine News

Three Sugarloafers were inducted to the Maine Ski Hall of Fame

The Ski Museum of Maine has had a busy Fall and 2 outstanding events. The first was the annual Maine Ski Hall of Fame induction ceremony, which took place on October 25 at Lost Valley in Auburn. Nearly 300 people packed the lodge to honor eight inductees.

Three of the eight inductees were Sugarloafers: Will Farnham, Rand Stowell and Gail Blackburn. Their bios, along with the other five, can be found at the Ski Museum of Maine's website www.skimuseumofmaine.org.

If you know of someone that you think should be inducted into the Maine Ski Hall of Fame, go to our website and print off the nomination



Dan Davis and Cooper Friend

papers. All instructions are included. The deadline is January 15, 2014 for next Fall's induction.

Our second and very successful event was on November 7 at Morong Falmouth auto dealership in Falmouth, Maine.

Long time Sugarloafers Bill and Peter Sowles opened their doors to host a Ski Museum evening. The evening featured the premier of Museum curator Scott Andrew's latest "Fire-side Chat", the narrated slide show "A History of Ski and Snowboard Competition in

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Maine". If you or your historical society or school would like to book one of these free presentations, contact me at the Museum.

Another big highlight of the evening was the unveiling of the newly edited and narrated film "Tree to Ski". The Museum received this silent film in 16 mm format a few years back from members of the Morton family, who used to run Paris Manufacturing Company in South Paris, Maine. Paris Mfg was a leader in wooden ski production from the early 1900's to mid-1960's. They were also a big supplier to the 10th Mountain Division ski troops during and after WW2. Thanks to the help of our Museum board member Russ Murley, sound was added. Russ was able to get Lou McNally ("Altitude Lou", as you might know him in weather



Inductee Will Farnham and John Christie

forecasting) to narrate this very important piece of Maine history for us.

The resulting film was the hit of the evening. It tells the story of skis being made in the 1930's, following the process from the log to the final making of the ski. We will show

this short film many times in the months to come.

We will be hosting our annual Open House at the Museum on Saturday, December 14 from 3-6 pm. Refreshments will be served and the "Tree to Ski" movie, along with other artifacts, will be on display.

When you are shopping at the Sugarloaf Sports Outlet for new gear, come on upstairs and look at the gear that previous generations used. If you or your group would like a tour of the museum, give us a call at 207-265-2023. ▲



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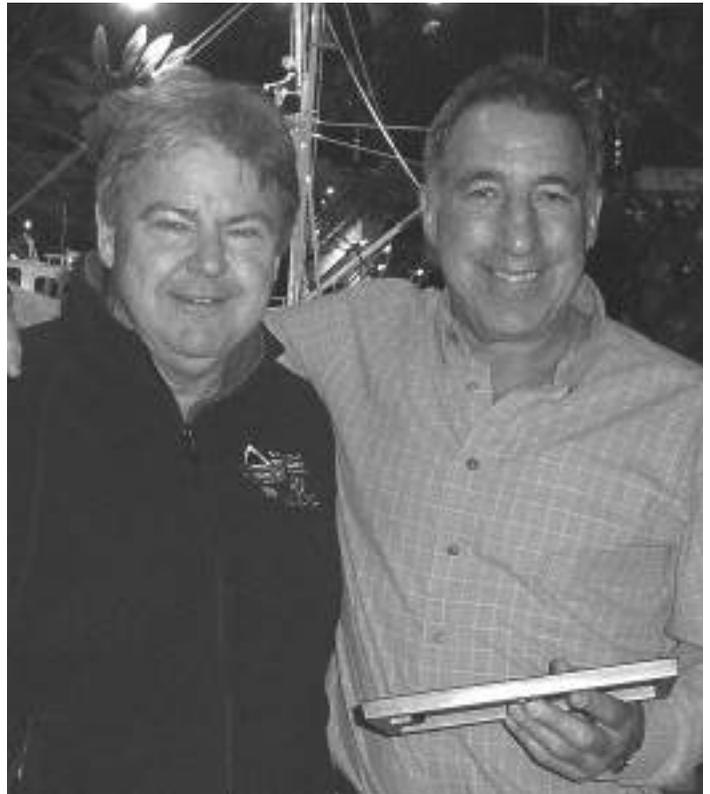
The End of An Era

October 15, a Tuesday night, was Lloyd Cutler's last evening running a "Tuesday night two-fer" at Gepetto's restaurant. For the occasion, Lloyd rolled back the price to that of early days at Gepetto's. When announcing the two-fer-\$13.95 price Lloyd quoted his old friend Tiger Bragdon from his days at Trails End. Tiger always said "We lose money on every meal, but we make it up in volume." Sixteen members of the Ski Club reserved a table for the evening, not only because we knew it would be a memorable occasion, but we also had a surprise for Lloyd.

Lloyd Cutler, as I have said before, has been very generous in his support of Ski Club programs. Since the doors at Gepetto's opened in 1976, this notable restaurant

and local watering hole has been an important part of the Carrabassett Valley and Sugarloaf community. Many events over the past 37 years have listed Gepetto's on their sponsor list. To thank Lloyd for his long time support, the Sugarloaf Mountain Ski Club presented him with a Lifetime membership. In receiving this honor Lloyd has joined a small but very special group that includes Stub Taylor, Jean Luce, Ron and Audrey Leonard, Clem and Rolande Begin, and Mary Hopson.

While the ownership of the restaurant has changed hands to Sugarloaf, many of the old familiar faces will still be there to greet and serve. We look forward to many a good time to continue at Gepetto's.



At Gepetto's, on October 15, Bruce Miles presented Lloyd Cutler his Lifetime SSC membership for his long-time support of the club.



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What's New at Maine Huts & TRails

New Year's Eve at the Huts

All 4 eco-lodges will be serving champagne to overnight guests on New Year's Eve but Stratton Brook Hut will host a special New Year's Eve experience with a decorated dining room and a festive 4 course meal serving locally sourced organic ingredients. Soups, salads, beef bourguignon, dessert, and a variety of sides will be served, along with beer, wine and champagne, starting at 6pm. Stratton Brook offers stunning alpine views of Sugarloaf Mountain and the Bigelows and is a great spot to catch the Sugarloaf fireworks at 9pm!

For more information or to make your reservation, please call (207) 265-2400 or e-mail

lodging@mainehuts.org. If you have special dietary restrictions, please note this when booking.

Recent Happenings

We'd like to thank everyone who joined us at our 6th Annual Fall BBQ at Poplar Hut on October 13th. Both events were a big success and we look forward to sharing them again with all of you next year and for many more years to come!

Maine Huts & Trails is the News

We've been honored to have hosted a number of great reporters this fall season at our huts! Most recently we were included in the New York Post's Living Section, in an



article titled, "Fall Hiking is the Maine Event".

Seasonal Reminder

Just a quick reminder that all of our huts are currently in caretaker season. They will

go into full-service mode for winter season on December 20th so don't forget to plan accordingly!

See you all on the trails!

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PAGES FROM THE JOURNAL OF AN OLD SUGARLOAFER

Prior to 1968 Sugarloaf never opened much before Christmas, because Amos Winter didn't believe that anybody would ski until Christmas. All this changed in 1968, when Harry Baxter figured out that, except for hunters, there isn't much for skiers to do in November if they can't ski. Of course, especially before the days of snow making, and even after the early snow making systems were installed, skiing in November and December could be pretty limited.

In prior years I have gone through the years 1968 through 1986. The opening dates were as follows: November 10, 1968; December 20, 1969; December 5, 1970; November 6, 1971; November 9, 1972; Not until January 5, 1974; November 22, 1974; November 22, 1975; November 13, 1976; November 25, 1977; November 24, 1978; December 8, 1979; November 15, 1980; November 14, 1981; November 16, 1982; November 15, 1983; November 10, 1984; November 22, 1985; November 15, 1986.

1987 - 1988 Season

Saturday, November 14, 1987. Sugarloaf opened with the Bucksaw Chair and Boardwalk Chair. I skied about 5 runs with Alan Irish and Bruce Coggeshall. The snow was soft and spring-like. Supper at Tufulio's. After supper, with Chad Abbott as designated driver, George Abbott, Bruce Coggeshall and I made brief appearances at Trail's End in Eustis and Cathy's Place in Stratton.

Sunday, November 15, 1987. Boardwalk and Bucksaw again. The soft snow of yesterday became hard and chunky. After skiing I talked with Martha Ayotte at Ayotte's Store. She is undergoing treatment for cancer on her lung and brain but has responded well to treatment and is optimistic. After supper I visited at Tufulios with Bill and Jackie Munzer, Rooster Cogburn, Norton Luce and Bud Ragon.

Thursday, November 26, 1987. Thanksgiving. Snowed all night and much of the day, dumping about 15 inches of fresh, natural snow. Tom Pelletier and I skied Bucksaw Chair. After supper visits from George Abbott, Roberta Demuro, Dick Keenan and daughters Amy and Beth.

Friday, November 27, 1987. Bucksaw Chair was again the only lift running but Lower Tote Road opened for the first time, mostly on the 15 inches of natural snow. Far too many people for too little snow.

1988 - 1989 Season

Saturday, November 19, 1988. Narrow strip of snow down Sluice and Boardwalk with snow guns throughout. Only a few runs with Ron Smith before retreating from the snow guns. In the afternoon went hunting on the Millay Hill Road in New Portland with Paul Hoularis and Milt Hadley. A beer after dark with the Moes, whose farm we were hunting on. Tom Pelletier, George Abbott and Dick Keenan for supper. Norton Luce stopped in.

Sunday, November 20, 1988. Much improved over the previous day but no additional open terrain. Skied a few runs with Chris Livesay and Dave Murphy.



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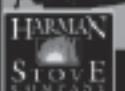
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1989 - 1990 Ski Season

Sunday, November 5, 1989. First day of the season with skiing only on Kangaroo Pitch, on Lower Narrow Gauge. They were downloading skiers from the bottom of Kangaroo Pitch on Double Runner. The snow guns were going all day on Upper Narrow Gauge, but this was being saved for the U.S. Ski Team when they come to train next week. With about 6 inches of snow on the ground it looked like winter. Half a dozen runs with Tom Pelletier were enough.

1990 - 1991 Ski Season

Friday, November 16, 1990. Very warm with snow melting about as fast as they could make it. Manufactured snow with a thin and melting layer of natural snow. Double Runner only. Too windy to run the short side of Spillway. Some runs with Henry Bacon, Tom Bird, (just back from working at Portillo, Chile), and Bill Pierce.

Saturday, November 17, 1990. It was raining lightly this morning, turning to light snow as the temperature dropped. Pretty good corn skiing on Upper Narrow Gauge and Bucksaw. I quit when the crowd got too heavy. Ken Woodbury tagged a 78 pound doe this afternoon at Ayotte's.

Sunday, November 18, 1990. Lower temperatures made for better skiing, though the Upper Narrow Gauge was in an impenetrable cloud and lined with snow guns. Skiing was awful on Narrow Gauge, marginally better on the lower slopes.

1991 - 1992 Ski Season

Saturday, November 9, 1991. Skied a couple of hours on Kangaroo Hill and Boardwalk with Lynn Hughes, Tom

Continued on page 14



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At CVA we focus on long-term athlete development and applying the appropriate and latest research principles to promote the development of overall athleticism in our student athletes.

- Development of overall athleticism
- Nutrition
- Performance psychology
- Proper goal setting, focusing on the process and journey vs. outcomes
- Proper performance planning

Performance is influenced by many factors including:

- Natural ability
- Physiological ability
- Social environment
- Developmental sporting experience
- Coaching support and resource provision
- Chance factors (a.k.a. – luck)
- Commitment, motivation, mental toughness

A developing athlete's performance can also be influenced by:

- Physiological development

CVA focuses on age appropriate deliberate programming in order to provide each athlete with the ability to excel individually. We work as a team to foster positive growth and development. The team consists of the parents, administration, teachers, coaching staff, and sports medicine practitioners. Working as a team of professionals, we are able to provide a solid platform where student athletes can feel free to work just outside their com-



CVA alpine racer James St. Ville at this summer's human performance camp.

fort zone in order to grow both athletically and as an individual.

The human performance program has been created to enhance the quality of the developmental experience for young skiers and snowboarders by providing them a program that is skill based. CVA provides a training and

competition environment to develop their game and overall athletic physical and mental base. Here are three simple best practices we adhere to:

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PERFORM

High performing athletes are technically skilled; at CVA we place tremendous emphasis on technical skill development and individual mastery. Technical skills are the foundation of all great athletes and are the building blocks of positive self-esteem.

EXCEL

As our athletes move up the ranks, the more important your decision-making becomes (both on and off the hill).

Sports science data indicates attitude and behavior can be learned or acquired.

CVA places emphasis on developing the whole athlete, which includes the mental components of youth development. We stress the importance of attitude and core values such as effort, pride, and respect. "If I can train my body to perform, I can train my mind." At CVA we instill in our athletes an attitude in which hard work is held in the highest esteem. ▲

CVA alpine racer Liz Mutina during squat testing with teammate Czari Cochrane.

Looking on is CVA's new Director of Human Performance, Ryan Poulin.



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Old Sugarloaf *Continued from page 11*

Pelletier and Warren Cook, among others. Went to Tufulio's for supper. There I ran into Peter and Linda Allen and Lynn Hughes.

Sunday, November 10, 1991. Cold and snowy all day with the impending threat of rain and warm weather. Made a half dozen runs with Tom Pelletier, Lynn Hughes and Dick Crommett on Kangaroo Hill and Boardwalk. Tonight Sandy Ray's birthday provided an excuse for an impromptu party with appearances from Lynn Hughes, Tom Pelletier, Dick and Beth Keenan, Neal Trask and Chuck Decrow.

1992 - 1993 Ski Season

Saturday, October 31, 1992. The Mountain opened on Halloween at Noon with Double Runner and the short side of Spillway. Freshly made snow with snow guns spitting wet, soggy snow. No prior notice to anyone. The objective was to open before Sunday River. Maybe half a dozen local skiers showed up for the occasion.

Sunday, November 1, 1992. Not much of a crowd. Spillway didn't run because of electrical problems. I took 4 runs on Boardwalk. I rode up with Paul Schipper, continuing his 10 year string of skiing every day the lifts are open. Today he was skiing in spite of an operation this summer for cancer and doctor's orders not to ski. Some natural snow on the ground, down to the level of the transfer station on Bigelow Hill. ▲



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A Blast From the Past



Sugarloaf Junior program in the late 1960's: Coach Jim Fitzpatrick; racers Danny Baxter, Gail Blackburn, Tim Skaling; Coach Tom Reynolds.

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