

Snowflakes

A Publication of the Penobscot Valley Ski Club, www.pvskiclub.org

October Ski Sale Starts Off the 2018-2019 PVSC Season

The October Ski Sale attracted a host of enthusiastic families to a PVSC event, provided a boost for ski equipment vendors, and once again put PVSC in the Bangor area limelight. The Club extends a hearty thanks to all the volunteers who made this effort possible.

Sales were once again robust, and no doubt owners are putting their new gear to good use, given the early arrival of winter. The sale grossed around \$67,000, with a net gain to the Club of \$10,218 to fund programs like meetings, bus trips, Learn-to-ski/board, racing development, cross-country trail maintenance and grooming. We start the season with a comfortable financial cushion!



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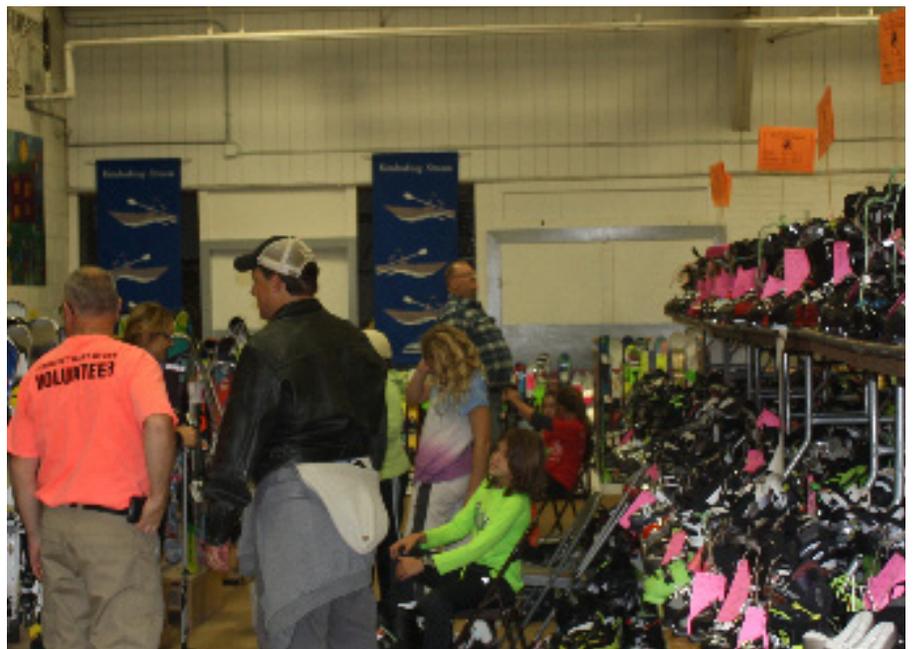
PVSC will hold its second membership meeting of the season on Tuesday, November 27 at the Essex Street Church in Bangor. Our speaker will be Lindsay Downing from Mt. Chase Lodge on Upper Shin Pond, who will talk about recreational activities in the Maine Woods near the new Katahdin Woods and Waters National Monument. Lindsay and her husband, Mike Downing, became owners of the lodge in 2016. Lindsay worked previously as an outdoor educator in California and with Mike at Kenai Fjords Glacier Lodge in Alaska. Mt. Chase is a traditional Maine lodge with easy access to the northern entrance to Baxter State Park and Katahdin Woods and Waters NM. Lindsay and Mike are renovating the lodge to provide full service, year round recreational experiences. They are also building trails in their area for cross country skiing. Please join us and bring a potluck item to share!

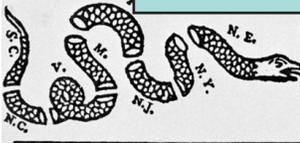


**Highlights from the 2017-2018 Season: BigRock Winterfest
Invitational Alpine Race - Huts and Trails - 2017 Ski Sale**



Hockey Tournament, West Branch Pond





JOIN, or DIE.

It's Time to Renew your Membership for
2018-2019

and encourage a friend to join!

– Membership Dues are Due –



Renew or join for the 2018-2019 season now, before the winter activities begin: Nordic and Alpine programs, bus trips to Sugarloaf, slide lectures, Maine Huts and Trails, and Nordic trips to exotic lands. This year renewing or joining is as easy as one-two-three: go online to the PVSC web site (<http://www.pvskiclub.org/>) and follow the link at "Join US": register through a SkiReg account or as a guest. Also, check out PVSC's fund-raising goals for the Nordic and Alpine racing programs -- upgrading grooming equipment, purchasing slalom gates and new timing equipment, completing the new starting ramp at Hermon Mountain, or funding other PVSC activities, trips, and community-based programs.

One of the many benefits of club membership is the corporate voucher for PVSC discounts of up to 20 percent on lift tickets at Sugarloaf and Sunday River. If you

plan to ski Sugarloaf and/or Sunday River, vouchers will be available through the Club. (Details later.) If you plan to go on any of the PVSC bus trips, you will need to pay your dues first. Lift-ticket discounts are also available at Hermon Mountain -- just show your membership card.

PVSC is an all-volunteer organization, and members are expected to work the Ski Sale, serve actively on a committee, or help out with Club work in some other capacity.

We need more volunteers to keep the Club growing and expanding. When you join or renew, please indicate your willingness to help with one of our volunteer committees: Refreshments, Event Planning, Ski Sale, Alpine Racing, Nordic Program, Trail Maintenance, Trip Development, Learn to Ski/Board, Publicity.

October Membership Meeting: Planning Ahead

On October 9 club members gathered at the Essex Street Church for a potluck dinner and discussion of upcoming events. Directors laid out plans for the upcoming Nordic and Alpine programs and answered questions from the listeners. Right: Barbe Miller explains the Learn-to-Ski/Board Program, which offers discounted prices on lessons for PVSC members ages 3-adult through Hermon Mountain in two 4-week sessions. PVSC members are eligible for a club subsidy. The PVSC member price for 2019 is \$115/ session for youth (ages 3-12) and \$135 for teens and adults (13+).



Racers.... and Anyone between Ages 8 and 14 Looking for an Exciting 2019 Ski Season

The western mountain areas are open, and we will be counting down to the 2019 racing season. *If you are between the ages of 8 and 14 and can ski intermediate runs like Hermon's Cloud Nine, consider the PVSC Racing Program.* We're looking forward to an exciting and eventful season this year, with lots of enthusiastic returning racers willing to help out first-timers. We will be innovating new instruction techniques for racers this year with dual courses, one-on-one coaching, and new practice drills. We recently upgraded the timing system to allow us to time dual GS or slalom runs. We will run two sessions, with four Saturday practices each session on Cloud Nine, along with three or four "away" races and our own Chip Cochrane Invitational and Family Fun races at Hermon.

We began the PVSC Racing Development Program twenty years ago this year, and with solid PVSC support over the years, it has grown into a strong and varied platform for sharpening ski skills, sustaining young people's interest in skiing, and introducing our young racers to the possibilities for continuing Alpine racing in high school and beyond. The program has expanded to around forty participants, and today it enjoys a sound reputation throughout central and northern Maine for its committed racers, supportive parents, unfailing enthusiasm, and good sportsmanship. We are certainly proud of what we have accomplished, and we invite new families to join us this season to push the program forward.

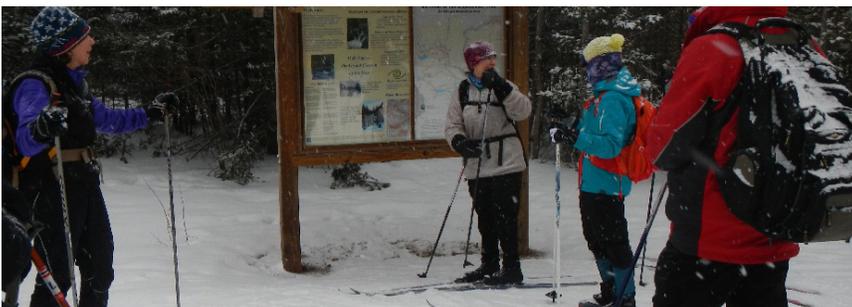
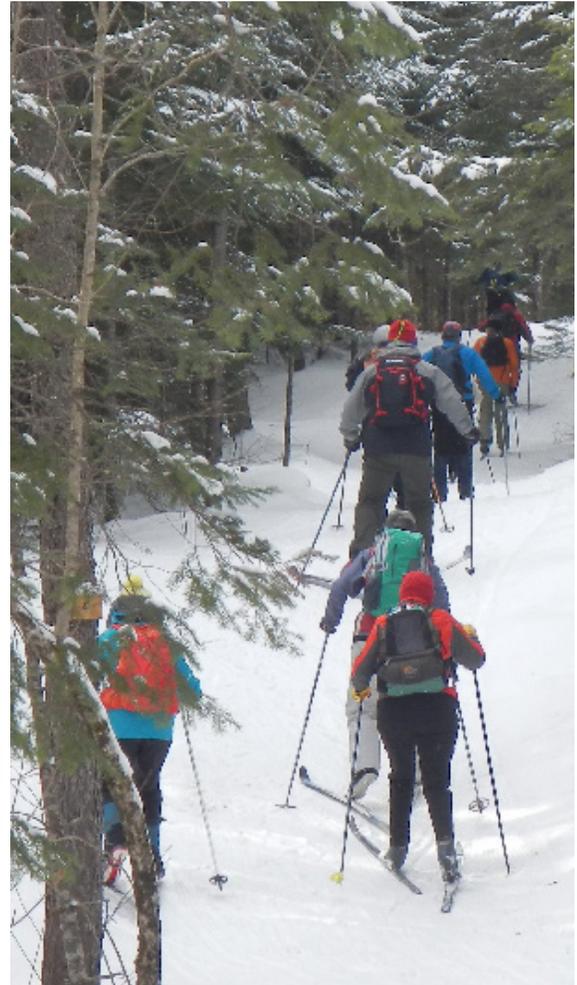
Our coaches are looking forward to working with young skiers to improve style and performance. Our Slim Melvin timing hut is in its ninth season; we've been working to improve our timing gear; and again this year we will enjoy a closed-in starting ramp on Cloud Nine at Hermon.

It's not too early to begin thinking about pre-season conditioning and equipment. You should be jogging, walking, biking, or engaged in a brief daily regimen of sit-ups, leg lifts, or wall sits. Walking stairs is good conditioning for upper leg development, and that's important in a slalom or GS course.

Haul out your skis and check the edges and bottoms for nicks and gouges: spring skiing puts a lot of wear and tear on skis, and you will want them in good shape for the start of the season. *As in the past, we will depend on parents for on-the-hill help in setting gates, starting racers, working with the timing and PA systems, handling bibs, and all-around arranging and coordinating.* Thanks for your support in the past.



***Join PVSC for Cross-Country Skiing Adventures in 2019:
Baxter Backcountry Ski Trip, February 16 - February 18
Gaspé Backcountry Ski Trip, March 21 - 27
-Check the PVSC Website for details***





**PENOBSCOT VALLEY SKI CLUB
LEARN TO SKI/SNOWBOARD PROGRAMS
2019 Information**



Ski and Ride Lessons with Hermon Mt. Ski School: Register on line at PVSC Web Site

LTS consists of two four-week sessions for members ages 3-Adult. Sign up through the ski club for a group discount. PVSC subsidizes the lessons by \$15.00 a member. Membership is open to all. <http://www.pvskiclub.org/become-a-member/>

The PVSC member price for 2019 is \$115/ four-week session for youth (ages 3-12) and \$135 for teens and adults (13+). This is a package deal only, including lessons, lift tickets, and rentals (supplied and fitted by Hermon Mt.).

Youth ski/snowboarding lessons begin on Saturday, January 5 at 9:30 for ages 3 - 12 (1 hour for 3 & 4 year olds and 1½ hours for older youth). Youth ages 5 - 12 may also enroll for Sundays. Teens and Adults meet Friday evenings at 6:00 beginning on January 4. Lessons last for 1½ hours. You may choose to ski or ride. Skiers/Riders will be placed according to age and ability when signing up. Please read the link to the ability levels if your child has some experience. If s/he has signed up for both sessions s/he will be placed by the instructor for the second session.

Participants requiring equipment need to report to Hermon Mt to arrange for rentals and be fitted no later than 1 week before lessons begin. All PVSC registrations will be sent to the mountain two weeks before lessons begin to have groups ready to go on the first day. For more tips on Learn to Ski/Snowboard, including level descriptions, check the Hermon Mt. site at <http://www.skihermonmountain.com/learn-to-ski>. Contact Barbe Miller PVSC LTS Cordinator back4ty@gmail.com, or 478-7733. Go to <http://www.pvskiclub.org/learn-to-ski/> for registration.

Local Bus Trips

PVSC sponsors bus trips to Alpine and Nordic skiing venues, approximately once a month during the season. The trips leave the Park-and-Ride site just off I-395 between 6:30 and 7:00 AM, and leave the mountain in the afternoon at 4:00 sharp. Leave the driving to Cyr and the low group prices to PVSC. Check the PVSCweb site for details, schedules, and prices on trips to Sugarloaf. Group lift passes at Sugarloaf are \$57/adult and \$48/ youth. Bus fare is \$20 member, \$50 family, and \$35 nonmember.

Photos by Susan Lancaster (below) and Ken Miller (right).



Learn to Snowboard in four easy lessons...



The March 2018 PVSC Trip to the Katahdin Woods and Waters National Monument, by Bill Cunningham

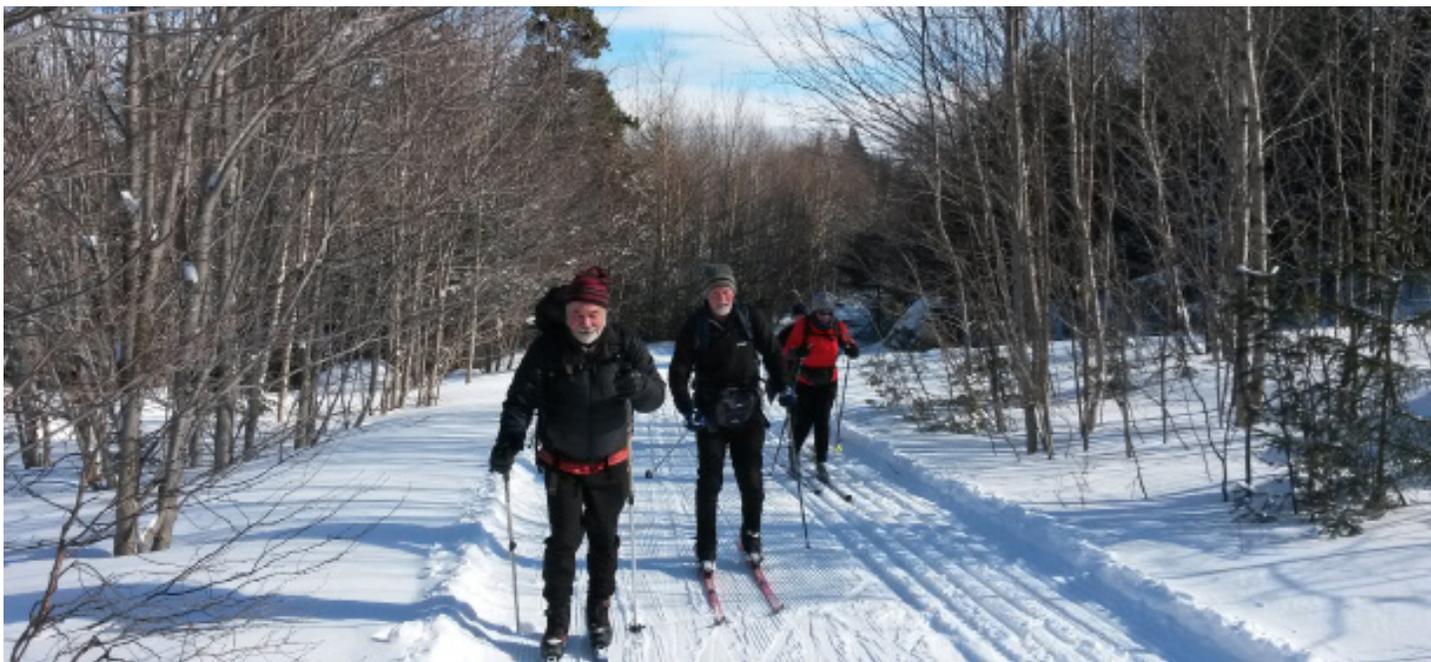
Five PVSC members, Dan Cassidy, Karen Hover, Stephen Pfister, Amy DiFrancesco, and I skied from the Northern entrance of the Katahdin Woods and Waters National Monument to explore this newly promoted wild scenic area and spend two nights in the Haskell Hut. We took turns pulling three loaded sleds filled with food and gear for five miles on a trail that was nicely groomed and relatively flat. Though early in the afternoon when we arrived, we had food and water on our minds. After eating lunch, building a fire in the wood stove, and unpacking our sleeping bags, we discovered that the propane tank supplying gas to the cook stove was empty. Fortunately, there was a full tank next to the empty one. Unfortunately, the screw in connection had been stripped and no adequate wrench could be found. Amy and I skied back to our cars and drove to the nearby private Matagamon Wilderness Camps for help. The kind folks at the store loaned us a set of locking pliers, and we skied back to the hut in a race against the setting sun. The borrowed pliers did the trick, reestablishing the flow of fuel to the hut's much used and appreciated three burner hot plate and gas lights.

While Amy and I completed this vital mission, the others in the group loaded the wood box and then skied to the first of the scenic viewpoints along the East Branch of the Penobscot River. Haskell Hut is situated on a small bluff overlooking this great river. This old log cabin has been painstakingly restored and expanded to sleep eight people very comfortably. The kitchen is well equipped with all the needed cooking pots and pans, utensils, and plates. That evening, we dined on gourmet cheese, persimmon paste and crackers, tortellini with pesto sauce and garlic bread. The combination of physical exhaustion, a little after-dinner wine, dark

chocolate, recorded mood music and a game of Bananagrams in front of a warm fire provided us all with a feeling of contentment. After setting the mouse traps and quick stepping one last time to the handsome outhouse, we all slept well.

The next morning, we left the cozy warmth of the hut to visit the scenic viewpoints on the East Branch of the Penobscot with names like Stair Falls, Haskell Deadwater, Haskell Rock Pitch, Pond Pitch, and Grand Pitch. We then left the riverside trail and skied to the Big Spring Brook Hut where we ate our picnic lunches. This is a new, well equipped framed cabin that sleeps 16 in bunks and two lofts. After skiing eight miles back to the Haskell Hut, most of us were pretty tired. I mustered a little energy, and went back out for one more little tour. I happened to run into a skier carrying a huge camera with a telescoping lens. We were both surprised to find another human being in this remote area. The camera-carrying fellow, Robert F. Bukaty, is one of only two Associated Press photographers in our state. I helped him find the best angles for a photo of Haskell Falls that appeared in the BDN the following week. Then he accepted my invitation to the Hut for appetizers and cocktails. He took a photo of us that also appeared in the following week's BDN. The late evening sighting of two pine martens in the tall pine in front of the Hut made for some interesting trips to the outhouse. We retired to bed early after Karen beat us all badly in several games of Bananagrams.

We began our third and last day thoroughly cleaning the cabin and heading back to our cars at a leisurely pace. On our way home, we stopped at the Matagamon Wilderness Camps to return the borrowed pliers and enjoy a tasty lunch at "Mama Bear's Kitchen." We left feeling as stuffed as the many mounted animals on display at the restaurant. All in all, we were astounded by the natural beauty of this area nestled between a mighty river and tall mountains just east of Baxter State Park. There will likely be more trips to this park in the future of the ski club.



March 2018 Family Fun Race, Hermon Mountain

On March 18 last year, PVSC held its annual Family Fun race at Hermon Mountain. The race, open to all comers but mainly to pit Racing Development kids against their parents, is traditionally a dual giant slalom, where racers speed down two parallel courses in a timed event. The same pair then switches sides and races again! Below are the best times for participants, who in this rather relaxed setting, can run the course as many times as they want, and against anyone willing to take them on.

Family Race Best Times

Jack Johnson	26.83
Owen Hanson	24.40
Zak Chadbourne	25.39
Scot Chadbourne	26.94
Bill Whitcomb	24.60
Nora Whitcomb	28.10
Colby Gott	30.87
Mitch Gott	21.15
Marilyn Gott	32.50
Craig Cyr	20.71
Molly Cyr	25.34
Meghan Cyr	26.39
Hunter Cyr	27.65
Oliver Cyr	33.02
Adam McClure	32.21
Madison Tritt	25.62
Mallory Tritt	27.14
John Nadeau	25.72
John Connor Nadeau	22.90
Elyse Nadeau	27.00
Emily Hopkins	27.84
Sierra Kuhn	36.36
Emily Walker	30.33
Tyler Noyes	25.55
Laura Bryant	34.36
Lydia Bryant	34.53
Lake Lindelot	21.03
Jett Lindelot	22.26
Asher Stevenson	33.19
Zev Stevenson	29.83
Pennie Schwartz	23.54
Valery Gillis	22.06
Mackenzie Gillis	22.05
Delainy Gillis	31.95
Ian Gillis	23.70
Audrey Loupin	37.67
Derek Loupin	22.67
Camden Davis	26.21
Troy Bennett	26.45
Dan Ruso	23.38
Andrea Ruso	28.94
Bogdan Ruso	29.04
Ben Arsenaunt	26.92
Ellie Arsenaunt	33.47
Dylan Lawrence	28.62
Nate Manaker	26.29
Ian Kolvoord + son	60.86
Richard Judd	22.01
Reed + Kenny	
Browning	62.65
Brook Browning	62.81



The March 2018 Norway Nordic Trip: The Peer Gynt Trail, by Amy DiFrancesco

Sixteen PVSC members traveled to Norway for a xc ski trip of a lifetime. The trip was organized by Dan Cassidy and Amy DiFrancesco, and led by Bucky Owen, who had skied the Peer Gynt Trail several times prior. The Peer Gynt trail spans approximately 50 miles from Espedalen to Skeikampenin. We were transported by bus from the airport in Oslo, 125 miles northwest into the mountain and lake region of central Norway to our first mountain hotel. The next morning, we set off in a snowstorm that turned into bright sunshine by the end of the day, and we experienced the first of five days of Nordic skiing at its best. The snow was the optimal temperature and texture for perfect grooming.

We began each day with a hearty breakfast from a buffet that offered everything from eggs and bacon to waffles and salmon. We packed our lunches to be carried in our day packs and headed out on the impeccably groomed trails for 8 to 17 miles to the next hotel. The Peer Gynt trail crossed over remote mountain passes, frozen lakes and farmland, through forests of ancient pine and birch with black moss clinging to branches, past thin clusters of shuttered farmhouses and cabins topped with sod roofs and feet of snow. Our large group allowed everyone to ski at their own pace, some to arrive at the next hotel in time for lunch and an afternoon ski around the new location. We also enjoyed the indoor heated pools and saunas to sooth our tired muscles.

The dinners at each hotel seemed to surpass the last. The buffets offered a variety of entrees, salads, and desserts. After a brief fireside post-supper group chat, we headed to bed early in anticipation of the next day's skiing adventure. Each hotel was unique: two with turn-of-the-century hunting lodge decor, and two with

a modern, chic design. All were situated high on a mountain overlooking a frozen lake or valley surrounded by mountains. We were happy to spend two days at the hotel in Gala, the home to the World Cup Biathlon, which allowed us to explore the extensive local trails. Bucky led us on a ski to a plaque commemorating the British air drop of ammunition for the Norwegian resistance fighters during WWII.

At the end of the trip, we were driven to Lillehammer, the location of the 1994 Winter Olympics. After touring the Winter Olympic and Norway Life Museum, some of our group headed to Oslo to begin their journey home. Several folks stayed a day or two longer in Lillehammer to ski a section of the famous 36 mile long Birkebeiner trail and to view the Olympic ski jumps, arenas, and outdoor stadium.

As I reflect on this memorable trip, a few highlights stand out: Bucky sharing his encyclopedic knowledge of wildlife, and his heroic adventures during previous ski trips and extensive travels. His energy and enthusiasm were a true inspiration to all of us! The fog induced vertigo when skiing the high pass to Skeikampen. Low visibility of the trail contour and elevation that day made for some challenging skiing, but some awesome photos. And no one will forget the comic fireside Norwegian rendition of the "Cremation of Sam McGee" by Bill and Jake and the surprise presentation by the group to Bucky of a reproduction horned Viking Helmet to recognize him as the "best wicked good senior skier and master guide of the trip."

The trip was equal parts challenge, adventure and fun. Fortunately, there were no serious injuries or equipment malfunctions. We made new friends, experienced a different part of the world, and returned home with some ideas for future trips.





Promoting Skiing Since 1936

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