

Mt. Laurel Skiers Newsletter

May 2004

from the President . . .

Well, where has the year gone? This will be my last newsletter as president. I want to thank all of our officers, board, and committee chairs for making my job easy and smooth. We have had some major accomplishments for the year: our meeting attendance is up, our web site is better than ever, and we automated the check process in our treasury to name a few. There are so many people to thank, I would fill this page and probably forget someone. These people are the doers and make Mountain Laurel what it is today, the best ski club in Connecticut.

This month, I want to say what a great job Tom did at the new member social - great attendance and great prizes. I want to especially thank John Ewen for his fantastic job on Lip Sync. We had over 100 people in attendance and 6 great acts. Betsy Gaudian, who won first prize, was spectacular (the brunette hair becomes you). Also thanks to Dan, Ron and Jack for their great job on our Annual Pig Roast at the lodge. The lodge is now closed and the lease for the next two years has been finalized and thank you Penny for offering your legal skills to rewrite our current lease.

See you all at the Annual Banquet. This is when you will find out who will be our Ambassador to the ski council and who will run for CSC Ambassador in November.

Again thanks for all your support.



Eric Ardolino

Annual MTL Banquet • 22 May • Indian Hill Country Club

The Annual Banquet is on May 22, 2004 at Indian Hill Country Club, Newington CT. The band will be **Times Square**.

The banquet will begin at 6:30pm for Cocktails and Hors D'oeuvres (Cash Bar). Dinner will be served at 7:15pm with dancing to follow until midnight.

We are looking for donations for raffle prizes. Raffle prizes do not have to be ski or bike related. All raffle prizes will be acknowledged by who donated or solicited them and by what business is associated with the donation.

Raffle donations should be received by May 5, 2004. This will ensure all prizes will be printed in the Banquet Program. Last day to purchase a ticket is May 12, 2004.

**IF YOU HAVE ANY QUESTIONS,
PLEASE CONTACT ME!!!!**

Banquet Chair • Alison Reno

alireno12@hotmail.com

860-977-2142



Important Numbers •

Membership • Tom Knudsen

203-281-6769

Sunday Hike • Gordon Gaulin

860-688-2934

Monday Bike • Andy LeClair

860-283-4889



Lake Placid • Club Ski Trip Memories

After a good day of skiing on White face Mountain, then just nine miles back to the Hilton Resort for relaxation in the Jacuzzi and pool, then meet at the Dancing Bear Lounge near a cozy fire for Happy Hour, and proceed on a five to ten-minute walk to one of a dozen first class restaurants. Back to the Dancing Bear Lounge, and finally to a plush and comfortable room for a good night's sleep. Start the next day with a complete buffet breakfast and another day of good skiing.

Many took a day off from skiing to enjoy the rush of the rocket ride down the three-quarter mile bobsled track, watched the 90-meter Olympic ski jumping practice, and enjoyed the many specialty shops with awesome shopping within easy walking distance from the resort.

The overall consensus from answers to our questionnaire was: Let's do it again.

Awards Presentation for Monday Night Racing & State Races • 12 May



The 2003-04 winter season saw several standout performances by MTL racers. The Connecticut Ski Council has provided some very nice awards to recognize those who finished in the top three overall spots in each age group. We plan to recognize the winners at our May 12th meeting. We'll also display the numerous team awards we earned at On Snow this year.

Be there! **Pat Moore**
Racing@mtl.com

Queen's Corner •

Mountain Laurel will be presenting their first Ambassador at the Annual Banquet along with the newly elected Officers. There has been a change in candidacy, so be sure to buy your tickets to come see the new Ambassador... Will it be a male or a female? The Annual Banquet is being held on Saturday May 22nd at the Indian Hill Country Club in Newington.

I know we just finished ski season, but the Snowball is right around the corner. Reserve November 20 on your calendar to attend the Snowball. The Snowball will be held in Vernon once again at The Colony. The band that will be performing is called Melaena, you can check them out at www.Melaena.com. They play a huge variety of music and are sure to please everyone, so, save that date!!!!

Mandy Lavallee • MTL Queen & 2004 CSC Ambassador

Wednesday Night Programs •

Thank you to John Ewen for another spectacular Lip Sync night, and to Paula Felt and her crew for running the elections at our Annual meeting. Upcoming events are:

05 May	Regular Meeting
12 May	Racing Awards Presentation
19 May	Golf Presentation
26 May	Hypnotist Program



On May 19th • David Donnelly from Healthsouth will present a program on helping golfers reach their full physical potential, manage injuries, and reduce the risk of injuries. His program will focus on fitness regimens that deal with conditioning, strength training, flexibility and proper body mechanics. Come learn new exercises to improve your golf game.

On May 26th • Diane Grella, a certified instructor for the National Guild of Hypnotists, will present a program on Hypnosis. She will explain how your mind works like a computer and can be reprogrammed for the results you desire. Diane will present applications of hypnosis and supporting scientific studies as well as common myths and misconceptions. Come learn how hypnosis is effective in sports improvement, stress reduction, smoking cessation, pain management, elimination of fears and many other areas of self-improvement.

Penny L. Trick, Chairperson

Summer Tennis •



Do you like to smack tennis balls? Well, join us playing indoor tennis during the summer at the "Tennis Center" 60 Prospect Street, Newington. We play Tuesdays, June 1 to August 10 from 6:30pm - 8:00pm. Eleven weeks indoors rain or shine, and for a price of only \$75. All levels of play are welcome. Several party nights are included in the above cost. We'll have some veggie platters, pizza, beer, wine, and soda. It is great fun and you can't beat the price! Sign ups for *Summer Tennis* are on a first/come first/serve basis with 24 slots available.

Summer Tennis is an approved Mt. Laurel summer activity, but not supported financially by the club. Friends of members are welcome to participate. Make checks for *Summer Tennis* payable to Harold Barenz. Sign up at meetings on Wed nights or mail your check to me at 18 Downing Circle, Bloomfield, CT 06002-2029.



Harold Barenz

Okemo Discount Tickets •

Hope you all remembered to return to me your left over tickets before **May 1, 2004**. I will turn them in for next year, but if you forgot, sorry, they are a loss. In the new season 2004-05 we will all **sign a new form** to include an **agreement** that all tickets that have been purchased and have not been picked up by May 1, 2005 will, at that time, become property of MTL ski club. Additionally to include that these tickets are for you and your family's personal use, not to be resold, otherwise, you can be subject to arrest and non-membership in any ski club. So, **buy wisely and use carefully** and be sure to pick-up tickets you have bought by May 1st so that we don't ruin this privilege for the future.

Thanks, Susan Forsdick

Celebrations & Concerns

Our **happy healing** wishes to Marsha Baretta for her shoulder surgery and to Lana Parks for her separated shoulder in March. **Get well** wishes to Charlotte LeClair's mother who was in the hospital. Our **sympathies** to Nick Chirico in the death of his mother and to Linda Sturtevant in the death of her very dear uncle, after a long illness.

Thanks, Susan Forsdick

from the Vice President •

When you read this article a new vice president will be in office, and I hope that person will get the same great support that was extended to me this year. Nineteen Prospective Members were voted to full membership on April 7, and 11 more were "carried over". Make an effort to meet each other. At meetings and events introduce yourself to at least one other club member that you don't know. It is our close friendships within our group that makes us strong.

Tom Knudsen, Vice President •

203.281.6769

vicepresident@mtlski.com

Sunday Hikes •



Continue hiking with fellow Mt. Laurel members on Sunday through June. All hikes are of moderate length and difficulty, and begin at 12:30pm followed by beer and pizza after, of course. Bring snacks, water, rain gear and sturdy hiking shoes. I am looking for leaders to help me in leading hikes this spring. For more info call individual hike leader or Gordon Gaulin 860-688-2934.

Our listed hikes will be rated by the same system used by the CT Chapter of the AMC, it combines such factors as elevation gain, rock scrambling, footpath condition, and steepness. Hikes rated D are the easiest and A the most difficult. There are seven categories but only five are listed below:

- D Flat terrain; little or no elevation change, easy footing**
- CD Intermediate between C and D**
- C Average terrain; moderate ups and downs with some need to watch footing**
- CB Intermediate between C and B**
- B Difficult terrain; steep climbs, considerable elevation gain or some poor footing or both**

02 May • Salisbury • Bear Mountain • Barbara Jarzymba • 860-738-4700 or email at: bjarzymba@sbcglobal.net • Meet at parking lot at the trailhead. Directions: In Salisbury on CT 41, go 3.2 miles north from this junction with US44. The hike is 6.5 miles. This hike is rated CB, and should take about 4 hours. There are eating places in Salisbury. If desired, we can have dinner at one of the pizza places. If interested, contact Barbara so she can make reservations.

09 May • Middletown • Wadsworth Falls • Alexis Kuchel • 860-432-0015 • Meet at the parking lot of Wadsworth State Park. Directions: From the junction of CT66 and CT157 in Middletown, take CT 157 southwest, following the signs to Wadsworth State Park. You will reach the park entrance on your left in 1.6 miles. This hike is rated CD. It is a short hike around 3 miles, a great view of Wadsworth Falls, with a picnic at the end of the hike. Bring your own food with something to share for 4 people.

16 May • Simsbury • Heublein Tower • Gordon Gaulin • 860-688-2934 • Meet at the parking lot of Penwood State Park. The park entrance is on the north side of CT 185, one mile west of CT 185 and CT 178 Bloomfield. This hike is rated C.

23 May • Mansfield • Mansfield Hollow • Joe Mangione & Angie Testa • 860-646-7505 Directions: From I-84 east, take exit 68 CT 195. Take a right on CT 195 going towards Storrs. At the junction of CT89 and CT 195 in Mansfield Center, turn left on CT 89, Warrentville Road, go approximately 1 mile and park near trail crossing. This hike is rated CD.

May 30th • NO HIKE • Memorial Day

13 June • Bolton • Valley Falls • Alexis Kuchel • 860-432-0015 • Take CT 84 East to exit 66. At the end of the exit take a left. Then take a right onto Bolton Rd., then take a right onto Bread and Milk Rd. At the end of the road take a left. Valley Falls Park is on the right for parking. This will be a hike to see the blooming mountain laurel. This hike is rated C.

Gordon Gaulin • Hike Chairman

Lip Sync Thank You •



This year's Lip Sync Contest has come and gone, and it was a great success. The winners were:

- 1st - Betsy Gaudian • "All that Jazz"
- 2nd - Diane Dubreuil and her group • "Cell Block Tango",
- 3rd - Neal Fisher and Christine Lazard • "World without Love"

They were wonderful. Many thanks to all who helped. See you next year.



John Ewen

Deadline for June 04

- **May 19, 2004**
- **Third Wednesday** •

May 19 is the deadline for receipt of new information for the June 2004 newsletter.

All information should be to **Kathy Augustyn** by that date. If you do not see Kathy at a meeting, please mail to:

**17 Rising Trail Drive
Middletown CT 06457**

or email

**kathleen.augustyn@inginvestment.com
or Fax 860-275-2845 (NEW)
h 860-632-1280 • w 860-275-2389**

2004 Race in the Park

A Mother's Day weekend tradition in Connecticut has a new name and a new focus. Please join the CT Breast Health Initiative, Inc.'s 1st Annual RACE IN THE PARK.

We're excited that you're taking part in our event to raise awareness and funds for breast cancer. This is your opportunity to get the facts about breast cancer, join Team Mt Laurel, or make a donation and help collect pledges. The proceeds from this event will help Connecticut women and families through breast cancer research, education, screening, treatment and support! Come and join in the fun at the **2004 Race in the Park** taking place on Saturday, May 8th in New Britain's Walnut Hill Park.

You can support **Team Mt Laurel** by registering to walk with us or donate to our Team at **ctrace.org**. Registrations will be accepted on May 7 and 8 in the park by coming in person.

I will deliver tee shirts to those pre-registered walkers at the Club Meeting on May 5 and I will meet the MTL participants the day of the race at 9am at the Sponsor's Tent.



**Karen Grossman,
MTL Team Captain**

Monday Night Biking •



The season has begun and everyone has put their skis away and tuned their bikes. Join your friends at the Monday Night Rides which begin in May and continue through the end of the summer. All rides are marked and maps are provided by the ride leader(s). You must sign in before and after the rides so that the leader can ensure that everyone is accounted for. Helmets are mandatory, water is sensible. Pizza is optional but let us know on the sign in sheet if you plan to stay.

In the event of rain, a message will be left on our answering machine if the ride is cancelled, or you can call the ride leader. Some events are rain or shine, especially if the leader is planning a picnic, like the infamous Deane Young.

3 May • Maridino Plaza • John Eason • 860-674-9348 From Hartford take Rt 44 west to New Hartford. Ride starts at Maridino's grocery store parking lot, across the street from Satan's Kingdom State Park.

10 May • Bristol • St. Gregory's Church • Andy LeClair • 860-283-4889 From Rt 84 take Rt 6 to Bristol. Turn Right onto Stafford Ave., just past Stephen's Auto Mall. St. Gregory's Church is on your left. Pizza follows the ride.

17 May • Manchester • Joann Fabrics • Joe Mangione and Angie Testa • 860-646-7505 Rt 84 east to exit 62, Buckland Hills Mall, end of exit, take left. 3rd light, take left, Exxon station. Next right into Joann Fabrics (formerly Lechmere Plaza). Meet in parking lot in front of Joann's Fabrics.

24 May • Berlin • Anne Alden • 860-621-3333 Meet at Suburban Sports, 25 Webster Square Road. **Route 9 South** to Exit 22, right off exit onto Mill St., right onto Webster Square Road. **Route 9 North** to Exit 22, left off exit on Frontage Rd., left onto Webster Square Road. Short, medium, long, and "macho" loops.

7 June • Manchester • Deane Young • 141 Center St • 860-647-8884 Rt 84 East to Rt 384 East, Exit 3, bear right off the exit, straight through downtown. At the top of the hill see the big white church, left on Center St. at light. Second house on right after the first light #141. A gourmet picnic to follow, rain or shine, bring a chair.

Andy LeClair • 860-283-4889

Bike Ride • 27 June













On Sunday, 27 June, I am putting together an outing for biking and hiking at Northwest Park in Windsor CT. I would like to call it the Mountain Laurel Bike and Hike Day, featuring the "Flat 50 Bike Ride". There will be four rides to choose from, lengths to be determined, with the longest ride being 50 miles. People could also hike that day, play volleyball, play soccer. Also, a barbecue of hamburgers, hot dogs, beer/wine for a price of 10 dollars per person. Bike Ride will start at 10am, with barbecue to follow. **R.S.V.P. to me, Russ Pacino, at 860-623-7322 by June 17th so that I can plan accordingly. Email is RPAC43@AOL.com.**

Russ Pacino • 860-623-7322

SAVE THE DATE • ALL DAY EVENT
18th Annual Mud Volleyball Tournament
Saturday August 21 • Middletown CT



mt laurel skier's calendar

sunday	monday	tuesday	wednesday	thursday	friday	saturday
30 NO HIKE Memorial Day	31		May 2004			1
2  Sunday Hike Salisbury	3  Monday Bike New Hartford	4	5 Bd/Reg Meeting	6	7	8
9  Sunday Hike Middletown	10  Monday Bike Bristol	11	12  Racing Awards Presentation	13	14	15
16  Sunday Hike Simsbury	17  Monday Bike Manchester	18 	19 Reg Mtng/ Golf Presentation News Deadline	20	21	22  Annual Banquet Indian Hill Country Club
23  Sunday Hike Mansfield	24  Monday Bike Berlin	25	26 Reg Mtng Hypnotist Program	27	28	29

MTL Skier's newsletter is designed and produced by MG Marketing Associates of Madison 203.421.4840

May Meetings •
Zabbara's Restaurant
Stanley Golf Course
245 Hartford Road
New Britain CT
Wednesdays, 8:00pm

Save These Dates

May

- 02 Sunday Hike - Salisbury
- 03 Monday Bike - New Hartford
- 05 Board/Reg Meeting
- 09 Sunday Hike - Middletown
- 10 Monday Bike - Bristol
- 12 Racing Awards Presentation
- 16 Sunday Hike - Simsbury
- 17 Monday Bike - Manchester
- 19 Reg Mtng, Golf Presentation
News Deadline
- 22 Annual Banquet - Indian Hill
Country Club
- 23 Sunday Hike - Mansfield
- 24 Monday Bike - Berlin
- 26 Reg Mtng, Hypnotist Program
- 30 NO HIKE - Memorial Day

June

- 07 Monday Bike - Manchester
- 13 Sunday Hike - Bolton

Mt Laurel Skiers

P O Box 4364

Hartford CT 06147 4364

2003-2004 Officers

- President • Eric Ardolino • President@MtlSki.com
- V President • Tom Knudsen • Vicepresident@MtlSki.com
- Secretary • Bob Wallace • Secretary@MtlSki.com
- Asst Sec/Trea • Kate Robertson
- Past President • Stan Wasel

Board Members • Board@MtlSki.com

- Anne Alden
- Susan Forsdick
- Jason Frechette
- Pat Moore • Webmaster@MtlSki.com
- Tina Oswald
- Ray Taksar
- Penny Trick

