

Testimonials PSU SUMMIT DAY 2016

“I set out twice to climb Mount Washington on my own, but it took going with an experienced team on PSU Summit day to make the climb successfully all the way to the top. My previous attempts failed from underestimating the challenges and lack of experience. I started out too late in the day on the first attempt and ran into large ice flows, without the right equipment, the second time. But having a guide, the right equipment and being part of a team made all the difference. It was a great experience in so many ways and a rare opportunity to hike with my daughter and fellow PSU’s.”

- *Don Birx, President, Plymouth State University*

“PSU Summit Day gave me an opportunity to meet and lead a group of inspirational faculty, staff and partners up the tallest mountain in the northeast, Mt. Washington. This experience helped me grow as a leader. I was able to meet great leaders who not only helped me realize my strengths and weaknesses, but also gave me confidence to keep moving to reach my goals - all while I was helping them reach their goal by summiting Mt. Washington safely.”

- *Andreana Sideris, Student, Interdisciplinary Studies '18*

"The PSU Summit Day was a dream come true for me and so many others! As a PSU driven initiative, Denise Normandin and Team created an incredible and life changing experience I will never forget. From the hike planning, training, educating and ultimate "Summit Day" everyone involved had a unique purpose and reason to make the trek. Mine, was to overcome my fear of heights and climb for my wife, kids and mother. All of the climbers had different stated purposes, but we all had the same goal-to reach the summit. Hours of hiking, with beautiful weather exhilarating fall views and engaging conversation all culminated into jubilant high fives and wide smiles as we all reached the Mount Washington Summit! This incredible journey served as a magnificent reminder and metaphor for all of us to always "Dream Big and strive to reach our Summits in life!" I am forever thankful to Denise and PSU for the opportunity to climb together and to have made so many friends (and overcome my fear of heights!) on this incredible adventure together. Thank you PSU for this amazing experience!"

- *Sean Foy, Founder/President, Personal Wellness Corporation*

“I found the 2016 PSU Summit Day a rich and rewarding experience. It gave me the opportunity to bond with some fellow PSU colleagues and community members that I may not have otherwise had the chance to connect with. Sharing a goal such as summiting Mt. Washington is very tangible and has many positive side effects – physically, socially, spiritually and emotionally. Though I have been to the summit on a number of occasions, the PSU Summit Visit will always stand out in my mind as something I have shared with others in our tight knit community which has strengthened our bond as a team. It was especially nice to have student, administration, faculty, staff and community member involvement. I believe there will be long lasting ramifications from the bonds that were created while collectively pursuing the goal of obtaining the summit. I very much look forward to this as a new tradition for our community.”

- *Mark Casale '83, Staff Member, Plymouth State University*

“The opportunity to participate in the PSU Summit Day cluster project as an alum of PSC brought me back to “why” I choose to seek a Physical Education degree from Plymouth State and become a business owner in the town of Plymouth. We are fortunate to live in a place that provides endless opportunities for physical activity, outdoor recreation and community building! The entire experience of PSU Summit Day captured this and more. From start to finish, the organizers of this project made sure every detail was taken care of. The hiking guides and group members provided the skills, expertise and motivation to help me reach the summit. The unspoken bond and purposeful movement that this experience created is what I will remember most. I believe the PSU Summit Day cluster project demonstrated what it means to be a panther and see further up here!”

- *Patti Jean Ryan Biederman, Plymouth business owner/Alum '76*