

Potomac Valley Skiers, Inc.

VOLUME XVI
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WASHINGTON

MARYLAND

VIRGINIA

JANUARY, 1980

PRESIDENT'S MESSAGE

Help!

Let's all help PVS grow in 1980. Invite your skiing friends to meetings and events. Attend as many as you can yourself.

The success of your club depends on all of you - your participation in activities, your ideas, your bringing in new members.

We have a good club. Let's all help make it even better.

Happy New Year!

Marilyn J. Clark

Marilyn J. Clark, President

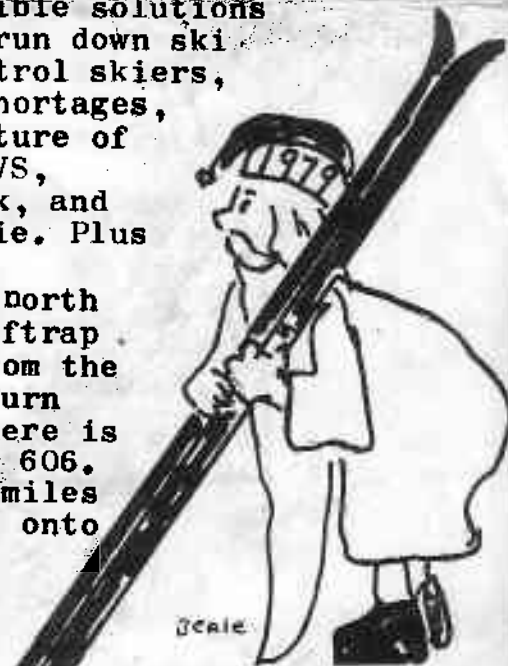
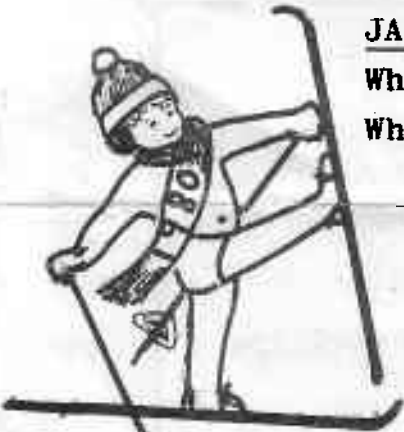
JANUARY MEETING

When: January 15th. 8:00 p.m.

Where: Home of Reg and Jean Heitchue
2050 Eakins Ct. Reston, Va. Tel: 860-9190

What: Open forum to discuss possible solutions to such skier problems as run down ski lift equipment, out of control skiers, licenses for skiers, gas shortages, etc. Also discussion of future of cross country skiing for PVS, feasibility of PVS Cookbook, and other topics. Plus ski movie. Plus refreshments.

Directions: Take Beltway to Tysons Corner. From north use Exit 11 onto Rte 123. Follow signs to Wolftrap and Reston taking Rte 7 (Leesburg Pike) West. From the south take exit 10 West on Rte 7 to Reston. Turn left at Rte 606 intersection (Baron Cameron). There is a large Reston sign on right side of road before 606. Go left at first light (Wiehle Ave.) Go about 2 miles to end passing 3 lights and over a bridge. Right onto Sunrise Valley Dr. Third left onto Soapstone Dr. Second left onto Purple Beech. Third right into Eakins Ct. and 2050 grey house on right corner.



Scale

CHRISTMAS PARTY REPORT By Lu Beale

Red, not surprisingly, was the color motif at the Wiederhold's fine Christmas gluwain party on December 20th. Red dresses, ties, slacks, vests highlighted the cheery scene. Aina and Hank Thomas arrived bearing a stunningly beautiful red poinsettia and, to top it off, hostess Penny offered five gallons of red, red burgundy spiced and mulled to perfection.

Forty or so PVSers milled from the living room (where 3 year old Teddy's enormous stocking already hung from the mantle waiting Santa's visit) to dining room to kitchen - exchanging Christmas greetings, helping themselves to the gluwain steaming in two huge caldrons on the kitchen stove, and sampling the goodies heaped on the dining room table.

Generous and talented guests contributed fruit cake, cookies, dips, candies, crackers and cheese. Conversation piece was the Haw Flakes (Chinese wafers) contributed by Bing Poon.

Because this was a designated monthly meeting, President Clark, cup of gluwain in hand, made a one minute speech. Past President Ray McKinley was offered equal time and, with only one minute allowed, gave the shortest speech of his career, announcing that there are still 3 PVS hats, 8 T shirts and about 100 pins in stock and he wouldn't mind selling out by Christmas.

Business thus conducted and concluded, guests remained for a while to relax in the warmth of friendships and memories shared with fellow PVSers.

Thanks, Penny, for giving our Christmas season so happy a beginning.

SCHEDULE OF FUTURE EVENTS

Jan 11-13	<u>SKI WISP 1</u>	Call Gail Gell (620-4573)
Jan 15	8 p.m.	Monthly Meeting at the Heitchues (860-9190)
Jan 22	7:30 p.m.	EXCOM Meeting at the McKinleys (790-8812)
Jan 25-Feb 9	<u>SKI THE FRENCH ALPS</u>	Call the Wyckoffs (589-5532)
Feb 8-10	<u>SKI WISP 11</u>	Call the McKinleys (790-8812)
Feb 19		Monthly Meeting at Rockville's Shakey's
Feb 21-Mar 3	<u>SKI THE UTAH POWDER</u>	Call Engleman (299-2635)
Mar 1-8	<u>SKI SUTTON</u>	Call the Deightons (424-5707)

THE KNEE

By
Big Foot



Greetings from this side of the 1980's. And from the second year

of the Knee. Just remember my slogan: "The Knee's the name and gossip's my game." When told recently that the Knee was now one full year old, ex-President Geoff'Wadey noted that that helped explain the quality of the Knee's material! I was pleasantly surprised. I wasn't even aware that Geoff' could read. Never let it be said that the Knee doesn't appreciate a funny line. And Geoff' has plenty of them - especially when you view him in profile. (Let me say here, just like they do on the tube, that responsible opposition viewpoints on this subject will be totally ignored.)

At a recent PVS Excom meeting they proposed a PVS Cook Book. Perhaps a PVS Kook Book would be more appropriate. I'd be happy to put forward some nominations.

After some chiding last month, I was pleased to see Dean and Doris Worcester at the PVS Christmas party at Penny Wiederholds. Said Dean (and this is a direct quote): "I was Kneaded into it." I loved it! But where were you Jack Lilly, Pete and Eleanor Peterson, Ron Fett, etc.?

Speaking of Ron Fett, the last time we saw him was several years ago at the PVS Dinner Dance at New Mark Commons. And speaking of the Dinner Dance, a traditional PVS December event, what happened to it? We understand that Aina Thomas in particular missed it. She said it's the only time of the year she gets to dance. What's up, Hank? Remember "The Knee's my name and gossip's my game!"

Did you happen to notice the sign-in book at the Christmas party? Along with the rest of the names was "President and First Gentleman Clark. N o comment.

We also note that Dick and Marilyn Clark were ski patrolling at

Massanutten the last weekend of '79. The temperature in Washington was approximately 60 degrees and Massanutten reported "0 - 2 inch base." Sticky. Don't ski on the green snow!

We understand that because of the warm weather SCWDC had to cancel all of their scheduled trips between Christmas and New Years. None of PVS's scheduled trips during that period were cancelled.

We were pleased to see long time PVSer and PVS Charter member Charlie Gordon at the Christmas party and even more pleased to discover that he has rejoined the club. Welcome back, Charlie. (We understand it took some lobbying over the past couple of years by Dean Worcester, Tony Soler and Dick King.)

PVSers have been travelling at the end of the decade. Dean and Doris Worcester skiing at Mad River Glen, Vt., Mort and Angela Kuff at Killington, Ray McKinley at Breckenridge and Copper Mountain in Colorado and Norm and Mary Engleman skiing on melted snow in Mexico.

As loyal readers will remember, I told you last month that the Knee will reveal the true name of Big Foot this year. But I'm not yet ready to come out from behind my ACE Bandage. However, I'll give you my pseudonym. It's Mary Pseudo.

VOLUNTEER WANTED

That PVSers are good cooks has been proved again and again by the outstanding culinary masterpieces so many have provided at club events. Members repeatedly request recipes after sampling some special delight. Wouldn't it be nice to have all these recipes under one cover? Will some kind PVSer volunteer to do the collecting? It would be a fine way to serve the club and all members would benefit.

TO BURN OR NOT TO BURN, THAT IS THE QUESTION
By GEOFF WADEY

A slow burn at high altitude is no joke - try it, if you don't believe me. A tan is nice, but unprotected exposure to the sun in the high mountains can really spoil a ski vacation. The effect of the sun on a clear day at 9 to 11 thousand feet is totally different from that of a day at the beach. There is much less atmosphere between you and the sun to absorb the ultraviolet radiation which does the damage so the measures you are used to taking in the summer just won't work. Not only can your face be painfully burned in an hour or so but your lower lip can be so burned that it will swell up unrecognizably.

Fortunately, there are things you can do that are little trouble and will give you essentially complete protection. Ordinary sun lotions are not effective. Get one that contains 5% para-aminobenzoic acid (PABA). READ THE LABEL! A good brand is Pre-Sun. It is a gel with which you coat your face (and the tips of your ears). It dries quickly to leave an invisible film that absorbs almost all the ultraviolet. Enough still gets through to give you a nice tan after a few days. It feels funny at first but you get used to it. It washes off easily so you need to touch up a bit after having lunch.

You don't want it on your lips. It's not poisonous but it tastes terrible. To protect your lips, particularly the lower one that catches the sun, you use zinc oxide ointment, available at any drug store. It looks weird but it positively reflects the sun and is the mark of the knowledgeable high-altitude skier. It is wise to carry your PABA lotion and small tube of zinc oxide with you since snow will wash the lotion off and you will probably wipe off the zinc oxide to eat or drink.

Depending on your sensitivity, in spite of these precautions, you will probably get some burn if you are lucky enough to get a string of bright sunny days. To reduce the blistering and peeling and to get a better tan do not wash your face with soap and water - use water only! Your skin is short of oil; you don't want to wash out any more. After skiing wash your face with water to remove the perspiration and rub in hand lotion (Avon is a good brand) to replace the skin oil.

If you think all this is too much trouble, go ahead - get fried at high altitude. Once will be enough. Or take precautions and have a great time.

SKI TIP by Silver Fox

If your ski rack no longer keeps your skis from sliding off because the sponge rubber (no longer available since the factory burned down) is shot, DON'T give up and spend 40 bucks for a new rack. Be chintzy and get a couple of rubber tie down straps (not shock cord) from Super Surplus in Bethesda for a couple of dollars. They will hook onto the rack and weave over and under the skis to hold them solid.

EXCOM REPORT

Marilyn Clark hosted the December Excom meeting which was attended by the necessary quorum. After repeated sampling of the goodies prepared by the hostess members settled down to discuss the following business:

1. The planned selection of a chairperson for the nominating committee for next years slate of officers.

2. Confirmation of the Heichues home for the Jan. 15th club meeting. (See front page.)

3. Designation of the Jan 22nd Excom meeting at Ray and Malle McKinleys at 5:30 p.m. Mountain Time.

4. Plans for the Febuary 19th meeting to be held at the turn-left-or-is-it right Shakeys on the Rockville Pike. (More on this in the next issue of TOOT.)

5. The ESA has alerted all member clubs to a forthcoming change in dues structure and collections. Geoff' Wadey will review PVS bylaws in regard to this matter and give a report next month.

6. Concern for the decreased attendance at meetings and suggestions as to how to encourage more member participation in all events.

7. The future of cross-country skiing as a club activity.

8. Possibility of having the annual dinner dance (replaced this year by the Oktoberfest) in an off month making it a Spring rather than a Christmas dance.

9. Ski Patrol's National Charter haspassed the Senate but must now pass the House - a much tougher job. All skiers can still make their views known to the proper legislators.

WELCOME NEW MEMBERS AND OLD

Renewal:

Paddy and Shirley Frucht
2119 Paul Spring Road
Alexandria, VA 22307
Home: 765-3893 Office:269-3629

Reinstatement:

Charles Gordon
9912 Fleming Ave.
Bethesda, MD 20014
Home: 530-3762 Office:921-2935

Applicants:

John Gelzer
Rt 2 Box 2197
La Plata, MD 20646
Home: 753-6337 Office 466-2828

Dorothy Mills
2622 Upshur St.
Arlington, VA 22207
Home: 527-5036

Herbert Neumann and
children Janet and Richard
14507 Briarwood Terrace
Rockville, MD 20853
Home: 460-4150 Work: 632-7232

Frank Shelburne
2020 F St. N.W.
Washington, D.C. 20006
Home: 331-9492 Office: 554-9050

Let's watch for these newcomers and make them feel at home!

Meanwhile, add these branches to your telephone tree:

Wingrove calls Frucht
(762-4887) (765-3893)

Frucht calls Gordon
(530-3762)

Gelzer
(753-6337)

Neumann
(460-4150)

Mills
527-5036

Beale calls Shelburne
331-9492

Note to ALL applicants: Do sign the register when attending club functions in order to insure credit for number of events attended.

SKI BAEDEKER

(At the December EXCOM meeting it was suggested that PVsers who make ski trips independently of the club might be a source of information and guidance to the rest of us if they would give capsule reports on the ski areas they visit. TOOT encourages and will gladly print all such accounts and suggests that readers clip and save them for future reference.)

This month Ray McKinley shares his impressions of skiing at Colorado's Copper Mountain and Breckenridge.

Copper Mountain has been described by some ski writers as the best designed ski mountain in the U.S. The beginners intermediate and advanced areas are all separate and served by their own lifts. Copper is a completely new, modern ski area built on the site of an old copper mine. It's about two hours from Denver and on the Denver side of Vail Pass so the roads are almost always open. Copper has a 2400 foot vertical and ten lifts including an enclosed double chair. (Plexiglass bubbles fit over each chair - a real winner on windy days.) Lift tickets this season are \$14.

The day I was there (mid-week in mid-December) only about half the lifts were open apparently due to a lack of customers. The most annoying things I found at Copper were rocks. Not sticking up through the snow but little half inch ones resting on top.

They did absolutely wondrous things to ski bottoms and they were everywhere. Copper regulars told me that later in the season they "mostly" disappear. Another possible problem is that there is only one restaurant on the mountain itself.

I don't think that Copper itself would be worth a weeks vacation but it's certainly worth several days. So if you go for a week or so I recommend you get the "Ski the Summit" pass good at four ski areas in Summit County, Colorado: Copper, Breckenridge, Keystone, and Arapahoe Basin. Free transportation between the areas is provided.

I loved Breckenridge. While it's not as large or as developed, it is a town like Aspen with skiing like Vail. Skiing is on two interconnecting mountains (cleverly named Peak 8 and Peak 9). There is a 2300 foot vertical served by 15 lifts. A lift ticket this winter is \$13. The newest lift (called Lift 6 - of 15?) serves some expert bowls where skiing is second only to the back bowls at Vail in my estimation. And while the back bowls at Vail were closed in mid-December those at Breckenridge were open, covered with unpacked snow offering FANTASTIC advanced-intermediate to low-expert skiing. What more could you ask?

Breckenridge is an old silver mining town dating from 1859 and so is filled with old Victorian buildings. Some of these buildings are still vacant. Breckenridge, perhaps because of its proximity to Denver (75 miles from the airport), still appears largely undiscovered by eastern skiers. I can't imagine that this will last. But it does mean that, compared to Vail and Aspen prices, it is postively cheap.

The two mountains offer all types of skiing. Peak 9, the southernmost, is primarily for beginners and intermediates. Peak 8 which is much larger has a variety of all types of runs including some bone-thumping expert ones plus those great back bowls. I'm looking forward to returning to Breckenridge when I don't have to rush on to business meetings in two days.

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 451-9158

EXCOM
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 Geoff Wadey
 Mary Ward

First Term
 Keith Lyon
 Bing Poon
 Barbara Wingrove

Ex Officio
 Ray McKinley

Deadline for each TOOT issue is the first of following month. Please submit contributions by phone or mail to Lu Beale, 4040 51st St. N.W. Wash. D.C. 20016. Tel: 363 3521

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 AND
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