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Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

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www.pvskiers.org

info@pvskiers.org

President's Message

Another New Year! It's hard to believe that we are now in year 2016. It will be a challenge to remember to change the dates on our checks and other forms.

The PVS Holiday Party at the Hotalings was a wonderful occasion with more than 60 members and guests. We did have fun, and ate very very well, if you could get to the food through the crowd. Thank you, John and Blanca. Now, we are readying for the ski season with snow out West (in spite of the very warm temperatures here in the East). I am ready to go for the cold country, and am hearing about a good snow season out there, confirmed by the media and also our own early skiers. Bob Kramer reports great December skiing in Colorado.

ExCom news: I am very pleased to announce that Nancy Pigman has been appointed to join the ExCom to complete Celia Chen's term. Thank you, Nancy, for joining us in the PVS leadership. Also, Inge Lesjak and Marianne Soponis are joining the Membership Committee as PR representatives. They will work with Membership Records Chair Dave Warthen to help recruit and welcome new members to the club. Kerry Hines is appointed Chair of this year's Nominating Committee, which will recommend a panel of ExCom members to fill upcoming vacancies to be voted upon in our Annual Meeting in April.

We are looking forward to seeing you on the slopes, be it at Snowmass, Colorado, Snowbird, Utah, or Madonna di Campiglio Italy. When the local weather improves, John Smith is looking forward to organizing our local skiing ventures, as in other years.

And we'll see you at the winter club meetings, which will be on weekends and during daytime. Check the TOOT calendar.

--Carolyn

January Monthly Meeting



Saturday, January 23

2:00 PM

Janet Marx's home
8312 Oakford Dr,
Springfield VA, 22152
jebbmarx@aol.com
or 703-451-9158

8312 Oakford Dr. Springfield, VA 22152 703-451-9158

FROM NORTH ON THE BELTWAY:

Take Exit 54A west onto Braddock Rd. Go to the fifth stop light and angle **left** onto Burke Lake Rd. Turn **left** at next stoplight onto Rolling Rd. Go to fourth stoplight and turn **left** onto Forrester Blvd. (called Hillside on the right side of Rolling). Go two short blocks and turn **right** onto Oakford Dr. (opposite the school on your left). Go about two blocks, past the Dead End sign to 8312 on your **left**.

FROM SHIRLEY HWY AND 95:

Exit 95 SOUTH at Old Keene Mill Rd (Hwy 644) West. Go to the seventh stoplight and turn **right** onto Rolling Rd. Go through one light, past McDonalds and turn **right** onto Roxbury Ave. (opposite the post office). Turn at the **second right** (road curves around to the left) onto Fenwood Dr. Go one block and dead end into Oakford Dr. Turn **right** and the house is the fourth on the left = **8312**.

FROM FAIRFAX COUNTY PARKWAY and Braddock Rd east:

Go to Rolling Road at Kings Park. Turn **right**. Go to fifth stoplight and turn **left** onto Forrester Blvd. (called Hillside on the right side of Rolling). Go two short blocks and turn **right** onto Oakford Dr. (opposite the school on your left). Go about two blocks, past the Dead End sign to 8312 on your **left**.

FROM FAIRFAX COUNTY PARKWAY and Old Keene Mill Rd:

Go to Rolling Rd and turn **left**. Go through one light, past McDonalds and turn **right** onto Roxbury Ave. (opposite the post office). Turn at the **second right** (road curves around to the left) onto Fenwood Dr. Go one block and dead end into Oakford Dr. Turn **right** and the house is the fourth on the left = **8312**.

If you need a ride, call Inge Lesjak, 703-913-0759, or e-mail, <lesjak.inge@gmail.com>, for possible car pool from your ZIP Code area.

THE KNEE

by Ray McKinley ***IS ON VACATION THIS MONTH**



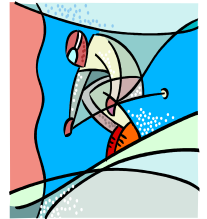


This is the time of year I pull out my ski books and all of the notes I have made from the lessons I have taken over the years. I am never sure I will remember how to ski. It is such an act of faith to go out that first day; take the lift to the top; and then point your skis down the hill and hope that you remember what you should do. I am always very cautious the first run of the first day.

Here are some pointers that I find helpful and hope you do, too:

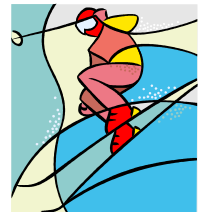
FEET: According to some experts, balanced skiing starts from the feet and flows up to the rest of your body. Focus on your feet and forget the rest of your body.

- Lift your big toe to maintain good ball of the foot pressure through the turn. Run the nail of your big toe against the ceiling of your boot when beginning a turn. That will put you on the ball of your foot.
- Lift the pinkie toe out of the snow to get better edge control. It will engage the ankle and generate a tighter carved turn.
- Keep a consistent stance. Keep your feet the same distance apart. Wide or narrow, it doesn't matter. Do what is comfortable.



KNEES are also important.

- Point those knees. Always ski with pointed knees so you are pressuring the front of your skis.
- Maintain constant shin-to-boot contact. When you roll your shins simultaneously and with solid shin to tongue contact, the result is steering your skis forward and through the ARC of the turn while maintaining balance.
- Extend at knees, not the ankles. Keep your shins in constant contact with your boot tongues. When you need to make a leg long, extend at the knee keeping the ankle flexed.
- Keep your knees apart. With legs acting independently, you will be able to edge, steer and balance more effectively.



EYES:

- Look ahead. Your eyes should always focus on where you want to go. Shift your eyes on where the next apex will be.
- Punch the clock. Imagine 12 o'clock always directly ahead. Move your body toward 10 and 2 o'clock.



Pole Plant when the going gets tough.

Like riding a bike, good skiing requires balance over the outside ski. Just like when riding a bike through a turn, the inside leg should bend more than the outside.

Upper you, Lower you. There should be good separation between upper and lower body. Zipper of jacket should be facing toward the top of the next turn.



Good luck on the slopes. See you in Snowmass. You might want to go to Ski Center Demo Day at Whitetail on January 8 to practice.

--Rosemary Schwartzbard

***In March 2016, BOT is going to Aspen.

Questions and reservations: Eileen Fishkin, [732-617-2438](tel:732-617-2438)

See link for more detailed information: <www.bestoftimeskiclub.org>skitrips



PVS LOCAL SKIING

Don't give up hope yet - there will be local skiing as soon as the weather allows for snowmaking. So far, (December 21) none of the local areas in Pennsylvania or Maryland have announced opening days. As soon as the local areas are open, we will try to get out as often as possible when the skiing is good. We normally ski at Liberty Mountain or Whitetail during the week.

The arrangements need to be quite informal because we can't be sure of the conditions until a few days ahead of time. We normally check the latest weather conditions on Saturday or Sunday to decide which days are suitable, which day people prefer and where is the best place to go. An email notice is sent out by Sunday of each week to people who have indicated that they are interested in joining us.



Without any significant lift lines during the week, we can make 20 to 30 runs in 4 hours. That pretty much uses up everything that is in us.

For those who want to car pool (recommended), we meet each morning in Gaithersburg. The directions and meeting time are posted in each week's announcement. I have the current email list from last year of people who are interested in local skiing. If you wish to be added to this local skiing list, please contact me.



SPECIAL ADVANCE ANNOUNCEMENT FOR LOCAL SKIING: If conditions permit, on Friday, January 8, 2016, THE SKI CENTER is sponsoring a ski demo day at Whitetail Mountain, PA. During this event, it will be possible to get good advice about new skis and try them on the slopes. A reduced price lift ticket for \$30.00 will be available from the SKI CENTER. However, the window price for a lift ticket for seniors (65+) is only \$ 27.50 for four hours. Please remember to take an ID as proof of age.

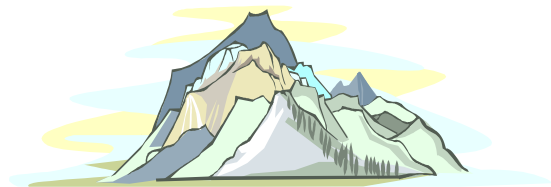
CONTACT INFORMATION FOR LOCAL SKIING:

Contact John Smith at:

Home - 301-299-8376

Cell - 301-461-2143

Email - johnsmith@juno.com



Mt. Liberty



Potomac Valley Skiers

2016 Snowmass, Colorado Ski Trip

Wednesday, January 13–Wednesday, January 20

Trip Details

There still may be space available. Please check with the trip leader. See the bottom of this flyer for pre-trip information. We will again be staying [slope-side](#) at the Snowmass Mountain Chalet (SMC), just below the Snowmass Mall and from where you can ski directly to the lifts. Check the web site at [mountainchalet.com](#). Airfare is no longer available with the package. Included is: a 5-day lift ticket ([good for all four ski areas in the Aspen complex, free shuttle bus](#)) with option for extra days; 7 nights lodging (double occupancy); daily breakfasts; daily soup lunch; a welcome wine & cheese party, an “all guest” hotel sponsored party, a “pizza” party and a farewell group dinner to celebrate our trip. Trip insurance is available through [Encompasse.com](#) and is [highly suggested](#). Additional nights at Snowmass are an option. For trail information check [aspensnowmass.com](#).

Costs:

		Price
Full Snowmass Package; no air		\$1520
Single Supplement	add	\$ 935
Non-skiers	subtract	\$ 287
Add extra ski days	add	\$ 79 per day

NOTE: The Silver Escape Pass has been discontinued. The Premier pass is available for skiers 70 and older for \$449 and becomes reasonably priced if you plan to ski 8 or more days.

Payment Schedule:

Final payment is due now.

To sign up, please send these forms, available on the PVS web site:

- (1) the [Application form](#) <<http://pvskiers.org/Trips/Snowmass2016.pdf>>-- one per person or one per couple residing at the same address
- (2) your [payment due](#), and
- (3) the [signed Waiver of Liability Agreement](#) <<http://pvskiers.org/Trips/Snowmass2016.pdf>> by each party taking the trip to Marianne Soponis at 3513 Quebec St NW, Washington, DC 20016 (put [PVS Snowmass 2016](#) on the check memo line).

For more information, please call Marianne Soponis at 202-363-5250 or 301-332-3039 cell; or, via email at Marianne.soponis@gmail.com. The co-leader is Nancy Pigman at 202-363-5252

Thank you skiers!

Pre-Snowmass Get Together....

For skiers in the local area, there will be a pre-trip “get-together” to meet other trip participants, pick up ski tickets and review plans for the trip.

**Tuesday, January 5, 2016
2:00-4:00 p.m.**

3513 Quebec Street N.W., Washington, D.C. 20016

For those unable to attend, tickets will be available in Snowmass on Wednesday, January 13, at the lodge.
For skiers arriving early in Snowmass, tickets can be mailed to you. [Please let Marianne know!](#)

come and travel with us

to Madonna di Campiglio, Italia
Blue Ridge Ski Council Eurofest 2016

Visit Madonna via webcam: <http://www.funiviecampiglio.it/en/webcam>

...there's still time to sign up!

Options: A. February 26 - March 6, 2016 Madonna only + last night in Venice \$2,550
B. February 23 - March 5, 2016 **3 days Florence** + 7 days Madonna \$3,550
C. February 26 - March 8, 2016 Madonna + 3 days in Venice-Mestre \$2,800

Features to be Included for Skiing and/or Sightseeing:

- Round trip airfare /Round trip luxury charter coach from the airport to the hotel.
- At Madonna: 7 nights lodging, double occupancy at the 4-star Hotel Carlo Magno, ski-in ski-out party headquarters with breakfast buffet, and full dinner daily.
- Service charge, local tax and VAT are included.
- Trip Insurance with TravelSafe. Color-coded baggage tags, neck valets.
- Welcome Party: Refreshments, familiarization of ski areas, town and logistics.
- Mid week Après Ski Party and DJ for dancing on Thursday night after dinner.
- Optional day trips and trip extension are available at your choice.

Optional pre-ski-trip to Florence - Feb 23-27: includes three nights at the 4-Star-Plus Hotel Plaza-Lucchesi with daily full buffet breakfast. Located on the right bank of the Arno River, between Santa Croce Place and Piazzale Michelangelo.

Optional post-ski-trip to Venice 1 night at HOTEL PLAZA at **Venice-Mestre ****** w/breakfast. This hotel is located across from bus- and train station with 10 min. rides to Venice Island.

Please note: Vaporetto tickets in Venice ARE NOT included in price. There are different multi day vaporetto tickets to consider. Vaporetto tickets can be purchased at the kiosks at the airport on arrival by credit card.

Planned Flight Itinerary with Air France from Washington Dulles via Paris to Venice. Connections from and to other US cities are available.

SKI RENTAL, SKI SCHOOL and GUIDES – booking available in the hotel.

The cost of a 3-day Superskirama SKI-PASS with access to 380 km of slopes is approx. Euro 125 for 3 days.

Contact Inge Lesjak, Lesjak.inge@gmail.com, or call 703-869-7248 c, for more detailed information.

HOLIDAY PARTY - Hosted by John and Blanca Hotaling, December 15, 2015



We must have done something right this year - we've been rewarded with another wonderful holiday party at the home of John and Blanca Hotaling! On Tuesday, December 15, 2015, it was a crisp, fresh night again. The sparkling lights that framed the driveway made for easy trekking for those who walked up to the house. The impressive glass-enclosed elevator was still a topic of conversation, one guest considering it to be a work of art!



The lovely décor, lavishly decorated Christmas tree, delicious smells emanating from the kitchen (where everyone seems to gather upon entry) and lively conversations made for quick acclimation to the fun evening.

Sixty members of Potomac Valley Skiers, five guests, and our two hosts (we'd like to think!) enjoyed the evening.



There were several beverage stations with white and red wine and soft drinks. The sangria, a specialty of the house, was located near the dessert table, framed by several gorgeous orchid plants on the windowsill behind. It made for a romantic mood in addition to a smooth, tasty cup!



Members brought a variety of appetizers, such as shrimp, various cheeses and crackers, grapes, stuffed mushrooms, spinach dip in a bread loaf, cranberry bread, and a mysterious and delicious white cheese dish with apple (pear?) slices for dipping. The recipe ingredients were baffling and if the maker is so inclined, I would appreciate getting the recipe! The dessert table was much too tempting as well. There were cookies, cake, fudge, chocolate, pecan tarts, fruit, etc. Just too many possibilities – and many attempts to try everything!



Our president, Carolyn DeVilbiss, welcomed everyone, introduced several guests and led the applause of thanks for our hosts, Blanca and John. The Republican presidential debate was vying for attention, so remarks were kept brief. Rosemary Schwartzbard mentioned all the snow falling in Colorado, good news as our ski trips soon begin. Also, as chair of the Jubilee event, she awarded monogrammed "PVS" wine glasses to the guests as well as to members whose lucky number was drawn.

Rosemary asked about interest in a DVD of the photo-streaming presentation from the Jubilee. There was definite interest and more information will be included in a future TOOT.



The evening seemed to end much too soon. It was difficult to leave (also because some cars were blocking the driveway!) but we carried a nice memory of the evening with us as we moved on to celebrate the holidays with family and friends.

Happy New Year!--Submitted by Marianne Soponis

Members' Corner

J. David Warthen, Jr.
dwarthen@verizon.net



Happy New Year to all!

Another year has ended and another year has begun. Hopefully, 2016 will be a banner year for each of you as PVS begins its 51st year. We ended 2015 with two fantastic PVS events: the PVS Jubilee celebration of 50 years as a ski club on November 1 and a well-attended (67) Holiday Party at the Hotalings in Arlington, VA, on December 15. Kudos go to all who planned these events and labored so diligently to make them a success.

The latest event, hosted by the Hotalings, was again extremely successful even with the pre-party on the beltway because of two accidents, which caused unbelievable traffic tie-ups in two states. Many members, who have not been seen for a while, attended the party, and it was a great time to catch up with ski buddies. Food and fellowship were outstanding.

PVS and PVS/BRSC ski trips are about to begin, starting with Aspen/Snowmass, CO, then Snowbird, UT, and then Eurofest 2016, Italy, Madonna di Campiglio.

Nancy Pigman – newly appointed ExCom Member:

I grew up in Pittsfield, Massachusetts where - then - snow fell before Thanksgiving, and we were able to drive our horse and sleigh on city streets to our house. Alas...this beauty is long gone! I was late starting to ski, compared to my friends, because I was an exhibition figure-skater - outdoors, on natural ice in all kinds of weather. Hence I never learned to ski properly, because with good balance from the skating, I simply followed my friends up and down the mountains of Vermont.

I came to Washington after graduating from Mount Holyoke College, first as an intern to then-Congressman Jacob K. Javits of N.Y. and subsequently as Appropriations and a Legislative

Assistant to U.S. Senator Leverett Saltonstall of Massachusetts (the senior Senator to all the Kennedys). My last job was Head of Congressional Relations at The Export-Import Bank of the U.S., the government agency that supports competitive financing for U.S. exports.

I've skied all over the East and West in the United States, as well as in Europe. I chaperoned day ski trips for school kids (that's an experience!), and then skied for years with the Over-the-Hill Gang and its local Chesapeake/Capital Golden Skiers chapter. I have one son, Geoffrey. In addition to most outdoor sports, I like travel, music (particularly opera) and theater. I now spend summers in an old family home in the Berkshires (MA) and welcome all guests who enjoy swimming, kayaking, Tanglewood and the many other cultural offerings in the area.

Thank you Nancy for agreeing to serve on ExCom, filling an opening, which became vacant under sad circumstances.

Half-timbered Ginger Bread House:

Bing & Betty Van Nuys have a wonderful tradition of creating a ginger bread house each Christmas season. Bing designs the house and Betty and their daughter bake and assemble his design. This year, it is a half-timbered Tudor design as shown in the photo:



TOOT Distribution to 157 Members:

-pdf: 132; USPS: 4

Thanks to:

-TOOT Coordinator - E. Thayer

-TOOT Layout Editor – Jan Marx

-TOOT USPS (3) –

C. Eddy, B. Leonhardt, & J. Read

- Electronic TOOT - D. Warthen

Roster Changes (notify dwarthen@verizon.net)

PVS Calendar 2015-2016:



- Jan 08 Fri Demo Day @ Whitetail, Mercersburg, PA, 9:30 AM - 3:30 PM, Ski Center of Washington <www.skicenter.com/DemoDay.aspx>
- Jan 23 Sat Monthly Meeting, 2:00 PM, Marx, Springfield, VA
- Jan 26 Tue ExCom, 7:00 PM, DeVilbiss, Alexandria, VA
- Apr 29 Fri Paul Weber Spring Ski Show, 6:30-9:00 PM, Marriott Tysons Corner, VA <<http://www.prwtravelshows.com/DC.htm>>

PVS Ski Trips 2016:



- January 13-20, 2016: PVS Snowmass, CO (Marianne Soponis)
- January 30-February 6, 2016: PVS/BRSC Western Carnival - Snowbird, UT (Strands)
- February 26-March 6, 2016: PVS/BRSC Eurofest 2016 Italy, Madonna Di Campiglio (Inge Lesjak)

Useful Ski "Links"

- Potomac Valley Skierswww.potomacvalleyski.org
- BRSC Sanctioned Tripswww.skicouncil.com/tripsbydate.htm
- DC Ski Online News.....www.dcski.com
- Best of Times Ski Club.....www.bestoftimeskiclub.org >Ski Trips

ExCom

Officers:	Chairpersons:
President – <i>Carolyn DeVilbiss</i> Vice President – <i>Bob Kramer</i> Secretary – <i>Ellie Thayer</i> Treasurer – <i>Dick Schwartzbard</i> Ex Officio - <i>Nancy McKinley</i>	Ski Trip Committee – <i>Rosemary Schwartzbard</i> Events – <i>Ray McKinley</i> Membership Records – <i>Dave Warthen</i> Membership PR Reps – <i>Inge Lesjak & Marianne Soponis</i>
Board Members:	TOOT Coordinator – <i>Ellie Thayer</i>
First Term: <i>Herb Bennett</i> <i>Marna Blanchette</i> <i>Nancy Pigman</i>	TOOT Layout Editors – <i>Jan Marx, Marvin Hass, & Dave Warthen</i> TOOT (E-Distribution) – <i>Dave Warthen</i> TOOT (USPS Distribution) – <i>Volunteers</i>
Second Term: <i>Reg Heitchue (1-year only)</i> <i>Inge Lesjak</i> <i>Ellie Thayer</i>	Webmaster – <i>Mary Ward</i> Meeting Records – <i>Sue Lyon</i> Historian – <i>Jan Marx</i>



Would you like a ride to the meeting? Are you willing to give someone a ride to the meeting? Contact Inge Lesjak at 703- 913-0759 or Lesjak.inge@gmail.com