

VOLUME 52
NUMBER 1

Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

JANUARY 2017

www.pvskiers.org

info@pvskiers.org

President's Message

Happy New Year to everyone!

I hope you are enjoying the holiday season and getting ready for our first winter ski trips or other cold-weather activities. In January, our PVS meeting will return to weekend daytime scheduling as before, but with a new locale. Come party with us on Saturday, January 21, in the party room at the McKinleys' Crystal City condo. Directions are on page 2.

The Snowmass trip is ready to go this month under the leadership of Barry and Kathy Lake and, in March, Inge Lesjak co-leads our trip to Val d'Isere with Jerry Poley of Columbia Ski Club. We are pulling for lots of snow, good travels, and great fun! John Smith will honcho our car-pool trips to local ski areas when the snow and weather cooperate with favorable conditions. Remember to take some of our new club brochures with you and invite other skiers and friends to check out our club!

ExCom News! At our last meeting we appointed Nancy McKinley, to join Ray McKinley, as Program and Events Co-Chair. They will continue to coordinate the club's non-ski events, including meeting locales, and other social and recreational events. They welcome your ideas and also your offers to lead or co-lead an excursion, host a meeting, as well as meeting venue suggestions.

Reg Heitchue has been appointed as Nominating Committee Chair. He will be forming a committee to recommend a slate of candidates to fill upcoming vacancies for officers and ExCom. These will be announced in upcoming TOOTs and voted on at the annual meeting in April. Thank you, Reg, for taking on this task. If you have suggestions for candidates or wish to participate in the club leadership, please email or call Reg in the next few weeks (cell phone may be best).

Unfortunately, I will miss the Snowmass trip and ski fun this winter while I recuperate from my second knee replacement. I am looking forward to next year on the slopes with two good knees! But I expect to see you at the January meeting in Crystal City.

Carolyn

January Monthly Meeting

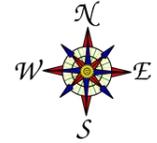


Saturday, January 21

2:00 PM

**McKinleys' Crystal Park
Condominium Party Room**

Arlington, VA



**Directions to January 21, 2017 meeting at 2pm at McKinleys' Crystal Park
Condominium Party Room,
1805 Crystal Drive, Arlington - 1st floor - 703 527 7126**

Free parking in Crystal City on the street and in garages on weekends. Our condo parking area is available for those with difficulty walking – contact us if you need us to get you a permit.

Northbound in VA via 395 North

From 395 Northbound, take Exit 8C (Route 1 South – Alexandria). Stay in the left middle lane and merge straight onto Hayes Street. Pass the Pentagon City Mall on your right and keep straight following road around as it becomes 18th St. to Crystal City. 18th Street comes to an end on Crystal Drive just facing our driveway. Our building is 1805 – the right of two matching buildings. Park for free on the street or in the garage at 2011 Crystal Drive (Number 8 on the map). Do not park in the condo parking lot without a permit.

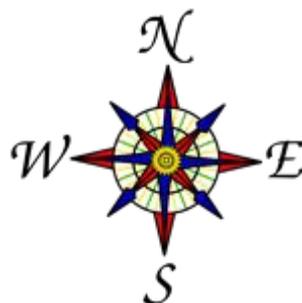
Eastbound in VA from Route 66

Take Exit 75 (Route 1 South – Alexandria). Merge onto Route 110/Route 1 South. Route 110 will end and continue as Route 1 South into Crystal City. Immediately as you merge onto Route 1 South, take the first right exit for 15th Street. At light at bottom of ramp, turn left onto 15th Street. 15th Street will end at Crystal Drive. Turn right onto Crystal Drive and go straight until 18th Street. The driveway to our building – number 1805 -- is on the left at the corner of 18th and Crystal Drive. Number 1805 is the second of the two matching buildings. Park for free on the street or in the garage at 2011 Crystal Drive (Number 8 on the map). Do not park in the condo parking lot without a permit.

Southbound from MD via 495 and GW Parkway

From 495 take Exit 43 for the George Washington Parkway. On southbound GW Parkway, take the Exit for “Reagan National Airport.” Stay in the right lane and turn right onto Abington Drive. Follow signs for US1 – Crystal City. Take the right exit ramp for Crystal Drive and continue onto Crystal Drive toward 18th St. To park in a garage, use the parking garage at 2011 Crystal Drive (Number 8 on the map) at the light at 20th Street which is a block before you come to our driveway at 18th St and Crystal Drive. Or park for free on the street. Number 1805 is the second of the two matching buildings at 18th and Crystal Drive. Do not park in the condo parking lot without a permit.

METRO – the Crystal City METRO stop comes up onto the street at 18th St. one block from our condo at 18th Street and Crystal Drive. At the top of the METRO escalator, make a hard left turn, walk downhill to the corner of 18th and Crystal Drive and cross Crystal Drive into the driveway of our building – 1805 – the second of two matching buildings facing you.



Map on the next page....



Skiing



Potomac Valley Skiers

2017 Snowmass, Colorado Ski Trip

There are 34 people going to Snowmass!

We will have a pre-trip party on Jan 2nd. Please see below.

Trip Details

Once again we will 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 website at www.mountainchalet.com. This year we are offering a **“Land Only”** package since most people prefer to make their own arrangements. The total package includes: land transfer from Aspen airport to SMC and return; 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; luggage handling; a welcome reception, an “all guest” hotel sponsored party, a “pizza” party and a farewell group dinner to celebrate our trip. Additional nights at Snowmass are an option **based on availability**. Trip insurance is available through Encompasse Tours and is [highly suggested](#).

Kathy and Barry Lake are the trip leaders. For more information, feel free to contact us at 703-625-2715 or kathylakehomes@yahoo.com

Pre-Snowmass Get Together....

For skiers in the local area, there will be a pre-trip “get-together” to meet other trip participants, review plans for the trip and talk skiing!

**Monday, January 2, 2017
1:00 p.m.
11677 Fox Glen Dr., Oakton, VA 22124**

Directions: From 495: I-66 West. Take Exit 60 to Rt. 123 North. Left at 2nd light on Jermantown Rd. Right at 2nd light on Oakton Rd. At the 1st light bear Right to follow on to Waples Mill Rd. Right on History Dr. (across from the school). Right on Fox Glen Dr. to 11677 on the right.

Please RSVP at KathyLakeHomes@yahoo.com or 703-625-2715

Potomac Valley Skiers



SKI TALK

JANUARY 2017

As I start thinking about my first ski trip this year, the usual concerns arise. Do I remember how to ski? What should I pack? What should I remember about group ski trips? The first thing I do is pull out my old ski video “Breakthrough on Skis 3” by Lito Flores for a reminder of how to ski. Then I look at my ski gear and clothes and try to figure out how to pack and how to get my skis to the destination. I have tackled these problems in past Ski Talk columns and am going to repeat some of my suggestions.

To pack efficiently, you have to plan ahead. Think about what you really need and what you will wear each day. Try to minimize bulk. A whole industry has developed to sell travel/ski clothes that wash easily, dry quickly and are wrinkle free. Many of the new technical pieces are very lightweight but warm. Invest in a few such pieces, and you will be able to travel lighter.

Next, think of what you are carrying on the plane. Are you going to use it on the plane? Do you really need to carry all that through the airport and on to a plane with almost no free overhead space? Don't burden yourself unnecessarily. Try to have one carry on that you can easily manage. I find a backpack to be light and efficient.

You might want to consider renting skis or sending them ahead. We have been shipping our skis for years by FedEx. We use a double ski bag and take them to the Fed Ex office at least a week before we plan to arrive at our destination. Send them via “Ground” for the lowest price. You can pack your ski boots in your duffle bag with your clothes. Try using compression bags. You can wear your heaviest clothes for traveling. One coat can suffice for skiing and for the evening.

On PVS ski trips, our leaders are volunteers and spend several months organizing the trip. While they may get “comps” such as a free room or air, often they do not. As a club, each member needs to be invested in making our trips as smooth as possible. Some things you can do to help are:

1. Get to know other group members;
2. Let people know what your skiing level is and invite others to ski with you;
3. Volunteer to help the leader set up or clean up at a social event;
4. Help set up lunch “meet ups” on the mountain;
5. If you find an interesting excursion, dinner place, or ski area, take the initiative and invite others to go with you;
6. If you notice someone has a particular problem, let the leader know;
7. Always be respectful of your fellow ski members.

I look forward to seeing many of you at Snowmass. I hear the snow there is spectacular this year.

Happy New Year and good skiing in 2017.

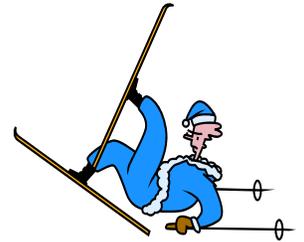
Rosemary Schwartzbard

rosemaryschw@gmail.com





LOCAL SKIING by John Smith



December 20th update: Both Liberty Mountain and Whitetail are now open and have been making snow the last few days. They are still able to make snow today. After today, the temperature at both places is expected to be continuously above freezing for the next ten days; so it may not be possible to continue to make more snow. There has been no natural snow so far this season.

Liberty Mountain has 10 trails and six lifts open today, with a snow base of 15 to 20 inches. Whitetail has nine trails and six lifts open today, with a snow base of 15 to 20 inches. Next week doesn't look too promising because it is expected to rain on Saturday, Tuesday, and Thursday and not be cold enough to make snow very often.

December 28 update: Both Liberty and Whitetail remain open with manmade snow, but not made recently, because of the warm temperatures and rain. After January 5, it looks more hopeful.

Don't give up hope! As soon as conditions look favorable, I will let those on the email list know about a potential date. 301-461-2143 or johnhsmith@juno.com



In memoriam: Roy H. Elrod, June 23, 1919 - December 17, 2016

Roy Elrod was 97 when he died peacefully at his home in Fredericksburg, VA, on December 17, 2016. Roy and his wife, Malda, who died in 2008, are former, longtime PVS members. They hosted many of the Steak and Swim events at their Quantico, VA, home in the 1980s and were avid and expert skiers.

Roy grew up in Texas where he and Malda were high school sweethearts. Roy attended Texas A&M for two years, until World War II broke out, at which time he enlisted in the Marine Corps. Roy's time in the Marines was spent in the Pacific in fierce combat. He fought at Guadalcanal where he was awarded a Silver Star, on the beaches of Tarawa, and in Saipan where he was awarded a Purple Heart. He and Malda married upon his return from the war in 1944. Roy made a career of the Marine Corps and retired as a Lt. Col. in 1961.

After Roy's retirement, Roy and Malda formed a construction and development company building hospitals, schools, and other developments in the metro area until 1994. They also made three trips around the world.

Jan Marx and Margaret Wyckoff offer the following reminiscence: Roy was a building contractor, and he and Malda built three houses through the years and made sure that each had a pool so they could host Steak and Swim over many years. They were true Texans and served the best steaks. They had their Texan hats and Roy often sported one of his many bolo ties. They were beautiful skiers and participated in many PVS ski trips.

Spaces available – it's not too late to sign up !

Potomac Valley Skiers present:

Val d'Isère, France © March 4 - 12, 2017

Plus: Optional pre-trip to Lyon and/or post-trip to Nice

**Lyon - add \$275
March 2 - 4**

**Val d'Isère - \$2850
March 4 - 12**

**Nice - add \$625
March 12 - 16**

**7 nights
at the**

4 ★ Hotel L'Aigle Des Neiges

Welcome Drink on arrival with light snacks and orientation by Tourist office representative
Cocktail Hour each evening with exclusive club prices
Mid-week Après Ski Party

Full hot and cold breakfast buffet daily
4-course dinner for 3 evenings
so you can explore other great restaurants

Indoor pool, sauna, and steam room
Ski room with heated boot warmers



Round trip air: Dulles/IAD - Lyon/LYS via Air France
Round trip transfers between Lyon Airport and Val d'Isere

Emergency Medical and repatriation insurance
*Trip Cancellation Insurance is not included in basic trip cost, but can be purchased



Snowsure: Snow coverage tends to be one of the best in Europe as conditions normally facilitate good skiing right to the end of the season, which is usually in early May.

Inge Lesjak ☆ 8123 Kingsview Ct, Springfield, VA 22152 ☆ 703-869-7248

lesjak.inge@gmail.com
(co-leader with Jerry Poley)

Must be a member of a Blue Ridge Ski Council club to participate

Payment Schedule on pvski.org>Ski Trips>
Val d'Isere> Page 3

(write checks to Inge Lesjak and mail to her at above address)

Val d'Isère \$2850 Lyon + Val d'Isère \$275 + \$2850 = \$3125 Val d'Isère + Nice \$2850 + \$625 = \$3475
Trifecta: Lyon + Val d'Isère + Nice = \$275 + \$2850 + \$625 = \$3750

Past Events

Eclipse Chamber Orchestra Delights PVS Again!



Once again, Eclipse Chamber Orchestra provided a gorgeous afternoon of music for some PVS music lovers. On Sunday, December 4, Eclipse ventured away from its usual venue at the George Washington Masonic Temple in Alexandria and instead provided its stellar brand of musical thrills at St. Luke's Catholic Church in McLean, VA. Eclipse, which bills itself as an orchestra of soloists, is in the midst of its 25th season and consists mostly of members of the National Symphony Orchestra. This concert, the second of their three-concert subscription series, consisted of two lovely pieces: first, Strauss' Serenade for 23 Solo Strings, which Bob Eadie proclaimed made his heart beat faster as it came to its beautiful conclusion. The second piece was the familiar and dynamic 29th Symphony by Mozart.

PVS members who enjoyed the beautiful music included: Bob and Louann Eadie and guest, Margaret Wyckoff, Melissa FitzGerald, John Smith, and Ray and Nancy McKinley with former PVS ski friends Marlene and Ivan Bekey. Following the musical event, most opted for an excellent dinner at J. Gilbert's in McLean. A most pleasant afternoon and evening with friends! We look forward to Eclipse's next concert in the spring. Stay tuned for more, and be sure to join us.

Nancy McKinley



2016 HOLIDAY PARTY



What a jolly bunch we were - all 41 of us. We met and partied at the home of John and Blanca Hotaling on December 20, 2016. Many were adorned in festive attire, as was the Hotalings' house, including their beautiful tree. We were just hours away from the winter solstice and John had a string of lights spanning the length of his driveway to assist us to the front door.

We all brought food to share, and there was an incredible assortment:
dips and spreads for

crackers and bread, shrimp rings, deviled eggs, holiday bread and more. Blanca made spiced shrimp, a rice dish, and a fresh salad. There was a big bowl of sangria plus wine and soda.



Carolyn called the meeting to order and welcomed everyone. Upcoming events were presented, and the trip leaders reported that the ski trips are ready to go. Local skiing will be announced weekly as conditions allow. Our new PVS flyers were available for members to take and distribute as appropriate.

The dessert table had an I-want-one-of-everything assortment. Favorite recipes produced cookies, bars, cinnamon bread and butterscotch-pumpkin cake. Plus, there were fresh fruit, a tort, holiday kuchen, candies and cupcakes. All yummy.



Thank you, Blanca and John, for hosting at this special time of year.

Submitted by *Jan Marx*



Members' Corner

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



Happy New Year (MMXVII), Members:

Another year has passed, and we have survived the holidays again, even if we are a little heavier – yummy! I always think of ‘taxes’ when the year changes. Ugh! The upside, however, is that we each have something to report to the government. Another positive for the New Year is that ski season is just around the corner, and the first snow is on the ground as I write this column. Whether you will participate in a domestic or international PVS ski trip this year, or take advantage of PVS local skiing, organized by John H. **Smith**, it is time to get into shape. Do those exercises – stretch, swim, lift weights, or walk. Inactivity is the enemy as we mature. Also, remember to exercise the mind – crossword puzzles, games, sudoku, reading, writing, cooking, hobbies, projects, etc.

As I begin my tenth year as Membership Records Chairperson, I wish you a happy and healthy New Year. I am very thankful for those in PVS with whom I work on Membership – Marianne **Soponis** and Inge **Lesjak**; on the web site – Mary Ellena **Ward**; and on the TOOT – Ellie **Thayer**, Jan **Marx**, Marvin **Hass** and volunteers Barb **Leonhardt**, June **Read**, and Liz **Triau**. It really does take a village. ;-)

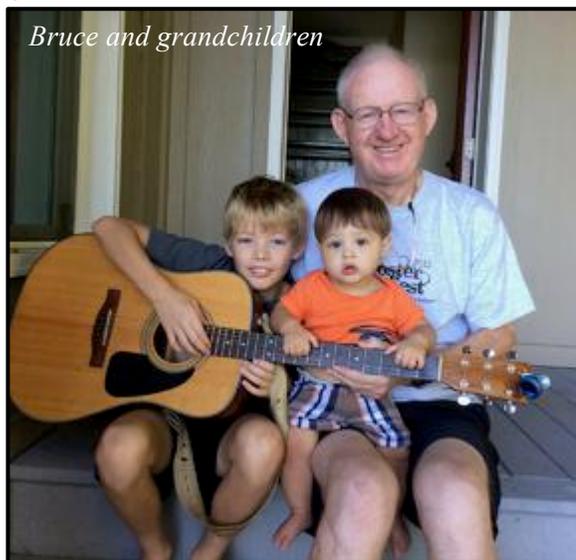


Applicant Member - Bruce King Profile:

Hello fellow senior skiers! My name is Bruce **King**. I live in Lexington, VA with my wife of 48 years, Suzanne. I started skiing at age 11 at a local hill with a rope tow on hand-me-down wooden skis and, as I remember, rubber band binders! I graduated to full size mountains as a teen and young adult. The largest areas were Sugarloaf and Sunday River in Maine. At one point, we lived within 45 minutes of Sugarloaf. It was heaven! Once we moved to Michigan, I did not ski

much, although I did get to Colorado for my first taste of real powder.

We moved to Lexington in 2003, and fairly soon I resumed skiing with our daughter, her husband and our grandson, Erik. One of the best things anyone ever said to me was when Erik said, “Papa, you may be 70 years old, but you ski like a 30 year old!” How could I disagree with him?



We ski Snowshoe (season pass) as well as Wintergreen, Winter Park, Steamboat and Big Sky.

I also am a regular hiker/backpacker on the Appalachian Trail in Virginia. Skiing and hiking keep me young in mind and body.

I cannot wait to meet many of you at Snowmass in January and the rest at your Annual Meeting. Thank you so much for including me in your club.

Bruce’s sponsor is Mary Ellena **Ward**, who also lives in Lexington, VA.



TOOT Distribution to 165 Members:

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Thanks to:

- TOOT Coordinator - E. **Thayer**
- TOOT Layout Editor – J. **Marx**
- TOOT USPS – B. **Leonhardt**, J. **Read**, & L. **Triau**
- Electronic TOOT - J. D. **Warthen**

Roster Changes: (contact dwarthen@verizon.net)



THE KNEE

by Ray McKinley
RaysKnee@gmail.com

Once again, let me be the first, and perhaps only one to wish you a very Happy Knee Year, dear readers. And it does look like a great one for PVS. In case you've forgotten, let me remind each and every one of you how important you are to this column. First, you are my subjects. Without you (and your occasional foibles...) there would be nothing to write about. Second, without you as readers there would be no reason for the Knee. So keep up the good work!

Ski plans are well underway and the Snowmassers will be enroute to Colorado shortly. And, Aspen is ready for us with lots of early new snow.

PVSers have also been very, very busy with non-skiing travels over the past few months. Does anyone in PVS ever stay home?

As previously reported, John Smith took the long way to London via the luxurious Queen Mary to its UK port. Now that he's back home, he sadly realizes how much improvement is needed in his home cooking!

Peter Russell is back from another of his extensive solo tours - this time by boat from Bucharest to Budapest and then by bus and train to parts of Ukraine and Moldova. He reports all is quiet in Odessa and Kiev.

Rosemary and Dick Schwartzbard are back from a sojourn in Havana with the Chamber of Commerce. In Cuba as well, JanaLee Sponberg volunteered again - this time working on water quality and teaching English to Cuban children.

We heard from Bill Hager and Kathy Quinden who spent 6 weeks in southern Africa visiting friends, then traveling to Botswana, Zimbabwe, Victoria Falls, Namibia and much more. On return home, Bill and Kathy now have a new dog named, appropriately "Barkley." Get it?

Just back from skiing at Big Mountain, Montana and not to be outdone in the long-trip department, Joe Jevcak heads out shortly for a 7 week cruise through the Panama Canal, down the west side of South America and back up the east side toward home. Wow!

Bob Knopes flew to Chicago for the opera again. (That's dedication!) This time he did not run into John and Polli Brunelli, also big opera fans. (See?

You can even get mention in the Knee when you DIDN'T do something...)

Marianne Soponis and Clare Soponis are in Florida for the holidays. Betty Lawrence and Suzanne Boisclair are off to visit Betty's daughter in Colorado to share in holiday cheer. Melissa FitzGerald is off to the west coast to see family for a few weeks as she does every year.

While in Japan recently visiting her son, Pres. Carolyn DeVilbiss took in her favorite entertainment - a 5 ½ hour-long Kabuki show. Carolyn is now looking forward to her Christmas present - another new knee in early January.

Big events! Louann Eadie, recovering from surgery, appeared at the great Holiday meeting/party at John and Blanca Hotalings' - she looks great!

Charlotte Eddy has her house on the market. Does this mean we will shortly lose you to the Virginia Beach environs, Charlotte? Say it isn't so!

Peter Russell is attending his 75th Reunion at West Point. He thinks he'll be the only one of his class in attendance!

Inge and Sam Lesjak are celebrating 50 years of marriage. Sam refers to it as their first fifty years!

Margaret Wyckoff was excited to mark her 93rd birthday with a big purchase; she bought a new car - but not just any car. She bought a Lexus convertible. She wanted fire-engine red but thought better of it after her daughter, previous PVSer, Pat Vagonis, cautioned that it would be "cop-magnet."

Sharon Mulholland is getting ready to build a house on her lot at Deep Creek Lake.

Vail has added off-season biking. You can now rent a bike, take it up any of several designated lifts and pedal or coast down. Some of the bikes actually come with brakes. On others, you have to drag your feet! No!

Marvin Hass confides that he hired a Personal Trainer; he reports that all of his aches and pains have disappeared and he's feeling great. He highly recommends it.

So many of us have glommed onto cooking as a hobby/avocation, perhaps we should change our name to Potomac Valley Skiers and Eaters!



PVS Calendar 2017:

Jan 2 Mon Snowmass Pre-Trip Party, 1:00 PM, Lake, Oakton VA
 Jan 21 Sat Monthly Meeting, 2 PM, McKinley, Crystal City, VA
 Jan 24 Tue ExCom Meeting, 7:00 PM, telephonic
 Feb 18 Sat Monthly Meeting, 2 PM, Ufholz, Bethesda, MD



PVS Ski Trips 2017:



January 11-18, 2017: PVS Aspen/Snowmass, CO (Barry & Kathy Lake)

March 4-12, 2017: PVS Val d'Isere, France (Inge Lesjak/Jerry Poley)

Local Skiing: John Smith will be coordinating the best weather day and destination for each week. Members will be notified and can let John know if they are interested in going.

Useful Ski "Links"

Potomac Valley Skiers.....www.potomacvalleyskiers.org
 BRSC Sanctioned Trips.....www.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>	Ski Trip Committee – <i>Rosemary Schwartzbard</i>
V. President – <i>Marianne Sophonis</i>	Events – <i>Ray and Nancy McKinley</i>
Secretary – <i>Ellie Thayer</i>	Membership Records – <i>Dave Warthen</i>
Treasurer – <i>Dick Schwartzbard</i>	Membership PR Reps – <i>Inge Lesjak & Marianne Sophonis</i>
Ex Officio -	TOOT Coordinator – <i>Ellie Thayer</i>
Board Members:	TOOT Layout Editors – <i>Jan Marx, Marvin Hass, & Dave Warthen</i>
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<i>Barry Lake</i>	TOOT (USPS Distribution) – <i>Barb Leonhardt, June Read, Liz Triau</i>
<i>John H. Smith</i>	Webmaster – <i>Mary Ellena Ward</i>
<i>Ellie Thayer</i>	Meeting Records – <i>Sue Lyon</i>
<u>Second Term:</u>	Historian – <i>Jan Marx</i>
<i>Herb Bennett</i>	
<i>Marna Blanchette</i>	
<i>Nancy Pigman</i>	

