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PRESIDENT'S MESSAGE – **SKIING VIGNETTES**

I present skiing vignettes. Because this column is meant to inspire, each remembrance comes with a moral. Vignettes are designed to convey skiing *soupons*, thereby giving them a French flair. I have told many of these before. However, in line with current standards, the reported events change with their telling. Therefore, no one need be bored.

1. Skiing Education: I have reported that when my wife, Cara, first took me skiing, I quickly learned that I did not know how to stop except by falling. This did not create a problem because I fell continuously.

Contemporaneously, Cara decided that Vermont, where we skied, is too damn cold. This is how we ended in Snowmass. This is how I ended on Garrett Gulch. Considering Snowmass's long, groomed, intermediate runs, how did I end on Garrett Gulch? I was taken.

Where Traveler describes Garrett Gulch:

A massive natural indentation between the Big Burn and Sheer Bliss, Garrett Gulch is a deep playground for the expert. There's cool tree skiing on top of the lip; after jumping down into the Gulch itself, you'll find steep walls dropping to the narrow, bumpy bottom, practically sealed off from the rest of the mountain.

Terri Cook called it:

[O]ne of the [Snowmass] mountain's best 'bumped out tree runs[.]' [A]ccording to the [Snowmass website](#), Garrett Gulch is tucked into a deep valley... This expert run features tree skiing at the top, followed by a jump into a narrow gulch known for stashing powder.

I found Garrett Gulch because I knew I needed lessons. I hired an instructor whom I shall call Hans. As befits ski instructors, Hans had a deep Austrian accent; he was born in Colorado. An expert diagnostician, Hans told me that he had figured out my problem: "You have difficulty with steep, narrow spaces." This was true. "I know a place you wouldn't find on your own," he said.

Hans took me to Garrett Gulch. As I was with an instructor, I entered with aplomb the narrow, concave, deep powder, tree bounded trail. I took at least one, maybe two or even three full turns before I was lying face down in the snow. Intrepidly, I cleaned the cold snow from inside my gloves and from down my neck. I cleaned my glasses.

I was ready to go.

I found myself again flat on my face. This time, I had no recollection of falling. Again, I got up, cleaned off the snow, wiped off my glasses and made it down to Hans who was talking to Cara. He said, "I wondered if you would make it when I went over that boomp."

Continued on page 3.



Monthly Meeting

March 23, 2019 at 2 PM

McKinley's Crystal Park Condominium Party Room,
1805 Crystal Drive, Arlington 22202

703-595-8375

Directions on page 2



Directions to McKinley's Crystal Park Condominium Party Room, 1st floor

1805 Crystal Drive, Arlington, VA 22202

March 23, at 2 PM, 703-595-8375

Free parking in Condo Guest Parking lot behind building with Permit obtained at Condo Front Desk.

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 all the way around as it becomes 18th St. into Crystal City. 18th Street comes to a T on Crystal Drive just facing our driveway directly across the street from you. Cross Crystal Drive into the driveway. Our building is 1805 – the right of two matching buildings. Go to the 1805 Condo Front Desk and pick up a free Parking Permit. Park for free in the Condo Guest Parking lot (around right of Condo Front Desk behind building 1805.) Put the Parking Permit on your dash and then come around to the side door of the building to be let in by a PVS member.

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 from the left lane. 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 the light at 18th Street. The driveway to our building – number 1805 -- is on the left at the light at the corner of 18th and Crystal Drive. Number 1805 is the second (southmost) of the two matching buildings. Go to the 1805 Condo Front Desk and pick up a free Parking Permit. Park for free in the Condo Guest Parking lot (around right of Condo Front Desk behind building 1805.) Put the Parking Permit on your dash and then come around to the side door of the building to be let in by a PVS member.

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. Number 1805 is the second of the two matching buildings at the light at 18th and Crystal Drive. Turn right into the driveway and go to 1805, the second (southmost) of the two matching buildings. Go to the 1805 Condo Front Desk and pick up a free Parking Permit. Park for free in the Condo Guest Parking lot (around right of Condo Front Desk behind building 1805.) Put the Parking Permit on your dash and then come around to the side door of the building to be let in by a PVS member.

METRO – the Crystal City METRO stop comes up onto the street at 18th St. one block from our condo at the light at 18th Street and Crystal Drive. Outside, at the top of the METRO escalator, make a hard-left turn, walk downhill to the light at 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. A receptionist will let you in.





Moral: *Lessons allow new skiing experiences.*

2. Up and Down: Park City's Ford's Country, now aptly renamed most memorable trail that I skied, memorable for me. It is also certainly watched me ski down, if "ski down" adequately describes my downward trip.

Fools Gold, is probably the memorable for Cara, who

Ford's Country is a black mogul run that veers off a varied and interesting intermediate trail. As skiers descend, they enter a mogul field past a cross trail and downwards through increasingly steeper moguls until they reach Thaynes Canyon, a flatter blue run to the lifts. I reached Thaynes Canyon.

I thought that I could ski Ford's Country and I did for one-third of its length. Then, I fell, leaving my skis behind. My bindings worked. My head was facing uphill. I slid down, down, down. I managed to twist so that I was facing downhill. However, my boots would not grab the somewhat icy snow to stop my travels or even slow me down. I slid all the way to the bottom, creating a visual feast for Cara and a skiing experience for me.

One has more time to think than one would contemplate – to experience events fully – when one goes out of control and slides all the way to the bottom. Rump skiing down a long, black slope while seeking to steer is better remembered than skiing down a blue on skis.

I was not hurt.

By contrast, coming home from a Colorado ski trip, I found my front sidewalk and path covered with snow. Before shoveling, I dutifully took one of our dogs for a walk. Returning, the dog bounded for our front door; following the dog, I fell on the snow covered, not visible, rise from the sidewalk to the path. I broke my arm.

Similarly, once we were on time for a restaurant reservation. Our table was not ready. The restaurant kindly placed us at a table by the bar and gave us a free split of champagne. When our table was ready, I was carrying a glass of champagne in one hand and the unfinished split in the other. Not wanting to spill the wine, I looked straight ahead at the glass and champagne split. I failed to see steps between the bar and our table, fell and split a quadriceps tendon.

Moral: *It is safer to fall while skiing than walking in front of one's house or carrying champagne.* Additional moral: *Never come to a restaurant or anywhere else on time.*

More Skiing Vignettes: We used to go to Sugarbush during Christmas school breaks. One day (more than one day – this was Vermont) the outside temperature was 20 degrees below. I had paid for a week's ski lessons. I went to the lesson, freezing down the runs. Memorable.

I was at Vail. Cara called asking me to meet her and other PVSers at a restaurant at the top of the mountain to ski with a group. One of our members, Dave Lerner, selected a nice trail through the trees. Sensibly, when we reached the downhill path at the woods, I bailed out, but I had to get across ungroomed territory to reach a ski trail down. A nice ski patrol person guided me through ungroomed territory. Another skiing adventure that I remember.

Moral: *skiing extremes are better remembered than uneventful ones.*

Driving: Driving is a necessary part of skiing. Sometimes it is like skiing. I do not refer to Steamboat Springs' Bridgestone Winter Driving School's ice and snow-covered tracks or to an unintended U-turn that I once made by a cliff driving on ice to Taos. I do refer to my having had to get to Washington from Sugarbush during a blizzard to make a flight to Florida. Route 100, the road going south through central Vermont, was closed. My trusty Chrysler cut across the mountains on an unmarked road on one map and a slightly marked road on another to the New York Northway making perfect S ski turns. I maneuvered over central Vermont hills getting around stuck Japanese cars with New Jersey plates. This was perfect car skiing.

Moral: *Buy American.* Sub moral: *Chryslers can be called American.* Sub sub moral: *Ski like you drive; when necessary, drive like you ski.*

Less Fraught Skiing: We perhaps remember best skiing events such as when we accidentally jump over a cliff – or almost do; when we ski downhill into perfect fog; or when we ski on a steep sheet of ice. If we survive, we recall the experiences. To this day, I remember skiing down – or rather across - the steep bowl on top of Snowbird when the bowl was a total sheet of ice, an ice-skating-worthy sheet of ice. All one could do – or at least all I could do – is traverse across the mountain going slightly downhill in the hopes of eventually getting to the bottom, turning whenever absolutely necessary to repeat the process.

However, we also experience beautiful days when we can ski down a mountain gracefully. I recall the beautiful Kamloops slopes with not-too-close trees that make paths more interesting, but not difficult. Better yet, we experience beautiful days when we can take challenging paths and ski them successfully, even (almost) stylishly. I recall skiing mogul runs down Storm Peak from the top of Park City or the steeper front bowls at Solitude. Such is skiing's core.

Moral: *Join PVS and ski the world.*

Dinner: You might ask, what does dinner have to do with skiing? I was at a dinner with not one, but two Rosemarys. Exceptional. One Rosemary was hosting the dinner; one was *our* Rosemary.

As was appropriate, I was in a deep conversation about significant matters. Rosemary, *our* Rosemary, was busy promoting a ski club to Cara. Cara was most receptive because she was looking for people – apart from me, definitely apart from me – with whom she could ski. Soon after, we visited a PVS meeting. We followed someone with a walker to the front door, suggesting that not only Cara could find people with whom she could ski but that I could also.

Ray McKinley pressed upon us the ski trips we could join. We found PVS.

Moral: *At dinners one can pick things up.*



Ski Trip

Steamboat Springs, Colorado, March 9-16, 2019



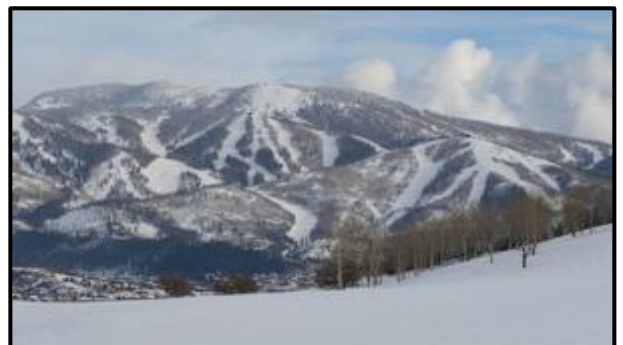
WE ARE LOOKING FOR A SINGLE MALE SKIER TO SHARE A HOTEL ROOM.

Included trip highlights are:

- **ROUNDTrip NONSTOP AIR: Dulles to Hayden, March 9, 9:15 am--11:34 am; Return: Hayden to Dulles, March 16, 1:00 pm--6:31 pm.**
- **AIRPORT TRANSFERS TO GRAND HOTEL.**
- **STEAMBOAT GRAND HOTEL – 7 NIGHTS, 2 PER ROOM – HIGH END HOTEL - POOL, SPA AND SAUNA, FULL SERVICES, STORES AND AMENITIES - WALKING DISTANCE TO GONDOLA, LIFTS AND PLAZA FOOD, DRINK, SHOPS AND ACTIVITIES.**
- **SKI TRANSFERS FROM GRAND TO SKI STORAGE NEAR GONDOLA.**
- **LIFT TICKETS – 5 DAYS.**
- **PRE-TRIP PARTY; WELCOMING PIZZA-TYPE INITIAL GET-TOGETHER; GROUP FAREWELL DINNER; HAPPY HOURS.**
- **ESTIMATED COST - \$2,700 per person. MINIMUM PARTICIPATION NECESSARY TO GUARANTY AIR AND LIFT TICKET GROUP ARRANGEMENTS.**
- Trip details and changes in trip coverage and pricing to meet individual needs are available, such as non-participation in air or different lift ticket arrangements and scheduling.

We seek trip cohesion, including coordinated group skiing and activities opportunities, as desired, in what should be a peak ski weather week. Steamboat offers daily no-charge skiing opportunities with volunteer guides, skiing possibilities with Billy the Kid and discounted lessons. For details please contact us (rcjablon@aol.com; robert.jablon@spiegelmc.com)

Bob and Cara





PVS LOCAL SKIING for 2019

John Smith

For local skiing, we 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. I normally check the latest conditions on Saturday or Sunday to decide which days are suitable, which day people prefer, and where is the best place to go. 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 will coordinate the people who wish to join us. Let me know if you have a preference for what day you would like to go and where you would prefer.

I have an e-mail list of people who are interested in joining us for local skiing. PLEASE email me if you wish to be added to the notification list. Please provide you name, e-mail, and phone number so that you can be notified when the conditions are suitable.

CONTACT INFORMATION FOR LOCAL SKIING:

Contact John Smith at:

1. Home phone: 301-299-8376
2. Cell phone: 301-461-2143
3. Send an e-mail to: johnhsmith@juno.com



Coming Event

PVS IS GOING DANCING

Saturday, April 13, 2019

American Legion Post, College Park, MD

Available Hours: 7:30 – 11:00pm

For nearly 80 years, the Blob's Park German Beer Hall in Jessup, MD was the place to go for good German food, beer, and dancing. Unfortunately, it closed about four years ago. I led a PVS group there just before it closed. The patrons of Blob's Park really missed it and formed a *Friends of Blob's Park* group, and they hold dances twice a month at the American Legion Post in College Park, MD. I attend frequently and recently went there with several PVS members. I will be going again, on Saturday, April 13, and invite you to go with me.



The band is Mike Surratt and the Continentals, who performed at Blob's Park. They play all kinds of music. The crowd, usually 50 to 60, is friendly and everyone dances with everyone there. Doors open at 7:30 and music runs from 8 to 11. The entrance fee is \$10 - cash only - and low cost drinks and food are available, again for cash only.

The American Legion Post is located at 9218 Baltimore Ave (Route 1) in College Park MD. It is located about eight blocks inside the Beltway on the right with a large American Flag flying and plenty of parking.

If you are interested in attending, please contact me at john.holt@nreca.coop or 703 534 2512 so I can reserve a table for us. See you there.

Submitted by John Holt

SKI TALK

March 2019



We've had two very successful PVS ski trips so far this season. The Snowmass trip was fantastic! Now you will read in this TOOT about the Sun Valley trip that was also excellent. The snow this year out west keeps falling and is keeping the slopes well covered with powder. Hopefully, it will keep snowing for the next few weeks so we will also get powder in Steamboat.

In my last column I talked about falling in powder and how difficult it can be to get up. This month I would like to continue discussing what to do when you fall. As we age, we just don't bounce up the way we used to. It is quite difficult to get up with both skis still attached. It takes strength and agility. The first thing to do when you fall is to pivot on your hip until both skis are down hill and oriented across the fall line. Then you can try to get up putting one hand on the snow in front of your knees and the other hand on the snow behind your shoulder and then push yourself erect by "walking" on your hands. If this is too difficult, take off your uphill ski. Then you can "walk" your hands until you get the uphill knee on the snow. Kneel on the uphill knee and try to stand while using the poles for balance. Put one pole in front and one pole behind.

This requires upper body strength. As we age, we lose muscle mass and have to work hard to maintain it. The good news is it is never too late to build strength, balance and flexibility. To do this, you will have to exercise regularly. It is important to do twice a week strength training in addition to walking/running/ swimming, etc. The new government guidelines suggest that adults over 65 should get at least 2 hours and 30 minutes of moderate exercise per week (brisk walking, for example) and do muscle-strengthening activities that work all major muscle groups twice a week. This is especially important for those of us who want to continue skiing.

The benefits of exercise are numerous. They include stronger bones and muscles, better weight control, improved mental health, mood enhancement and less risk for heart disease, Type 2 diabetes and some cancers. Now research is indicating that exercise also seems to boost cognitive abilities. Everyone's brain changes with age, and shrinkage in some areas of the brain can result in memory lapses. Research has shown that the brain is capable of re-growth and that an older brain can learn new things. In studies measuring the effects of exercise on cognition, people who did aerobic and resistance exercise showed improvement in cognitive functioning. Moderate to vigorous physical exercise for 45-60 minutes, no matter how frequent yielded the greatest benefit. So, move as much as you can. If you don't already do so, add strength training to your routine. It is never too late.

Snowmass 2020: January 25-February 1.

Save the dates. Kathy and Barry Lake have agreed to lead the Snowmass BRSC trip next year. Watch the TOOT for more details.

Calling for ski trip proposals for 2020.

Since Snowmass will be the end of January, a ski trip at the end of February or early/mid-March would be perfect. Please let me know if you would be willing to lead a trip to your favorite ski area. We will be glad to help with the arrangements.

Rosemary Schwartzbard
rosemaryschw@gmail.com



Past Ski Trip



Sun Valley - February 2 - 9, 2019

A gregarious group of PVSers and others led by Inge Lesjak went on the BRSC sponsored trip to Sun Valley, Idaho. At the time of our scheduled arrival, the Sun Valley Airport was closed due to low visibility. We were diverted to the Twin Falls airport and got to see the Idaho countryside by bus. Once at the resort, we had an orientation meeting to acquaint us with the mountain while our bags were delivered

to our rooms.

Accommodations were fabulous. We were spread out through the Sun Valley Lodge, Inn and Apartments to suit everyone's needs. Throughout the hallways there were many old photos of the rich and famous who had stayed at Sun Valley. The local resort TV station continuously ran the old movie, Sun Valley Serenade, which was filmed there back in the 1940s. It was interesting seeing what the resort looked like back then. In our travels back to the airport, our bus driver pointed out one of the only remaining original lift towers in town.

Skiing was wonderful! We had lots of snow at the beginning of the week, which made for fresh powder days. By mid-week we had sun and blue skies - just glorious. Some folks skied Dollar Mountain. The rest of us spent all of our time at Bald Mountain, many enjoying the relatively uncrowded Seattle Ridge area. There were lots of options for other activities. Marianne Gustafson enjoyed a day of Nordic skiing.



This year the group was well represented in the BRSC ski races with Mary Van Sinek taking a National Gold and her daughter, Anne Perryman, taking a National Silver as well as a "fastest" women Gold also. Congratulations to the two medal winners!

There were plenty of social events to keep us entertained. Inge, our fearless leader, arranged for a great PVS dinner at The Ram Restaurant conveniently located at The Inn. One evening we had a BRSC sponsored dinner and dance, good food and lots of fun. We also had a cookout at the base of the mountain one afternoon.

Much fun was had both skiing as well as at the "Denim and Diamonds" BRSC festivity as can be seen on this video courtesy of John and Blanca Hotaling - https://youtu.be/xz3_M4jBfl4

Many folks enjoyed wandering around the town of Ketchum for a down day. The Warfield Brewery and Distillery was quite popular. Some of us enjoyed a delicious steak dinner at the famous Pioneer Saloon.

Bruce King and his roommates, Jon Armao, Bob Lambert, and "Mu" (Mu Chon of the Fredericksburg Ski Club), lived the life of luxury as Mu enjoys cooking and made them some wonderful breakfasts as well as a few delicious dinners - including a curry chicken dish enjoyed at Inge's farewell gathering.

On our last night, Inge and her roommates, Liz Stutz, Mary Van, and Anne, invited us for a farewell gathering at their apartment for pizza, wine, and great company. We all enjoyed sharing our skiing stories.

It was a great week and a good time was had by all!

Submitted by Barry & Kathy Lake and Bruce King



Past Event

February Meeting



It was a contentious meeting. Hostess, Jan Marx, and local skiing guru, John Smith, both claimed credit for the wonderful, sunny, genuinely-nice-day weather. Weather ownership was not resolved, but good feelings nonetheless abounded when 29 PVS members and one granddaughter gathered at Jan's home on Saturday afternoon. Jan offered deviled eggs, shrimp, veggies, cheese, crackers, nuts, chips, dips, and flaky Greek spanakopita to the hungry PVSers. PVSers, in turn, did their part by crowding around the table. There were multiple conversations going on in multiple rooms where conversationalists appeared to switch partners and circle about like conversational musical chairs.

The musical chairs ended when Bob Jablon opened the meeting. Bob thanked Jan for hosting and called on Nancy McKinley, Rosemary Schwartzbard, and John Smith



to report on upcoming events, ski trips, and local skiing, respectively. Bob also thanked Kerry Hines and his committee for their excellent work on the nominating committee, and acknowledged the presence of Tom Tycz, president-nominee, Kal Nossuli, vice president-nominee, and Jan Marx, ExCom-nominee. The two other ExCom nominees, Jannes Gibson and Mary Rose Valladares, were not present but were acknowledged. The upcoming election will be held



on April 16 at Reg Heitchue and Susan Sinclair's party room in Reston, VA.

The gathering wound down, as usual, over more delicious food. Brownies, chocolate cookies, and rum balls were served along with decaf coffee. Thank you, Jan, for hosting a lovely meeting. And, for arranging for the lovely weather.

Submitted by Ellie Thayer



Nominating Committee Report for PVS Officers & Board Members (2019 – 2020)

<p style="text-align: center;"><u>Candidates for PVS Officers & Board Members,</u> for 2019-2020</p> <p>President: Tom Tycz Vice President: Kal Nossuli</p> <p>ExCom: Jannes Gibson ExCom: Jan Marx ExCom: Mary Rose Valladares</p> <p>Additional nominations may be made by the signatures of any five active members in good standing and must be presented at a business meeting at least one month prior to the election, which will be held on April 16, 2019.</p>	<p>Submitted by the Nominating Committee:</p> <p>Kerry Hines (Chair) Marianne Hines Marianne Sophonis Cara Jablon Joe Jevcak</p>
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Candidate Profiles



TOM TYCZ – Candidate for President

I grew up and went to school in Massachusetts, earning a BS in Electrical Engineering from Lowell Tech (now UMass Lowell) and in 1972 received an MS in Electrical Engineering from the University of Maryland. I worked for the Federal Communications Commission for 30 years, retiring in 2005. During my last 10 years, I was Chief of the Satellite Division of the International Bureau, responsible for licensing all commercial satellites and earth stations serving the United States. I also participated in many UN International Telecommunication Union Radio Conferences representing the US, developing treaties on the technical standards and regulation of radio and satellite communications. From 2005 until my second retirement in 2016, I was a consultant, advising satellite companies regarding the international and domestic requirements for licensing and operating their satellite systems. During my travels to Europe for work, I occasionally was able to ski Kitzbuhel, Verbier and Chamonix. After meeting Mary in 1980, we skied in Vermont over the holidays with sons Zac and Ben as they were growing up. Now that we are empty nesters, we continue to ski in Vermont each year just before the holidays and then visit family in Massachusetts. My first skiing in the West was a 2003 Salt Lake City trip. Invited by PVS member Dick Parlow to join an informal group of guys from across the country, I have skied each February with them since, going to the eight resorts easily reached from SLC. Since joining PVS in 2015, Mary and I enjoyed the great PVS trips to Madonna Di Campiglio and Snowmass and are looking forward to other PVS ski trips

We reside in Falls Church. Since my recent retirement, I have been spending more time exercising and swimming to stay in shape for skiing.

KAL NOSSULI – Candidate for Vice President

To me, skiing is living on the edges, literally and figuratively.



Literally: Skiing with sharp edges gives me the control of the slide and makes this scrunchy noise of compacting the snow under the skis (or I can hear the crunch of popcorn eaten at the movies...). On the slopes, I am the master of my moves: understanding the quadriceps muscles tensing, the knees holding, and the ankle at the right angle is like choreography. I achieve the speed of light.

Figuratively: skiing is living the instant. My work worries disappear from my horizon, the problems around me vanish, my past is gone, and my future does not exist because I am too concentrated on sheer survival. I live my whole existence in this moment. I embody life in this second. I become the instinct of life.

Skiing is literally clinging to earth's gravity, but also plunging into its beauty. To see the immense white mountains, and to plow through virgin powder give me the experience of the first human being on earth. I am at its birth, just a second after the big bang. So I relish my limited life in this infinity, in time and space, and as a physician of forty years, none of my deceased patients come back to tell me that heaven is more beautiful than earth. So I stay put on earth and ski.

JANNES GIBSON - Candidate for ExCom



I started skiing at Aspen in the 1950s. So, of course I chose to attend the University of Colorado where I met my husband in the 1960s. He was also a keen skier. I lost my favorite skiing partner in 2002 and some time after heard about PVS.

I have lived in Potomac since 1974 with assignments abroad in Afghanistan (where we built a rope tow outside Kabul), Indonesia, Bangladesh, Ethiopia, and Malawi. In Europe, we skied in Arosa, Switzerland, Val d'Isere, France and Bormio, Italy. In the U.S., most of the skiing was in Colorado or near DC at Bryce or Canaan Valley. Since my husband died in 2002, I have travelled a lot, but want to be sure to ski while I still enjoy it so much.

I volunteered and worked at The Textile Museum in Washington, DC from 1979 to 1994. Currently, I am on the board of Dance Place and Andean Textile Arts, which supports ten communities of weavers in Peru and the Andes.

Jan Marx - Candidate for ExCom



I have been a member of PVS since close to the beginning of the Club's formation. I grew up in St. Paul, MN and started skiing as a high school junior. I attended Stephens College in MO and transferred into the Occupational Therapy program at the University of Minnesota. A sorority sister invited me to a college ski club meeting based on the agriculture campus (forestry, home economics, veterinarian majors). My first "second family" was this group of canoeists (Boundary Waters) and skiers. There I met Bob Marx and that group remains close. My second "second family" became PVS after we moved to this area with Bob's Census Bureau job in 1966. I found a job with former PVSer, Pat Cope, who invited Bob and me to this new ski club. At that time most PVS members also belonged to SCWDC. Pat took us to tennis games at Hains Point and to some SCWDC meetings. They carpooled with Charlie Gordon and Brook Armatt for water skiing near Leonardtown, MD, and



weekend skiing in New England. PVS had lobster feasts with homemade pies at Great Falls, sailing out of Annapolis, and thawing out weekends at Cape Hatteras over Memorial Day weekend. It took us about two years to become full members because we were never at a ski area where PVS's Basic Proficiency Test was given. Patroller, Larry Pease, signed us off on that test at Wisp. Our two sons grew up in PVS, learning to ski during weekends at Wisp and weeklong trips to Mt. Sutton, and became beautiful skiers. I have been an ExCom member, Historian, TOOT Editor, Vice President, and President (1987), and have been on the ski trip, nominating, and anniversary committees and led ski trips and events. Bob and I were involved with mailing the early TOOT and I continued under the tutelage of Lu Beale, learning the basics of news reporting. I continue as a member of the Toot Production Team and am enjoying retirement and "so much to do."

MARY ROSE VALLADERES – Candidate for ExCom

Growing up in the Washington area, my family's winter sport was ice-skating on outdoor ponds or indoor rinks. By late high school, the excitement of televised downhill skiing inspired me to propose a ski trip at my all-girls' school – but the girls weren't ready for a ski adventure. When I finally took to the Washington area slopes, the local ice conditions were daunting. But I persisted and joined friends for a ski trip in New Hampshire (Mt. Sunapee), where the cold proved equally challenging. Not long thereafter, I skied out West (Aspen and Breckenridge) for the first time. A powder epiphany! Then, my first "permanent" job took me temporarily from Washington to Denver where I travelled the southwest for work. From there I had opportunities to ski in Utah (Park City), Colorado (Telluride) and New Mexico (Ski Apache, Taos). While I wasn't really "black diamond" material, I thoroughly enjoyed the beginner-intermediate slopes. Marriage led me to New Mexico, which has many and varied ski areas. Notably, I first experienced the delights of cross-country skiing there.

My ski life paused for a while when, five months pregnant with my first child, I got off a lift at Albuquerque's Sandia Peak. Gazing at the city below, I realized that it might not be such a great idea to ski down the slope. Next time I took a lift up the slope was sometime after my second child was born. With a family business and children, I skied sporadically over the next few years. Fast forward more years.... the loss of "the key man" in our family and business led me back to Washington where Jorge and I met at a Congressional field hearing on the environment. We married two years later.

I resumed skiing in New Mexico. The last time was at Ski Santa Fe where a man in a helmet mowed down several people -- including me-- on a narrow intermediate trail. He never looked back. I landed on my wrists facing uphill and had to drive back to my friend's home alone. Since writing is critical to my job, I decided that skiing alone was maybe not such a good idea. Since then, my ski life has been on hold. I keep busy with work in international energy and technology development. I have an MA in Urban Planning and an MBA, the latter from Georgetown, as well as a Diplôme in French Civilisation from the Sorbonne in Paris. Looking forward to skiing with PVS Members!

PVS Calendar 2019

- Mar 23 Sat Monthly Meeting, Arlington, VA, McKinleys, 2:00 PM
- Mar 26 Tue ExCom Meeting, telephonic, 7:00 PM
- Apr 13 Sat Friends of Blob's Park Dance, Holt, College Park, MD, 7:30-11:00 PM
- Apr 16 Tues Annual Meeting, Heitchue/Sinclair, Reston, VA, 7:30 PM



PVS Ski Trip 2019:



March 9-16, 2019
Steamboat Springs, CO (Cara & Bob Jablon)

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<p><u>Officers:</u> President – <i>Bob Jablon</i> V. President – <i>Janet Marx</i> Secretary – <i>Ellie Thayer</i> Treasurer – <i>Dick Schwartzbard</i> Ex Officio -</p> <p><u>Board Members:</u></p> <p><u>First Term:</u> <i>Melissa FitzGerald</i> <i>John Holt</i> <i>Barry Lake</i></p> <p><u>Second Term:</u> <i>Inge Lesjak</i> <i>Nancy McKinley</i> <i>Tom Tycz</i></p>	<p><u>Chairpersons:</u> Ski Trip Committee – <i>Rosemary Schwartzbard</i> Events – <i>Ray and Nancy McKinley</i> Membership Records – <i>Dave Warthen</i> Membership PR Reps – <i>Inge Lesjak & Marianne Sophonis</i></p> <p>TOOT Coordinator – <i>Ellie Thayer</i> TOOT Layout Editors – <i>Jan Marx, Kerry Hines & Dave Warthen</i> TOOT (E-Distribution) – <i>Dave Warthen</i> TOOT (USPS Distribution) – <i>June Read & Liz Triau</i></p> <p>Webmaster – <i>Mary Ellena Ward</i> Meeting Records – <i>Sue Lyon</i> Historian – <i>Jan Marx</i></p>
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Reminder: It is club policy that contact information in the club's roster not be used for promoting personal business, for advertising, or for personal financial gain without the advance permission of the individual member to be contacted. Membership contact information shall not be distributed outside PVS