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President's Message:

WINTER IN VERMONT - Cara and I closed out the ski season with a visit to Vermont. As we were already in Northern Westchester, we easily determined that Vermont would be closer than D.C. So we went to Vermont. *Brigadoon* qualities make Vermont ideal to finish the ski season.



Vermont can be magical. In winter, it has snow covered rolling mountains and fields with icicles hanging from trees. In summer, the land is verdant; in fall, colors are brilliant, reminiscent of Monet and Pissarro paintings.¹ Books with titles like "Vermont, the Magical Kingdom," "Northern Kingdom," "Northeast Kingdom" or just "Vermont" are replete with photographs that reveal the state's awesome beauty.

Villages have commons, with white churches at one end, inns across the way, and restaurants and general stores on the sides. The state is replete with art galleries, bookstores, antique stores and suitably located ice cream and bakery shops. Politically, something positive must be said about a state that, it is claimed, did not initially join the Union because the federal government did not have a Bill of Rights, but in which disputed land deals and New York boundary disputes were more at issue.

We chose to go to Okemo. Okemo had the most and probably the best snow in Vermont. It is closer than Killington and Sugarbush. About +/- forty years ago (OK, maybe +), we would stay at the Castle Inn, a classic structure at the beginning of Ludlow, but Cara said that our lodging had to be ski in, ski out. She likes to make first tracks and claims to know what time I would leave for the mountain.

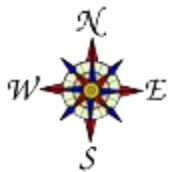
We therefore booked a room at the Jackson-Gore Hotel, which is up the far right end Okemo road, sort of. The room had plenty of space to reach the hall door from the inside when the television doors were closed.

When checking in, we spent much time with a very nice and patient desk clerk, learning where we could find ski lifts, breakfast, reserved lift tickets and, because we are dedicated skiers, lessons. Based upon hotel maps and the view from our window, it appeared that, but for the fact that they went upwards, the outside paths could fit in the Pentagon, but we could see no sign of their reaching lifts. Cara feared that the hotel wasn't really ski in-ski out, but we did have the maps to which Cara paid great attention during the desk clerk's explanations. Being unwilling or unable to absorb their Byzantine complexity, I did not learn where to go. *(Continued on page 2.)*

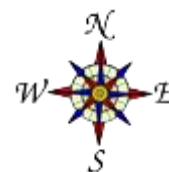
Monthly Meeting

May 15, Tuesday, 7:30 PM
At the home of Jill & Bob Nelson
Chevy Chase, MD 20815
301-656-3339

¹ Early spring is a continuation of winter; late spring is what Vermonters call "mud season." Regardless, spring flowers manage to break through.



Directions to the Nelson house:



7715 Rocton Ave., Chevy Chase, MD – 301-656-3339 --- house is off East-West Highway, between Conn. Ave and Rock Creek Park.

From Washington, DC: drive north on Connecticut Ave., pass Chevy Chase Circle – turn right on East-West Highway (MD 410) to 4th right on Rocton – go 2 blocks up hill, bear right, and white house is about 4th on the left.

From the Washington beltway: exit at Connecticut Ave. south, towards Washington DC, turn left on East-West Highway (after fire house on left), 4th right on Rocton, as above.



Bob continues:

In the morning, I found that the slopes were right beyond the breakfast place, which was right next to the hotel, which was right up from the rest rooms.

The back entrance to the hotel was right on a circle, which contained ski storage (with my skis where the desk clerk had sent them), lift tickets and guest services. Guest services sold lesson tickets. To find things, one simply has to look – very carefully. Cara had long since gone.

This late in the season, there were no group lessons, only private ones, but these were relatively inexpensive. My ski instructor, Donny Kanovsky, formerly a business person, then without a beard, left New Jersey with his family to take a minimum wage Vermont ski job. This is how Donny put it. His wife’s inquiries about his sanity apparently did not inhibit their move.

Donny strongly advocates “pure” carved turns, as opposed to turns with some early or mid-turn skid. His theory is that older skiers must learn to carve to preserve their energy. He states that a properly carved turn involves sufficient leg separation to allow one leg to be “long” and the other, “short,” with an early weight shift to the new downhill ski and pressure (starting from the ankles) to the top of the boots. Done properly, the skis make a smooth arc rather than a choppy turn. Of course, staying forward and having upper body looking downhill are also key components. (As a ski column, this paragraph is intended to be instructional.)²

As slopes in Vermont can be narrow, this carving can use the entire slope, blocking both snow boarders and uphill skiers. Cara went on my lessons some of the time and took her own bump lessons from the same instructor. She can now tell me with added authority exactly what she says that I am doing wrong.

The snow was excellent most of the time, if one doesn’t mind a little of what Vermonters call granular snow and others call ice, especially in the early morning (which I manage to avoid), and slush, especially in the late afternoon (beginning after lunch). Although conditions were quite good Monday and Tuesday, I admit experiencing a weird sensation when I was skiing Wednesday afternoon. Because of the snow’s heaviness, my body was going downhill, but my skis were lagging – that is, stuck, creating the sensation that I might fall over their front tips. Aha! The importance of lessons! By carving (*i.e.*, turning), my body was no longer traveling straight downhill over my glued-to-the-mush skis.



One goes to Vermont for eating, not only for skiing but also for eating. On the way up to Okemo, we stopped at the *Chanticleer* in East Dorset (near Manchester). In my November, 2017, TOOT Message, I

²To achieve proper instruction, the paragraph was largely written by Cara, who said that I must be accurate, a less than fully self-evident (and non-political) assertion. Any mistakes in the paragraph are mine. I had initially written that I had been told by Donny that I should fully straighten the to-be and later downhill ski leg while bending, bringing forward and pointing my uphill ski leg in the direction that I want to go, thereby allowing my skis to turn in a downhill to uphill arc. Donny would allow some skid, but only at the end, not at the beginning, of the turn. PVS skiers should be pleased about his advice that maintaining balance mandates that skiers not have their skis too close together.

recommended the *Chanticleer's Duck à l'Orange*. I still do. The Duck was tender and plentiful. Depictions of *roosters* abound, adding a Chanticleer imprint.

On the way back to D.C., after skiing, we stayed in Manchester at the *Reluctant Panther*. The *Reluctant Panther* is no longer the striking purple that it once was. However, representations of the Panther abound. By staying in Manchester, we were able to spend an extra night in Vermont, allowing us the bragging rights of doing the entire 435 mile drive to D.C in one day.



The *Reluctant Panther* has an authentic Vermont feel. It overlooks snow-covered houses, a pond and the village. It still has pronounced gourmet food. (Cara says the restaurant tries too hard.) The staff is most friendly. Our room's walls were an indescribable Vermont hue that would challenge Crayola. Cara says they are orange with pink undertones. I do not attempt to identify the color.

We found additional, special restaurants in Ludlow, the *Downtown Grocery* and *The Chop House*. Both have very good food.

We could not go to Vermont without making a purchase. A gallery across from the *Downtown Grocery* has fierce but somewhat satiric metal animals that were visible through the windows. But the gallery was closed. However, Donny recommended a boot fitter at Ludlow's Northern Ski Works. Luckily, my ski boots, which I could not pressure to make Donny's mandated carved turns, hurt my feet. The result is that I now have beautiful new, red ski boots, but we have no new, metal animals - yet.

With the new boots, I have no excuse left for bad skiing. I report that I also have a new turtle fur, suitably designed ski hat, although perhaps not as garish as the one I got in Austria.

Vermont skiing was good. As a respite from Western travel, PVS members may want to give Okemo or other Vermont ski areas a try. In a time of warming, there we can best find good local ice in drink glasses and also on the slopes. But from time to time, we can also find the best of snow conditions, fine ambience and nice people.

Bob

Coming Event

Welcome Springtime and **Walk** with us at [Lake Accotink](#) in Springfield, VA, on **Wednesday, May 9th**. We will meet at 10:00 am at Danbury Forest Drive, and take a leisurely walk around the lake (approx. 2 hours).



Then drive a short distance to the Swiss Cafe at Ravensworth Shopping Center for lunch.

Please contact Inge Lesjak for details. 703-869-7248.
Lesjak.Inge@gmail.com

Directions from Beltway Exit 54 - Braddock Road West: cross 1st traffic light at Wakefield Park Road, drive .5 mile on Braddock Road, and turn left on Danbury Forest Drive. Continue to the end, past King Glen Elementary School on your left. Park curbside at the end of Danbury Forest Drive.

Winter this year is endless but, unfortunately, ski season is not. As you know, as soon as the season is over, we are busy planning for the next season. Please see information in this TOOT about Snowmass next January and Sun Valley next February. While PVS will not be participating in the BRSC Eurofest to Val di Fassa, any of our members can sign up with other clubs. Let me know if you want information about contacting other clubs. Also, the Ski Trip Committee is still accepting proposals for other ski trips.

Parkrun



Other than skiing my passion is running. I started running over thirty years ago to stay in shape for skiing and from the very beginning I was hooked. I have done numerous marathons, half marathons, and other road races. I still race and I discovered last year that there was a weekly 5K run at Roosevelt Island called parkrun.

What started in 2004 as a fun run in a park in England has evolved into a multinational movement to help promote healthy communities. There are over 1300 parkruns in over 20 countries and five continents every week. They are a 5K distance (3.1 miles) and operated entirely by volunteers. There are five parkruns nearby: Roosevelt Island, Fletchers Cove, Anacostia, College Park and Kensington.

- Events are run by volunteers and participation is free of charge.
- Runners are required to register online in advance for a unique athlete number and to print their own identification [barcode](#) for use when taking part.
- Runners' results in each event are processed and uploaded online after the run by volunteers.
- Each registered runner has an individual page cataloguing the details of each event in which they have participated.

I participate every Saturday that I am in town either as a runner or a volunteer. People come from all over to participate in parkruns. Usually at least half of the people who come to Roosevelt Island are tourists from other countries. Once you have a number you can participate in any parkrun anywhere in the world. A few weeks ago a parkrun started in Aspen. Hopefully next year when I go to Snowmass, I can find my way to participate in the Aspen parkrun. Please come some Saturday to participate in parkrun. Walkers are welcome.

To familiarize everyone with **Roosevelt Island**, I will be leading a hike around the island on June 22. We will walk on the paths and the boardwalk; stop to see the Theodore Roosevelt Memorial; and then go to lunch in Rosslyn. The island is relatively flat and the walk will be about 3 or so miles. More detailed information will be in the June TOOT.



In the meantime, I strongly encourage you to support our Snowmass and Sun Valley 2019 ski trips and send in your deposits as soon as possible. See information elsewhere in this TOOT.

PRW SKI TRAVEL SHOW

The Ski Travel Show is scheduled from 6:30PM to 9:30PM Friday evening, May 4, at the Marriott Hotel, 8020 Leesburg Pike, Tysons Corner, Va. Vendors from many ski resorts attend with brochures, maps and other information about their resorts. This is an opportunity to talk to tour operators and resort personnel. It is a fun evening with a cash bar and hors d'oeuvres served all evening. If you stick around to the end you may even win a ski trip or at least a cap or a t-shirt. You must be present to win anything. You can attend without pre-registering.



Ski Trip

Snowmass, Colorado 2019

Wednesday to Wednesday

January 9-16, 2019

Greetings to all Skiers!

It's hard to believe that it's already time to start planning our ski trips for next year! We will be going back to Snowmass January 9 -16, 2019. Hope you will join us.

Once again we will be staying at the Snowmass Mountain Chalet, which offers a convenient ski in, ski out location. The "Land Only" package will include lodging and a 5-day senior lift pass. Prices and terms are in discussion. We anticipate the cost being similar to last year's package.

Those interested can register by sending a \$300 deposit payable to Kathy Lake, with PVS Snowmass 2019 written on the memo line. Please send your deposit to us at 11677 Fox Glen Drive, Oakton, VA 22124. Reserve your room now!

- *Snowmass offers direct access to 3,100 acres of skiing, just outside the door.*
- *The skiing terrain totals more than 5,000 acres, with interchangeable lift tickets and free bus service to Aspen Mountain, Aspen Highlands & Buttermilk ski areas.*
- *Lodging at the Chalet includes a daily buffet breakfast and soup lunch, greatly appreciated and served by a friendly, welcoming staff.*
- *The trip includes lodging, transportation to and from Aspen airport, ski prices at a discounted rate, a pre-trip meeting, and social events during the week.*

For further information, please contact us at KathyLakehomes@yahoo.com or 703-625-2715.

Hope to see you there!

Kathy & Barry Lake



Ski Trip

Come ski with PVS at Sun Valley, Idaho

Blue Ridge Ski Council (BRSC) Western Carnival

February 2 - 9, 2019



AVAILABLE LODGING CHOICES	Package Price
<i>Sun Valley Lodge Apartments</i> Two Bed/Two Bath, One King/Two Twins	w/o airfare \$1,290 per pers
<i>Sun Valley LODGE Rooms</i> Two Queen Beds	\$1,530 per pers
<i>Sun Valley INN Rooms</i> Two Queen Beds	\$1,325 per pers
<i>Sun Valley INN Rooms</i> One King Bed	\$1,325 per pers

PACKAGE INCLUDES:

AIRFARE will be added/confirmed shortly!

- Roundtrip transfer Boise to Sun Valley
- Seven nights lodging as presented
- Baggage handling
- BRSC Welcome Reception
- BRSC Après Ski Western Barbecue
- PVS dinner
- BRSC final farewell dinner and dance
- BRSC NASTAR race
- Mountain tours
- Five of six day Sun Valley lift tickets

TRIP DEPOSITS:

\$300.00 deposit per person due May 10, 2018
\$500.00 per person due August 31, 2018

\$500.00 per person due June 15, 2018
Final payment due October 31, 2018

Deposits and final payments should be made to Inge Lesjak and mailed to Inge Lesjak:
Inge Lesjak, 8123 Kingsview Ct., Springfield, VA 22152

Members' Corner

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



53rd Annual Meeting 2018

At the recent April Annual Meeting in Reston, VA, at the Heitchue/Sinclair condo, the following ExCom Board Members were officially elected for a 2-year term (congratulations!):

Melissa **FitzGerald**

John **Holt**

Barry **Lake**

One Applicant Member was also confirmed, by the PVS membership, as a Fully Active Member:

Terry **Michel** – **Active Individual**

Terry was sponsored by Rosemary Schwartzbard

TOOT Distribution to 147 Members:

-pdf: 131; USPS: 2

Thanks to:

-TOOT Coordinator - E. **Thayer**

-TOOT Layout Editor – J. **Marx**

-TOOT USPS – J. **Read**, & L. **Triau**

Electronic TOOT, - J. D. **Warthen**

Roster Changes: (contact dwarthen@verizon.net)

See the May 1, 2018 quarterly, updated PVS Roster.

To all of our PVS mothers –



*Happy Mother's Day,
May 13*

Happy May !!!!!!!



After the ski season fraught with skiing conditions, which were not the best, Spring has sprung. It is always great to see the Yoshina cherry, Weeping cherry, and Kwanzan cherry trees burst forth in full bloom. And, let us not forget the daffodils and tulips (memories of Keukenhof), which survive the late freezing snows. The green grass also signals the rebirth of things to come.

Spring signals the upcoming Washington DC Ski Show on May 4 at Tysons Corner Marriott. And, don't forget the walk around Lake Accotink in Virginia on May 9.



Past Event

2018 Annual Meeting



Was our meeting really held in April? At last year's April meeting at Reg Heitchue and Susan Sinclair's clubhouse we enjoyed a warm breeze coming in through open doors. Some of us even congregated outside. Ah well, as PVsers are wont to do, we all definitely had a good time no matter the weather. There were 37 of us including out-of-towners. Competing for coming-the-farthest were Bonnie Sweeney (Indianapolis) and Bill Hager (Reno). We were happy to note that seldom-seen Betty and Dick Comerford and Joe Jevcak were in attendance. We welcomed Applicant Members, Norman and Hiroko Hunt.



We had a wonderful selection of appetizers and a full dessert table. Hot and cold spreads for crackers, shrimp, spicy cheese "cookies," melon and grapes on toothpicks, and fresh fruit, to name a few, were all beautifully displayed. Chocolate cake, cheesecake bars, fancy bars, cream puffs, lemon squares, macarons, and more were devoured.



The Annual Meeting is the time we vote on new officers and applicant members. There was a motion and a second to approve the Nominating Committee-offered slate of three ExCom members, i.e., Melissa FitzGerald, John Holt, and Barry Lake, and they were approved by acclamation without dissent. Similarly, the applicant member, Terry Michel (who could not attend), was approved for active membership by acclamation and without dissent. President Bob Jablon thanked the Nominating Committee (Jan Marx, chair, Dave DeVilbiss, Louann Eadie, Nancy McKinley, John Smith, and Tom Tycz) and the outgoing ExCom members (John Smith and Ellie Thayer). Next year's ski trips and upcoming events were described, and John Smith reported on our very successful local skiing season. The meeting was adjourned and socializing resumed.

Thank you, Reg and Susan, for sharing your clubhouse.





PVS Calendar 2018:

May 04 Fri Spring Ski Show, Tysons Marriott, 6:30 - 9:30 PM
May 09 Wed Lake Accotink Hike/Walk, VA, Lesjak, 10:00 AM
May 15 Tue Monthly Meeting, Nelsons, Chevy Chase, MD, 7:30 PM
May 22 Tue ExCom Meeting, telephonic, 7:00 PM
June 09 Sat Summerfest/June Meeting, Jablon, DC, 2:30 PM
June 22 Fri Roosevelt Island Hike, Schwartzbard, VA, 10:00 AM
Aug 11 Sat Steak & Swim, Hines, Delaplaine, VA, 3:00 PM

PVS Ski Trips 2019:

January 9-16, 2019

Snowmass, CO (Kathy and Barry Lake)

February 2-9, 2019

Sun Valley, ID (Inge Lesjak)



Useful Ski "Links"

- [Potomac Valley Skiers](#)
- [BRSC Sanctioned Trips](#)
- [DC Ski Online News](#)
- [Best of Times Ski Club](#)

ExCom

<u>Officers:</u>	<u>Chairpersons:</u>
President – <i>Bob Jablon</i>	Ski Trip Committee – <i>Rosemary Schwartzbard</i>
V. President – <i>Janet Marx</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>
<u>Board Members:</u>	TOOT Layout Editors – <i>Jan Marx, Kerry Hines & Dave Warthen</i>
<u>First Term:</u>	TOOT (E-Distribution) – <i>Dave Warthen</i>
<i>Melissa FitzGerald</i>	TOOT (USPS Distribution) – <i>June Read & Liz Triau</i>
<i>John Holt</i>	
<i>Barry Lake</i>	
<u>Second Term:</u>	
<i>Inge Lesjak</i>	Webmaster – <i>Mary Ellena Ward</i>
<i>Nancy McKinley</i>	Meeting Records – <i>Sue Lyon</i>
<i>Tom Tycz</i>	Historian – <i>Jan Marx</i>

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.