



Volume 46
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Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

April 2011

www.potomacvalleyskiers.org

info@pvskiers.org

Greetings PVSers and Applicants,

It is now time for me to pass the wand on to the next President, at our Annual meeting on April 19th. So, this is a reminder once again to attend this important meeting, when we'll be voting on new officers, ExCom members, and 9 applicant members into full, active membership. Mark it on your calendars to be there.

However, while it's still my term, I would like to look back over my year as President of PVS. Although, I already wrote a State of the Club message in February, I'd still like to take this time to thank all those volunteers who helped. Due to their support and hard work, it has been a productive and fun year.

- First I'd like to thank my/our Vice President, Ellie Thayer. At the Jackson Hole ski trip of 2009 when Dottie and other leaders of our club convinced me to run for President, it was Ellie who came up to the plate and promised to assist me as needed. And that she did so well — she is a woman of her word: running some meetings that I couldn't attend, having many late night discussions about club issues, and just being there to brain storm. After several "million" emails revolving around the editing of the May 2010 TOOT, I asked, and Ellie agreed, to take the job of TOOT Proofer and Deadline Mgr. — just ask the Temporary Editors how much easier their jobs are. Thank you again Ellie!
- Thanks to the ExCom members Cara J., John S., Dick S., and John B., and especially, Mary B. (secretary) and Dick L. (treasurer) who filled 2 positions at once. They all attended many meetings, including the conference-call versions, submitted their reports and contributed to discussions and decisions throughout the year.
- Thanks to the other chairpersons: Dave W. and Carolyn D., Membership; Rosemary S., Ski Trips; Ray M., Events; Dave L., Web Master; Jan M., Historian; Sue L., Meetings Records; and Nancy M., Nominating.
- Thanks also to all those volunteers who ran activities, events and ski trips. Without your leadership, the club just wouldn't have thrived.
- Thanks to those who generously opened up their homes for monthly meetings.
- Thanks again to the TOOT temporary editors: Dave W, Jan M., and Marvin H. — they are gems — what would our club be without the monthly TOOT to keep everyone informed and involved. It is the glue that pulls us all together.

And thanks to all of you who gave me the opportunity to lead our ski club for the last year. I have enjoyed renewing old friendships and making new ones. It was challenging, time-wise for me. But each time I attended one of our meetings or seasonal parties, I knew it was all worth it. I felt like it was a great reunion. It's so heart-warming to remember back when and where I first met many of you. Was it Spain/Morocco, Snowmass, Steamboat, Jackson Hole, Crab Fest, Beach week, Bike trips, Oktoberfest, Segway tour, Finger Lakes wine country, Hikes, Sing Alongs or 2 of our Anniversary Galas? It's hard to remember, and I've only been a member for 9 years. I hope to continue these friendships for many years to come.

Lastly, as you probably heard on the news today, the DC area is the only real estate market in the entire country where prices rose slightly in the last month, while sales have been steadily increasing. "If I had only known that all I had to do was to accept the nomination of Presidency of our club, and the market would turn around, I would have offered to do it several years ago."

See you all at the **Annual meeting in Reston at Heitchues' condominium party room! See next page!**

Fondly, *Sharon*

ANNUAL PVS MEETING - RESTON TOWN CENTER
TUESDAY, APRIL 19, 2011, 7:30 PM
REG & JEAN HEITCHUES' (703-437-7611) MIDTOWN CONDO, PARTY ROOM
11990 Market Street, Reston, VA 20190

Come and join your fellow PVSers at the annual business meeting, which will involve the **election of officers** for the coming year, the **voting process for applicant members** – many! - and the perennially favorite social hour with friends.

Directions from the beltway:

Take Rt. 267 West (toll road)
Take exit 12 (Reston Parkway) and turn right at the end of the exit ramp
Turn left at 2nd light onto Bluemont Way
Go 2 blocks and turn right on Liberty St.
Go 1 block and turn left on Market St.
Midtown Condominium is on the right at 11990 Market St.
Free valet parking at the front door (tips appreciated, but not necessary)
The valet or concierge will direct PVSers to the Party Room upstairs



PLEASE BRING

Please bring one of your favorite **appetizers** or **desserts** to share. Beverages will be provided. As we are in a party room, please **take your platter and whatever is left over home** with you. Thank you for your help.

-Rosemary Schwartzbard, Ph.D.

During the Annual Meeting, we will be voting for the following Officers and positions on our Executive Committee: President, Vice President, 4 members of the Executive Committee, of whom 3 will serve for 2 years and 1 will serve for 1 year. The profiles of the Candidates for these offices can be reviewed in the March 2011 TOOT.
-Nancy McKinley

Profiles of Candidates for Office:

President, Cara **Jablon**: March '11 TOOT, p. 3
Vice President, Jan **Marx**: March '11 TOOT, p. 3
ExCom (1-year replacement) Dick **Schwartzbard**:
March '11 TOOT, p. 4
ExCom, John **Holt**: March '11 TOOT, p. 4
ExCom, Melissa **FitzGerald**: March '11 TOOT, p. 4
ExCom, Reg **Heitchue**: March '11 TOOT, p. 4

Profiles of Applicant Members:

Nancy **Cammarata**: Apr '10 TOOT, p. 9
Colin **Church**: Jun '10 TOOT, p. 8
Laurene **Church**: Jun '10 TOOT, p. 8
Kathy **Felmey**: Jan '11, p. 6
Jannes **Gibson**: Nov '09, p. 6
Bob **Gleeson**: Jan '11, p. 6
Elizabeth **Stephens**: Apr '10, p. 9
Francis B. **Van Nuys**: Mar '11, p. 9
John **Lyon**: (see below)

Getting to Know You:

John **Lyon** (**Applicant Member**)

I am primarily a hiker, and have taken up skiing seriously only in the last two years. I skied in college and only once, 20 years later at Tahoe - Heavenly Valley. I am a native Californian. I have tried to hike a couple of times each week. I have completed over 1,300 miles of the Appalachian Trail and hope to complete the entire 2,178 miles in the next couple of years. Last year, I overdid it and logged over 1,150 miles (650 on the AT). This year, I anticipate much less. Trips this year will include 9 days in Utah (Escalante region), 162 miles on the AT in TN/NC, maybe 10 days in ME, and 6 of us will climb to the highest points in WY and ID in August. Marty Rine got me interested in skiing again, and I am grateful. Last year, I participated in the PVS Jackson Hole trip, and I really enjoyed the PVS Steamboat Springs trip, 2011.



COMING EVENTS



Hey, Let's Hike this Spring

Anyone interested in hiking?

I propose short hikes once or twice each month on Tues or Sun or ..., leading up to the vigorous Old Rag hike in late June. Let's try an easier hike before Sky Meadows or Old Rag of White Oak Canyon.

I can lead a hike on Tues 5 Apr from Difficult Run parking lot, on left, off Rte 193 (Georgetown Pike - exit 44 off beltway - 3.6 miles west) to Great Falls Park, VA, and back.

(There are NO bathroom facilities until we reach Great Falls Park.) Let's meet in the parking lot at 9:30 AM. Pack a lunch and something to drink.

From the parking lot, we would go off to the right on the Difficult Run Trail alongside the Creek and around to the Potomac River and up the hill on the Ridge Trail/River Trail to the Great Falls Visitor Center. We would return on the Old Carriage Rd. If hikers desire, they could go the much easier route up the Old Carriage Rd, but they would be missing the spectacular views from the cliffs, and seeing what is left of the Potowmack Canal. I estimate the hike is about 6 miles.

Respond to **John Lyon** at jslhiker@verizon.net or call 703-590-2913.

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### Washington DC Ski Travel Show Friday Evening April 29, 2011

**10th year - Returning to the Marriott Hotel**

5701 Marinelli Road, North Bethesda, MD

A few miles north of I-495 (Beltway) Exit # 34, off of Rockville Pike SR-355

**Parking \$6 (Special Price)**



**Show Hours 6:30 – 9:30 PM**

**Hors d'oeuvres 9:00,**

**Cash Bar – All Evening**

**Prize Drawing 9:30**



Please try and send one registration form listing all attendees,

[rosemaryphd@verizon.net](mailto:rosemaryphd@verizon.net)

**Pre-registration Deadline of Monday April 25, 2011**

Registration is available day of the event

[www.PRWtravelshows.com/DC.htm](http://www.PRWtravelshows.com/DC.htm) to Register

*Experts from some of the World's Best Ski Resorts are participating.*

Whether your club is searching for that new destination, or just wanting an update on that favorite resort, come and meet the SKI EXPERTS, who will be hosting your clubs' next winter trip. Western, Canadian, Local and European Resorts along with Tour Operators will be at the show.

Driving Directions: →

**From Washington Dulles Intl Airport-**

Take the Dulles access road to I-495 North to Exit 34, and merge onto Rockville Pike north (SR-355); Marinelli Rd and hotel will be 2.2 miles north on the left.

**From Washington Reagan National Airport-**

Take George Washington Parkway to I-495 North to Exit 34, and merge onto Rockville Pike north (SR-355); Marinelli Rd and hotel will be 2.2 miles north on the left.

**From Baltimore/Washington Intl Airport-**

Take I-195 to Exit 4B and proceed on I-95 South to Washington. At Exit 27, proceed west towards Silver Spring on I-495. At Exit 34, Merge and proceed north onto Rockville Pike (SR-355); Marinelli Rd and hotel will be 2.2 miles north on the left.

**From the Capitol Beltway (I-495)-**

Take Exit 34, and merge onto Rockville Pike north (SR-355); Marinelli Rd and hotel will be 2.2 miles north on the left.

**From Virginia-**

Take I-95 North to I-495 in the direction of Tysons Corner, take Exit 34 in Maryland, and merge onto Rockville Pike north (SR-355); Marinelli Rd and hotel will be 2.2 miles north on the left.



**PVS Board - 2010-2011**

**Officers, Board Members, & Chairpersons**

|                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| President – <i>Sharon Mulholland</i><br>Vice President – <i>Ellie Thayer</i><br>Secretary – <i>Mary Beale</i><br>Treasurer – <i>Dick Laeser</i><br>Ex-Officio – <i>Dottie Villers</i>                                                                                                                                                                                                    | EXCOM:<br><u>First Term:</u><br><i>Mary Beale</i><br><i>Dick Laeser</i><br><i>John Brunelli (1 yr)</i><br><u>Second Term:</u><br><i>Cara Jablon</i><br><i>John Seabold</i><br><i>Dick Schwartzbard</i> |
| Ski Trip Committee – <i>Rosemary Schwartzbard</i><br>Events – <i>Ray McKinley</i><br>Membership Records – <i>Dave Warthen</i><br>Membership PR Rep – <i>Carolyn DeVilbiss</i><br>TOOT Editor – <i>J. Marx, M. Hass, D. Warthen</i><br>TOOT Content/Proofreader – <i>Ellie Thayer</i><br>TOOT (Electronic) – <i>Dave Warthen</i><br>TOOT (USPS) – <i>S. Mulholland &amp; B. Leonhardt</i> | Webmaster – <i>Dave Lerner</i><br>Meeting Records – <i>Sue Lyon</i><br>Historian – <i>Jan Marx</i>                                                                                                     |





## Snowmass 2012

Wednesday to Wednesday, January 18-25, 2012

Early Alert! PVS returns to our “Old Faithful” ski resort with reduced pricing in 2012. We will again stay at our beloved Snowmass Mountain Chalet! Join us for this PVS favorite.

- Snowmass offers direct access to 3,100 acres of slope-side skiing just outside the door.
- The skiing terrain totals more than 5,000 acres with interchangeable lift tickets and free bus service to Aspen Highlands, Ajax Mountain, and Buttermilk ski areas.
- Slope-side lodging at Snowmass Mountain Chalet includes a daily family-style breakfast and daily soup lunch, greatly appreciated by trip participants and other guests, many of whom return year after year. This small hotel, with its welcoming staff, is unique for its convenience and friendly ambiance.
- The trip will include group dinners, après-ski parties, and other activities available in the Aspen environs.

PVS has reserved 21 rooms. Those interested can now register by sending \$300 to Carolyn DeVilbiss at 4508 Peacock Avenue, Alexandria VA 22304 (note “PVS-Snowmass 2012” on the memo line)

### For more information contact trip leaders:

Carolyn DeVilbiss at 703-370-4865 ([carolyn.maurer@verizon.net](mailto:carolyn.maurer@verizon.net))

Sharon Mulholland at 301-330-2953 ([shank@mris.com](mailto:shank@mris.com))

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March 3-12 or 16, 2012, join Nancy and Ray McKinley to See and Ski in Andorra!

See and Ski  
Andorra 2012

**31 Signed Up!!  
Limited Additional  
Space—Act Now!!**

Potomac Valley Skiers is joining BRSC for a true gem of a ski trip—to one of the smallest and most mountainous countries in the world—Andorra, a skier’s and tourist’s paradise. And we’ll visit spectacular Barcelona. There are optional trips: to Madrid and the Prado Museum, the medieval, walled city of Carcassonne, France, with its winding cobbled streets and turrets—a World Heritage Site. We’ll have the opportunity to visit the fortress city, Toledo, with its Christian, Jewish and Islamic heritage, and Segovia and Avila to see the 2,000 year-old Roman aqueduct, the fairyland castle of Alcazar and much more. *It has 7,600 acres, a vertical of 3,575 feet, 111 lifts with a capacity of 156,390 skiers/hr, and 187 mi of runs.*



Upper Lift Restaurant

*Our 10-day, 9-night Trip Includes: 2 nights in historic, vibrant Barcelona; 7 nights at the 5-star Crown Plaza Hotel in Andorra’s capital, with two people per junior suite—and it includes breakfast and a daily 5-course themed buffet dinner! We include your Emergency*

*Medical and repatriation insurance, a pre-trip party, a welcome party, a mid-week Apres Ski party, a Grand Finale*

*Dance in the ballroom and a post-trip party. We will also offer a 4-night post-trip extension to Madrid including three superb tours. Prices are not yet finalized; we expect the 10-day,*

*9-night package to be \$2,300-\$2,400pp and the 4-day Madrid add-on at about \$600-\$700. We have limited space. To reserve a spot on this memorable trip, send your check for \$100 per person, refundable, payable to Ray McKinley, with “Andorra” in the memo line, to 1805 Crystal Drive, Unit 813, Arlington, VA 22202-4406. Include your full name, as it appears on your passport, and let us know if you are currently planning on the Madrid add-on. There is no final commitment until summer. We’ll have more info on returning from our visit to Andorra in May.*

*-Reach us at (703) 527-7126.*



Crown Plaza Lobby

## ***March Monthly Meeting***

*by Kerry Hines*



PVS returned to its normal monthly meeting format with the March meeting. Thirty-one members and four applicant members gathered at Jan Marx's home in Springfield on the Ides of March to enjoy a variety of snacks and drinks, including several varieties of Irish beer for a **pre-St Patrick's Day** celebration. Vice-President Ellie Thayer presided over the business meeting since President Sharon Mulholland was unable to attend. After thanking host Jan, Ellie introduced the Applicants and reminded everyone that the approval of applicant members and the election of new PVS officers and EXCOM members would be the main topic for the upcoming April meeting. Ellie indicated that she was planning another culinary event and wanted to know if interested members preferred a lunch or dinner. She also thanked Marvin Hass, Dave Warthen, and Jan Marx for their efforts on publishing the TOOT.

Ray McKinley covered events, focusing primarily on the annual meeting, which will be at the party room in the Heitchues' condo building in Reston on April 19<sup>th</sup>. **Members are asked to sign-up with Rosemary Schwartzbard to bring an appetizer or a dessert and need to bring serving utensils and trash removal provisions as well.**

Rosemary Schwartzbard, Ski Trip Committee chair, noted that PVS had concluded a successful ski season, and Carolyn DeVilbiss pointed out that it was injury-free. Rosemary introduced the trips for 2012 – Snowmass in January and Andorra in March. Trip leaders briefly described their trips and indicated that they have members signing up already. Ray has 17 persons for the Andorra trip and expects to gain 2-4 more in the coming week. Rosemary also explained that the annual Ski Travel Show will be on April 29<sup>th</sup>, and anyone interested in attending should contact her.

Ellie closed out the meeting by expressing her appreciation for the opportunity to serve as vice-president for the past year.

Many thanks to Jan for hosting a most enjoyable meeting and to Ellie for her service to PVS!



# Members Corner

By J. David Warthen, Jr.  
[dwarthen@verizon.net](mailto:dwarthen@verizon.net)



## Trip to Chile – Reg Heitchue & Liz Warren-Boulton:

In January 2011 we visited Torres del Paine national park in Chilean Patagonia to see some of the famous mastiffs. We were based in a very



comfortable eco lodge that was self-sufficient in power and water, and had composting toilets. Over four days, Liz did a 40 mile trek in a W shape with a group of six people up into the heads of three beautiful glacial valleys. The group spent two nights in remote but comfortable

Refugios. Because of tendonitis in his right foot Reg had to take it easy but enjoyed short day hikes and other excursions. We saw four condors, one fox, many guanacos, some flamingos, and many beautiful wild flowers.



A 20 percent increase in fuel costs caused strikers to block the roads in Patagonia and our exit was delayed by two and a half days. Internet was sporadic at best and we had little information. We decided to head for Argentina and took a bus to El Calafate, a small town in

Argentine Patagonia. The idea was to try to exit through Buenos Aires. The strike then cleared and it made more sense to travel back to Punta Arenas and reconstruct our previous flight itinerary, which was quite challenging. All in all it was a great trip. We miss the wonderful Pinot Noirs of Chile and the Malbecs of Argentina.



**Do Your Thighs & Knees Hurt When Skiing?**  
Fred Leonhardt demoed CADS and bought them.



*continued on next page*

## **TOOT Distribution to 160 members:**

-pdf: 121; Text (Att.): 2; ; USPS: 10  
-150 members (93.8%) receive the electronic TOOT

**Roster Changes:** (notify [dwarthen@verizon.net](mailto:dwarthen@verizon.net))

John Lyon (New Applicant Individual)

3730 Equinox Way  
Dumfries, VA 22025

703-590-2913

[jshiker@verizon.net](mailto:jshiker@verizon.net)

## **Thanks To:**

-TOOT Content/Proof Editor – E. Thayer

-TOOT USPS –B. Leonhardt & S. Mulholland

- D. Warthen (Layout & Electronic TOOT)



-continued from previous page-

## **Do Your Thighs & Knees Hurt When Skiing?**

Fred & Barb Leonhardt spent a morning at Beaver Creek, CO, skiing with inventor, Walter Dandy, while wearing his ski system called CADS (Constant-force Articulated Dynamic Struts). The system was conceived 20 years ago to alleviate quadriceps muscle fatigue and knee pain, especially among "senior" skiers. The system is visible as cords and removable thin rods from the thigh area to the ski boots. The system might seem too odd to believe, but Barb, Fred and other users report that it really, really works! Fred, in fact, bought the system after the demo & now skis without thigh pain. More info is at [www.CADS.com](http://www.CADS.com), or you can ask Barb for copies of the biomedical report on the system by the Steadman-Hawkins Sports Medicine Foundation, an article in "Inside Tracks", and the recent feature article on the system in the Vail Daily.



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### **On Pakistani Piste, Skiers Reclaim Former War Zone (By THE ASSOCIATED PRESS, March 7, 2011)**

**MALAM JABBA, Pakistan** (AP) — The chairlift and hotel were destroyed, the snow was not the greatest, and the apres-ski was tea and rice. But at least the [Taliban](#) were gone and no shots were fired.

That made for a good day's skiing in the Swat Valley, "the Switzerland of Pakistan" until the Taliban moved in and turned the country's only public ski resort into a training and logistics base.

The military ran the insurgents out in 2009 and now I was in Malam Jabba to fulfill my dream of carving a few turns in Swat alongside a handful of local enthusiasts, some in colorful ski suits, some in traditional robes, and some with sticks for ski poles.

Unused to foreigners, who usually are under orders to stay out of Swat for their safety, my fellow skiers stared in disbelief as I hopped out of my truck after the seven-hour trip from Islamabad, strapped skis to my backpack and set off for the main 800 meter-long (2,600 foot-long) piste.

They followed me to the slope, those who could speak English goodnaturedly asking me how on earth I came to be here. It turned out that they were holding a "Peace Ski Gala" in hopes of whipping up support for rehabilitating the resort. The skiers pushed forward a skinny man with a black beard who wore a sky-blue ski suit and white rear-entry boots. This was their best skier, they explained, and insisted I ski with him.

But first they wanted to be photographed with me, a puzzling request since mine was the only camera on hand. This would go on all day.

Finally we began trudging up the slope, past a slalom course marked with flags on wooden poles. The hike took only about 10 minutes since the snow was only good enough to ski the bottom half of the slope. Most of the conversation on the way up was dominated by a man in robes and a wool blanket who said he was a mathematician and begged for advice about getting a U.S. visa — a common pursuit in this poverty-stricken country.

Finally, from a height of nearly 2,750 meters (9,000 feet), I was able to take in the full view of waves of mountains in the Hindu Kush and Karakoram ranges. Farther north, Pakistan has some of the world's tallest peaks, including K-2, but is too poor to have much skiing infrastructure. The only areas with ski lifts are controlled by the military for training.

The Wali of Swat, who ruled the area until the 1960s, used to move his court to Malam Jabba during the summer, tourism officials told me. It may have been during one of these trips that his good friend, the Austrian ambassador, proposed a ski resort.

The Austrian government funded the chairlift and provided skis and boots, while the Pakistani government built a hotel with over 50 rooms. Construction finished in 1988, but the resort lay idle for another 10 years because of disputes over whether it should be run by the government or the private sector. The government won.

Now the hotel stands in ruins. The chairlift was destroyed by the militants and its metal scavenged for sale as scrap. All that remains of the resort is a row of a dozen metal shacks that offer tea and rice.

After my first run down the piste, as I was preparing to hike up for another, a couple of chairs were set up on the snow and I was offered tea with Matiullah Khan, a Pakistani ski hero of [Bode Miller](#) proportions for having represented his country at the 1996 Asian Winter Games in Harbin, China.

Khan, now 47, is a former air force officer with a bushy gray beard who wore a lavender ski suit. He runs the Malam Jabba ski school and helped organize the Peace Ski Gala. He said he hoped the government would rebuild the resort. But the tourism officials said that would cost around \$4 million, and the government has more urgent priorities rebuilding what was destroyed in the fighting and the floods last summer that washed away houses, roads and bridges. As I hurried uphill for a final run before it got too dark to drive home, I felt a tap on my shoulder. Someone was behind me carrying a white cup.

I had forgotten to drink my tea.

(Submitted by Marvin Hass)





# THE KNEE

by Ray McKinley  
[RaysKnee@gmail.com](mailto:RaysKnee@gmail.com)

It's April, and despite the cold weather, the first blossoms are now abloom with the vibrant colors of spring. An old song noted, "Those April showers, they bring May flowers." Aside from the song being grammatically incorrect, it neglects ski areas. There, April showers bring May skiers. Indeed, Ski Liberty has just extended its glacier ski season to May 20. (Would the Knee lie to you?). Ski Liberty's vertical increased 3" after a ski patroller dropped a Viagra tablet.

As you know, the Knee likes nothing better than publishing little quips (big ones would be **QUIPS**) about our foibles. A few are worth retelling because of their philosophical impact and great poignancy. Here's a conversation I had with our late TOOT editor Lu Beale some 25 years ago. To assure none of the language nuances are lost, I will quote directly from the August 1983 Knee.

Knee: "Oh do tell me fair TOOT editor, what's used to clean the whistle on locomotives."

Lu Beale: "Please do tell me Mr. Knee."

Knee: "A TOOT brush!"

Now there's a philosophy you can live with.

Here's an update on how PVS fared during the recent disasters. Liz Warren-Boulton has a home near the coast in Australia. Other than getting a bit messy, it suffered no ill effects from their recent floods. Indeed, Liz is now enroute to Australia for some six weeks of vacation. But she will be back to host the PVS June meeting.

Fumiko Marquardt has two sisters living in Japan. Both are fine. They live in new hi-rise buildings in Tokyo. According to Myron, Japaknees (sorry, I had to do it!) buildings are built to be much more earthquake proof than in the US. They are flexible rather than rigid. So the buildings shook but suffered no damage. Fumiko's sisters are, however, currently experiencing some food shortages.

And a Japaknees trip was cancelled. One week after the tsunami Carolyn and Dave DeVilbiss had planned to fly to Tokyo. They were to visit the area where Carolyn taught, and to visit Carolyn's son in Tokyo. After the quake,

he had moved south and was fine. Carolyn and Dave will visit Japan at a later date. So sorry.

Here's a kneet knew Knee feature. It's called "Ask the Knee" where you ask the Knee your most perplexing, ski-related questions. Send your questions to [RaysKnee@gmail.com](mailto:RaysKnee@gmail.com). Our first question: Why, late in the season, is there snow on the ski runs but not on the surroundings? Simple, early in the season, when snow is abundant, it is saved and stored in a snow bank.

World travelers: Dick and Rosemary Schwartzbard have returned from Ireland and a week skiing in Vail. (Are they the latest PVSers to ski?) And in early May they are off on a three week tour of China. I asked Dick "what do you think of Red China." He responded "well, it goes fine on a yellow tablecloth!"

PVSers are better on snow than rain. The Snowmass post trip party was held at Lee and Sal Mahallatis' grand home in Herndon. But due to a downpour, their front door was flooded, so folks had to enter through the garage. So it's not true that we are all wet.

Political News: According to Marvin Hass' information, VEEP Joe Biden had the same problems getting into Snowmass via Aspen Airport as PVS did. His late March trip was detoured to Eagle Vail and he was driven in. Earlier, over the Presidents' Day weekend, first lady Michelle Obama, her daughters and some friends visited Vail, also flying in and out of the Eagle Vail airport.

PVS's presumptive (the Knee loves the word "presumptive") VEEP, Janet Marx broke her toe kicking a brick. She didn't know why she kicked it. But it's better than kicking the bucket.

Perhaps you would like to try my great new idea for those who are afraid to stand up on their skis. **Kneeskis**.

Cruisin' down the river. Two of our most frequent travelers, Louann and Bob Eadie are visiting Prague and Budapest. Then they will take a cruise down the Danube. Guys, it ain't blue. But "the beautiful, brown Danube," lacks a bit of charisma.

Taking the indirect route: David and Susan Payne are moving from their Florida digs to their New York summer home. But they are going via New Zealand and then Australia for a wedding. The Knee is glad Susan and David are finally making it legal!

The Knee likes a radio program called "Today in Congress." These days, with the Tea Party, etc., it should be "Today incongruous."

## Kathmandu to Everest Advanced Base Camp

--Liz Warren-Boulton & Reg Heitchue

This is an account of our 21-day trip in April and May, 2010 to Nepal and Tibet, including our trek to Everest Advanced Base Camp (ABC). Our adventure begins upon our arrival in Kathmandu where we meet the staff of the expedition company that will look after us. To ensure that we are properly prepared, our gear is checked and we are then led on a shopping trip to purchase our “puffies” and other equipment we will need for the cold nights and high altitude we will experience on the mountain. The government of Nepal is still somewhat unsettled and planned demonstrations by the Maoists caused us to make a hurried departure.

From Kathmandu we travel to the border town of Kodari and after a short stay make our way across the Friendship Bridge arriving at the Chinese border. Because of a slight mix-up in our visas, we are denied entry. After a day’s wait and a thorough inspection of our bags by Chinese officials, we cross into China. We then proceed to travel to the small Tibetan town of Nylam. After a day’s rest we travel to the town of Tingri at an elevation of 14,000 Ft. We are acclimatizing well and being careful to stay hydrated. We then travel by jeep past towering mountains across a 17,000 Ft pass and onto the high altitude Tibetan plateau. The road to Everest Base Camp is largely unpaved, always rocky and very rough. And then suddenly we are confronted with a most awesome

sight...Mt Everest in full view. Truly amazing! We are now at Everest Base camp, elevation 17,000 Ft. There we meet our expedition leader, **Dan Mazur**. Dan was the leader of the K-2 expedition that included Greg Mortenson who went on to write the bestselling book Three



*Reg, Dan Mazur, & Liz*



*Yaks & Herders heading to ABC*

Cups of Tea.

In base camp we meet real mountaineers who have been high on the mountain and then down to a lower altitude to regain strength before making their final ascent. We spend several days in base camp continuing the acclimatization process and visiting the ancient Rongbuk Gompa monastery that was mostly destroyed during the “cultural revolution.” At the monastery we go into the underground chamber where Lamas lived for 20 or so years to escape the Chinese.

It is now time to organize our gear and prepare to trek to interim base camp. We fill our Camelbaks to the max with water that the Sherpas have boiled for us. We walk the world-famous “golden highway,” the route made

arrive at interim base camp at 19,000 Ft after trekking most of a day. Interim camp is located at the junction of the Far East Rongbuk and the East Rongbuk glaciers. We acclimatize for a day



*Ice Wall beside our tents at ABC*

famous by Mallory and Irvine in 1924 in their quest to be the first to summit Everest. We

arrive at interim base camp at 19,000 Ft after trekking most of a day. Interim camp is located at the junction of the Far East Rongbuk and the East Rongbuk glaciers. We acclimatize for a day and then are

headed for Advanced Base Camp at 21,300 Ft.

Trekking to ABC we marvel at forests of ice pinnacles, the remnants of glaciers that have long ago receded. The trek to ABC is arduous and we are thrilled to have made it as we stagger into the mess tent for tea and warmth. ABC is a land of rock and ice. Despite the altitude and the cold, we rest comfortably knowing that we achieved our objective and that the



*Liz & Reg reach their goal, ABC.*

top of the world is just 8000 feet above us. Our second night’s sleep at ABC is interrupted by what sounds like an avalanche, but is instead the roar of wind coming



*Everest from Base Camp*

up the Rongbuk valley from the Tibetan plateau and threatening to blow our tents away with us in them!

Then it is time for the big trek all the way down to base camp. We are again hugely impressed with the spectacular ice pinnacles. As dusk closed in we are relieved to see base camp spread out below us with its assortment of colored tents. We arrive very, very tired 12 hours after our start at ABC.

We are due to depart base camp

*Sunset on Everest*

tomorrow evening but are delayed because our visas



cannot be located. By the time they are found it is too late and so we depart early the following morning.

Once back in Kathmandu we celebrate by staying at the iconic Yak and Yeti hotel. Two nights there and we are on our way home by way of Hong Kong and Los Angeles. What a trip! We have trekked the highest non-technical route in the world and experienced the best views of Everest in the world.



**2011 Calendar**

- Apr 05 Tue PVS Hike, 9:30 AM (J. Lyon, Difficult Run Parking Lot, VA)
- Apr 19 Tue PVS Annual Meeting, 7:30 PM (Heitchues, VA)
- Apr 26 Tue ExCom Meeting, 7:30 PM (Schwartzbards, VA)
- May 17 Tue PVS Monthly Meeting, 7:30 PM (Knopes, VA)
- May 24 Tue ExCom Meeting, 7:30 PM (Jablons, DC)
- Jun 21 Tue PVS Monthly Meeting, 7:30 PM (Warren-Boulton, DC)



**Ski Trips**

- January 18-25, 2012 Snowmass (DeVilbiss & Mulholland)
- March 3-12, 2012 Andorra (Ray & Nancy McKinley)

**Useful Ski “Links”**

- Potomac Valley Skiers <http://www.potomacvalleyskiers.org>
- Capital Golden Skiers <http://www.capitalgoldenskiers.com>
- BRSC Sanctioned Trips <http://www.skicouncil.com/tripsbydate.htm>
- DC Ski Online News <http://www.dcski.com>

