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*Potomac Valley Skiers, Inc.*  
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**President's Message:**



Many of us worry about the risks that we take in life – some avoidable, many not. Skiing is one of those avoidable risks that some of us choose to take. I was particularly struck by the number of PVS Andorra participants who chose not to ski, or only to ski a limited amount, because of the less than ideal snow conditions. Perhaps those decisions were wise; some people, however, missed out on a number of

perfectly fine days of skiing.

As we all know, risk assessment is not necessarily a rational process. Many of the things that people fear the most, such as flying, carry very low risks, while activities that are routine (driving a car, for example) can be fraught with danger. With regard to our health, we engage in practices (being overweight, leading a sedentary lifestyle, smoking, and eating a diet high in red and processed meat products) that are known to correlate with serious adverse health outcomes. Typically, we often worry, not about these issues, but about insignificant concerns such as the minute (generally, below the limit of detection) amounts of pesticide residues in food.

What kind of risk are we actually taking when we ski, compared to other life activities? What can we do to alleviate that risk, short of choosing not to ski? To answer this risk question, I researched data on injuries from various activities. The risk of injury from skiing is typically listed as 1 in a thousand skier days (I also found some data that gave the number as 3 injuries/1000 skier days). In effect, on average, for every 1000 skiers who are on the slopes on a given day, one will suffer an injury.

The Centers for Disease Control (CDC) Injury Center has data on injuries and mortality from various activities. (Sports activities are not listed as a separate

category.) I examined data for the group age 55-84 for 2010. In 2010, the overall rate of non-fatal injuries (presumably serious enough to warrant health care) is about 72/1000 people.

Data from the CDC also indicates that, in 2010, the rate of non-fatal falls in the group age 55-84 was about 3/1000. The risk of non-fatal injuries from all transportation injuries in 2010 for this age group was about 9/1000. Presumably, these risk figures do not take into account the number of miles driven.

For biking, the number of non-fatal cyclist injuries in 2010, in the group age 55-84, was about 0.6/1000. The actual injury rate may be higher, as the CDC estimate does not appear to adjust for the number of people in this age group who actually bike. However, it is consistent with data from the National Highway

*--Cont. on page 2*

***PVS Monthly Meeting***

***Tuesday, May 15, 2012, 7:30 PM***

***Home of Joslyn Read (daughter of June Read) & Michel Bonard, 301-299-0639***

***10805 Rock Run Drive (Use Street Parking)***

***Potomac, MD 20854-1749***

***(Bicycle sign on Falls Rd. opposite Rock Run Dr.)***

***From Washington, DC:*** Take River Road (Rt. 190) west to Falls Road in Potomac. Turn left onto Falls Road (Rt. 189). Proceed approximately 1.5 miles. Pass Brickyard Road. Take next left onto Rock Run Drive.

***From Gaithersburg:*** Take I-270 toward Washington and merge onto Falls Road (Rt. 189 S) via Exit 5. Stay on Falls Road for about 6 miles (cross River Road at the Village). Proceed past Brickyard Road, and take the first left onto Rock Run Drive.

***From Virginia:*** After crossing the American Legion Bridge into Maryland on the beltway, take exit 41 towards Carderock. Stay to the left and merge onto the Clara Barton Parkway. After 1.7 miles, turn left onto MacArthur Boulevard (at stop sign). Go 2.2 miles and turn right onto Falls Road (Rt. 189). Proceed 0.3 miles and turn right onto Rock Run Drive.

**President's Message, cont. from page 1--**

Traffic Safety Administration (NHTSA), which gives a similar injury rate of about 0.6 injuries per 1000 cyclists. This NHTSA estimate does adjust for the percentage of people who actually bike, but does not appear to take into account the number of times people biked. There were also 630 cyclists killed in 2009, a far higher number than the number of skiing fatalities (typically 38-43/year). To summarize, the risk of injury from skiing is about 1/1000, compared to a risk of 0.6/1000 for biking, 3/1000 for falling, 9/1000 for transportation-related injuries, and 72/1000 for overall injury from all causes. Thus, on balance, skiing would appear to carry far less risk than the risks of injury in everyday life.



What can we do to limit the risks of skiing? Clearly, a major risk of skiing is colliding with another skier or snowboarder. With the rise of snowboarders (often out-of-control), and with only a few remaining ski areas that ban snowboarding, we have to accept the fact that snowboarders are here to stay. To minimize being hit, don't stop in the middle of a trail and pay attention to uphill skiers and boarders as well as everyone around and in front of you. Don't make any assumptions about where a skier or snowboarder is going – you have to be continually alert, particularly with boarders.

Wear a helmet – most PVS members do – and make sure that your skis and boots are in peak condition. If your boots are more than 10 years old, it is probably time to buy new boots. Boots should fit snugly so that your feet do not slosh around – loose-fitting boots can result in ankle injury. Likewise, ankle injury can result if your ski bindings are not fitted properly. At the beginning of every season, have your skis tuned and your bindings checked. Bindings should be set at a level that is appropriate for your weight, age, and skill level. Every 7 days of skiing, have your skis waxed and your edges sharpened. The difference between sharp and un-sharp edges is huge in terms of skiing on a slick slope.

If at all possible, buy skis and boots rather than renting them. Both skis and boots can be canted to correct for minor body discrepancies – my left ski is canted, and I have special plates on the bottom of my boots. (Of course, I did not realize how slippery these plates are and I took an interesting fall on the escalator getting down from the gondola at Andorra this year.) Next year, I will purchase “cat tracks” to fit over the bottoms of my boots. Boots can also be molded to your foot to achieve the best possible fit. At the least, if you do not want to purchase skis, buy well-fitting boots and make sure that the bindings are properly adjusted on rental skis. The Ski Center in Washington, D.C. has a number of boot fitting experts and is reasonably priced; the advantage of purchasing equipment locally is that you can easily have any adjustments made and remedy any problems.

I also strongly recommend taking a lesson or two, particularly at the beginning of the season. I have heard many people in our club say that they are too old to take lessons; if you are still skiing, you are not too old. Taking lessons can give you greater comfort on your skis, teach you how to use your equipment to maximum benefit with minimum effort, and teach you useful “survival” techniques. A number of years ago in Sun Valley, Liz Warren-Boulton and I learned a technique that works well for skiing on an icy slope – do a carved turn with your upper shoulder slightly forward (matching the ski that is slightly forward) and your downhill shoulder slightly lower. Further, there is always the sideslip; this winter in Andorra we watched a group of young racers quickly side slip, quite gracefully one after another, down a steep icy slope to get to the beginning of the racecourse. This is an extremely useful technique to deal with unpleasant ice.



A standard recommendation is to avoid the last run. At the end of the day, you and everyone else are tired and have less control, the light is flat, and the slopes tend to be slicker. Instead, start skiing early in the day when the snow and lighting conditions are best. Every once in a while I break the last-run rule and catch the last lift up; usually better judgment prevails and I will quit before the bitter end. Finally, prepare for skiing by doing fitness activities so that you are not totally exhausted by your first day of skiing each season.

I am sorry that this year's ski season has so quickly come to an end and that local skiing was such a disappointment. Let's hope for a nice cold winter next year. Keep up your exercise routine this summer!

***Cara Jablon***



## *In Memory of Jean Pinney Heitchue*

Jean was born in 1935 in Massachusetts and she and Reg were married in 1958. They moved to California, and then in 1974 moved back East to the Washington area. Reg worked with Ray McKinley, who sponsored them into PVS in 1979. Jean served on ExCom in 1980 and they have graciously hosted many meetings over the years at their home in Reston and occasionally at their Annapolis cottage.



*Ray McKinley remembers:*

one of the beer tasting parties that demonstrated their hosting dedication. "Their refrigerator was full of beer -- no food, even with hungry teenagers in the house. They had moved all the food out to make it convenient for us."

*Jan Marx remembers:*

taking the place of one of their children who could not go on the family ski trip to Salt Lake City. "They welcomed me into their wonderful family. I skied with Jean as we explored the different areas, but, of course, didn't see a lot of the three boys. I fondly remember her easy going manner with lots of good, common sense and a delightful sense of humor."

*Rachel Abraham remembers:*

"Jean will always live in my memory as one of the kindest and most considerate friends I know. We went together on several PVS trips and enjoyed each other's company while skiing or snowshoeing. Afterwards, especially in Vail, Snowmass and Park City, we went art gallery-hopping, followed by dinners with our husbands. Jean always was delighted to tell the latest news about her children and grandchildren.

In Morocco as always, Jean was searching for what she could bring back home for her family. In a rug store in Fez, her choice was time consuming, but she enjoyed every minute of it.

Jean was the best wife, mother, grandmother and friend anybody was fortunate to have."

Everybody who knew Jean admired her.

*--Jan Marx*

## Coming Events:

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### **Washington DC Ski Travel Show Friday Evening May 4, 2012**

**11th year – New Location, Marriott Hotel –Tysons Corner**  
8028 Leesburg Pike, Tysons Corner, VA 22182  
I-495 (Beltway) South Exit 47A (Route 7 West)



**Hotel Parking \$6**  
**Free parking down the street in the Bloomingdale's Parking Deck 7**

**Show Hours 6:30 – 9:30 PM**

**Hors d'oeuvres**

**Cash Bar**

**Prize Drawing 9:30**

Please e-mail Rosemary [rosemaryschw@gmail.com](mailto:rosemaryschw@gmail.com), if you want to attend.

**Pre-registration Deadline of Monday April 30, 2012**

**It is usually a fun and informative evening and you may win a ski trip.**

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*Old Rag Mountain*

Old Rag Mountain - Wikipedia

<[http://en.wikipedia.org/wiki/Old\\_Rag\\_Mountain](http://en.wikipedia.org/wiki/Old_Rag_Mountain)>



*View from Old Rag Summit*

### **Hike Up Old Rag Mountain**

<<http://www.hikingupward.com/snp/oldrag/>>

**Shenandoah National Park**

<[http://www.nps.gov/shen/planyourvisit/old\\_rag.htm](http://www.nps.gov/shen/planyourvisit/old_rag.htm)>

**Wednesday, 9 May 2012**

**Vigorous 8.8 mile hike near Sperryville, VA**

<[http://www.nps.gov/shen/planyourvisit/upload/old\\_rag\\_area.pdf](http://www.nps.gov/shen/planyourvisit/upload/old_rag_area.pdf)>



*Sunrise from Old Rag Summit*

**Contact:** John Lyon, 703-590-2913 or [jslhiker@verizon.net](mailto:jslhiker@verizon.net) for details if you are interested in joining the group.

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# Members' Corner



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

## **Welcome to New Active Members:**

At the Annual Meeting on 17 April, five Applicant Members, Ann **Cummins**, Jane **Dealy**, Susan **Ives**, Corinne **Moore**, and Catherine **Sands**, became Active PVS Members by unanimous vote of the membership. Congratulations to all five of you! We welcome all of you to full, active membership and hope that you have a long, enjoyable membership in our ski club.

## **Getting to Know You:**

**Marna Blanchette** (New Applicant Individual)

I learned to ski as a child after my parents started skiing. As a family, we would go to the Laurentians, Canada, for ski weeks, not every year, and day trips in New England. I met my husband at a ski club meeting, and we skied until he hurt his knees on a trip to Chamonix, France. We had two children who never learned to ski. Our son is married with no children and our daughter is single. Both live away from the DC area.

Thirty years later, friends invited me to ski with them in California at Mammoth Mountain. I have been going there for ten years.

I live in Bethesda and look forward to skiing with the club.

(Marna's sponsor is June Read.)

## **Thanks to:**

- TOOT Content/Proof Editor – E. **Thayer**, with N. **McKinley** assisting
- TOOT USPS – B. **Leonhardt**

--D. Warthen  
(May TOOT Layout Editor & E-distribution)

## **The Snowmastodon Project:**

National Geographic featured a short illustrated article in February 2012 about the now famous fossil find <[snowmassiceage.com](http://snowmassiceage.com)> in Snowmass, CO, and featured the NOVA presentation "Ice Age Death Trap" about the fossil find on PBS February 1, 2012.



Dr. Kirk Johnson of the Denver Museum of Nature and Science <[dmns.org](http://dmns.org)> led the archeological dig in Snowmass.

Dr. Johnson digs Snowmass, and yes, many of us do too! However, we dig it for skiing. Check out the cited websites to keep up with the unfolding archeological findings of this fascinating scientific discovery.

## **TOOT Distribution to 148 Members:**

-pdf: 116; Text (Att.): 1; USPS: 8

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

-Marna **Blanchette** (New Applicant Individual)

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-Kal **Nossuli** (New Applicant Individual)

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-Marianne **Hines** (New e-mail address)

[mch20144@gmail.com](mailto:mch20144@gmail.com)

-Kerry **Hines** (New e-mail address)

[skobelev@gwu.edu](mailto:skobelev@gwu.edu)

-Sharon **Mulholland** (New phone number)

301-732-5377 h

**Past Event:**

**Annual Meeting, April 17, 2012**



PVSers and applicants alike poured into the spacious party room at Reg Heitchue's Midtown Condo building in Reston on April 17. Altogether 38 of us (made up of 34 active members and 4 applicant members) enjoyed the gorgeous party room for our annual business meeting. By the end of the meeting we were 35 and 3 respectively as Cathy Sands was voted into membership in the course of the evening. Other applicant members enthusiastically elected to membership (but not present) were Ann Cummins, Jane Dealy, Susan Ives, and Corinne Moore.

Cara Jablon presided over the proceedings and began by remembering our friend and fellow-PVser, Jean Heitchue, who very recently passed away (and of whom there are fond memories noted elsewhere in this edition of TOOT).

Cara thanked the many PVS volunteers who held positions over the course of the past year and who keep the club running smoothly. She sadly accepted the resignation of Mary Beale who relinquished her role as Secretary of the Executive Committee and thanked her for handling a critical job in an exemplary manner.

Nancy McKinley, Chair of the 2012 Nominating Committee, presided over the annual election of President, Vice President and Executive Committee (ExCom) members. Ending their 2-year terms on ExCom were Dick Schwartzbard, Dick Laeser (who will remain as Treasurer), and Mary Beale; Jan Marx had declined to be considered for a second year as Veep.



The suspense was electric as the election began! All those nominated for office left the room and huddled over the desserts in the kitchen area without touching a morsel, we're sure. The vote was taken and the unanimous decision was announced to the nominees as they reluctantly left the desserts and trooped back into the party room: Cara Jablon as President, Bob Knopes as Vice President and new ExCom members Louann Eadie, Carolyn DeVilbiss, and Liz Warren-Boulton.



Rosemary Schwartzbard, Ski Trip Chair, discussed 2013 ski trip changes in progress and noted the upcoming Ski Travel Show. Ray McKinley, Program Chair, offered the usual puns as well as announcing events on the agenda.

The hard-working Melissa FitzGerald and her team were magnificent in setting up and restoring the facilities. Many thanks go to all those who brought goodies to share and a very big thank you to Reg for once again hosting our annual event

***--Nancy McKinley***



# THE KNEE

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

It's a bright, shining, cumulus-clouded, flower-filled May. After another wretched DC winter, this one unexpectedly warm, May, abloom with the vibrant colors of spring, causes the **Knee** to wax poetic (not his skis). Rhyme comes to mind. And I want to become, once again... poetknee. But I was asked (told?) to keep it to one poem a year—and that will be for this summer. So it's on with other May-kneeia.

Herewith, again begins brazenly benign bantering, boisterous bragging, and some blazingly bold bombshells from your bosom budknee. Did you know that non-skiing can be dangerous to your health? Yup. I saw in the paper this week that a man cut off his big toe using his lawnmower. That never would have happened had he been skiing.

At the annual meeting at Reg Heitchue's, all of our applicant members were unanimously approved for membership. When they were recalled from the kitchen, no one came. They were busy eating the desserts. Welcome to Potomac Valley Skiers and Eaters! But could this be changing? For the first time in memory there was food left at the end of the meeting. And at the Andorra post trip party at Marianne and Kerry Hines' there was also food left. Are we eating less? Fortunately, no. Rather we are bringing more food. Munch on.

After voting on applicants, came the election of officers. The **Knee** misses the politics of a true election. Missing were the trading of compliments and attacks, the thrusting and the parrying, the banners, campaign buttons, platforms, speeches and all the hoopla. We didn't have the thrill of victory or the agony of defeat. (My last ski boots gave me the agony of de feet.) Rather, our election process was...it was...the technical term escapes me. Ah, yes, this election was boring.

PVS's oldest member is Marianne Arden Cook who will soon be 99. And you can Google her as singer Marianne Arden. You can see, for instance the 1942 "Variety" review of her then-recent New York show. Right on and on.

Latest PVS skiers: This year, with scant (read no) local snow, there was a real downhill

race for the latest. Dave Lerner initially claimed the honor by skiing on April 14. But he was supplanted (I hope that's not illegal) by Liz Warren-Boulton who skied at the Canyons, UT on April 15! That tight, it's congrats to both!

Bill Hager showed up at the Annual Meeting as he was passing through Washington from his Reno home. Bill was enroute to Dakar, Senegal, one of your favorite tourist stops. Thereafter he'll meet spouse, Kathy Quinden, in Paris where they will spend 9 days. Bill then returns home to Reno for 3 days and back to the field for 3 weeks in Cairo, Egypt. Whew!

Ski season's barely over and PVSers are traveling. Betty Lawrence and Suzanne Boisclair are off to Colorado for the graduation of another grandchild. You may recall they did this last year. And, after a busy ski season, Dick and Rosemary Schwartzbard are off sailing in the crystal clear waters of the Bahamas.

Spy Stories: At the Annual Meeting, that's what Melissa FitzGerald and rarely-seen Dorian Janney were discussing. It seems that both had close relatives working for the CIA. And they were never told the true jobs. Spooky.

Dick and Sandy Laeser are perfect to be in charge of PVS' visit to see "The Music Man" at the Arena Stage. They are currently taking an Arena Stage course, Theater 101, which follows a theater production from start to premiere. According to Dick and Sandy, the course is following "The Music Man." So there should be no "trouble in DC city."

It's a terrible shame to lose Mary Beale as club secretary. But PVS now has a new, if temporary, secretary. President Cara Jablon "volunteered" hubby Bob Jablon to take over the post. We now expect much funnier minutes!

**Knee note:** That may be because at the Annual Meeting, all officers were voted in unanimously except Cara Jablon. Hubby Bob voted against her! No comment!

It's now confirmed. Dave Lerner is moving to Park City, Utah. However, we in PVS won't lose our computer guru. Dave believes that he can do the job perfectly at a distance. He will be a TOOT distance operator. Right on!

It's hard to "cut the rug." Dave Warthen laid new carpet at home. There was a slight lip. Wife Marsha didn't see it, tripped over it and fractured her wrist. Ouch!

Cool cows: According to Marvin Hass, in September a group of cows wandered into a cabin near an Aspen hot springs. Cold happened and the cows froze. They'll be removed by spring!

## 2012 PVS Calendar

May 04	Fri	Washington DC Ski Travel Show; 6:30-9:30 PM (Tysons Corner, VA)
May 09	Wed	Hike Up Old Rag Mountain; (John Lyon, Sperryville, VA)
May 15	Tue	May General Meeting; 7:30 PM (Joslyn Read, Potomac, MD)
May 22	Tue	ExCom Meeting; 7:30 PM (Conference Call)
Jun 02	Sat	The Music Man, Arena Stage; 2:00 PM (Laeser, DC)
Jun 19	Tue	June General Meeting; 7:30 PM (Mahallati, Herndon, VA)
Jun 26	Tue	ExCom Meeting; 7:30 PM (TBA)
Jul (TBA)		Summer Fest (TBA)



## Capital Golden Skiers

(PVS and CGS have enjoyed participating in several of each others' events. This is a list of CGS upcoming events. They are a fun group. More information is available at [capitalgoldenskiers.com](http://capitalgoldenskiers.com).

May 06	(Sunday)	Dance at the Elks Lodge (VA)
May 08	(Tuesday)	An Evening of Bridge (VA)
May 16	(Wednesday)	Exploring Space Lecture at the National Air and Space Museum (DC)
May 17	(Thursday)	Hike to Mary's Rock (VA)
May 18	(Friday)	Dance at Hollin Hall (VA)
May 27	(Sunday)	Marine Band at Wolf Trap (VA)
June 05	(Tuesday)	Exploring Space Lecture at the National Air and Space Museum (DC)
June 10	(Sunday)	Dance at the Elks Lodge (VA)
June 12	(Tuesday)	An Evening of Bridge (VA)
June 14	(Thursday)	Catoctin Mountain Hike (MD)
June 15	(Friday)	Dance Night at Hollin Hall (VA)
June 30	(Saturday)	<i>All the King's Women</i> at the Little Theatre of Alexandria (VA)

### Useful Ski "Links"

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

## PVS Board - 2012-2013

### Officers, Board Members, & Chairpersons

President – <i>Cara Jablon</i>	EXCOM:
Vice President – <i>Bob Knopes</i>	First Term:
Secretary – <i>Bob Jablon</i>	<i>Carolyn Maurer DeVilbiss</i>
Treasurer – <i>Dick Laeser</i>	<i>Louann Eadie</i>
Ski Trip Committee – <i>Rosemary Schwartzbard</i>	<i>Liz Warren-Boulton</i>
Events – <i>Ray McKinley</i>	Second Term:
Membership Records – <i>Dave Warthen</i>	<i>Melissa FitzGerald</i>
Membership PR Rep – <i>Carolyn DeVilbiss</i>	<i>Reg Heitchue</i>
TOOT Content/Proof Editor – <i>Ellie Thayer</i>	<i>John Holt</i>
TOOT Layout Editors – <i>Jan Marx, Marvin Hass, &amp; Dave Warthen (&amp; E-distribution)</i>	Webmaster – <i>Dave Lerner</i>
TOOT (USPS) – <i>Barb Leonhardt</i>	Meeting Records – <i>Sue Lyon</i>
	Historian – <i>Jan Marx</i>