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Potomac Valley Skiers, Inc.
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President's Message

It's hard to believe that it is December already, that Thanksgiving is in the rearview mirror, and with the ski season – at least for most/some of us – right around the corner.

I hope that folks had an enjoyable Veterans Day, Thanksgiving, and Hanukkah celebrations and that you were able to spend at least some of the holidays with family and friends.

December has brought in some cold temperatures and it is definitely starting to feel like we're moving head-long into ski season. Quite a number of ski resorts --Snowmass being among them. Won't be long before our trip kicks off and we will be getting together on the slopes out there with old friends.



The next face-to-face member meeting is now going to be this year's annual Holiday party. It will be on Saturday, December 18 at 1:00 p.m. at Bob and Cara Jablon's home in Washington DC. Look for more details in this TOOT. Hope to see many of you there.

It has been a nice feeling getting together with old friends and ski buddies during our face-to-face events this spring, summer and fall, and I think that those that have participated have felt the same. As we get into ski season I believe that the meetings will resume via zoom, so be on the lookout for meeting announcements in the winter TOOTs.

Wishing Happy Holidays to one and all!

Cheers, Barry



*Holiday Luncheon
See page 2*

*Saturday
December 18*

Coming Event

HOLIDAY LUNCHEON

Saturday, December 18, 2021 at 1:00 PM

AT THE HOME OF CARA & BOB JABLON

It is almost time for the PVS Holiday Party. This year, we are having an in-person luncheon at the home of Cara and Bob Jablon on Saturday, December 18, 2021 at 1 pm. The address is 4573 Indian Rock Terrace, N.W., Washington, D.C. 20007. Directions are attached. We ask that all attendees be fully vaccinated.

As has been the tradition, members have the option of bringing an appetizer, salad or dessert. There will be no charge at the door, just the opportunity to celebrate friendships and good skiing memories.

Please let Marianne Soponis know by December 10 if you plan to come and what you plan to bring. Her contact information is marianne.soponis@gmail.com, 202-363-5250 (home) or 301-332-3039 (cell). We look forward to seeing you in December.

Directions to the home of Cara and Robert Jablon, 4573 Indian Rock Terrace, N.W., Washington, D.C.:

From Northwest D.C.: Take Nebraska Avenue to the beginning of Foxhall Road. Go south on Foxhall Road one traffic light past the intersection of Foxhall and Reservoir to Q Street. Right on Q Street. Continue on Q Street for 1 block to the stop sign (45th St.) and make a right on 45th. Go two blocks and make a left (Q Lane). The street will dead end into Indian Rock Terrace. Make a right and go up the hill. The Jablons' house is the fourth house up the hill on the right (a red brick and frame contemporary house).

From Potomac/Rockville/Gaithersburg: Take 270 South to 495 towards Virginia. Exit at Cabin John Parkway and continue south on the parkway until Arizona Avenue (1st traffic light after light at Chain Bridge). Make a left on Arizona and a right on MacArthur Boulevard (1st light). Continue on MacArthur Boulevard for about 1½ miles past the Safeway on the left. Shortly after passing the Safeway, MacArthur forks to the right and Reservoir Road goes to the left. Continue on MacArthur to Q Street (the next light after the light at the fork). Make a left on Q Street. Go 1 block to the stop sign (45th St.), and make a left on 45th. Go 2 blocks and make a left (Q Lane). The street will dead end into Indian Rock Terrace. Make a right and go up the hill. The Jablons' house is the fourth house up the hill on the right (a red brick and frame contemporary house).

From Virginia (Chain Bridge): At the end of the Chain Bridge, make a right. Continue to the first light (Arizona Avenue). Make a left on Arizona and follow the directions immediately above from that point on.

From Virginia (Key Bridge): Stay in one of the left lanes at the end of the Key Bridge. Make a left at the end of the bridge to M Street (may be called Canal Road at that point). Get in the right lane and continue up the hill to the light at the beginning of Foxhall Road. Continue on Foxhall to the next light (Q Street). Make a left on Q Street. Go one block to the stop sign (45th St.) and make a right. Go 2 blocks and make a left (Q Lane). The street will dead end into Indian Rock Terrace. Make a right and go up the hill. The Jablons' house is the fourth house up the hill on the right (a red brick and frame contemporary house).

I met Eloise on our very first trip with PVS to Sun Valley, Idaho, January 1999. I started talking to Eloise while getting our skis and boots organized. She was friendly and welcoming. Dick and I skied with Eloise and Mike that day and the next and the next. By the end of the trip, we were fast friends. Hard to believe that was more than 20 years ago.

Through the years we went on many trips together, both near and far: Colorado, Utah, Andorra, Barcelona, Madrid, Slovenia, Austria, and France. We celebrated many special occasions together. Our fondest memories are of the visits we made to Eloise and Mike's beautiful house in Wintergreen. We went in the winters to ski and the summers to celebrate the 4th of July. They always had several house guests in addition to us. We all cooked together under the guidance of Eloise and enjoyed numerous feasts. The wine flowed and the conversation was always lively.

I have so many special memories of Eloise and still smile when I think of them.

SKIING:

Eloise was a fast and elegant skier. As the years went by she slowed down and would ask me to ski with her and make sure she did not take any black runs. I would lead the way to the blues and invariably as we passed a black she would say, "Let's ski this one". I would remind her that it was black. She would turn around and go flying down the slope with me, and usually Dick, following behind. At the bottom of one particularly difficult black, Dick said to her, "Eloise you are now officially a Black skier." She laughed about that for years.

SHOPPING:

Eloise loved shopping, especially at Consignment Shops. She showed me the way. We would always seek out consignment shops in towns near and far. She would walk around the shop, pick out several items, hand them to me and say, "Buy these". I usually followed her instructions. She knew exactly what worked for me. One of our favorite consignment shops was Susie's in Aspen.

SOCIAL INTERACTIONS:

Eloise had remarkable interpersonal skills. She could connect with anyone, young or old. I learned so much from her. Even if someone dismissed her or treated her rudely, she laughed and somehow turned the situation around. She believed in treating everyone with respect and kindness. Her motto was, "*Talk nice, be kind, be good.*"

I will miss Eloise in so many ways but will always keep the wonderful memories of our friendship.

Rosemary Schwartzbard
rosemaryschw@gmail.com



In Memoriam

Eloise Brown Strand

June 5, 1929 – October 27, 2021

Eloise Strand was born in Stamford, Connecticut on June 5, 1929. Her mother was Atha Brown and father was Thomas Chambers. She lived with her grand-parents Frank and Dallie Brown in Bedford County, Virginia during early childhood. Later she lived either with her grand-parents or her mother in Philadelphia, PA.

She graduated from high school in Bedford, Virginia on 1946. She obtained her BS degree in Home Economics from Virginia State University. She earned a Certificate in Occupational Therapy from the University of Pennsylvania, a Masters in Occupational Therapy from New York University, and a Masters in Healthcare Administration from Baylor University. She was awarded the “A” Professional designation, the Army Surgeon General’s award for professional excellence and she is also a Fellow of the American Occupational Therapy Association.

On July 28, 1972, Eloise married Michael W. Strand in Monterey, California.

Eloise Strand retired from the US Army in 1982 after serving 26 years. Her last major assignment was Chief, Army Medical Specialist Corps, Office of the Surgeon General. She was responsible for developing, reviewing and monitoring professional policies and standards of health care services provided by Army dietitians, occupational therapists and physical therapists worldwide.

From 1986 to 1999 she worked part-time at the American Occupational Therapy Association as the International Program Manager. She has served on the Admissions Committee at the School of Allied Health Services, Occupational Therapy Program, Howard University. Since 1982, Eloise has contributed numerous volunteer hours with the Vietnam Veterans Memorial, Montgomery County Food Network, American Cancer Society (Montgomery County), the Montgomery Hospice Society, the Hospital for Sick Children, and the Montgomery County Humane Society. She has served as the Chairman of the Board of Directors of Montgomery Hospice, on the Board of Directors of Ephesians Live Ministries, the Board of Directors of Wintergreen Adaptive Sports, Wintergreen, Virginia, and is a “Life Director” of Montgomery Hospice.

Eloise was a member of Celebration Church at Columbia, Maryland where she was a Deacon. She was active in the Women of the Church of God activities. In her spare time she liked reading, crafts, going to the theater, flea markets, and was an avid skier. Eloise was a member of Potomac Valley Skiers for more then 20 years.

She is survived by her husband and family.

Reminiscences:

Dave Warthen - A twinkle in her eye, a keen sense of humor, excellent skier, a servant’s heart – retired military Colonel and nurse, a deep abiding faith, past president of Ephesians Life Ministries, Board Member of Montgomery Hospice, faithful wife, etc. As Mike could tell you, “She was one of a kind!”

Bonny Sweeney – Where does one begin when remembering Eloise? For me it was March 1962 while my mother was a patient at Walter Reed. I was a freshman in college studying Occupational Therapy. My Mother calls, all excited, to tell me that she just met the “cutest little OT, Captain Eloise Brown.” Already the standard was set in my mother’s mind of what a good OT was...and cute too. Eloise and I eventually met at various military conferences. The best came in August 1971 when she was assigned as my supervisor at Letterman Army Medical Center, San Francisco. Here is when my professional and personal life was altered forever. Eloise was the epitome of Servant Leadership long before it became a recognized leadership style. Her standard of excellence was never dictated, just demonstrated by her performance, her care for others so they could be all they could be, her zest for life and sense of humor. All my successes as an OT and then Rehab manager and human being can be traced to Eloise’s mentorship and friendship. Our professional relationship morphed into a Lifelong friendship between the two of us, which included Bill and Mike. Trips included: Kenya where we were kissed by giraffes... skiing in Switzerland on glaciers... eating probably five pounds of warmed raclette cheese in Andorra... following Eloise down a steep narrow black ski run (she took a wrong turn and we couldn’t leave her)... when at Snowmass, never missing a chance to ski Naked Lady... sailing on San Francisco Bay with non swimmer Eloise who left deeply embedded fingerprints in the rail as we heeled over in the wind... teaching Bill, Elizabeth, Melissa, and me Shanghai Rummy, which became a ski trip staple... loving on my daughters in her special Eloise way. Eloise, I am so very sad

knowing I'll not share your physical presence again, nor hear your laugh and "yes indeedee" reply. I am so very thankful for the gift of You in my life which will be with me forever.

Elizabeth (Bonnie's daughter) - Eloise Strand is a part of me and I am so very glad for that! My earliest memories include Eloise and I am thankful she and Mike were so frequently willing to join our family on ski vacations on the West Coast, East Coast, and in Europe. Her presence in our family demonstrated to my sister and me very early on the importance of treasured friendships, how to win and lose at cards (and life) while still having fun, how to tackle a mountain (literally and figuratively) whether you are 6 or 60-plus, how to enthusiastically pace yourself so you can keep doing what you love, and how to joyfully be yourself no matter what. I love that I grew up with Eloise in my life, that she danced at my wedding and held my babies. I love that my children will grow up hearing stories of this wonderful friend. I am thankful for being able to share life with Eloise. She is a gift.

Nancy McKinley – Ray said that the words that came immediately to mind when thinking of Eloise were "cheerful" and "always on the go." From me, I have so many wonderful memories of being with Eloise. Skiing, traveling, baseball games. Eloise is truly the epitome of the person about whom one says "she never met a stranger." Eloise was one of a kind and it was a privilege to be her friend.

Rosemary Schwartzbard's reminiscences are related in Ski Talk.





Potomac Valley Skiers

2022 Snowmass, Colorado Ski Trip

Wednesday - Wednesday

January 12 – 19, 2022

Snowmass Pre-Trip Brunch

For Snowmass participants, there will be a pre-trip light brunch to meet other trip participants, review plans for the trip and talk skiing!

Sunday, January 2, 2022

10:30 a.m.

at

11677 Fox Glen Dr.

Oakton, VA 22124

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

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

Social Events at Snowmass

Wednesday, Jan 12 - Welcome Reception

Saturday, Jan 15 – Jim & Mary Ellena's 45th Anniversary Celebration

Sunday, Jan 16 – Pizza Party

Tuesday, Jan 18 – Farewell Dinner

The trip is currently full. If you are interested, please let us know in case we have any cancellations.

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

Members' Corner

By J. David Warthen, Jr.
dwarthen409@gmail.com

Merry Christmas & Happy Hanukkah!!!

I hope you all had a very nice Thanksgiving and ate to your heart's content. There are no calories in holiday meals, "We wish!" I assume we all have taken advantage of vaccinations and have been boosted. We are so fortunate to have science on our side, in the midst of political turmoil. As we are coming to the end of 2021, pray that our democracy will survive and that there will be health restoration. Also, remember the unbelievable 750,000+ who have perished from Covid and their grieving relatives.



In Memory & Honor of Past Members 2021:

Robert **Heilen**, December 21, 2020 (85)
Ruth **Powers**, May 10, 2021 (85)
June **Read**, August 5, 2021 (91)
Serge **Triau**, September 23, 2021 (87)
Louann **Eadie**, September 24, 2021 (75)
Samo **Lesjak**, October 9, 2021 (87)
Eloise **Strand**, October 27, 2021 (92)

It has been said that "Growing old is not for sissies." As we are thrust into the golden years and take up the social life of visiting our doctors, it is important to mature gracefully and with a sense of humor:

Lunch...As We Age...

Two guys grow up together, but one moves to NY after college and the other to DC. They agree to meet every ten years in Florida to play golf and catch up with each other.

At age 32, they meet, finish their round of golf, and head for lunch.

"Where you wanna go?" "Hooters."

"Why Hooters?"

"They have those servers with the big boobs, tight shorts, and gorgeous legs."

"You're on."

At age 42, they meet and play golf again.

"Where you wanna go for lunch?" "Hooters."

"Again? Why?"

"They have a cold beer, big-screen TVs, and side action on the games."

"OK."

At age 52 they meet and play again.

"So, where you wanna go for lunch?" "Hooters."

"The food is pretty good, and there's plenty of parking."

"OK."

At age 62, they meet again.

After a round of golf, one says, "Where you wanna go?" "Hooters."

"Why?"

"Wings are half price, and the food isn't too spicy."

"Good choice."

At age 72, they meet again.

Once again, after a round of golf, one says, "Where shall we go for lunch?"

"Hooters."

"Why?"

"They have six accessible parking spaces right by the door, and they have senior discounts."

"Great choice."

At age 82, they meet and play again.

"Where should we go for lunch?" "Hooters."

"Why?"

"Because, we've never been there before."

"Okay, let's give it a try."

TOOT Distribution to 85 PVS Members

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December TOOT Layout Editor – D **Warthen**

-TOOT Electronic Distribution – D **Warthen**

Roster Changes: Contact <dwarthen409@gmail.com>

Past Event

ANACOSTIA RIVER TOUR

November 9, 2021

On a lovely sunny November day, eleven PVS members and friends enjoyed an educational, relaxing trip on the Anacostia River. Tom Tycz, Mary Tycz, Lexie Armao, Jon Armao, Nancy Pigman, Clare Sponis, Marianne Sponis, and assorted friends gathered on the dock eager to begin the guided tour. Sponsored by the Anacostia Watershed Society, this tour covered local history, the environment, legislation, education, etc. Learning about how mussels procreate was especially interesting! A lovely time was had by all.



Submitted by Marianne Sponis





PVS - BYOB (Bring Your Own Book) group

Still reading!! PVSers bring a diverse set of interests outside of skiing and their reading reflects that fact as well. Several of our readers gathered on November 11 to share what's on our bedside tables. We'd love to have you join us! **See the info at the bottom for how to join in on December 9th (the second Thursday of each month) at 4 pm!**

Here are the books we shared in November:

- Ellie Thayer has been reading "Orange is the New Black" by Piper Kerman. The popular TV series is based on this book about an upper-class woman who goes to prison and experiences friendship, bonding and heartbreak among fellow prisoners.
- Lexi Armao picked up "Eleanor Oliphant is Completely Fine," a touching and heartwarming novel by Gale Honeyman about a girl with social anxiety who gradually comes out of her shell.
- Marianne Soponis brought "The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together" by Heather McGhee. This illuminating book explores the dangerous false assumption that "if you win, I lose."
- Jan Marx has been reading about mayhem. In this case it's "Murder in Chianti" by Camilla Trinchieri, the sister of a friend of Jan's. The Tuscan setting provides a glimpse into life in that beautiful area of Italy.
- Bonnie Sweeney read Kristin Hannah's latest: "Four Winds" about a family in the Dust Bowl Era in the United States. Bonnie says she could almost feel the dust in her mouth in this sad story of a family in adversity.
- Nancy McKinley brought us "Klara and the Sun" by Kazuo Ishiguro, the Nobel Prize- winning British author. Klara is an Artificial Friend (AF) in a dystopian future. Even as an AF, she has a lot to teach us about what it means to be human.

The next BYOB Zoom call will be held on Thursday, December 9th from 4 to 5 pm. Let Marianne Soponis know at marianne.soponis@gmail.com if you're interested in joining us and she'll put you on the list to get the link to the Zoom call. No commitment! Questions or comments? Contact Nancy McKinley at 703 595 8375 or at nancymckin@gmail.com.

Calendar

Thursday December 9 BYOB ZOOM, 4 - 5:00 pm, N. McKinley
Saturday December 18 Holiday Party, 1:00 PM at the home of Cara & Bob Jablon

Ski Trips:

Jan 12-19 - 2022, **Snowmass, Colorado. Led by Kathy & Barry Lake**

ExCom Officers, Board Members, and Chairpersons

<u>Officers:</u>	<u>Chairpersons:</u>
President – <i>Barry Lake</i>	Ski Trip Committee – <i>Rosemary Schwartzbard</i>
Vice Pres. – <i>Cara Jablon</i>	Events – <i>Marianne Sopolis</i>
Secretary – <i>Ellie Thayer</i>	Membership Records – <i>Dave Warthen</i>
Treasurer – <i>Dick Schwartzbard</i>	
Ex Officio - <i>Tom Tycz</i>	TOOT Coordinator – <i>Ellie Thayer</i>
<u>Board Members:</u>	TOOT Layout Editors – <i>Jan Marx, Kerry Hines</i> & <i>Dave Warthen</i>
<u>First Term:</u>	TOOT (E-Distribution) – <i>Dave Warthen</i>
<i>Jannes Gibson</i>	
<i>Manfred Boehringer</i>	Webmaster – <i>Mary Ellena Ward</i>
<i>Mary Rose de Valladares</i>	
<u>Second Term:</u>	Meeting Records – <i>Sue Lyon</i>
<i>Kathy Lake</i>	
<i>Sharon Mulholland</i>	Historian – <i>Jan Marx</i>
<i>Don Vierimaa</i>	

Useful Ski “Links”

[Potomac Valley Skiers](#)
[Blue Ridge Ski Council](#)
[DC Ski Online News](#)

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.