

VOLUME 57
NUMBER 1

Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

JANUARY 2022

www.pvskiers.org

info@pvskiers.org

President's Message

Happy New Year! Hope everyone has had a Merry Christmas and Happy Holiday period, and were able to spend at least some of the time with family and friends.

It's hard to believe that it is January 2022 already!! Seems like 2020 went by so slow – but 2021 has just zoomed (no pun intended) past, and that the ski season – at least for most/some of us – is right around the corner.

I'm somewhat glad that December brought in some moderate temperatures here in the DC area, so that my body and mind could start getting used to winter weather while ramping up for the head-long move into ski season.

As you get this TOOT, the Snowmass trip kickoff brunch is tomorrow, and the trip is a mere week or so away. For those that have been praying to the snow gods, thank you! It seems that they have heard your prayers and have delivered a fair amount of snow to Snowmass over the last few weeks (approaching 4 feet!), so please keep saying your prayers as there is still a need. Won't be long before our trip kicks off and we will be getting together on the slopes out there with old friends.

For those coming on the trip, and as stated in prior TOOTs, it is recommended that you take a picture of your vaccine card to have since it will be needed for indoor dining at many places or other such indoor activities since the county has a mask mandate in place at this time. As it appears that COVID is on the rise in the county, and elsewhere, it is a good idea to purchase and bring along N95/KN95 quality masks for the trip (but shop carefully), especially for the airport/airline – now that the mask mandate for air travel has been extended. Also, if you can find them, it may be a good idea to purchase and bring along some COVID Antigen test kits for use and/or peace of mind.



It was an unusual year, to say the least, and there were times when the club leadership wasn't sure that it was going to be a good idea to have any holiday in-person get togethers, so it was a pleasant surprise that we received overwhelming response to having this year's Holiday Party. It was a very fun and successful event at Bob and Cara Jablon's home in Washington DC., with quite a few members attending. Look for the write-up elsewhere in this TOOT.

As we get into winter and the ski season, the meetings will resume via zoom in February, so be on the lookout for meeting announcements in future TOOTs.

Wishing a Happy New Year to one and all!

Cheers, *Barry*



NO MONTHLY MEETING in January ----- Many of us are SKIING!!!



SKI TALK JANUARY 2022



Looking forward to skiing again after missing a season. Much has changed in the past year, including new Covid regulations at resorts. With Omicron blasting its way in, we have to be careful. Expect resorts to be busy. Even though we were in full pandemic mode last ski season, nationwide it was the fifth busiest ski season on record. The speculation is that records will be broken this season as crowds return to the slopes. Skiing will follow the same trend as national parks and other outdoor areas. Vail already sold 700,000 more passes than last year.

Here are some things to think about as we get back on the slopes.

Ski Safely and within Skill Level:

Know your skill limits and stay within your abilities. Begin slowly and carefully, especially if you have not been on skis for a couple years. Choose runs and terrain appropriate to your ability. In fact, begin on a slope below your expertise level. Start on a green or a groomed blue to test your abilities, equipment, and fitness level. Slowly build up to more demanding runs. Be sure to have your equipment tested before going out. Work on your fitness level. Stop when you feel tired. Don't make that one last run.

Know the Signs of Altitude Sickness:

Often people visiting a mountainous region from a low altitude state experience altitude sickness. Some of the symptoms include confusion, shortness of breath, headache, nausea, vomiting, and fatigue as well as loss of balance and difficulty sleeping. It may take a day or two to acclimatize. Stay hydrated and beware of caffeine and alcohol. You may have to take a day or two off.

Consider taking a Lesson:

If you have not been on skis for a while, it may be helpful to take a lesson on your first or second day. I like to ski for a day or so to get the feel of it again before signing up for a lesson. Lessons can be fun and very helpful to get feedback on how you can improve. Ski instructors have to take lessons each season. It is also a good way to know where the best snow is at the resort. If you do not take a lesson, then at least check out the free mountain tours at the resort. Snowmass offers two daily tours to familiarize you with the resort. I like going on the tours even though I know my way around. I always learn something new.

Be Prepared

Always carry your phone and be sure to put the number of the ski patrol in it. You never want to be in a situation where someone gets hurt and you cannot contact anyone. Also include the phone number of your hotel and any other numbers you believe are necessary. If you get hurt or if someone you are skiing with gets hurt, call ski patrol, try to get out of the main area if possible and put skis up crossed so you can be seen. It is also a good idea to carry your medical cards and ID plus vaccination information. This can all be in your phone.

Remember the Pandemic is Still On:

Be sure to check the local mandates about social distancing, masks, and vaccination requirements. Here are the current requirements for Aspen/Snowmass.

Proof of vaccination is required to go into all full-service restaurants and at Aspen owned hotels including the Limelight and Little Nell.

All employees of Aspen/Snowmass are vaccinated or get frequent tests.

Proof of vaccination is not required for lifts, lessons, ticket office, or rental shops.

Masks are required at all indoor locations including the cabins of the Gondola.

Social distancing is encouraged everywhere.

Requirements are subject to change.

LOCAL SKIING by John Smith



As you may recall, reservations were needed to ski at our local resorts last year. This season, no reservations are required at Liberty and Whitetail. Tickets can be purchased at the window the day of skiing. The cost is \$64 for seniors. During holidays and busy periods expect to pay \$70. If you order online seven days in advance you may find some savings.

For **Liberty Mountain**: Order online at:

<https://www.libertymountainresort.com/plan-your-trip/lift-access/tickets.aspx>

Or call: 717-642-8282

For **Whitetail** Order online at:

<https://www.skiwhitetail.com/plan-your-trip/lift-access/tickets.aspx>

Or call : 717-328-9400

Other possibilities for local skiing that are a little far for a day trip are listed below. However, please check with the resort before going. Some need reservations.

Wisp - free anytime for over age 70.

Bryce and Canaan Valley - free, midweek for over age 70.

Massanutten - \$19 anytime for over age 70.

Wintergreen - \$57 midweek for over age 65.

Timberline - \$64 for over age 65.



Please let John know if you want to be on the local skiing list:

johnhsmith@juno.com

HAPPY NEW YEAR.

Rosemary Schwartzbard

rosemaryschw@gmail.com



Ski Trip



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

Coming Event



PVS - BYOB (Bring Your Own Book) group

Readers love to talk about what they're reading and PVSers are no exception. Our Zoom calls continue, and we'd love it if you'd join us. **See the info at the bottom for how to join in on January 13, 2022 (the second Thursday of each month) at 4 pm!**

Here are the books we shared on December 9th:

- Ellie Thayer brought us "The Spy and the Traitor" by Ben MacIntyre, a true story of a KGB-trained double agent in England that Ellie says reads like a detective novel. She could hardly put it down!
- Jan Marx read two novels that had been recommended by readers on our BYOB Zoom calls, which is a great way to get reading ideas. She "was engrossed" in "The Four Winds" by Kristin Hannah followed by "Elinor Oliphant is Completely Fine" by Gail Honeyman.
- Dorian Janney told us about two short novels by the same author, Sarah Moss. "Summerwater" brought together the stories of four strangers at a lake resort. "Ghostwall" took place during the days of human sacrifice in the north of England.
- Mary Ellena is trying her hand at writing and read "Master Class in Fiction Writing" that highlighted Jane Austen, James Joyce, John Updike, and Joseph Conrad, among others. Mary Ellena is particularly interested in the works of Conrad.
- Marianne Soponis turned to "The Foreign Correspondent" by Alan Furst. It's historical fiction that brings spying, love of country, love of freedom, and romantic love together with well fleshed-out characters and easy reading.
- Nancy McKinley has been rereading "The Sympathizer" for which author Viet Thanh Nguyen won the Pulitzer Prize in 2018. Nancy particularly loves the author's wry turn of phrase in this story of a double agent during and after the Viet Nam war.

The next BYOB Zoom call will be held on Thursday, January 13th 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 nancymckin@gmail.com or 703 595 8375.

Past Event

HOLIDAY LUNCHEON

Saturday, December 18, 2021



On a brisk, sunny afternoon, twenty-six fully vaccinated Potomac Valley Skiers were welcomed by Cara and Bob Jablon, their son Stephen, and their adorable resident dog Tila to their artistic home in Washington. The collection of unique, fascinating, and elegant art pieces warranted a tour and history of the collection by Bob, as time allowed in between catchup up conversations. He promised not to give a quiz about details later!

An appetizing array of appetizers, salads, and desserts, brought by the attendees, and situated on different tables and kitchen counter for good distancing, were complemented by fresh baked bagels, cream cheese and salmon. Yum!



Attendees shared stories, ate well, and drank wine lightly. They retired to the living room for a meeting chaired by our president, Barry Lake, who welcomed all to our last meeting of the year. Marianne Sponis mentioned available tickets for the Glenstone Museum on December 30 and said there were no January events (other than the “Bring Your Own Book” zoom event on Thursday, January 13). There is no meeting in January, basically because many members are on the Snowmass ski trip. At this time, the February meeting is planned to be on zoom. Future events will be influenced by the virus and its variants.

Rosemary Schwartzbard displayed a box of holiday ornaments donated to the club by former member June Reed who passed away this past year – a lovely way to remember this vibrant person. Attendees were welcome to take one or two – the skier ornaments were very popular!



Kathy Lake talked about the upcoming ski trip to Snowmass, Colorado in January, which is full. Due to covid, masks are required indoors at the hotel as well as at local restaurants. There will be several social events and a pre-trip party soon. She asked everyone to “Think Snow”!



John Smith was dismayed by the lack of snow at local ski areas, which caused many of them to remain closed. He will keep members apprised of any possibilities.

Dorian Janney brought a collection of 2022 calendars published by NASA, which would make nice gifts for “the grandkids” if not for members who only use their phones to remember dates! There were many takers, along with thanks for the unexpected gift.

As the day drew to a close and the raindrops began to fall, everyone began their journey home with the warmth of friendship to carry with them. Cara Jablon made sure they wouldn't starve, as she made goodie bags to take along!

Happy New Year to All!

Submitted by Marianne Sponis



Members' Corner



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

Happy New Year!

TOOT Distribution to 88 PVS Members

Thanks to:

-TOOT Coordinator - E Thayer

Layout Editors: J Marx, K Hines, & D Warthen
January TOOT Layout Editor – J Marx

-TOOT Electronic Distribution – D Warthen

Roster Changes: Contact <dwarthen409@gmail.com>



2022 and Covid-19

At the beginning of 2021, we talked of seeing the light at the end of the tunnel of Covid-19. We are still talking about that with variants popping up all over the world. This is getting quite old, resulting in pandemic fatigue. However, thankfully, science is keeping up with the variant changes. We have several vaccines and boosters, along with noteworthy therapeutics, which are saving lives. However, I regret to say 800,000+ in the US have died because of Covid. The bells at the Washington National Cathedral rang 800 times recently, each peal commemorating one thousand deaths.

If you have not received your shots, get them pronto! If you have not been boosted, please obtain your booster as soon as possible to enhance your immunity. This could save your life; it is extremely important for the elderly and immune compromised. Also, wear your mask and do so properly – over your mouth and over your nose. Protect yourself and protect others!

In looking at previous January TOOTs to remember what was written, it is quite apparent what effect the pandemic

has had upon us. Covid-19 fatigue has crept into our thinking, actions, and attitudes. As we struggle to cope and keep positive, we all wonder when our thinking will return to optimism, hope, and humor. No one alive at this time has lived through a pandemic such as this.

I always think that a merry heart doeth good like a medicine. This is certainly apparent while living in a senior citizen facility. There are those seniors who can laugh about anything, namely themselves, and situations and circumstances that would crush the average person. We have friends in their nineties who are as deaf as a door nail, crippled with arthritis, rely upon rollators, scooters, etc. but can still crack a good joke with the driest sense of humor.

So, put on a happy face and smile even though you may be falling apart piece by piece. Welcome to the crowd; wisdom comes with age and gray hair. I wish you a very happy and healthy year.



Skiing in 2022

Let's hope that the 2022 January Snowmass trip occurs without a hitch. May everyone who can participate have a great time in good health with no accidents. I have such great memories of being the first on a freshly groomed slope early in the morning, skiing too fast and having to put on the brakes now and then. I had a good 20 years of skiing, having begun when I was 58 thanks to Barb Leonhardt. What an outstanding skier she was, and with the patience of Job as she mentored me with my two left feet. Have a great time folks; you are creating memories that will last a lifetime. SnowmassMountains:



In Memoriam

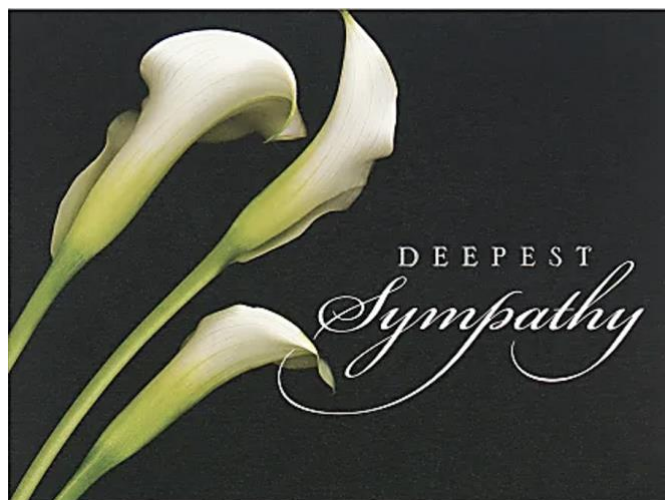
Philip J Ufholz

December 26, 1947 to December 22, 2021



Philip Ufholz passed away on Wednesday, December 22, 2021, at Holy Cross Hospital in Silver Spring, MD. He was the loving husband of 49 years to Eugenia Ufholz and father to Christina Ufholz (Yile Li). As an attorney, Philip worked for many US senators and committees, and also was a lobbyist for various industries including forestry and pharmaceuticals. Burial Service will be held at Gate of Heaven Cemetery on **Monday, January 3, 2022, at 1 p.m.** The family would like all attendees to wear a mask to this service. In lieu of flowers, donations may be made to **St. Jude Children's Research Hospital**. Online condolences and fond memories of Philip may be offered to the family on the Collins Funeral Home website. **www.collinsfuneralhome.com**

Phil was a long time PVS member of 40 years.



2022 Calendar

Sunday January 2 Snowmass Pre-Trip Brunch, 10:30, K. & B. Lake
Thursday January 13 BYOB ZOOM, 4 - 5:00 pm, N. McKinley

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 Sponis</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.