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*Potomac Valley Skiers, Inc.*  
WASHINGTON MARYLAND VIRGINIA

February 2022

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**President's Message**

Hope everyone had a wonderful January filled with fun activities and also that the January snows and temperatures didn't prove too much of a burden.



Here it is February already and we are well into the 2022 ski season, with a good portion of the club having recently returned from a very fun and successful Snowmass trip. We had great snow and many blue bird days and, except for one weekend day, short lift lines. I again want to thank Jim and Mary Ellena for the wonderful and very enjoyable 45<sup>th</sup> Anniversary celebration that they hosted and provided to the trip participants! Look for the write-ups and pictures elsewhere in this TOOT.

As far as I've heard there haven't been any health repercussions from the trip, although there were a few travel "adventures" for some folks both coming and returning, mainly due to weather, and the only casualty that I know of was Dick Lau's cherished and well-traveled ski helmet. Luckily it decided to retire at the end of a delightful ski day and prior to any adverse event accelerating its demise. It now allows him to start recollecting ski area stickers so that he is once again easy to spot on the slopes.

Mostly due to this year turning into yet another year affected by Covid, the Snowmass trip was the only ski trip sponsored by the club this year, although the BRSC trip to Sölden, Austria is still planned at this time. The rest of this ski year looks like it will be filled up with some individual trips for now.

But don't fret! There is always next year and hopefully Covid will be behind us by then. And thinking about next year, I have it from a reliable source that Snowmass is a go for 2023, so plan accordingly! There are also a couple of interesting BRSC trips planned for next year, with the winter trip planned for Crested Butte in late January/early February, and the European trip planned for mid-March at Club Med Val d'Isère. So far there seems to be a fair amount of interest in the European trip and some interest in the winter trip, so in the coming months the ski trip committee will be looking forward to gauging membership's interest in the BRSC trips for 2023.

Mask wearing continues to be an integral part of life these days, especially travelling, with the KN95's being a bit more comfortable than the N95's – but marginally so. Seems the KN95's irritates my ears or on occasion can make one end up looking a bit like Dumbo the elephant. That's why on our return flight back from Snowmass, I wasn't looking forward to multiple hours of wearing the KN95 home. I happened to be seated behind Tom Tycz whose son had found and supplied Tom and Mary a strap apparatus that kept the KN95's away from the ears. I made a mental note to myself to seek that out on Amazon when I returned home. I found them and procured them (ZBRO brand – Mask Strap Extenders - package of 4) and am looking forward to their use on our next trip.

The February meeting will be conducted via zoom, so be on the lookout for the announcement in this TOOT. Hope everyone has an enjoyable February.

Cheers, **Barry**

### ***Coming Event***

## ***PVS VIRTUAL MONTHLY MEETING 15 FEBRUARY 2022***

We will again be holding our PVS monthly meeting via Zoom on Tuesday, February 15, 2022 at 7:30 p.m. For those of you who have used Zoom, you know that we will be able to see other attendees, share some stories, and watch our president, Barry Lake, and others, cover some agenda items.

Marianne Sponis is the Host of the meeting and, as such, will send an invitation via email on the day of the meeting, and also open the meeting to participants. If you are not familiar with Zoom, contact Marianne for a tutorial or look for information on the Internet. If you have any additional questions, you can contact Marianne Sponis at [Marianne.Sponis@gmail.com](mailto:Marianne.Sponis@gmail.com).

Looking forward to “seeing you” on Tuesday, February 15, 2022 at 7:30 p.m EST!

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### ***ANNOUNCEMENT REGARDING CEMETERY SERVICE FOR ELOISE STRAND***

Eloise Strand's Arlington National Cemetery service will be held on Friday, February 18, 2022 at 11 AM. This date and time for Eloise's internment with full military honors is confirmed. (My apologies for any earlier mistaken communication.) Arlington National Cemetery (ANC) has more recent access and internment procedures you should follow. For access you will need a government issued picture ID. Alternatively, a valid passport or U.S. State Department-issued photo identification will work for entry. I recommend you use the Memorial Avenue (Arlington Bridge) entrance. Mention that you are there for the Eloise Strand internment and follow their instructions. You may be directed to line up in your vehicle for the caravan to the burial site. You need not RSVP this invitation to me or to ANC. Following the ceremony, you are welcome to visit our apartment for lite fare and to reminisce on Eloise's life and our many good times.

My sincere thank you to so many of you for your sympathy cards and calls following Eloise's funeral. Also, wonderful thanks to those of you that visited me during my hospitalization and brought “food for mind and body.”

*Mike Strand*

## SKI TALK

February 2022

By guest columnist **Cara Jablon**

As many of you know, I have a perverse interest in skiing moguls. For a long time, I have wanted to take the Bumps for Boomers four-day program at Aspen. The goal of this program is to teach older skiers techniques for skiing the bumps with improved efficiency, more control, and less fatigue. Rather than take the four-day program, I took a one-day private lesson with a Bumps for Boomers instructor with the view that I could learn the essence of the approach better with a private lesson. I was not disappointed. In fact, I had an awesome day skiing and was able to ski more moguls in a single day than I had been able to do for years. Just by changing a few things, I was able to ski the bumps with far less fatigue and a lot more confidence. Of course, when you ski with an instructor, you are lured down slopes that you would never dare on your own.



I realize that most PVS skiers would be happy never to see a bump. However, many of the techniques taught by the Bumps for Boomers focus on basics that are applicable to groomed runs. One important basic is to stay forward and ski with the ankles, not the knees. Bending the knees results in sitting back and in greater fatigue. If your thighs hurt after a day of skiing, you probably are sitting back. As you ski, you should focus on exerting pressure with your ankles on the top of your ski boots.

Another basic is to keep your hands forward and quiet, with your elbows in front of the rib cage, your hands wider than the elbows and your knuckles rolled down toward the snow. Further, Bumps for Boomers advocates using a short leg/long leg approach, particularly in the bumps, but also to some extent in the groomed:

the uphill leg is short and the downhill leg is long. They say that, as you initiate a turn, shift your weight to your uphill ski (which will become your new downhill ski) by lengthening your uphill leg and moving forward onto your toes (moving your upper body in the direction of the new turn). These are just a few of the many tips available on the Bumps for Boomers website and in their e-mail messages.

What did I learn from my bump lesson? First and foremost, that I needed to stay forward in the bumps. Apparently, as soon as I got into the bumps, I started to sit back. Second, that I should drop any residual down and up movements, as they were not necessary and just resulted in fatigue. I needed to ski with my ankles, not my knees. Third, that I should “move forward” over my skis as I turned. I worked on drifting in a relaxed manner from one bump to another and tried to absorb the notion that, because I was not a youngster, it was all right to skip a bump that I didn’t like and just drift to a more appealing one. So much for all the years trying to ski a tight line down the bumps. The instructor also presented the useful tip of turning your head in the direction that you wanted to turn. This proved helpful for me in the bumps. He further noted that, although one’s stance should be close in the bumps, the knees should not be touching. Finally, the instructor suggested that the snow on the sides of a slope may be better than the snow in the center. Overall, I felt that I had improved my ability to ski the bumps both technically and in terms of lowering my fatigue.

I strongly recommend taking a lesson each season, unless you are an expert who can comfortably ski any type of run. Fixing a few bad habits can make a huge difference in your skiing. Take a look at the Bumps for Boomers website and sign up for their free e-mail tips, which come about every 10 days. I have a collection of their past tips and would be happy to provide them to anyone who is interested (E-mail me at [rcjablon@aol.com](mailto:rcjablon@aol.com)). I hope that I will have another opportunity this year to play in the bumps and work on the techniques that I have learned.

*Submitted by Cara Jablon*

## LOCAL SKIING

I will coordinate transportation for any members who wish to do local skiing. The local resorts are presently open. Let me know what day you would like to go to Liberty Mountain or Whitetail and if you would like to meet in Gaithersburg to carpool. I will keep track of who wants to go and when and share the list with the rest.

John **Smith**

[johnsmith@juno.com](mailto:johnsmith@juno.com) 301-299-8376

Local Conditions (as of 29 January 2022)

Ski Area*	Lifts Open	Trails Open	Terrain Open	Snow Base
Whitetail	7 of 8	22 of 23	95%	20"
Liberty	6 of 7	21 of 21	100%	20" (snowmaking)
Timberline	All	20 of 20	100%	48-60"
Wisp	10 of 10	29 of 29	100%	32" (snowmaking)
Snowshoe	12 of 12	58 of 61	98%	50" (4" new)

\* Limited capacity for some areas due to COVID restrictions



# Members' Corner



By J. David Warthen, Jr.  
[dwarthen409@gmail.com](mailto:dwarthen409@gmail.com)

## TOOT Distribution to 88 Members:

### Thanks to:

- TOOT Coordinator - E Thayer
- TOOT Layout Editors: J Marx, K Hines, D Warthen,  
February TOOT – K Hines
- TOOT Electronic Distribution – D Warthen

### Roster Changes:

Contact <[dwarthen409@gmail.com](mailto:dwarthen409@gmail.com)>

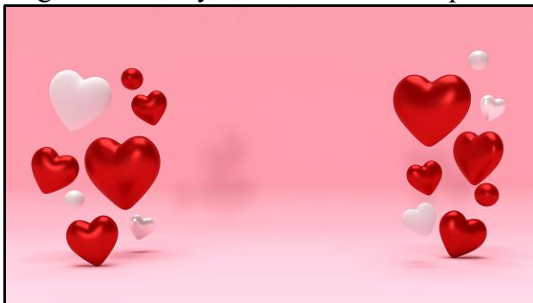
### PVS Roster

The quarterly, updated PVS Roster will be distributed electronically on February 1 to the membership. Please notify [dwarthen409@gmail.com](mailto:dwarthen409@gmail.com) if there are any errors; corrections will appear in the next quarterly roster to be distributed May 1. A backup of the PVS database with 632 records will also be distributed to the President and Vice President of PVS to guarantee the continuity of the PVS membership.

### February



February 14 is that special day for **Love**, whether it be for spouse, parents, children, grandchildren great grandchildren, nephews, nieces, friends, or neighbors. Put on a happy face and enjoy the day! Amo, Amas, Amat, Amamus, Amatis, Amant! Could it be that we will be through Covid by that day? Our restaurants here at Riderwood Village in Silver Spring are again closed to our 2500 residents, due to the Omicron surge. Meals are again being delivered to each apartment and mask-wearing is mandatory outside of each of apartment.



### 2022 Snowmass Ski Trip

PVS had its first ski trip of 2022 at Snowmass, CO, with outstanding participation. Barry & Kathy Lake again faithfully served PVS by leading this popular trip to CO. Snowmass is so accommodating with something for beginners, intermediates, and advanced skiers. The gondola connects each section of the resort so that one can start on Sneaky's and end up on Elk Camp all within half a day. Such an outstanding resort is so pleasurable. The views are breathtaking, particularly from the Cirque above the tree line.

Recently, I had the opportunity to review and recover my digital photos for the last 20-some years. I had a horrible computer crash where I had to junk my old computer. Although, I had a Time Machine backup disk, it was of little use in restoring files to a new computer. However, I was able to manually transfer the files to the new computer, which was not an easy task. After recovering passwords, finances, MS-Word documents, and the PVS database, I restored and updated software applications. What a nightmare! Here are some of my favorite pictures from Snowmass:



*Snowmass*



## PVS - BYOB (Bring Your Own Book) group

It's winter and if we're not skiing, we may be reading! Zoom calls help us stay connected and give us the chance to share book recommendations. **See the info at the bottom for how to join in on February 10, 2022 (the second Thursday of each month) at 4 pm!**

Here are the books we shared in January:

- Karen Zill read "Mama's Bank Account" by Kathryn Forbes, heartwarming stories from the early 1900s which were the basis of the TV show "I Remember Mama" in the 1950s. Karen also enjoyed "Cokie - A Life Well-lived," a labor of love from journalist Cokie Roberts' husband, Steven Roberts.
- Bonnie Sweeney compared two Clinton works of fiction: "The President's Daughter" by Bill Clinton and James Patterson, a mystery of ISIS revenge on an ex-US President. Hillary Clinton and Louise Perry wrote "The State of Terror" in which the Secretary of State saves all from a terrorist group with nuclear weapons. Both are thought-provoking reads, per Bonnie.
- Ellie Thayer brought "There is Nothing for You Here" by Russia expert Fiona Hill. Hill testified at the impeachment of Trump. In this memoir, she defines and warns against rising populism here and in other countries such as the UK and Russia.
- Marianne Soponis has been reading "Caste" by Isabel Wilkerson which gave us the opportunity for further discussion about this important book. Jan Marx has also been immersed in "Caste" and both noted Wilkerson's intense descriptions and analysis of the systems still in place which perpetuate inequities in our country.
- Nancy McKinley just finished "Deacon King Kong" by James McBride, author of "The Good Lord Bird." McBride again brings compassion and humanity to his novel, this time to issues of race, class, drugs, and poverty in south Brooklyn in the 1960s.

\*\*\*\*\*

The next BYOB Zoom call will be held on Thursday, February 10 from 4 to 5 pm. Let Marianne Soponis know at [marianne.soponis@gmail.com](mailto: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](mailto:nancymckin@gmail.com) or 703 595 8375.

**SNOWMASS**  
**January 12 – 19, 2022**

*On January 12, 2022, thirty-five ski-starved enthusiasts gathered at The Mountain Chalet trailside for the Potomac Valley Skiers' annual trip to Snowmass. Our veteran trip hosts, Kathy and Barry Lake, had a tremendous week of activities planned for us. This one was very special as it was our first trip in the past two Covid-restricted years. Everyone was so delighted to see old friends once again and to meet several newcomers at our opening reception on Wednesday that included wine and beer and a totally over-the-top food spread.*



*Thursday opened with brilliant sunshine and very well groomed pack powder. After a hearty breakfast (included every day), skiers gathered in groups at 9-9:30 and headed out to the slopes in small self-selected groups. The skiing was exceptionally good and some*

*took advantage of free NASTAR racing.*

*One of the great features of our Snowmass trip is the daily mixing of skiers that is facilitated by the included group breakfasts and soup lunches back at the hotel. This gives everyone multiple opportunities to find a group to ski with that suits their ability and terrain wishes. Lots of new friendships are sure to follow.*



*Brilliant sunshine and soft-packed powder continued on Friday and Saturday.*

*That evening Mary Ellena Ward and Jim Slack hosted all of us at their 45<sup>th</sup> wedding anniversary party at The Stew Pot restaurant. After some delicious food, drink and fun-filled conversation, Mary Ellena and Jim drew door prizes that were reminders of their many club ski trips over the past 47 years, Following that Rosemary Schwartzbard presented Mary Ellena and Jim with a couple of celebratory gifts from their guests. The first was a stunning sapphire crystal mounting, sapphire being the traditional 45<sup>th</sup> anniversary jewel. Next were two Snowmass-engraved wine glasses and some champagne. It must have been just what they wanted because we*



*noticed Jim and Mary Ellena were a bit late to the group breakfast the next morning!*

*After another day of outstanding weather and skiing, we had our traditional pizza party on Sunday night. Monday and Tuesday were more of the same wonderful weather and abundant blue skies.*



*Our final event was a closing banquet at The Artisan. After the paid-for happy hour, everyone was thrilled by the delicious buffet menu that offered several choices of main entrees. Rosemary closed out the evening expressing our heartfelt appreciation for Barry and Kathy's excellent facilitation of the trip during a difficult and uncertain year. Rosemary presented Kathy and Barry a snow globe with a lovely couple skiing together. In closing Rosemary told us the much-appreciated news that Barry and Kathy have agreed to host next year's Snowmass trip. The entire room erupted with applause!*



*Submitted by Bruce King*





## *In Memoriam*

### **Charles W. Huggins 1929 – 2022**



Longtime PVS member, Charles Huggins, died on January 24, 2022 at age 93. Known as “Charlie,” he was a regular meeting attendee until his health interfered. He served on ExCom from 1985 – 1987. He was a member of PVS for 40 years, along with his wife, Sara. The April 1985 TOOT published the following profile of Charlie when he was a candidate for ExCom:

Charles W. Huggins was born in Tarentum, Pa. and educated at Dakota Wesleyan U., Athens State, and the University of Alabama. He spent two years in the army and worked with the German rocket scientists at Redstone Arsenal for 5 years in the material testing laboratory.

He joined the Bureau of Mines staff at the Electrotechnical Laboratory in Norris, Tenn., in 1956 and became an avid water skier on Norris and other TVA lakes. While living in Oak Ridge, Charles met Sara who worked at the Oak Ridge National Laboratory and they married in 1960.

Both continued to ski the TVA lakes until Sara presented Charles with a pair of leather ski boots to try on the newly opened Gatlinburg ski area. He quickly mastered the 1200’ slope and, needing a greater challenge, moved in 1966 to the Bureau of Mines Research Center in Avondale, Md., where he served as Morphology Coordinator of the Particulate Mineralogy Unit while, on the side, working out on nearby and N.E. ski slopes.

Meanwhile, Sara became very active in the Montgomery Playhouse where they met Norm Engelman. In 1982, Charles joined Norm’s Utah trip and, on his return, he and Sara joined PVS. Since then, Charles has skied the major areas in the west and was assistant trip leader on PVS’s 1985 Colorado ski trip.

***A graveside service will be held at Resthaven Memorial Gardens, Funeral Home & Crematoria, 9501 Catoclin Mountain Highway (US Route 15 N), Frederick, MD 21701 on February 3, 2022 at 2:00pm.***

#### **Reminiscences**

*Jan Marx:* I am sad that we have lost Charlie. Charlie did a lot for PVS. Thinking back...

--Member of Ex-Com for 1985-86.

--He and Sara kept the monthly meeting sign in book. Charlie often reported statistics about his observations of the club; attendance, skiers/non-skiers, others.

--He was Jack Peoples’ co-leader for the many yearly trips to Mt. Sutton, CAN. Also, to Banff and maybe other trips.

--He was Jack’s co-leader and sometimes leader for many local trips, such as WISP.

--He and Jack solicited door prizes from local merchants for our anniversary parties for several years.

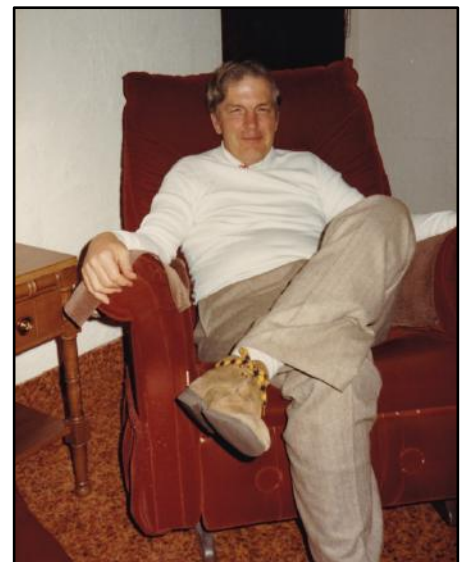
--He was a PVS rep for BRSC for several years.

--When helmets first came out, he found a good one for a good price and offered to get them for members.

--He championed the PVS stickers.

--He was coordinator for local skiing before John Smith.

--He looked to the future for industry trends and the health of the club.





*John Smith:* The following are some of my thoughts about Charles - I remember Charles Huggins as a wonderful person to ski with. We skied together many times starting with the many trips to Mount Sutton in Canada, as well as many other trips. Charles was a very fine and graceful skier. More recently, we have skied together locally at Liberty Mountain and at Whitetail. Skiing was his real passion in life. He was always very fun and pleasant to be with and was always ready to help anyone who needed advice or help with skiing or with their ski equipment.

## *In Memoriam*

### **Eugenia Ufholz, 1946 – 2022**

#### **EUGENIA UFHOLZ (Age 75) December 13, 1946 - January 22, 2022**

Of Bethesda, MD, passed away on Saturday, January 22, 2022 after a long battle with cancer. She was a devoted wife and mother. She was married to Philip for 49 years until his passing. She is survived by her daughter Christina Ufholz (Yile Li), her sister Efstathia Siegel (Stephen), and her brother Evangelos Andros (Urania). Viewing was held at Saint Sophia Cathedral, 2815 36th St NW, Washington, DC from 9:30 to 10:30 a.m., and funeral service was at 10:30 a.m. on January 31, 2022. The burial service followed immediately at Gate of Heaven Cemetery. The family requested that all attendees wear a mask to those services. In lieu of flowers, donations may be made to Saint Sophia Cathedral. A more detailed account of her life can be found on the Francis Collins website.

[www.collinsfuneralhome.com](http://www.collinsfuneralhome.com)

*Adapted from the Washington Post legacy obituary published on January 27, 2022.*



Eugenia and Philip Ufholz were members of PVS for more than 40 years; joining PVS in 1980. Phil died on December 22, 2021, marking their recent deaths only 4.5 weeks apart. They were regular hosts of PVS monthly meetings in their Bethesda home until later years when their health interfered. Eugenia was FAMOUS for the baklava she made and served at those gatherings.

In the March 1987 TOOT, a profile of Phil was published announcing his candidacy for a two-year term on ExCom. As the profile reflects both Phil and Eugenia's life, it is set forth below to reflect on both their histories:

PHIL UFHOLZ comes from Fairview N.J. After graduating from Tulane he attended Georgetown University Law School, ending with an LLM in tax law in 1975. He worked for 7 years as Tax Counsel for the Senate Finance Committee, but since 1983 has been Metropolitan Life's Vice President for Federal Relations – working the opposite side of the street, so to speak.

In 1971, Phil met Eugenia (then working on capitol hill) on a blind date and they were married in 1972. They live in Bethesda and often hosted club events in their home.

Phil first skied in 1975 when Eugenia dragged him (it's all her fault!) to Vermont when a friend offered them the use of a ski lodge at Haystack. He became an instant enthusiast and his love for the sport has never waned. He continued skiing locally until a trip to Vail in '78 introduced him to the magic of powder. After that, it was goodbye to New England and Hello to the world of "real" skiing.

He and Eugenia joined a Wyckoff trip in Austria in 1979, and on their return joined PVS. Since then they have been to Europe 5 times with the Wyckoffs. Phil's favorite ski resort is Val d'Isere for charm and variety.

His most memorable ski experience was at Alpe d'Huez in France. Skiing in flat light, he fell and slid 500 yards before finally coming to a stop, his skis, gloves, goggles, et al. strewn over the mountain side. A Frenchman helping him up said, "May be is best you no ski again today, oui?" Mais non! Phil reassembled his gear and skied on. Of course.

But skiing was not Phil's only sport. Since boyhood he has excelled in many athletic pursuits, particularly swimming tennis and golf. He then divided his playing time between golf (180 rounds per year) and skiing. Truly, a PVS man for all seasons!

### Reminiscences

*From Mary Ellena Ward:* Eugenia and Phil were a fun couple. We palled around in the mud and shush on a Wyckoff trip to France ages ago (the "PVS Friends" one).

*From Nancy McKinley:* Eugenia was outgoing and a good friend to PVS by always agreeing to host a meeting, even after her and Phil's skiing days were over. She loved sharing with her PVS friends her prodigious cooking skills from her Greek heritage including spanakopita in addition to her famous baklava. I remember Phil and Eugenia on a trip we ran to Big Sky some years ago when they brought their daughter Christina.

*From Jan Marx:* What a shock this is. What a difficult time for the family!

I do remember meetings at their house. They were always so welcoming and happy to see everyone. Eugenia served interesting and delicious food including some of her Greek favorites, especially her baklava. PVS rejoiced when their daughter Christina was born by including this sketch by Lu Beale in the TOOT.





## Calendar

Thu Feb 10 BYOB (Bring Your Own Book) Zoom at 4:00-5:00 p.m., N. McKinley  
Tue Feb 15 Zoom monthly meeting at 7:30 p.m.  
Sun Mar 20 PVS monthly meeting at 1:00 p.m. hosted by Jill Nelson, 7715 Rocton Avenue,  
Chevy Chase, MD.

## Ski Trips:

See the BRSC website for sanctioned trip available to all club members.

### ExCom Officers, Board Members, and Chairpersons

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

[Potomac Valley Skiers](#)  
[BRSC Sanctioned Trips](#)  
[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.