

Volume 57
Number 10

Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

October 2022

www.pvskiers.org

info@pvskiers.org

President's Message

As you read this, it is officially Fall and the recent temperatures appear to be reinforcing that meteorological change, leaving summer largely in the rearview mirror. My thoughts are now focused on all the things I want/need to do before the weather gets too cold, like visit the beach to enjoy the “shoulder” season, do all the repairs that I’ve been putting off because of the heat, think about getting the firewood prepped, tune-up the snow blower, and the list goes on and on.

I’ve heard that the Flu bug in Australia was particularly bad/potent this season, and started earlier than usual there. That seems to be a forewarning of what our Flu season will look like, so they are recommending getting your Flu shot a little earlier this year. This is particularly important for us older skiers since we don’t want to drop out of any of our trips due to getting the Flu.

We had a wonderful face-to-face FallFest (first ever) at Bob and Cara Jablon’s home in DC. There was a very good turn-out and we were wined and dined with a vast variety of appetizers, several hot entries, and many delicious desserts. Look for the write-up later in this TOOT.

Several of us, representing PVS, attended the Blue Ridge Ski Council (BRSC) Fall meeting up at Ski Liberty where, in addition to the routine things such as the treasurer’s report and a review of the minutes, etc., the council of ski club representatives were to pick the winning vendors for the upcoming 2024 BRSC trips. In 2024, the BRSC Western Carnival will be going to Lake Tahoe in February, and the Eurofest will be going to Kitzbühel, Austria. We had a shorter time period to prepare the TOOT this month, so look for a more complete write-up on the meeting in next month’s TOOT.

October is generally the time when the ski trips are on the verge of being filled, and this year is no exception. Snowmass is almost completely full with one room left, and I believe about 36 people going on the trip. Should be a fun trip as usual, and it will be nice to see all the folks that we haven’t seen since the trip last year. The BRSC Club Med Val d’Isère trip is full as well, with approximately 150 people from five ski clubs planning to attend. This trip will be Kathy and my first experience with Val d’Isère, and based upon what we have heard from all the PVSers that have been there, it should be a wonderful time.

So in closing, if you feel comfortable in hosting a monthly membership meeting at your house, please reach out and let us know so we can continuing building up the calendar for the rest of the fall and winter meetings.

Cheers, **Barry**

MONTHLY MEETING

At the home of Jan Marx
On
Sunday, October 23 at 1:00 PM
In
Springfield, VA



8312 Oakford Dr. Springfield, VA 22152
703-451-9158 Cell – 703-314-7361

FROM NORTH ON THE BELTWAY:

Take Exit 54A west onto Braddock Rd. Go to the fifth stop light and angle **left** onto Burke Lake Rd. Turn **left** at next stop light onto Rolling Rd. Go to fourth stop light and turn **left** onto Forrester Blvd. (called Hillside on the right side of Rolling). Go two short blocks and turn **right** onto Oakford Dr. (opposite the school on your left). Go about two blocks, past the Dead End sign to 8312 on your **left**.

FROM SOUTH SHIRLEY HWY AND 95:

Exit 169A onto Old Keene Mill Rd (Hwy 644) West. Go to the seventh stop light and turn **right** onto Rolling Rd. Go through one light, past McDonalds and turn **right** onto Roxbury Ave. (opposite the post office). Turn at the **second right** (road curves around to the left) onto Fenwood Dr. Go one block and dead end into Oakford Dr. Turn **right** and the house is the fourth on the left = **8312**.

FROM FAIRFAX COUNTY PARKWAY and Braddock Rd east:

Go to Rolling Road at Kings Park. Turn **right**. Go to fifth stop light and turn **left** onto Forrester Blvd. (called Hillside on the right side of Rolling). Go two short blocks and turn **right** onto Oakford Dr. (opposite the school on your left). Go about two blocks, past the Dead End sign to 8312 on your **left**.

FROM FAIRFAX COUNTY PARKWAY and Old Keene Mill Rd:

Go to Rolling Rd and turn **left**. Go through one light, past McDonalds and turn **right** onto Roxbury Ave. (opposite the post office). Turn at the **second right** (road curves around to the left) onto Fenwood Dr. Go one block and dead end into Oakford Dr. Turn **right** and the house is the fourth on the left = **8312**.

Let's Do It -----

Biking or Dancing

Don Vierimaa is a biking and dancing aficionado! Should you be interested in joining him or learning about places to dance in Virginia or where the best bike trails are, you can contact him at dvierimaa@hotmail.com. This might just be what you need to get started again!



Coming Events



PVS - BYOB (Bring Your Own Book) group

As the weather cools down, it's time to settle into some good reading. PVSers never stopped reading though, of course, so look below and check out what we've been reading lately. Consider joining us! We meet on Zoom once a month, each person briefly talking about a book that he or she has been reading. Easy and fun! **See the info at the bottom for how to join in on October 13th, 2022.**

Here are the latest books we heard about in September:

Mary Ellena Ward brought us "Life on the Mississippi: An Epic American Adventure" by Rinker Buck. Buck chronicled his trip down the river in a tale Mary Ellena noted as "delightful but very strange."

Jan Marx listened on her long drive from Minnesota to "Shoe Dog" by Phil Knight, the founder of Nike, who detailed the personal journey that led to the behemoth that is the Nike brand.

Karen Knopes brought us a page turner in "A Burning" by Megha Majumdar. Karen called it a beautiful book with social commentary taking place in contemporary India.

Ellie Thayer read "The Enchanted April" written in 1922 by Elizabeth von Armin, a story of 4 British women, strangers with diverse backgrounds and personalities who share a villa in Italy for a month.

Mike Strand, self-proclaimed political junky, read "The Big Lie" by Jonathan Lemire. It's a regurgitation, according to Mike, of the political scene we lived through over the past few years.

Marianne Soponis offered up "The Marriage of Opposites" by Alice Hoffman, a novel with underpinnings of history about the life of the mother of Camille Pissarro on St. Thomas, USVI.

Nancy McKinley enjoyed "The Magician." Author Colm Toibin fleshed out details of the extraordinary life of German author Thomas Mann using Mann's diaries and printed works.

The next BYOB Zoom call will be held on Thursday, October 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.

Let's Do It -----

Calling all Authors



We are planning an in-person "Author's Event" in November for our members who have written a book, are writing a book, or are interested in what it takes to do so! Please contact Marianne Soponis at Marianne.soponis@gmail.com for more information.

The Cuban Missile Crisis: When Intelligence Made a Difference
by PVS Member Reg Heitchue

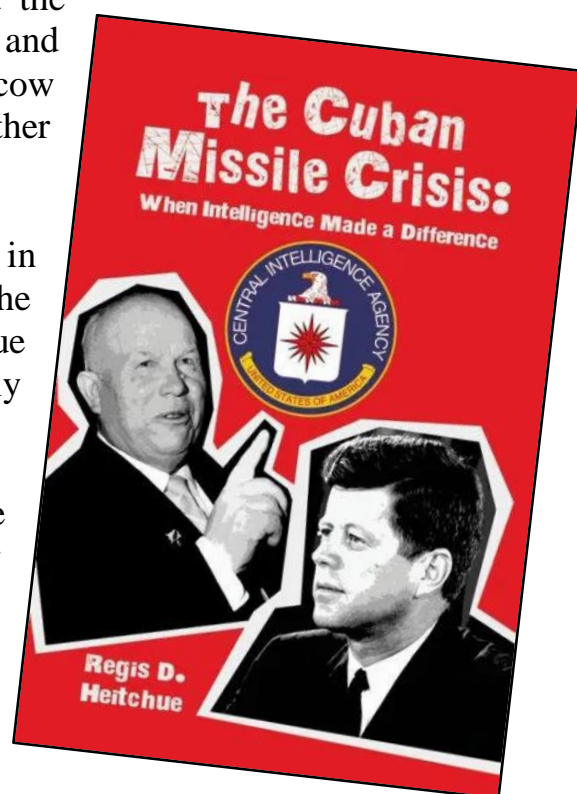
The Cuban Missile Crisis—the most dangerous event of the Cold War— happened 60 years ago over thirteen days in October of 1962. Those thirteen days, immortalized in the book *Thirteen Days* and the movie of the same name, began with the American discovery that the Soviet Union had clandestinely placed in Cuba nuclear missiles capable of attacking the United States with a devastating blow. It ended with Soviet premier Khrushchev capitulating to what were essentially U.S. demands. The Soviet decision to install strategic missiles in Cuba was a blunder of the highest order, a massive miscalculation. Khrushchev had gambled on a fait accompli—that he could move a massive nuclear force into Cuba and construct it rapidly thereby achieving strategic nuclear parity with the U.S. before the U.S. found out. The Soviet plan failed because they completely misjudged President Kennedy, the will of the America people, and the U.S. ability to discover the missiles.

Studies of the Cuban Missile Crisis concentrate on the actions of President Kennedy and his advisors. The role of U.S. intelligence in the management and resolution of the crisis has received limited coverage and, indeed, a comprehensive account of intelligence activities during the crisis is not to be found. Recognizing the absence of the intelligence chapter in the historical record of the crisis, Regis (Reg) Heitchue undertook to document that story in *The Cuban Missile Crisis: When Intelligence Made a Difference*. The author's account is a unique story of what American intelligence knew, when it knew it, and how it knew what the Soviets were doing in Cuba prior to and during the crisis.

There are intriguing aspects of the Cuban Missile Crisis that scholars still debate: why did Khrushchev take the enormous gamble that he did? Did the mysterious backchannel between the Washington KGB chief and an ABC newsman help to resolve the standoff between Moscow and Washington? The author sheds light on these and other mysteries of the Cuban Missile Crisis.

There are striking parallels between the ongoing Russian war in Ukraine and the Soviet misadventure in Cuba: in both, the Soviets and the Russians lied and deceived to conceal their true intentions, and in both Soviet and Russian leaders badly miscalculated.

For those so inclined the book is available from the Dorrance Publishing Co. Amazon, Barnes and Noble and other booksellers.



ROOSEVELT ISLAND HIKE

Saturday, October 15, 2022

Join us for a hike around Roosevelt led by a Park Ranger and then have lunch at The Assembly in Rosslyn. Be at the footbridge going to the island by 10:15 to meet the Ranger who leaves promptly at 10:30.

Roosevelt Island is an 88-acre island in the Potomac River between Rosslyn and Georgetown. The island was dedicated to President Theodore Roosevelt in 1967 and includes a 17-foot statue of Roosevelt, four large stone monoliths with some of his more famous quotations and two large fountains. The island is maintained by the National Park Service and has several trails and a boardwalk through a swampy, marshy area. The island is known for its variety of birds and wildflowers and its diverse vegetation.



Theodore Roosevelt Island is accessible by a footbridge from a parking lot along the Virginia bank of the Potomac River, just north of the [Theodore Roosevelt Bridge](#), which crosses but does not allow access to the island.

Cars can enter this parking lot only from the northbound lanes of the George Washington Memorial Parkway. Come early as parking in the lot can be crowded. The island is also an easy walk from the Rosslyn Metro station. Several pay parking garages are available in Rosslyn, including one at The Assembly at 1700 N. Moore St. plus there is paid street parking.

The island is relatively flat and the hike should not be more than 2 miles. Walking from the parking lot to Rosslyn is about a half mile and there is a moderate hill.

Please let me know if you are coming and if you will join us for lunch.

Rosemary Schwartzbard

rosemaryschw@gmail.com





The weather is getting cooler. Fall is in the air. Soon it will be ski season. Are you ready? I have been getting monthly ski tips from the ski clinic **Bumps for Boomers** (thanks Cara) and I thought this recent tip was very helpful whether you ski or not. As we age balance becomes more and more of a problem, not only for skiing but also for everyday life. Unless you work at it, your balance will continue to deteriorate. I am reprinting this very useful tip below.

BALANCE by Joe Nevin

When we talk about improving balance it is usually in the context of on-snow skiing technique. However, you can also take important steps to improve your balance when you are not skiing on snow.

Your brain is the control center for your balance. It receives the information necessary to keep your body in balance using three important sources: (1) your inner ear canals (2) your eyes and (3) your proprioceptive system.

Let's focus on the proprioceptive system. Any time you suffer a lower body injury (muscular, skeletal, ligament, joint) there is a resulting injury to your proprioceptive feedback system (an important source of balance information being fed to your brain). After such an injury a key part of the physical therapy rehabilitation process is the re-education and re-sensitizing of the proprioceptive system. The goal is to restore the ability of your muscles, ligaments and joints to provide feedback to the brain on body position and balance. So, that begs the following question: If you can do physical therapy exercises to strengthen your proprioceptive system - which strengthens your balance - why not proactively do these exercises as a routine part of your ski conditioning in order to minimize the likelihood of a fall or balance-related injury?

Here are four simple and progressively more difficult off-snow exercises where you can proactively take steps to prevent injury, improve performance and strengthen your balance before you go on-snow. Most of these exercises can be done anytime, anywhere such as while brushing your teeth, talking on the phone, standing at your desk, etc.



- ❖ Level 1: Balance on one straight leg at a time while on a firm, flat surface. See how long you can stay balanced on each leg.
- ❖ Level 2: Balance on one straight leg at a time but now on an uneven or unstable surface. Stand on each leg on top of a bunched-up towel, a large kitchen sponge, a foam pad or a bosu ball. See how long you can stay balanced on each leg.
- ❖ Level 3: Balance on one straight leg at a time while on a firm, flat surface but now with your eyes closed. If you are like me you will discover that this is a major challenge. I suggest that you have a countertop or desk or railing nearby to grab onto to prevent you from falling. See how long you can stay balanced on each leg.
- ❖ Level 4: Balance on one straight leg at a time while on an uneven or unstable surface but now with your eyes closed. See how long you can stay balanced on each leg. This will be REALLY difficult.

If you want to increase the balance challenge you can add knee dips and/or moving your arms while balancing on one leg to any of the above exercises.

As you progress up each level your balance skills will be continuously improved. You can use these

exercises to strengthen your balance all-yearlong so that when you hit the ski slopes your balance and performance will be in top form.

No matter what you do in life, balance is important. I try to work on this everyday. If you want to get more tips go to the website www.BumpsForBoomers.com and sign up for tips or take a ski clinic.

Enjoy the cooler weather and come to the hike on Roosevelt Island. See flier.

Rosemary Schwartzbard
rosemaryschw@gmail.com

Past Event

FallFest *September 18, 2022*

On a sunny fall day, with many summer flowers still in bloom, twenty-four Potomac Valley Skiers ferried appetizers, salads and desserts into the lovely home of Cara and Bob Jablon, our hosts for the day. It was the first reunion since the spring, since covid and other medical situations caused the cancellation of the spring events, SummerFest, and Steak and Swim.

Members shared stories of summer adventures, getting reacquainted while they also enjoyed assorted beverages, tastes of salmon, dips, shrimp, and watermelon with feta cheese; moving on to hot dogs and home-cooked meatloaf which Cara baked to ensure there was enough food (and there was!). Vegetable and fruit salads complemented the main courses. Of course, the dessert table was the most popular, with a plethora of pies, cookies, brownies, and cakes.



Barry Lake, our president, called the meeting to order, welcoming members to our first meeting of the fall. Rosemary Schwartzbard discussed the trip to Val d'Isere which now is connected to the Blue Ridge Ski Council and is being led by Barry and Kathy Lake. Mary Ellena Ward, getting ready to downsize and move, has handed over the ski poles to them!

Kathy Lake said that the ski trip to Snowmass is pretty much full. If there is any interest in joining the trip, she should be contacted soon. (More information is found elsewhere in the TOOT.)

Marianne Soponis led a discussion on meetings and events, beginning with those events the members wished to share about their summer. Some had traveled, some got Covid, some were still traveling, some shared stories of kids and grandkids and family reunions. More tales are sure to be told when next we meet! Marianne mentioned the value in having our meetings in member



homes and asked for any volunteers for October, November, and our December holiday party to contact her. She also mentioned the possibility of utilizing restaurants, wineries or even Zoom so our group can continue to meet and have ongoing events.

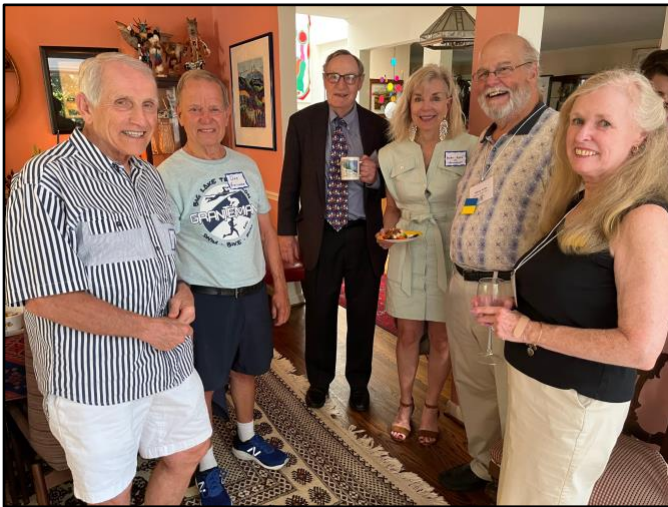


Rosemary Schwartzbard offered to lead a tour to Theodore Roosevelt Island, Saturday, October 15, for those interested in an outdoor trip led by a park ranger, followed by lunch. Thanks to Rosemary for leading the way – our first event for the fall.



And, many thanks to Bob and Cara Jablon, for sharing their beautiful home and refusing offers of help to cleanup. What a couple!

Submitted by Marianne Saponis



Ski Trips



Potomac Valley Skiers

2023 Snowmass, Colorado Ski Trip

Wednesday - Wednesday

January 11 – 18, 2023

Trip Details

Once again, we will be staying at the [Snowmass Mountain Chalet \(SMC\)](#), which offers a convenient ski in, ski out location. Check the website at www.mountainchalet.com. The “**LAND ONLY**” package includes: transportation to and from Aspen airport (7am - 11pm); 5-day Senior lift pass ([good for all four ski areas in the Aspen complex, free shuttle bus](#)) with option for extra days; 7 nights lodging (double occupancy); daily breakfasts; soup lunches; luggage handling; a welcome reception, a pizza party and a farewell group dinner to celebrate our trip. Additional nights at Snowmass are an option **based on availability**. **Trip insurance is available through Encompasse Tours and is [highly recommended](#)**. For trail information check www.aspensnowmass.com.

The basic package (Room price varies for King vs. Double Queen) includes a 5-day lift pass for skiers 65 and over. Skiers under 65 will have to add \$103.00.

| <u>Costs:</u> | <u>K-Price</u> | <u>QQ-Price</u> |
|---|----------------|---------------------------------|
| Basic Land Only Package (65 and older) | \$2,060 | \$2,102 per person |
| Under 65 | add \$ 103 | \$ 103 |
| Single Supplement | add \$1,418 | \$1,459 |
| Extra hotel night (pending availability) | add \$ TBD | \$ TBD |
| Non-skiers | deduct \$ 360 | \$ 360 |
| Extra ski days (65 and older) | add \$ 102 | \$ 102 6 day Senior pass |
| | add \$ 174 | \$ 174 7 day Senior pass |
| Under 65 | add \$ 208 | \$ 208 6 day pass |
| Silver Pass (70+ skiing 8 or more days) | add \$ 269 | \$ 269 |

Payment Schedule

Final payment is due **October 1st**

To sign up please send:

(1) the [Application form](#) -- one per person or one per couple residing at the same address

(2) a [Deposit of \\$1,250 per person](#), and

(3) the [signed Waiver of Liability Agreement](#) by each party taking the trip

Checks should be made out to **Kathy Lake** and mailed to 11677 Fox Glen Drive, Oakton VA 22124 (put [PVS Snowmass 2023](#) on the check memo line).

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

VAL d'ISÈRE—2023

BRSC Eurofest at Club Med's Flagship Resort



Price Includes:

- Ground transportation in France
- All lodging, food & drink in Val d'Isère • 6 day lift tickets
- Daily guide/ski instructor

Club Med has announced plans for its first **Exclusive Collection** mountain resort in Val d'Isère. The new five-star property will open on December 18, 2022 following a major renovation and expansion of the brand's existing hotel.

Saturday 11 March 2023 – Sunday 19 March 2023

The slope-side location provides ski-in/ski-out access.

Mountain guides/ instructors are available each day at no extra charge to take participants to the best runs on the mountains.

Rental equipment is extra. There are many options in the village.

Final prices are now available for this trip (double occupancy):

- **Land only:** \$3,050/person (includes ground transportation between Geneva & Val d'Isère **as long as** you synchronize arrival & departure times and your flight is not delayed.)



**Make checks payable to:
Barry Lake**

**Mail to: Barry Lake
11677 Fox Glen Dr.
Oakton, VA 22124**

FINAL FULL PAYMENT is due November 1, 2022.

Note—New Trip leaders for the final portion of this trip: Barry and Kathy Lake.

For info or questions you can contact us at Barry_lake@yahoo.com, or via phone at (703) 929-1545.

MEMBERS' CORNER

By guest columnist Dorian Janney

Summer 2002 European Adventure with the Nieces

I am not exactly sure what compelled me when I decided it was necessary to take my two nieces, aged 20, on a Great European Adventure. Well, actually, I do remember now, although the promise was made w-a-y back in the winter of 2019 when they were both struggling with a lot of family and school problems, and I was desperate for them to finish high school the following year. So, I decided to dangle a carrot in front of them, promising them a fantastic adventure once they graduated from high school. The plan was to head out as soon as they graduated in late May 2020. And then, of course, our plans were waylaid by good old COVID19. It also turned out all three of the triplets graduated high school (they have a brother but I didn't offer to take him as well as I'd already taken him out to Colorado several times to snowboard). They actually didn't need to do much more than lift their fingers from their bed to turn on their computers during their senior year, and perhaps leave their beds to get a snack or two... But I digress. In any case, promises were made and had to be kept.

So in mid-May 2022, we finally set off from Dulles with backpacks, credit cards, journals to be filled, and fantasies of enchantment. Our first stop was for three days in Kent, England, which is about an hour or so southeast of London. My former neighbors live there, and from time to time they come and impose upon, aka visit, me, and thus I thought it was only fair to return the favor. They were great sports and shlepped us all over their beautiful part of the country. We gave the girls some European history lessons as we visited Canterbury, Rochester, Hever Castle (childhood home of Anne Boleyn), and then did a whirlwind tour of London. If you ever find yourself in beautiful Kent County, then I highly recommend visiting these places, and of course one must throw in visits to the charming little pubs scattered throughout the countryside.



Our dear friends on their local cricket pitch



1st legal alcoholic beverages



Dorian enjoying Belgian beer

The girls enjoyed ordering their first legal alcoholic drinks, as they were old enough to do this in jolly old England!

After we had worn out our welcome there, we took the train to Brussels, where we were scooped up by my dearest friend, Mieke. She is also a former neighbor with whom I have stayed very close to throughout the decades. She whisked us off to her hometown, Antwerp, where we stayed for five days. By this time, I was tiring of watching my nieces literally attached to their cell phones and was ready to take advantage of the wonderful strong beers that the Belgians excel in providing.

When I was not drinking beer, we managed to fit a lot of fantastic day trips into our time in Belgium. We had a glorious day in beautiful Antwerp, a small city filled with the old and the new. These graceful old European cities have huge town squares with cobblestone streets and big ornate fountains in the center. One can imagine what it might have looked like in the past, with open fruit and vegetable markets and absolutely no one holding a cell phone! Another day was spent in Brugges, a beautiful little town with canals and the best Belgian waffles ever-

topped with hot fudge and vanilla ice cream- another reason to love the Belgians! And of course, no trip to Belgium would be complete without their fantastic fries dipped in mayonnaise.



My buddy Mieke and I in Antwerp.

Mieke lives in a restored former Veteran’s hospital complex in downtown Antwerp that has been developed into what is known as “The Green Quarter.” The beautiful brick hospital buildings have been repurposed now as lovely condos and townhouses, with common green spaces, community gardens, and the space is a no car zone. Children play, people ride by on their bicycles, and neighbors sit on benches chatting away the afternoon. It is truly lovely. There is also a huge rooftop garden that has not only vegetables and fruit growing, but also has a fish pool, chicken coop, and even a pizza oven! She pays 25 Euros per month and has free access to any of the produce, herbs, flowers, fish, and eggs she cares for, and she hosts many a pizza party up on the roof when her friends and family come to visit. Learning the many ways that people can live more sustainably and within a close-knit community is one of the things I most enjoy about travel!

Her daughter lives in Amsterdam, so of course we spent a day and night wandering around the lovely cobblestone streets, taking a canal cruise, and marveling at how the narrow buildings can lean over so far and yet still remain standing!



We had now surpassed our time at which one’s visitors should politely bid farewell, so with a last day spent walking all over Brussels and of course marveling at just how small Mannikin Pis is, and indulging in more Belgian waffles, fries, chocolate, and beer- it was time to catch a flight to visit my older sister in Copenhagen.



While in Copenhagen, where we stayed for almost a week because it is harder for one's family to actually kick out their own, we admired the orderly procession of bicyclists. We met our newest little two-year old family member and had many walks in the beautiful green parks that make up Copenhagen.

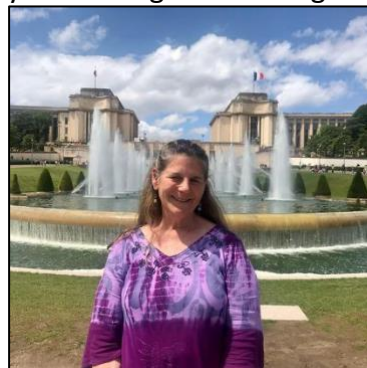


Copenhagen

Sweden

As the girls needed to add another country to their social media accounts, which they managed to keep updated and check every three seconds thanks to easily available free wifi and their ability to steal my internet by stealthily setting up and constantly keeping open a "hot spot", we took a ferry to Sweden. I had quite possibly the best sandwich I have ever eaten while we were there. It was something like a layer cake topped with smoked salmon. My mouth is still watering...

It was then off to gay Paris, in the Springtime no less, where I had finally sunk to actually having to pay for our rooms as I knew no one who would take in an old lady with two young women with cell phones stuck to their hands or in their faces. Fortunately, we were quite lucky as the Airbnb I had found did exist, was downtown, was comfortable, but alas! The WiFi didn't work. By now I had figured out that the WiFi on my phone was being hijacked, and when I had not had enough wine to feel sufficiently mellow, I would turn my phone completely off. This left both twenty-year-old women completely cut off from absolutely everything they held dear, and it did not result in them appreciating my efforts on their behalf to have them admire the architecture and look as they crossed the busy streets in Paris. Into every life, a little rain must fall. Our Airbnb was very close to the Louvre, which enabled us to really enjoy the fact that it is a very walkable city. We did the double-decker tour bus for an entire day, which I found simply astounding and delighted in the fact that someone else was doing the driving. Once the girls realized that there was free WiFi onboard, they mostly had their heads stuck in their phones but occasionally took in and even photographed various statues and buildings. Of course, we hopped off in several spots. They did an hour-long photo shoot around the Eiffel Tower, and it was kind of cute to watch them posing and pursing up their lips for their million followers- or so they wish... We replaced our afternoon Belgian waffles for French macarons- mmm... We also did an evening boat ride that left and returned to the Eiffel Tower- it was very romantic and fun to see the banks of the Seine from the boat. Alas, we didn't visit any museums as in spite of their probably being plentiful free WiFi, the girls did not want to part with money other than to buy souvenirs. Knowing the museums will still be there when I return sans self-absorbed teens/almost adults, I was fine simply walking the city and taking in all the sights.

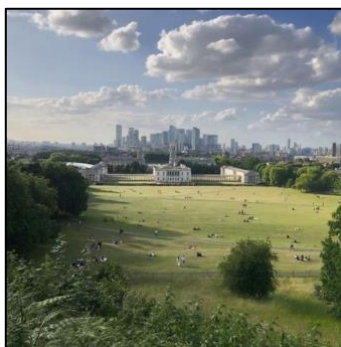
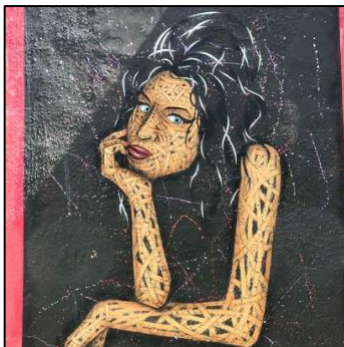


After a busy three nights in gay Paris in the late spring, it was time to take one last foray in Europe before heading back across the pond. We have friends who live in London with whom we had not yet worn out our welcome, so it was on to visit with Alice and Brenden! The train from Paris to London was very comfortable and fast, and once again I loved sitting back and letting someone else do the driving. While in London, we did the double-decker bus tour again for a day. I have been to London many times, and seeing it from the tour bus was like coming back and hanging out with an old friend whom I love dearly. Being as the Queen's Platinum Jubilee had been celebrated the previous week, London was adorned with Union Jacks and pictures of Her Majesty posted far and wide.



Pictures from around London

We also made it to Camden Market as one of the girls really liked Amy Winehouse, and we saw a nice graffiti with her image there. They used the money that hadn't been spent going to museums on souvenirs. We did a boat ride up the Thames and showed them where time begins- at Greenwich!



As we were getting ready to bid our dear Europe adieu, I was still working on figuring out where and how to get our COVID19 PCR test within 24 hours of our return flight home. Miracles of miracles, the U.S. dropped that requirement the day before we were to fly out! Talk about dodging the bullet! We did have a friend along the trip who had contracted COVID 19 and we had tested negative on the home test kits we brought with us. But if any of us should have it, and were not able to travel home but rather had to quarantine in an expensive hotel in London- it would have been a much longer and extremely expensive vacation... But as fate would have it, we totally dodged that bullet and our flight was comfortable and the plane's WiFi didn't work! The girls were able to fill their time writing in their journals and watching movies, and I delighted in knowing I was heading home sweet home where I could pass these young charges off to their waiting and loving mother. It was a wonderful European Adventure- and I am sure the young women gained a lot of new insights and will always have the memories and the bragging rights. What more could I ask for?

Calendar:

- Oct 13 Thu BYOB with Nancy McKinley on Zoom, 4:00 PM.
- Oct 15 Sat Hike on Roosevelt Island, Schwartzbard, 10:15 AM.
- Oct 23 Sun Monthly Meeting, Marxes, 1:00 PM.
- Oct 25 Tue ExCom Meeting on Zoom, 7:00 PM.



Ski Trips



January 11-18, 2023, Snowmass, Colorado;: *K. & B. Lake*

March 11-19, 2023, BRSC Club Med to Val d'Isere;: *K. & B Lake*

**ExCom Officers, Board Members,
and Committee Chairpersons**

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| <p>Officers: President – <i>Barry Lake</i> Vice Pres. – <i>Cara Jablon</i> Secretary – <i>Ellie Thayer</i> Treasurer – <i>Dick Schwartzbard</i> Ex Officio –</p> <p>Board Members: First Term: <i>Salli Diakova</i> <i>Kathy Lake</i> <i>Don Vierimaa</i> Second Term: <i>Manfred Boehringer</i> <i>Jannes Gibson</i> <i>Mary Rose de Valladares</i></p> | <p>Chairpersons: Ski Trip Committee – <i>Rosemary Schwartzbard</i> Events – <i>Marianne Soponis</i> Membership Records – <i>vacant</i> TOOT Coordinator – <i>Ellie Thayer</i></p> <p>TOOT Layout Editors – <i>Jan Marx, Kerry Hines</i> & <i>Dave Warthen</i> TOOT (E-Distribution) – <i>Barry Lake</i></p> <p>Webmaster – <i>Mary Ellena War</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 should 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.