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[www.potomacvalleyskiers.org](http://www.potomacvalleyskiers.org)

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### Build Your Own Skis

Greetings PVSers,

With the holidays just around the corner and ski season upon us, now may be the perfect time for you to build your own skis. Don't worry...it's not as difficult as you think. Just follow these directions extracted (in part) from *Ski* magazine.

First, get the equipment together: router, jigsaw, sander, drill, table saw, clamps, plane, air compressor...or whatever tools you happen to have around the garage. Next assemble the materials: a core of wood (maple, birch or poplar) pieces from your local lumberyard; composite fabrics (fiberglass, carbon fiber or Kevlar) from a marine supply store or online; topsheet (polyethylene or nylon) from [snowboardmaterials.com](http://snowboardmaterials.com); base material (ultra-high-molecular-weight polyethylene); metal edges from [snowboardmaterials.com](http://snowboardmaterials.com); graphics; and epoxy.

Ideally you should build a base and top mold from 2x4s or planks of fiberboards...but who has time for that? You already have good base "molds" in your current skis...just unscrew the bindings...and your old skis make a perfect template for the length and width of your new skis.

Cover your dining room table with a large sheet of painter's plastic to help protect it. This prevents the epoxy from spreading around too much. Mix the epoxy in an extra Tupperware container. Sandwich the materials starting with the base to core to topsheet with layers of epoxy and the composite fabric and in the middle your core of wood pieces. Place your design (Toot masthead?) or other graphics on top the composite and cover with the topsheet. Clamp everything to your base mold (your old skis). If you don't have clamps then pile cans of soup or vegetables from your pantry onto the topsheet. (It's about time you cleaned out your pantry anyway.) Press the skis for 8 to 14 hours. (Here would be a great time to air out the dining room...or even the whole house.) Pull the skis out of the press and trim around the edges. Let the skis cure for one week, slap on some bindings, wax 'em up and hit the slopes.

Just double check these instructions with [skibuilders.com](http://skibuilders.com)...I may have missed something.

Best Wishes, Mike

# Monthly Meeting

**November 18, 7:30 PM at the Ski Center of Washington DC**

**2300 Fordham Road NW  
Washington, DC 20016  
(202) 966-4474**



We will meet at the Ski Center for our annual briefing by Brian Eardley on ski equipment and happenings in the ski industry. We will have our usual array of refreshments (wine, beer and soft drinks) and snacks starting at 7:30 PM with Brian's demo about 8:15 PM.

**Parking is free** with validation of the parking lot ticket in the Ski Center. The shop normally closes at 6:00 PM, but it will reopen at 7:00 PM for our 7:30 meeting. Take a ticket from the machine as you enter the parking lot. Enter the Ski Center from this lot. There also is parking on the street and in an open lot on 49<sup>th</sup> Street.

## **Directions from I-495 inner loop and American Legion Bridge.**

**From Beltway and River Road** - Take River Rd. southeast toward Washington, DC for 3.5 miles, then right at Little Falls Pkwy (traffic light at end of commercial section, just past a Citgo gas station), left at 1<sup>st</sup> light (Massachusetts Ave), then right at 3<sup>rd</sup> light (49<sup>th</sup> St), 1/2 block and left into the gated parking lot. About 10 minutes.

**Directions from I-495 outer loop. From Beltway and Connecticut Ave.** - Take Connecticut Ave. south toward Washington, DC for 2.6 miles to Chevy Chase Circle. Take 3<sup>rd</sup> right off of circle (Western Ave) and go 2 miles to the next traffic circle (Westmoreland Circle). Go 3/4 of the way around and get off on Massachusetts Ave toward Washington, DC. Go right at 2<sup>nd</sup> light (49<sup>th</sup> St), 1/2 block and left into the gated parking lot. About 10 minutes.

## **Directions from Key Bridge** (Take GW Parkway to Key Bridge, if coming from I-395).

From Key Bridge - Go left onto M Street. After 1/2 mile, keep to the right where the street name changes to Foxhall Rd. Go 2 miles until it ends at Nebraska Ave. Go right, take Nebraska Ave to Ward Circle (at American Univ). Get into the outer part of the circle and go 3/4 of the way around, taking Massachusetts Ave headed northwest. Go 3/4 of a mile until you see Crate & Barrel on your left. Make the next left at 49<sup>th</sup> St. then 1/2 block and left into the gated parking lot. About 10 minutes

## **Roster Changes**

Irene Ragen has a new e-mail address: [ireneragen@att.net](mailto:ireneragen@att.net).

## Coming Events

*The McKinley Open  
House at Lake  
Anna is full.  
November 8  
(703) 527-7126*



## Previous Events

**By Dick Schwartzbard**

### **Bernstein's Mass at the Kennedy Center**

The Kennedy Center opened in 1971 with the performance of an original work composed by Leonard Bernstein. Commissioned by Jacqueline Kennedy Onassis, Bernstein's "Mass" is an ambitious, complex controversial piece. It is rarely performed; it requires more than 200 musicians, singers and dancers. It is based on the traditional Roman Catholic Mass, but it includes contemporary rock and blues beats, the theatrical trappings and glitz of Broadway, Latino dances, American folk ballads, and pieces of Hebrew liturgy. This almost two hour composition was reprised at the Kennedy Center on Sunday, Oct. 26. Performers included the Baltimore Symphony Orchestra, the Morgan State University Marching Band, the Peabody Children's Chorus, the Morgan State University Choir and a number of incredibly talented soloist singers and dancers. It was a sellout performance with tickets hard to get, but David Abraham once more looked out for PVS. David booked a block of tickets for us when the performance was first announced and made all the necessary arrangements for PVS'ers to attend, even to the extent of addressing and stamping the ticket envelopes while he was still able to do so. We are grateful to Rachel for hosting PVS at such an extraordinary event, one marred only by David's absence.



## Monthly Meeting at the Strand's

Mike and Eloise Strand were the gracious hosts of the October Meeting. Their warm and inviting home welcomed PVSers in on a crisp fall evening. Conversation drifted from the pesky economy and political campaigns to the truly important subject of ski trips. Dave DeVilbiss announced that 36 had signed up for the Snowmass trip in January. Rosemary Schwartzbard disclosed that a hearty 22 members were planning to go on the Elderhostel sponsored Park City trip in February. Rosemary encouraged people to put their names on the waiting list if they were tempted to go because cancellations often occurred in December. Joe Jevcak spoke enthusiastically about the Taos trip in March that currently has 19, perhaps 20, people signed on. More are welcome.

Ray and Nancy McKinley are assisting Reg Heitchue with the Tahiti cruise, May 28-June 12. Nancy emphasized that the clipper guests will be sailing on is a luxury ship that accommodates 170 passengers. With the advent of cooler weather, the South Pacific sounds particularly inviting.

Ray announced that PVS favorite Bob Marx has had his first treatment. He and Jan are busy now painting their grandchildren's home in Richmond.

On calling the business meeting to order, Mike encountered some in-house competition from the family dog, Buddy. Secured away on the second floor, Buddy decided it was time for his entrance. Mike persevered though through a volley of protesting barks and ultimately prevailed.

Mike spoke glowingly of the Segway tour of Gettysburg Battlefield that was organized by Barbara Leonhardt. The October 18<sup>th</sup> event was a great success. When the upcoming Kennedy Center performance of Leonard Bernstein's "Mass" was mentioned, members recalled how touched they had been when their tickets arrived. David Abraham had brought the concert to the Club's attention. He assisted members in purchasing their tickets shortly before he became ill. His wife Rachel said that addressing the envelopes was the last thing he attended to before going to the hospital. The Club expressed its appreciation to Rachel.

Mike announced that Rosemary Schwartzbard would step in for Bob Marx as leader of the Ski Trip Committee. Rosemary said that she would be sending out the ski trip evaluation forms for this year's trips. She'll be accepting ski trip proposals for 2010 in the new year.

With the meeting adjourned, members were treated to a delightful assortment of tasty desserts. Buddy made his long awaited entrance and mixed well with his two-legged company.

Thank you Mike and Eloise for your kind hospitality. You made us feel right at home

**By Mary Beale**

# Segway Tour of the Gettysburg Battlefield

Saturday Oct. 19 was a glorious day in Gettysburg and from all observations 10 PVS'ers successfully segued their downhill skills to Segway skills and had a grand time using them. The Leonhardts, the Laesers, Dave Warthen, Dave DeVilbiss, Sharon Mulholland, Sally Finan, Ruth Powers and President Mike met up at the Segway rental off of Taneytown Road in the charming town of Gettysburg across from the cemetery. "Segway Bob" and his wife patiently trained each of us how to operate one of these fun little technological wonders, each named after a horse.

We all practiced and then set out on our tour of the town as well as the Eastern Battlefield with Gary, our very experienced and amiable guide.

The tour of the battlefield was both informative and beautiful, stopping at points along the way to hear about military tactics used and important people involved – and to admire the fall colors.

We made a stop at the observation tower which most of us climbed to get a beautiful and breathtaking view of the entire area.

After our tour, we all went to the Dobbin House Tavern for a wonderful lunch, with time to appreciate this historic 1776 building that is situated to overlook the spot where Lincoln gave his Gettysburg Address.

It was a most enjoyable and unforgettable day.

Thank you to Barbara for her great work in organizing this day!!

***By Sandy Laeser***



L. to R.: Ruth, Dave W., Mike, Barb, Fred, Sharon, Dave D. Sandy, Dick, & Sally

## 2009 Ski Trips/Tahiti Trip

# **PVS SNOWMASS 2009**

**Thursday, January 15 – Thursday, January 22**

**Update:** Single made needed to share room; Trip is full otherwise. However, space might still be available at the Snowmass Mountain Chalet on special inquiry. Contact Dave DeVilbiss by telephone/email.

We will again be staying slope-side at the Snowmass Mountain Chalet (SMC) which is just below the Snowmass Mall. The SMC is a small lodge with 64 rooms, from which you can ski to one of four lifts. Check the web site at: [www.mountainchalet.com](http://www.mountainchalet.com). The total package is: Delta Airlines from Dulles to Salt Lake City and Salt Lake to Aspen and return plus the land transfer from Aspen airport to SMC and return; 5 day lift ticket (good for all ski areas in the Aspen complex – those over 70 can get a silver pass) with option for a sixth ski day; 7 nights lodging (double occupancy); 7 breakfasts; daily soup lunch; 2 group dinners; après ski parties including welcome wine & cheese party, and an all guest hotel sponsored party; pre-trip and post-trip party.

<u>Category</u>	<u>Description</u>	<u>Price</u>
<b>Full Snowmass Package</b>		<b>\$2,072</b>

**For more information:**

Contact co-trip leader David DeVilbiss at 703-370-4865 or by e-mail at [devilbid@verizon.net](mailto:devilbid@verizon.net)  
Co-trip leader Carolyn Maurer

**To reserve:**

- Send deposit of \$250 per person to:
- **Reminder: Second deposit of \$750 was due August 15.**  
Carolyn Maurer, 4508 Peacock Avenue, Alexandria, VA 22304
- Note "PVS-Snowmass 2007" on the memo line

## **PARK CITY MOUNTAIN RESORT** (Waiting List)

**FEBRUARY 22-28, 2009**

**ELDERHOSTEL SKI PROGRAM #7573RJ**

### **Ski in/Ski out at the Lodge at Mountain Village, Park City, Utah**

This is an Elderhostel ski program. They make all land arrangements. You will have to register through Elderhostel as explained below. Elderhostel allows participants to invite any adult companion to attend this program with them even if they do not meet the 55 year-old age requirement. Ski the best of the Rocky Mountains! Park City gets more than 350" of snow annually and is ranked as one of the top ski destinations in this country, with 3,300 acres, 14 lifts, 100 trails, and more than 3,000 vertical feet. Experience champagne powder and great grooming. Altitude will vary from 7,000 to 10,000 feet. There are many flights each day to Salt Lake City. It is then a 45-minute van ride to the resort.

### **Registration for Land Arrangements with Elderhostel**

**All participants must sign up with Elderhostel on their own.** The trip is first-come, first served. There will be other people besides PVSers on the trip. Last year there were 55 attendees and a waiting list. If you are interested in the trip, please call Elderhostel 1-800-454-5768 or visit their web site: <http://elderhostel.org>. The program number is 7573RJ and listed under winter sports. You will be required to send a \$100 deposit to reserve your space and then they will bill you in December. Tell Elderhostel that you are part of the PVS ski group.

### **Trip Leaders: Rosemary Schwartzbard and Ellie Thayer**

Both leaders have attended this program and they will work with Gary and Sandy Nielson, who run the Elderhostel Utah Program, to coordinate the PVS component of this trip.

After signing up with Elderhostel, please contact:

Rosemary Schwartzbard  
[rosemaryphd@verizon.net](mailto:rosemaryphd@verizon.net) 703-598-6150

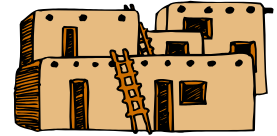
Ellie Thayer  
[ellie.thayer@comcast](mailto:ellie.thayer@comcast) 703-534-3061

# Taos, New Mexico

March 13 to 21, 2009

Join us for a fun week in Taos Ski Valley -- skiing for everyone with dry desert air, radiant sunshine and lots of snow. Pre and post trip parties and welcome supper.

The trip will begin on Friday morning from Reagan National Airport to Albuquerque then a short bus ride to Santa Fe. Explore Santa Fe that afternoon and evening. Overnight in Santa Fe's downtown Plaza at the historic La Fonda hotel known for its award-winning architecture, décor, and artwork.



Stay at the slopeside Inn at Snakedance in two-unit condos with private bath and all conveniences. Opportunities for fine dining include the marvelous St. Bernard Hotel.

Enjoy an afternoon/evening in the town of Taos for shopping and dinner. Taos has a unique blend of natural beauty, American Indian culture, old west history, and world-class art galleries and museums.

**Price per person, \$1,650 (including airfare) Single supplement: \$380 Land-only: \$1222 Special ski rates for those over 70 and 80 years old.** Space still available!

For more information, contact trip leaders Liz Warren-Boulton and Joe Jevcak at [elizawb@starpower.net](mailto:elizawb@starpower.net) or 202 244-5717 or 202 447-0250 (Joe daytime). Make checks payable to Liz at 3049 Porter St, NW, Washington, DC 20008.

## May 28 - June 12 2009 Join Reg Heitchue and Nancy & Ray McKinley on a South Seas Cruise

They're the most alluring and beautiful destination on earth--Tahiti and French Polynesia, the legendary isles of the South Pacific. Now home of the 360' Star Flyer - the consummate mega-yacht sailing experience for a mere 170 passengers. Below is just a bit of what we'll see as we sail in quiet luxury to such legendary locations as Bora Bora, Moorea, Tahaa, Raiate and 5 other spectacular South Pacific Isles. Star Flyer is as fleet as the wind, a true clipper ship, yet a modern cruise ship in every way, created for comfort-loving passengers who also love the traditions and romance of the legendary era of sailing ships. Star Flyer is 360 feet long and carries just 170 guests in pampered comfort. Life aboard is blissfully relaxed, like traveling on a private yacht. You'll never feel confined, as our ship offers pleasingly spacious cabins, gourmet meals and expansive teak decks with ample space for relaxing and play. Our Fabulous 14 Day Cruise Vacation Includes R/T Airfare, Wash DC to Tahiti, 3 Days with breakfast in Tahiti, double occupancy, 11 Day Sail Cruise on the Star Flyer including all meals, baggage handling, bus gratuities, pre-trip party. Space is limited. Please send your check for \$400 per person payable to Reg Heitchue, 11990 Market Street, Unit 1015, Reston, VA 20190. Please call for more information 703-437-7611 [heitchu@yahoo.com](mailto:heitchu@yahoo.com).



Prices: **\$5957 per person Double,**

**\$7939 single** Based on airfare of \$1804. Land only \$4153

**NOTE: THIS PRICE INCLUDES A \$1000 PER PERSON EARLY BOOKING DISCOUNT...THIS MAY NOT LAST!**

**ACT NOW!**





# THE KNEE

by Ray McKinley

It's November. And ski season is upon us. Before the end of October there were 4 inches of the white stuff (No, not dandruff!) in western Virginia, and over a foot in central NY. Dick and Marilyn Clark are currently visiting son, Cam, who lives 60 miles north of Steamboat Springs. He had 4 inches of snow as of October 20. But the record for early opening was set by Liberty Mountain (sic). They have had all slopes open since October 12. The **Knee** said the slopes were open, nothing about snow on them.

The PVS webmaster, Dave Lerner, is ahead of the game. He already has six weeks of skiing planned. Only four of them are planned at Liberty Mountain—two in November.

You will be pleased to know that PVS is "green." At current spending levels, Treasurer Dick Laeser reports that each two year membership cycle we take in "a bit" (a treasurer's term) more than we spend. Good news! Our membership costs won't rise.

We are also legal. We have paid our \$25 Virginia nonprofit incorporation fees. **Super!**

Part of cost savings is because of all of our volunteers. But now we are hurtin' (that's a **Knee** technical term). Without the support of Jan and Bob Marx, TOOT may not be published. PVS needs volunteers to edit TOOT (and be the first to read the **Knee!**) for a month or two. This isn't a long term commitment. **PLEASE contact Pres Mike Strand to do your part for TOOT.** It only takes a few hours per month. You can help.

Kangarooing around a bit at the recent meeting was Liz Warren-Boulton. She was just back after 6 weeks at her new home, down under in Australia. She did lots of clean-up there and enjoyed some of the fine Australian red and white wines. Right on.

A little closer to home, Dorie Waddick has just returned from six days in Williamsburg with 5 college friends. She had a great time with lots of bright fall weather

The **Knee** has a question for you. How come there are 5 syllables in the word "monosyllabic?" And another question: If air travel is so safe, how come it always starts and ends in a "terminal?"

According to Marvin Hass, zip lines have become popular at ski areas to get visitors close to

fall foliage. Started in the jungles of Central America, zip lines are cables strung 30-150 feet above the ground. You hook onto them and hurtle down the mountain at break-neck speed. It's basically an adrenalin-rushing, thrill ride.

Nearby, Spring Mountain Ski Area, PA offers year-round canopy tours. In the winter, you can see the skiers zip by below you. Also in Pennsylvania, Snö Mountain Ski Resort and Nemaocolin Woodlands Resort, have zip lines.

In the west, the first US zip line, the ZipRider was built in mid-2002, at Park City Mountain Resort. It was the longest in the world, with a length of 2,300 feet, an average grade of 23% and a top speed of a bit over 50 mp. Unfortunately for skiers, it's only open from Memorial Day to October. There are other ZipRiders at Snowbird and at Heavenly Valley.

This is a real run around! Congrats to Rosemary Schwartzbard. She finished the Marine marathon in a personal best time. Indeed it was just over 4 minutes over the qualifying time for the Boston Marathon. Rosemary may try another marathon to lower her time and qualify. Right on, and on, and on.

A boring Canadian vacation. **New Members and active hosts, Sherri and Tom McKenna have returned from a u-Knee-que Nova Scotia trip. After being battered by Hurricane Kyle (in Canada no less!), they visited the Bay of Fundy, home of the world's highest tides—often some 60 feet. There they "did the tidal bore" on rafts. **Kneet!****

Howard and Jean Hensley are now fully back from their "sabbatical" in West Virginia. (All right, they've been back for two years!) They were about to attend their first PVS event at the Heitchue's, but they missed it. Jean fell on the stairs and broke her fibula. The **Knee** certainly wouldn't fib about a fibula.

Louann Eadie, the PVS hostess for our December meeting, was in Beijing just before the Olympics. Sadly she won no gold medals.

A tip of the ol' **Knee** Cap to Eloise Strand. After hosting the October PVS meeting, Eloise and Mike will supply the goodies for our November, Ski Center, meeting. Thanks oodles.

The **Knee** is pleased to announce he is (still) here. I had a successful cardiac ablation, where they cauterize a spurious neural path. It was done as outpatient surgery under only a tranquilizer. Imagine, the **Knee** being tranquil!



## Calendar and Information

Local Event Calendar				Ski Trip Calendar	
Nov	7-9	Fri-Sun	Ski and Travel Show	Jan 15-22	09 Snowmass (C.Maurer/D.DeVilbiss)
Nov	8	Sat	Lake Anna Open House	Feb 22-28	09 Park City (PVS/Elderhostel) (R.Schwartzbard/E.Thayer)
Nov	18	Tues	Monthly Mtg (Ski Center)	Mar 13-21	09 Taos, New Mexico Liz Warren-Boulton/ Joe Jevcak
Dec	9	Tues	ExCom Meeting (Nov/Dec)	<b>Sailing Trip</b>	
Dec	16	Tues	Monthly Meeting (Eadie's)	May 28 – June 12, 09 Tahiti and French Polynesia. (Reg Heitchue)	
Jan	25	Sun	Monthly Mtg in afternoon		
Feb	15	Sun	Monthly Mtg in afternoon		

### **PVS Roster information updates**

**Change of postal or e-mail address, telephone numbers, TOOT email format, etc.**

Call David Warthen (301) 774-2653 or send e-mail message to [dwarthen@verizon.net](mailto:dwarthen@verizon.net)



### **Blue Ridge Ski Council Information**

The Blue Ridge Ski Council (BRSC) Fall meeting was hosted by the Richmond Ski Club, in Richmond, on September 27. PVS was represented by Mike Strand, Dick Comerford, and Dave Lerner.

The Spring 2009 meeting is scheduled for May 2, 2009. It will be hosted by PVS and held at the Best Western Fairfax. Dave Lerner will be the meeting coordinator.

The BRSC web site was discussed. A motion was to extend the \$10 sanction fee ski trips to include non-ski trips with a duration over 1 week starting in 2010 was passed. A motion to increase the sanction fee to \$15 was defeated. BRSC will be paying a web designer \$700 to improve the current web site (<http://www.skicouncil.com>).

Bids for 2010 trips were reviewed and vendors were given the opportunity to make presentations in support of their trips.

The 2010 Winterfest venue will be Lake Tahoe, CA and NV. Bids were received from Winter Ski and Sports, Sportours, and Group Trips Unlimited (GTU). Each representative had one vote with additional per-club votes based on past Winterfest participation. The trip was awarded to GTU. An alternate date proposed by GTU was accepted. The new date is Feb. 20 - Feb 27, 2010.

The 2010 Eurofest will be in Bormio, Italy. Bids were received from GTU and Ski Europe. The trip was awarded to GTU. The trip dates will be March 6-14, 2010. Individual clubs may include pre or post trips to a number of possible destinations.

Locations for 2011 trips were discussed. The selected locations will be publicly announced at a later date.

A motion was made to contribute \$500 toward participation in either the Winterfest or Eurofest for the BRSC secretary, treasurer, and vice president. This motion was tabled until the Spring 2009 meeting.

**By Dave Lerner**