

Volume 51
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Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

December
2016

www.pvskiers.org

info@pvskiers.org

President's Message

Welcome to the Winter Holiday Season! While we are busy with family visits, good food, gift shopping and wrapping, and the many activities to squeeze into our calendars, be sure to highlight the annual PVS holiday party on December 20. The Hotalings once again are offering their home for this festive event. Remember to bring a food contribution as listed in the TOOT invite. And, there is another Eclipse concert on December 4. Please note the different location and time as listed in this month's edition, page 7.

To help with spreading the word about our club, the ExCom has approved a new brochure produced by our Membership PR team, Inge **Lesjak** and Marianne **Soponis**. We encourage you to share them with skiing friends, and post them in ski shops, gyms and recreational centers where you work out. You may write a personal note or contact information on the back for follow-up. We grow our club best through member contact—many times on the slopes or in the midst of other activities. Pick them up during our club meetings, or email me with your request. Trip leaders, take a few with you on our ski trips.

As we gear up for club ski trips in Colorado and in Europe, John Smith is organizing local skiing plans. He is updating his list of members interested in getting together for local skiing. See the article in this TOOT, page 4.

Happy Holidays to everyone! And Think Snow!

--Carolyn

A festive graphic with a red background, a red ribbon on the left, and red Christmas ornaments on the right. The text is centered and reads:

December General Meeting-----

Holiday Party
December 20, 2015, 7:30
At the home of
John & Blanca Hotaling
2807 North Beechwood Circle
Arlington, VA 22207-5225
703-525-4092
jhotaling@me.com

Bring a dessert or appetizer:
A-O surname, appetizer;
P-Z surname, dessert
\$3.00/PVS Member
See page 2 for directions

Directions to the Holiday Party at the Hotalings --

2807 N. Beechwood Circle is in north Arlington off of Military Road. To drive to Military Road from the beltway (from either direction), take the George Washington Parkway toward Washington. Take the Chain Bridge exit (Rt. 123N) and merge onto Chain Bridge Road. The road will dead end with Chain Bridge on the left and Glebe Road to the right. Turn right on Glebe Road and, near the top of the first hill, follow signs to Military Road, a right exit (you will be on N. Richmond Street), take a left on North Old Glebe Road and then another left onto Military Road. Proceed about 1.2 miles and turn left onto N. Beechwood Circle. Follow the same directions from Glebe Road if crossing Chain Bridge.

If **coming from the south**, you may reach Military Road from the George Washington Parkway going north, Glebe Road going north, or Lee Highway going west. From the GW Parkway, take the Spout Run exit; take a right at the light onto Lorcom Lane, take a right at the 2nd light onto Military Road. Proceed about 1.2 miles and turn right onto N. Beechwood Circle. From Lee Highway, turn right onto Military Road, proceed about 1.3 miles, and turn right onto N. Beechwood Circle. From Glebe Road go north almost to Chain Bridge. Exit right onto Military Road and proceed about 1.1 miles and turn left onto N Beechwood Circle.

The house is **the second driveway** on the left (do not go into the circle). John and Blanca ask that the **driveway be reserved for handicapped and walking impaired guests. Others should park on Military or Beechwood and walk up the driveway.** John cell: 703.867.4900 and Blanca cell: 703.585.4047.

Happy New Year !!!

As 2016 winds down, may good wishes, blessings, and good health be yours in 2017. Thankfully, the election is over. Hope for a new year springs forth once again.

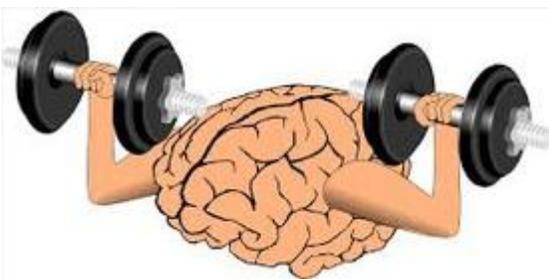


SKI TALK - December 2016



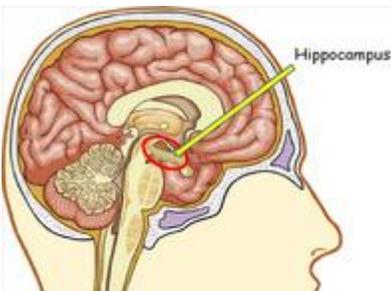
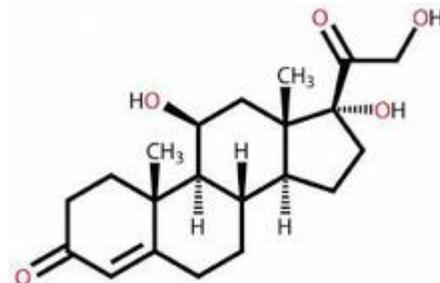
Being a skier has contributed to my life in so many ways. It is because I ski that I am as fit as I am. It is not the skiing that makes me fit but the activities I engage in during the year to be able to ski that makes the difference. It was thirty years ago, when I was in my 40s, that Dick told me that in order to continue skiing I should do other activities to build stamina. I took his advice to heart (although I never told him so) and signed up for a triathlon in the Bahamas that the whole family ended up doing. Well, after that, I was hooked. I loved to run, bike and swim. But what I learned about myself was that I really enjoyed being outdoors for long periods of time.

That is probably why I liked skiing so much. Playing in the snow all day is fantastic. That also contributed to my becoming a long-distance runner and cyclist. Spending hours on the trails was great. Little did I know back then how important physical activity was to the aging process. I knew it was good for my heart and my muscles, but it never occurred to me that my brain was also benefiting! More and more research shows the benefits of exercise to cognitive processes. In fact, it is really hard to find something that is not improved with exercise.



Keeping the brain healthy is really a matter of keeping the pieces and parts healthy so they can do their job. Research shows that the brain's hippocampus produces new cells throughout life. The hippocampus is primarily responsible for memory and learning and is an important part of cognitive functioning. Stress is a major factor in the health and functioning of the hippocampus. The stress hormone cortisol can be a highly toxic substance, damaging and killing brain tissue and limiting the production of new cells. It is very important to keep cortisol under control and exercise is extremely helpful in that regard. Not only is exercise a stress reducer, but while exercising, the body learns how to regulate the stress hormones more efficiently. It also keeps the blood vessels flexible and healthy so they can carry a greater volume of blood to the brain. By increasing the flow of blood, inflammation is reduced, and new tissue is built.

Dick and I recently spent three days in a hospital as participants in the Baltimore Longitudinal Study on Aging, conducted by NIH (<https://www.blsa.nih.gov>). In one study the pathways to the hippocampus were measured while we were strapped into an MRI and playing a game of logic that was flashed on a screen above. This was just one of many studies of healthy aging that NIH is conducting.



Why some people develop dementia and others do not is still a mystery. It seems that we all develop plaque in the brain as we age. To increase the probability of healthy aging, the following seem to be important: exercise (at least 150 minutes per week); eat healthy (avoiding sugar as much as possible); engage in social activities; and use the brain as much as possible. You might be interested in the book "Healthy Brain" by Norton Beckerman; it is available on Amazon.

Being a member of a ski club like PVS is certainly beneficial in keeping our bodies and brains healthy. Keep skiing and come regularly to the PVS social activities! Have a very happy holiday season. I will see many of you at Snowmass in January.

--Rosemary Schwartzbard, rosemaryschw@gmail.com

LOCAL SKIING 2016 - 2017



Nothing is open locally at this time (end of November), but Liberty Mountain <<http://www.libertymountainresort.com>> or Whitetail Resort <<http://www.skiwhitetail.com>> usually open the third or fourth week of December.

For those of you who can't get away for our weeklong trips or who just want to get a gentle start to the season, we try to get out as often as possible when the local skiing is good. We normally ski at Liberty Mountain or Whitetail Resort during the week (Monday through Friday) when it is not too crowded.

The arrangements are quite informal because we can't be sure of the conditions until a few days ahead of time. We normally check the latest conditions on Saturday or Sunday to decide which days are suitable with good snow and sunshine. After checking the conditions, people can indicate which day they prefer and which place where they would like to ski. For those who want to car pool (recommended), we meet each morning in Gaithersburg. The directions and meeting time are posted in each week's announcement.

If you would like to join us for local skiing, make sure to add your name to the email list (or phone list if you do not have email). The email list is maintained by Membership Records Chairperson, Dave Warthen. If you wish to be added to this local skiing list, please contact dwarthen@verizon.net, who will inform me.



I will send a notice to everyone on the email list early each week about when and where we will ski and to coordinate the people who wish to join us. For this year, price for a lift ticket for seniors (65+) during the week is \$28.00 for 4 hours and \$31.00 for 8 hours. We often find that the 4-hour ticket is sufficient because with few lift lines we can ski a lot in 4 hours and still get home at a convenient time. If you want a senior ticket please remember to take an ID, as proof of age.



CONTACT: John H. Smith

301-299-8376 h, 301-461-2143 c

johnsmith@juno.com

Ski Trip



Potomac Valley Skiers

2017 Snowmass, Colorado Ski Trip

Wednesday, January 11–Wednesday, January 18

Male and Female Roommates still needed... subject to room availability!

Trip Details

Once again we will be staying slope-side at the Snowmass Mountain Chalet (SMC), just below the Snowmass Mall and from where you can ski directly to the lifts. Check the web site at www.mountainchalet.com. This year we are offering a “**Land Only**” package since most people prefer to make their own arrangements. The total package includes: land transfer from Aspen airport to SMC and return; 5 day lift ticket (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; daily soup lunch; luggage handling; a welcome reception, an “all guest” hotel-sponsored party, 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 suggested.

The basic package at \$1,630 includes a lift ticket discount for skiers 65 and over. Those under 65 will have to add \$42.00. Direct link to the full application: <http://pvskiers.org/ski_trips/Snowmass2017.pdf>.

Costs:

| | | <u>Price</u> |
|---------------------------------------|----------|-------------------------|
| Basic Snowmass Package (65 and older) | | \$1,630 |
| Under 65 | add | \$ 42 |
| Single Supplement | add | \$1,027 |
| Non-skiers | subtract | \$ 262 |
| Extra ski days (65 and older) | add | \$ 58 per day |
| Under 65 | add | \$ 128 for 1 extra day |
| | add | \$ 224 for 2 extra days |
| Silver Pass* | add | \$ 161 |

***NOTE:** The Silver Pass is available for skiers 70 and older for an additional \$161. If you are over 70 and plan to ski more than 7 days, you should buy the Silver Pass.

To sign up please send:

- (1) the Application form -- one per person or one per couple residing at the same address
- (2) Full Payment
- (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 2017 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

Pre-Snowmass Get Together....

For skiers in the local area, there will be a pre-trip “get-together” to meet other trip participants, pick up ski tickets and review plans for the trip.

Monday, January 2, 2017

1:00 p.m.

11677 Fox Glen Dr., Oakton, VA 22124

For those unable to attend, lift tickets will be available in Snowmass on Wednesday, January 11, at the lodge. For skiers arriving early in Snowmass, tickets can be mailed to you. Please let Kathy know!

Ski Trip

Spaces available – it's not too late to sign up !

Potomac Valley Skiers present:

Val d'Isère, France © March 4 - 12, 2017

Plus: Optional pre-trip to Lyon and/or post-trip to Nice

*Lyon - add \$275
March 2 - 4*

*Val d'Isère - \$2850
March 4 - 12*

*Nice - add \$625
March 12 - 16*

*7 nights
at the*

4 ★ Hotel L'Aigle Des Neiges

Welcome Drink on arrival with light snacks and orientation by Tourist office representative
Cocktail Hour each evening with exclusive club prices
Mid-week Après Ski Party

Full hot and cold breakfast buffet daily
4-course dinner for 3 evenings
so you can explore other great restaurants

Indoor pool, sauna, and steam room
Ski room with heated boot warmers



Round trip air: Dulles/IAD - Lyon/LYS via Air France
Round trip transfers between Lyon Airport and Val d'Isere

Emergency Medical and repatriation insurance
*Trip Cancellation Insurance is not included in basic trip cost, but can be purchased



Snowsure: Snow coverage tends to be one of the best in Europe as conditions normally facilitate good skiing right to the end of the season, which is usually in early May.

Inge Lesjak ☆ 8123 Kingsview Ct, Springfield, VA 22152 ☆ 703-869-7248

lesjak.inge@gmail.com
(co-leader with Jerry Poley)

Must be a member of a Blue Ridge Ski Council club to participate

Payment Schedule on pvskiers.org>Ski Trips>
Val d'Isere> Page 3

✧ (write checks to Inge Lesjak and mail to her at above address)

Val d'Isère \$2850 Lyon + Val d'Isère \$275 + \$2850 = \$3125 Val d'Isère + Nice \$2850 + \$625 = \$3475
Trifecta: Lyon + Val d'Isère + Nice = \$275 + \$2850 + \$625 = \$3750

Coming Event

Join PVS for the
Eclipse Chamber
Orchestra's
Concert
Sunday,
December 4
4:00pm*
(*Note)



In its 25th season of world-class performances, Eclipse Chamber Orchestra, one of the nation's premier chamber ensembles, presents exceptional performances of diverse repertoire. Featured regularly on WETA-FM, ECO takes great pride in spotlighting its members as soloists in every concert where one can enjoy hearing up close the artists one sees only from afar at venues like the Kennedy Center. The upcoming concert will be at an **alternate venue** from their regular subscription series. Please join PVS once again to enjoy the upcoming concert at St. Luke's Catholic Church in McLean, VA.

www.eclipseco.org

SUNDAY, December 4 at 4:00 PM (NOTE THIS TIME CORRECTION)

Strauss: Serenade for Winds

Mozart: Symphony #29

Strauss: Metamorphosen I for 23 Solo Strings



NOTE the location:

**St. Luke's Catholic Church at 7001 Georgetown Pike, McLean, VA
(NOTE: NOT St. Luke's Orthodox Church, also on Georgetown Pike)**

Optional: gather for a local dinner after the concert.

Eclipse Chamber Orchestra is committed to bringing quality music at a price that everyone can afford. Therefore it's "pay as you can." Donations are made at the door or you can donate online.

Please RSVP to Ray and Nancy McKinley at 703 527 7126 or at nancymckin@gmail.com by December 2 to let us know you're coming, and we'll keep a lookout for you. Let us know if you plan to join us for dinner, and we will include you in the reservation.

--We'll see you there!

Members' Corner

J. David Warthen, Jr.
dwarthen@verizon.net



Merry Christmas & Happy Hanukkah!!!

It is that time of year again – holidays, holidays! May you all enjoy these special times with family and friends. It is also that time just before being on the slopes. Get the ski equipment out, and get ready for a great season. Opportunities galore! PVS has two great trips planned – one domestic (Aspen/Snowmass 2017) and one international (Val d'Isere). Local skiing will also be available with John H. **Smith** as coordinator. We have updated the Local Ski Contact List, which John will use to communicate with those showing an interest, weather permitting. Rachel **Abraham**, one of our nonagenarians, asked to be put on the list, because she likes to know what is going on in PVS. When told, "See you on the slopes!," her reply was, "Nothing is impossible!" There is also the possibility of an east coast trip to Sunday River, Maine, if enough interest is shown – contact John **Smith**, <johnsmith@juno.com>.

New PVS Brochure: -----cover page----->

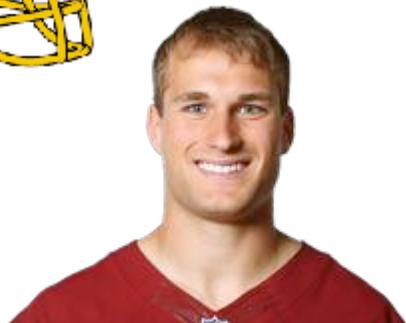
Tremendous thanks go to two Membership PR Reps, Inge **Lesjak** and Marianne **Soponis**, for creating a beautiful brochure to invite new people to join PVS. The brochure was thoughtfully created and is very inviting. It will be distributed to interested parties, as well as establishments that would be likely to attract skiers. Thanks, ladies!

FYI: eating and sipping in France by Slack & Ward:
http://www.termineigh.com/album_pages/2010-2019/2016/09_provence/00_intro.html
WORTH A READ!

GO REDSKINS!!!



Yeah, Captain Kirk!!!



Come ski with us!

Potomac Valley Skiers

Your local Ski Club for skiers young at heart!



www.pvskiers.org

TOOT Distribution to 165 Members:

-pdf: 144; USPS: 3

Thanks to:

-TOOT Coordinator - E. **Thayer**

-TOOT USPS – B. **Leonhardt**, J. **Read**, & L. **Triau**

- Layout Editor & Electronic TOOT - J. D. **Warthen**

Roster Changes: (contact dwarthen@verizon.net)

-Richard **Parlow** (**new address**)

907 Morettico Circle
Glen Allen, VA 23060

PVS Enjoys Eclipse Chamber Orchestra – October 30, 2016

A dedicated band of fine-music lovers convened in the glorious George Washington Masonic Temple in Old Town Alexandria on a lovely Sunday in October to enjoy one of the finest chamber music orchestras in the Washington area. The Eclipse Chamber Orchestra, consisting mostly of members of the National Symphony Orchestra, is celebrating its 25th year of excellent performances, many of which have been attended by PVSers over the years. The concert on this fine day included a virtuoso performance of Beethoven's Violin Concerto, featuring Joel Fuller, as well as a masterful rendition of Mendelssohn's Symphony #4.

PVS members who enjoyed the beautiful music included: Dave DeVilbiss, Jan Marx, Ray and Nancy McKinley, JanaLee Sponberg, Mary Margaret McGrail, Inge Lesjak and infrequently-seen Rachel Abraham, back in town from Florida, along with her guests. Following the musical event, a small group of our members stopped for dinner and more visiting at Joe Theismann's restaurant nearby. A most pleasant afternoon

and evening with friends! In case you were not able to join us, please see the notice in this TOOT about Eclipse Chamber Orchestra's next performance on December 4 in McLean, VA at 4 pm.



PVS November General Meeting – November 15, 2016



Jan

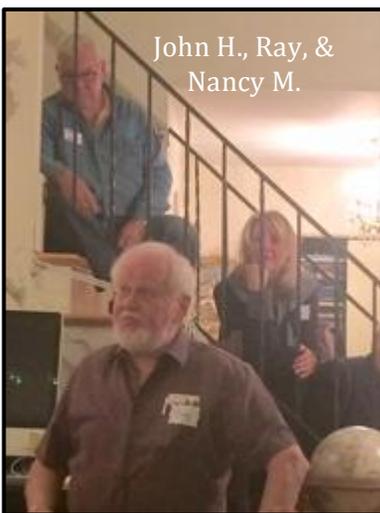
Undeterred by busy Beltway traffic during evening rush hour, 22 hardy PVS members and one applicant member, Jerry Murphy, arrived at the welcoming home of Jan Marx on Tuesday, November 15, 2016. The wine and beverage table greeted guests as they made their way to the colorful snacking table with a great selection of cheeses, crackers and the “made-from-scratch” veggie tray and hot artichoke dip made by Sue Lyon. Brownies, cookies and a raspberry tart (and extra helpings!) went well with the decaf coffee or tea.

Carolyn DeVilbiss, just home from her trip to Japan, and unexpectedly now scheduled for another knee replacement, opened the meeting. We gave a big thank you to Jan for opening her home and setting such a nice table for our group. A request was made for others to offer their homes or party rooms for our next several winter meetings, currently without venues.

Next on the agenda was Inge Lesjak showing and describing the informational, one-card handout that she and Marianne Sponis designed for prospective members or others interested in learning more about the club. The card is glossy on one side; the other side has some space to write one’s name, phone or email, in case someone would like to get in touch. It has been designed to last despite any changes in leadership. Thus, aside from some basic information about the club, no names are printed there; just the club’s website, PVSkiers.org. Members were asked to take at least one to distribute to a prospective member or at a sports club, health center, bulletin board, etc. to broaden knowledge of our club. The card will be available at future meetings.



Clare, Carolyn, & Inge



John H., Ray, & Nancy M.

Ray McKinley discussed the upcoming events and thanked John and Blanca Hotaling for once again opening their home for the December meeting/holiday party on December 20. Nancy McKinley led the discussion on ski trips along with Kathy Lake (Snowmass), Inge Lesjak (Val d’Isere) and John Smith (local skiing with potential overnight and 5-day trips). A question was raised about the higher cost of trips compared to other vendors. A request was made to do more research about this issue. Peter Russell talked about ski safaris and Joe Jevcak mentioned going to Massanutten in Virginia, a 2-hour drive, where skiers over 70



John S.

ski free! Nancy mentioned that the forecast for this winter is for cold weather and lots of snow. So, forewarned is forearmed. Get that hot buttered rum ready!

--Submitted by Marianne Sponis

PVS Calendar 2016:

- Dec 4 Sun Eclipse Concert, 4:00 PM, McLean, VA, McKinley
- Dec 6 Tue Nov/Dec ExCom Meeting, 7:00 PM, telephonic
- Dec 20 Tue Monthly Meeting/Holiday Party, 7:30 PM, Hotalings, Arlington, VA



PVS Ski Trips 2017:



January 11-18, 2017: PVS Aspen/Snowmass, CO (Barry & Kathy Lake)

March 4-12, 2017: PVS Val d'Isere, France (Inge Lesjak/Jerry Poley)

Local Skiing: John Smith will be coordinating the best weather day and destination for each week. Members will be notified and can let John know if they are interested in going.

Useful Ski "Links"

- Potomac Valley Skiers..... www.potomacvalleyskiers.org
- BRSC Sanctioned Trips..... www.skicouncil.com/tripsbydate.htm
- DC Ski Online News..... www.dcski.com
- Best of Times Ski Club..... www.bestoftimeskiclub.org > Ski Trips

ExCom

| Officers: | Chairpersons: |
|---|--|
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