

VOLUME 53
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Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

JANUARY 2018

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President's Message

ONCE UPON A TIME....

We are buffeted by the competing values of safety, community, autonomy and individuality. In determining policies that satisfy these needs, we might apply Aristotle's Golden Mean except the difficulty is that when we need his mean, Aristotle does not reveal where it is.

Once upon a time, a long time ago - in the Spring of 1959 to be exact - I arrived in Washington, D.C. to attend American University's Washington Semester Program. Students came from all over the United States, participating in seminars with Congress people, Government officials, judges, business and labor leaders and others. Those who were willing to spend time with us, college students, included George McGovern, Justices Brennan and Douglas, Dante Fascell and Jimmy Hoffa, the latter being the most interesting seminar guest we had by far. After law school with a slight interregnum, I was inspired to return to Washington to work for the Federal Power Commission.

When I first came to Washington, I could walk into any Government building. The FPC had a guard's office, but the guards responded only to problems and perhaps gave directions, for example to the cafeteria coffee shop. The guards did not monitor who came into the building or search any who did.

When on the Washington Semester, if I wanted to read a book, I went to the Library of Congress. If I wanted to read a law book, I went to the Department of Justice law library. I could, and did, walk to the offices of the Secretaries of Defense and State. I visited Congressional offices freely, taking the Congressional subway at will. Nobody ever asked why I was in these places or in any other Government building. I was a citizen. I owned the buildings. I could enter them all. They were mine.

I could go to National Airport, run down the corridor to my gate and board my plane. More than once, late to catch a plane, I ran onto the field, went up the steps, and boarded. No one stopped me.

Both the front (Pennsylvania Avenue) and back of the White House were open to traffic

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January Monthly Meeting



Directions:

Saturday, January 20

2:00 PM

At the home of Jannes Gibson
9412 Garden Court
Potomac, MD 20854



Jannes Gibson
9412 Garden Court
Potomac, Maryland 20854-3964
301-299-1157
ttaylor_g@hotmail.com

From Washington, DC: Take River Road (MD-190) to Falls Road in Potomac. Turn left onto Falls Road (MD-189), proceed $\frac{3}{4}$ of mile, and turn left onto Garden Way. Take the 2nd left onto Garden Court; house is the 4th on the left.

From Gaithersburg: Take I-270 toward Washington and merge onto Falls Road (MD-189 S) via exit 5. Stay on Falls Road for about 5.6 miles. (You will go past River Road at Potomac Village.) Turn left onto Garden Way. Take the 2nd left onto Garden Court; house is the 4th on the left.

From Virginia: After crossing the American Legion Bridge into MD on the beltway, take exit 41 towards Carderock. Stay to the left and merge onto the Clara Barton Parkway. After 1.7 miles, turn left on MacArthur Blvd. After 2.2 miles, turn right on Falls Road (MD-189). Proceed 1.3 miles and turn right onto Garden Way. Take the 2nd left onto Garden Court; house is 4th on the left.



President's Message continued:

We have been required to become acutely aware of security needs. The Nation has experienced assassinations, mass shootings, terror acts, plane hijackings and a range of other threats. More recently, foreign Governments and private groups are making cyber incursions that have the potential of shutting down not only internet transactions, but also many other necessary communications for living – banking and ATMs, financial trading, the electric grid and electricity, pipelines, airlines, safety, medical information, Government, virtually everything.

Today, to enter most Government buildings, one must show identifying papers and be screened. Often, people cannot enter buildings at will because they feel like it or want to see them. They certainly cannot run onto an air field when they are late catching a plane.

We need restrictions, but restrictions come with a price, multiple prices. The sense of ownership of the Government that we once had, that the Government is ours, that we can enter any building as of right, fostered a connection between us and our Government. Losing the sense that the Government is *our* Government and that it works for us and substituting that the Government is *the* Government, an independent third-party force, is a loss that deprives us of intangibles, but significant intangibles.

The need to find balances among safety and other needs reaches PVS. Skiing gives joy, but it entails risk. Some information that individuals convey to PVS is sensitive. Within the club we often consider and balance individual and group needs sometimes creating objections: may we do so with sense and sensitivity.

Bob Jablon



SKI TALK

JANUARY 2018



What a gift it is to be able to ski into your senior years! And what an inspiration it has been to be part of PVS and watch people ski into their 80s and 90s. Being part of an active group of skiers with so many seniors helps motivate me to continue the sport. While I am only in my 70s, I still get the eye roll from non-skier friends when they ask, "Are you still skiing?" Only another skier can understand the passion for skiing and the reluctance to give it up. I have skied with many of our 80 and 90 year old skiers who continue to zoom down the mountain with perfect form.

I have just heard that one of our PVS charter members, Bob McNeill, bought new skis at 90+. Two 80+ members, John Smith and Dick Schwartzbard, have also purchased new skis. At 70+, I am hoping the skis I just purchased will not be my last. Of course, Peter Russell at 97 is the poster boy of the senior skiers!

I was just reading in SeniorsSkiing.com, an online ski magazine for seniors, "Top Reasons I Enjoy Being a Senior Skier." The author mentioned how freeing it is to not have to prove anything anymore. You can ski where you want and as long as you want. If that means a half-day skiing blues and greens, so be it. Just enjoy the exhilaration of being able to glide down the mountain.

How fortunate we are that the ski industry continues to develop new skis that turn so easily and boots, gloves and clothing that are heated. So my advice is to continue skiing and upgrade your equipment occasionally. Take advantage of the new technology, and it will keep you skiing longer.

Also, don't forget to take care of your health and fitness throughout the year. It is never too late to start a fitness program. Just thirty minutes of exercise most days can have enormous benefits. This should include brisk walking at least five days and muscle strengthening activities two times a week. This will improve cognitive functioning in addition to helping with balance and strength.

There are also some perks for the senior skier, especially at our local ski resorts.

At 70+ you can ski free at: WISP, Bryce, Massanutten, Canaan and Timberline.

At 80+ you can ski free at: Seven Springs and Hidden Valley.

At 75+ you can get a \$30 ticket at Snowshoe.

At 65+ you can get 50% off at Liberty and Whitetail weekdays, which is about \$30.

Keep on skiing. See you at Snowmass.

Rosemary Schwartzbard

rosemaryschw@gmail.com

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Ski Trip



Potomac Valley Skiers

Kathy and Barry Lake are the trip leaders.

Snowmass Pre-Trip Luncheon...

There will be a pre-trip “get-together” to meet other trip participants, review plans for the trip, and talk skiing!

Saturday, January 6, 2018

1:00 p.m.

11677 Fox Glen Dr., Oakton, VA 22124

Directions: From 495: I-66 West. Take Exit 60 to Rt. 123 North. Left at 2nd light on Jermantown Rd. Right at 2nd light on Oakton Rd. at the 1st light bear Right to follow on to Waples Mill Rd. Right on History Dr. (across from the school). Right on Fox Glen Dr. to 11677 on the right.

Please RSVP at KathyLakeHomes@yahoo.com or 703-625-2715

Ski Trip



The Potomac Valley Skiers invite you to ski Big Sky Montana

February 14 - 21,
2018



Come ski with us at Big Sky, Montana

When: February 14 – 21, 2018

What: 5--day ski pass, 7 nights lodging at The Huntley Lodge (ski-in ski-out), with hot and cold breakfast buffet daily, round trip air from IAD including coach from Bozeman to Big Sky. The price includes welcome party, Happy Hours, at least one dinner - not to forget the great company and fun!

Price: \$2,350 per person

We are staying in Queen Rooms at the Huntley Lodge incl. many amenities and within walking distance to lifts and restaurants.

If you are not a member and want to secure a place on the trip, we do recommend you join our Club. **Deadline** for registration/final payment is as soon as possible.

For further questions, please contact Inge Lesjak lesjak.inge@gmail.com

****All local participants, please attend the January 20, 2018 PVS meeting for pickup of final travel information****

Ski Trip



MT. SNOW, VERMONT

March 18-24, 2018

If interested, please send \$200 deposit by January 20



This is an opportunity to ski at Mt. Snow, Vermont, with Alice McNulty and Dick Lau, who have been skiing there for years. This is a beautiful mountain with a total acreage of 589. The base elevation is 1,900 feet, with a summit elevation of 3,600 feet, and a vertical drop of 1,700 feet. There are twenty lifts and tree terrain available on all four mountain faces. The percentage of terrain for different abilities is: 14% green, 73% blue and 13% black.

HOTEL: **Grand Summit Hotel.** It has an exercise room, pool and spa.

LIFT TICKETS: Senior 4-day midweek \$140; senior 5-day midweek \$170. People might want to get the 4-day and ski at Stratton Mountain one day. It's about a 45-minute drive.

PROPOSED DATES: Proposed dates March 18-24 to provide 5 full days of skiing.

TRAVEL FROM DC: Air: Flights from Dulles to Hartford on United are 1.5 hours and are approximately \$200 round trip. Transportation to the resort from Bradley Airport (Hartford) to Mount Snow is provided by Thomas Transportation in a private van for about \$50 per person one way.

ESTIMATED COST: The **estimated** cost would be less than \$1000.

People will make their own travel arrangements. We will make hotel reservations and reserve van from airport, if enough people come at the same time. Lift tickets will be bought on own. No meals are included, but we will try to set up a welcome wine and cheese party. We will also check with the hotel (or other local restaurants) for a farewell dinner and the cost.

Alice states: I have been skiing at Mount Snow for almost 25 years. It really has something for everyone in terms of terrain, and each year the snowmaking gets better and better, so there are virtually no gaps. Dick Lau and I would be happy to ski with anyone and show you the mountain. West Dover and Wilmington are charming, postcard VT towns with some excellent restaurants. There is also the possibility of a moonlight sleigh ride (weather permitting), snowmobiling, snowshoeing, and cross-country skiing.

To reserve for this trip, please send a deposit of \$200 per person by January 20 to:

Alice McNulty
76 Peaceable St.
Redding, CT 06896
Email: mcnulty@optonline.net



Coming Events

Come and Enjoy Classical Music with PVS !

Sunday, January 21st at 3 pm

The Eclipse Chamber Orchestra has provided the Washington area with numerous stellar concerts over its 26 years, and many PVS members have long been fans. The upcoming recital at the intimate Lyceum in Alexandria on January 21st, which is sponsored by Eclipse, promises to be another treat. Won't you join us?

Program:

The Columbia String Quartet presenting "Passports, Please" music by Haydn, Puccini, and Glazunov

Location:

The Lyceum, Alexandria's History Museum
201 S. Washington Street, Alexandria VA
On street parking in the neighborhood and a few spaces in the small lot next to The Lyceum.

What to do:

Admission is without charge – it's "pay what you can."
There's no need for advance commitment – Nancy and Ray McKinley will be there and we'll be on the lookout for you!



Past Events

[PVS Goes to the Theater](#)

The Washington, DC area has become a top-notch theater destination and PVS has been taking advantage of some of the terrific shows around the town. On December 13, fifteen PVSers braved the chilly temps to see another spectacular theater event – this time at the renowned Arena Stage across from DC's new Wharf district on the waterfront.

Pajama Game was originally performed in the 50s when those of us of a certain age were sure to have heard the show's music being played everywhere. Knowing the familiar songs made this production even more fun – it's the story of a love affair in a pajama factory as the key players become embroiled in a labor dispute. Not to worry – as you can imagine, all's well that ends well and we all walked out of the theater singing "Hernando's Hideaway." Or was it "Hey There" or "Steam Heat" or one of the other many memorable songs that stuck in our ears?

Those enjoying the show were Dick and Rosemary Schwartzbard, Shirley Rettig, Jan Marx, Marianne Sponis, Clare Sponis, Louann and Bob Eadie, Melissa FitzGerald, Inge Lesjak, Therese Malambri, Reg Heitchue, Susan Sinclair, and Ray and Nancy McKinley.

After the show many of us walked the two blocks to Station 4, a restaurant that was able to seat us for a fun nibble in the mid-afternoon hours.



Looking forward to more Washington, DC theater. Join us next time!

--Submitted by Nancy McKinley



Holiday Party Meeting December 19, 2017

John and Blanca opened their home for 35 PVSers bearing goodies for all. They had decorated for the holidays inside and out, including light lining their driveway making it easier to negotiate on a dark winter's night. The large and full Christmas tree, also decorated beautifully, welcomed visitors to the living room. We were pleased to visit some of our seldom-seen members, Sharon Mulholland, and Bob and Karen Knopes.

Blanca prepared two chafing dishes with rice to be topped off with pulled venison, plus a tossed salad. Delicious! As is our tradition, members brought appetizers and desserts. Wow. Included were deviled eggs, cheeses, crackers, homemade dips with chips, shrimp, hummus, veggies and fruit. Not to be out done, the dessert table was loaded with holiday breads and cakes, homemade cookies, and candy.

Prez Bob Jablon held a brief meeting, welcoming everyone and introducing guest, Joe Drodge. It was reported that the Snowmass trip is all set to go, as is the Big Sky trip, and the Mt Snow trip is still accepting applications. We adjourned to continue nibbling, talking with our friends, and sipping the variety of beverages.



--submitted by Jan Marx



In Memory of:

Barbara A Holt

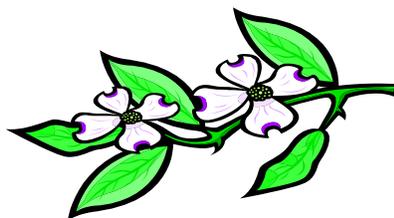


July 30, 1945 - December 3, 2017

Barbara A. Holt, 72, passed away on December 3, 2017. Barbara leaves behind to cherish her memories her beloved husband, John Holt; her adored children, Michael Holt (Tina), Natalee Holt (Jonathan Rabinowitz), Jennifer Lee Holt, and Christopher Broadhurst (Lisa Trabue); her much-loved grandchildren, Jessica, Meghan, Patrick, Jack, Abe, and Ava; her dear longtime friend Marsha; and a host of family and friends.

Barbara was a warm, generous and caring person. She was a retired IT professor from NOVA, a member of the New Dominion Chorale. She loved to ski, dance, make pottery and travel. Her true passion was helping others and she volunteered at the Arlington Animal Rescue League and SHARE of Mclean.

Barbara was laid to rest on Saturday, December 16, 2017 at National Memorial Park, 7482 Lee Highway, Falls Church, Virginia 22042, at 2 pm; followed by a gathering at National Funeral Home. In lieu of flowers donations can be made to the Animal Welfare League of Arlington (www.awla.org) or to SHARE of McLean (www.shareofmclean.org).



Members' Corner

J. David Warthen Jr.
dwarthen@verizon.net



Another Year –

Today, we begin the 53rd year of the TOOT archive, all of which is documented on the PVS website, pvskiers.org, thanks to our Webmaster, Mary Ellena Ward.

Behind-the-scenes production of the TOOT is masterfully led by TOOT Coordinator, Ellie Thayer, each month. Ellie harvests articles for the TOOT like clockwork every 30 days from PVS contributors, and channels the copy to the acting Layout Editor (J. Marx, K. Hines, or D. Warthen) for that month.

At the end of each month, e-mails fly back and forth from contributors, to coordinator, to layout editor, many times before a FINAL DRAFT is ready. The first part of the month is at a slow pace, but by the time the end of the month arrives, we are burning up cyberspace.

Thankfully, Ellie sees to it that a new TOOT is ready to be distributed and posted on the PVS website on the first of each month for all to peruse. Even with advances in technology, gone are the days when there was one person producing a TOOT each month.

Thanks are also extended to our USPS TOOT distributors (L. Triau & J. Read) to a couple of PVS Members who have no e-mail addresses.

Happy New Year

We wish you a happy, healthy, and fun New Year.

In Memory *Of PVSers Who Passed Before Us in 2017*

William Robert Brown
Jack A. Chapman
Roy H. Elrod
Jacques B. Hadler
Barbara A. Holt
Frederick H. Leonhardt
Dorothy Mills
Gerda M. Picco

TOOT Distribution to 146 Members:

-pdf: 129; USPS: 2

Thanks to:

- TOOT Coordinator - E. Thayer
- TOOT Layout Editor - J. Marx
- TOOT USPS – J. Read & L. Triau
- TOOT Electronic Distribution – D. Warthen

Roster Changes: (dwarthen@verizon.net)



----- May you be blessed with love, joy, and peace in 2018, giving graciously to others as you graciously receive.

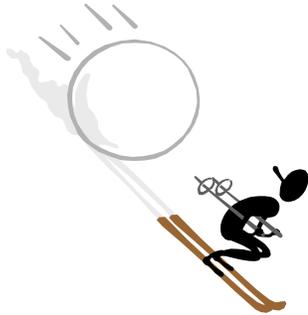


PVS Calendar 2018:

Jan 20 Sat Monthly Meeting, 2:00 PM, Gibson, Potomac, MD
 Jan 21 Sun Eclipse Recital, 3:00 PM, McKinley, Lyceum, Alexandria, VA
 Jan 23 Tue ExCom Meeting, telephonic, 7:00 PM



PVS Ski Trips 2018:



January 10-17, 2018
Aspen/Snowmass, Colorado, (Barry & Kathy Lake)

February 14-21, 2018
Big Sky Montana, (Inge Lesjak & Marianne Sophonis)

March 18-24, 2018
Mount Snow Vermont, (Dick Lau & Alice McNulty)

Useful Ski "Links"
[Potomac Valley Skiers](#)
[BRSC Sanctioned Trips](#)
[DC Ski Online News](#)
[Best of Times Ski Club](#)



ExCom

<p><u>Officers:</u> President – <i>Bob Jablon</i> V. President – <i>Janet Marx</i> Secretary – <i>Ellie Thayer</i> Treasurer – <i>Dick Schwartzbard</i> Ex Officio – <i>Carolyn DeVilbiss</i></p> <p><u>Board Members:</u></p> <p><u>First Term:</u> <i>Inge Lesjak</i> <i>Nancy McKinley</i> <i>Tom Tycz</i></p> <p><u>Second Term:</u> <i>Barry Lake</i> <i>John H. Smith</i> <i>Ellie Thayer</i></p>	<p><u>Chairpersons:</u> Ski Trip Committee – <i>Rosemary Schwartzbard</i> Events – <i>Ray and Nancy McKinley</i> Membership Records – <i>Dave Warthen</i> Membership PR Reps – <i>Inge Lesjak & Marianne Sophonis</i></p> <p>TOOT Coordinator – <i>Ellie Thayer</i> TOOT Layout Editors – <i>Jan Marx, Kerry Hines & Dave Warthen</i> TOOT (E-Distribution) – <i>Dave Warthen</i> TOOT (USPS Distribution) – <i>Barb Leonhardt, June Read, Liz Triau</i></p> <p>Webmaster – <i>Mary Ellena Ward</i> Meeting Records – <i>Sue Lyon</i> Historian – <i>Jan Marx</i></p>
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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.