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Potomac Valley Skiers, Inc.

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President's Message:

Have you considered acupuncture to deal with the aches and pains of osteoarthritis and other ailments? Perhaps you believe that acupuncture is a "voo-doo" practice. It may be hard to believe that simply sticking needles in the body can relieve pain, inflammation, and other problems. Amazingly, acupuncture does work, and its success is backed up by scientific data.

In traditional Chinese medicine, acupuncture is a 2500 year-old medical system used to prevent, diagnose and treat a variety of illnesses. Acupuncture is based on the traditional Chinese concept of Qi (pronounced "chee"). This concept refers to the life force or energy flowing through a living organism. Qi includes all aspects of life — the spiritual, emotional, mental, and physical. Qi is comprised of two opposing forces — Yin and Yang. Yin refers to female attributes — passive, dark, cold, and moist. Yang refers to male attributes — light, active, warm, and dry. A person in a state of health has balanced Qi. If the flow of Qi is insufficient, unbalanced or interrupted, Yin and Yang become uneven and illness may result. The Chinese designate 6 major organs as Yin organs and 6 as Yang organs — each Yin organ is paired with a Yang organ. For example, the lungs (Yin) and the large intestine (Yang) are paired.

According to traditional Chinese theory, channels of energy run in regular patterns through the body and over its surface. These channels are called meridians. There are 14 main meridians running vertically up and down the surface of the body. The acupuncture points are at specific locations on these meridians. The insertion of needles at these specific acupuncture points regulates and normalizes the flow of Qi so that it moves freely within the body. This assures a balance between Yin and Yang and restores a healthy state.

Turning to modern science, there is no complete explanation for how acupuncture works. There is clear evidence, however, that it does work. Data show that acupuncture stimulates the central nervous system to produce

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PVS General Meeting

Tuesday, 20 September 7:30 PM

@ The Home of Mary Beale

4040 51st Street NW

Washington D.C. 20016

202-363-3521

Directions:



From Key Bridge - Go left onto M Street. After ½ mile keep to right, street name changes to Foxhall Road. Go 2 miles until it ends at Nebraska Avenue. Go left on Nebraska. Take 1st right onto Indian Lane. Take 1st left onto Rockwood Pkwy. Take 3rd right onto Tilden Street. Take 2nd left onto 51st Street. Look for 4040 51st Street.

From Chain Bridge – Take right onto Canal Road. Take 1st left onto Arizona Avenue. Arizona Avenue ends at Loughboro Road. Go left on Loughboro Road. Take 1st right onto Glenbrook Road. Take 2nd left onto Rockwood Parkway. Take 2nd right onto Tilden Street. Take 2nd left onto 51st Street. Look for 4040 51st Street.

From the inner loop of the Beltway (495) – Take the MD-190/River Road exit, exit 39, toward Washington/Potomac. Merge onto River Road/MD-190E via exit 39B toward Washington. Continue on River Road approx 3.7 miles. Turn right at Little Falls Pkwy. Little Falls Pkwy ends at Massachusetts Avenue. Turn left onto Massachusetts Avenue. Turn right at 3rd light onto 49th Street. Take 3rd right onto Upton Street. Take 2nd left onto 51st Street. Look for 4040 51st Street.

From the outer loop of the Beltway (495) – Merge onto MD-190E/River Road via exit 39 toward Washington. Continue on River Road approx 3.7 miles. Turn right at Little Falls Pkwy. Little Falls Pkwy ends at Massachusetts Avenue. Turn left onto Massachusetts Avenue. Turn right at 3rd light onto 49th Street. Take 3rd right onto Upton Street. Take 2nd left onto 51st Street. Look for 4040 51st Street.

various neurotransmitters, including endorphins. Endorphins are natural morphine-like substances produced in the brain that cause people to feel less pain. These chemicals also play a role in reducing inflammation, as well as in the proper functioning of the body's hormonal system. Other data have established that acupuncture activates the autonomic nervous system, and stimulates the release of nor-epinephrine, acetylcholine and other chemicals.

Acupuncture also acts on the body's immune system by reducing the levels of pro-inflammatory hormones, stimulating the release of anti-inflammatory substances, deactivating inflammatory macrophage cells, and raising the level of white blood cells, gamma globulin, and antibodies. In effect, acupuncture appears to create the proper balance of the components of the immune system. Finally, acupuncture increases local blood circulation, in part due to the relaxation of the walls of blood vessels. Scientifically, the more scientists learn about acupuncture, the more we understand that it results in complex changes in a variety of interconnected regulatory systems in our bodies.

Over the last 35 years, acupuncture treatment has gained prominence in the United States. In 1997, a NIH panel found that there was clear evidence that acupuncture is effective for relieving nausea and vomiting associated with chemotherapy and pregnancy and postoperative dental pain. The NIH panel also concluded that acupuncture may be effective as part of a treatment program for addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, low back pain, carpal tunnel syndrome, and asthma. A 2003 World Health Organization list contains an even larger list of conditions for which acupuncture has proven effective (depression, headache, pain, nausea and vomiting, and rheumatoid arthritis).

I can attest to the fact that acupuncture does indeed work, and is invaluable in relieving upper and lower back pain, the pain and stiffness of osteoarthritis of the knees, feet and hips, and muscle pain, as well as in calming the symptoms of restless leg syndrome. I won't tell you that the process is entirely pain free — although the insertion of the needles is not supposed to be painful, and in most cases is not, there are some areas, such as my feet, where I feel a somewhat painful sensation. However, once the needles are inserted, there is no pain for the 20 minutes that the needles are left in place. When the treatment is finished, there is a clear reduction of back, osteoarthritis and muscle pain and a general feeling of relaxation.

I hope that I have persuaded the skeptics among you to try acupuncture if you suffer from chronic pain and inflammation. Reducing pain before you get on the ski slopes may give you an extra edge so that you ski like a pro.

On a related subject, a recommendation for dealing with knee osteoarthritis is to have your orthopedist inject your knee (or knees) prior to ski season with hyaluronic acid (there are a variety of formulations — the one I use is called "Synvisc"). This material acts to lubricate the joints and helps to reduce the pain and inflammation of osteoarthritis. Synvisc is available in a single dose formulation, or in a three-shot regime. The effects of the treatment will last for about 6 months, on average. I have been doing this for quite a number of years, and despite a problem knee, I am still able to ski the bumps. So far, my orthopedist has been terrific in making the injection a pain-free experience.

I hope that you have had a good summer, despite the heat. I am looking forward to skiing with many PVS members at Snowmass and in Andorra.

Cara



Have a great holiday!!!

"The first Labor Day in the United States was observed on September 5, 1882, in Boston, by the [Central Labor Union](#) of New York, the nation's first integrated major trade union.^[1] It became a federal holiday in 1894, when, following the deaths of a number of workers at the hands of the [U.S. military](#) and [U.S. Marshals](#) during the [Pullman Strike](#), President [Grover Cleveland](#) put reconciliation with the [labor movement](#) as a top political priority. Fearing further conflict, legislation making Labor Day a national holiday was rushed through [Congress](#) unanimously and signed into law a mere six days after the end of the strike.^[2] The September date originally chosen by the CLU of New York and observed by many of the nation's trade unions for the past several years was selected rather than the more widespread [International Workers' Day](#) because Cleveland was concerned that observance of the latter would stir up negative emotions linked to the [Haymarket Affair](#), which it had been observed to commemorate.^[3] All U.S. states, the [District of Columbia](#), and the territories have made it a statutory holiday."

-Wikipedia

Coming Events:



******Oktoberfest in September******

When: Sunday, 25 September 2011 at 4:00 pm. Rain or shine!

Hosted by: Louann & Bob Eadie: 2054 Eakins Court,
Reston, VA 20191, 703-860-0318

We provide: German Sausage, homemade sauerkraut, beer-beer-beer, wine, soft drinks, and paper products & utensils. If you desire, bring your own mug!!!

You bring: An appetizer, salad, or dessert. We will try to balance it out so we don't have too much of a good thing!!! Please email Louann at Louann50@mac.com with the following information: how many in your party AND what dish you are bringing!

Optional: Lederhosen and Dirndl.

RSVP: By September 10th so we can plan for the food items and drinks!

Directions from the Beltway: Take the Dulles Toll Road (Rte 267) west to the Wiehle Ave. exit. Turn left onto Wiehle Ave. Wiehle Ave. ends in a tee at Sunrise Valley Drive. Turn right onto Sunrise Valley. Go 0.4 miles to left onto Soapstone. Take the second left onto Purple Beech. Take the first right onto Eakins Court. 2054 is at the end of the cul de sac. It's a green mailbox by the driveway.

Note: parking is limited on Eakins Court so consider parking on Purple Beech.



Capital Golden Skiers, <http://capitalgoldenskiers.com/>, have invited PVS to:

A Saturday-Luncheon at Clyde's Tower Oaks Lodge 1 October 2011, Rockville, MD – Noon

Join us for lunch to celebrate our ski season kickoff at Clyde's Tower Oak Lodge in Rockville, Maryland. Lunch will begin at noon.

Socializing begins at 11:30am. Clyde's has good food with a wide-ranging menu. For **reservations** and further information, please **contact** Don Vierimaa at 703-256-0728 or at dvierimaa@hotmail.com.

Directions from I-495: Take I-270 north to Montrose Road east exit 4A. Keep left on the exit and follow the Tower Oaks ramp to the traffic light. Make a left onto Tower Oaks Blvd. A short distance later, make a right onto Preserve Parkway and go almost to the end of the road. The restaurant will be on your left. There is a parking lot next to the restaurant. For members with GPS, the address is 2 Preserve Parkway, Rockville, MD 20852, 301-294-0200.

Clyde's Tower Oaks Lodge:

http://www.clydes.com/main/RestaurantsDetail.cfm?Restaurant=Tower_Oaks_Lodge&Section=Main

2012 Ski Trips:



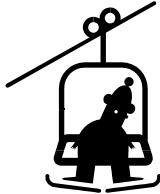
Snowmass 2012

Wednesday to Wednesday, January 18-25, 2012



ONLY A FEW ROOMS LEFT!!!

Looking for a single male to share a room



Ski four mountains for the price of one, with locked-in air pricing for the first 30 persons to sign up! Beat the galloping air fares due to rising fuel costs.

The staff at our "Old Faithful" Snowmass Mountain Chalet is waiting with open arms to welcome us once again.



Snowmass offers the crème de la crème of ski-in, ski-out experience with direct access to 3,100 acres of slope-side skiing just outside the door.

The skiing terrain totals more than 5,000 acres with interchangeable lift tickets and free bus service to Aspen Highlands, Ajax Mountain, and Buttermilk ski areas.



Slope-side lodging at Snowmass Mountain Chalet includes a daily family-style hot breakfast and daily soup lunch, greatly appreciated by trip participants and other guests, many of whom return year after year. The reunions in the Hot Tub quickly refresh the memories. The spacious, welcoming lobby with oversized stone fireplace, flat screen TV and card tables for "Dave's" games offers a comfortable gathering place. The hootenanny sing-alongs will again be a popular event.



The trip will include group dinners, après-ski parties, and other activities available in the Aspen environs. To reserve, send the first and second payments to Carolyn (call Carolyn for the exact amount and also refer to the flyer and application in the July TOOT).

Carolyn DeVilbiss at 4508 Peacock Avenue, Alexandria VA 22304

(note "PVS-Snowmass 2012" on the memo line)

For more information **contact** trip leaders:

Carolyn DeVilbiss at 703-370-4865 (carolyn.maurer@verizon.net)

Sharon Mulholland at 301-330-2953 (shank@mris.com)





March 1-12 or 16, 2012, join Nancy and Ray McKinley to See and Ski in Andorra!

See and Ski Andorra 2012

3 Spaces Now Available—Act Soon!

Potomac Valley Skiers is joining BRSC for a true gem of a ski trip—to one of the smallest and most mountainous countries in the world—Andorra, a skier's and tourist's paradise. And we'll visit spectacular Barcelona. There are optional trips: to Madrid and the Prado Museum, the medieval, walled city of Carcassonne, France with its winding cobbled streets, and turrets—a World Heritage Site. We'll have the opportunity to visit the fortress city, Toledo with its Christian, Jewish and Islamic heritage, and Segovia and Avila to see the 2,000 year old Roman aqueduct, the fairyland castle of Alcazar and more. *Skiing in Andorra is World Class, with 7,600 acres, a vertical of 3,575 feet, 111 lifts with a capacity of 156,390 skiers/hr, and 187 mi of runs.*



Upper Lift Restaurant

Our 12-day, 10-night trip includes: 3 nights in historic, vibrant Barcelona; 7 nights at the 5-star Crown Plaza Hotel in Andorra's capital, with two people per 2-room junior suite. We include full breakfast and a daily 5-course themed buffet dinner! Trip includes your Emergency Medical and repatriation insurance, a pre-trip party, a welcome party, a mid-week Apres Ski party, a Grand Finale Dance in the ballroom and a post-trip party. We will also offer a 4-night post-trip extension to historic scenic Madrid including three superb tours.



Crown Plaza Lobby

GREAT PRICES-\$2,560; LAND ONLY-\$1,755; SPAIN Add-\$800

Due to cancellations, we again have three spaces available for you or your friends. Please call us for information. To reserve a spot on this memorable PVS See & Ski in Andorra trip, send your check for \$1,760 per person payable to Ray McKinley, with "Andorra" in the memo line. Include your full name from your passport, and if you want the Spain add-on. Mail to 1805 Crystal Drive # 813, Arlington, VA 22202. [More info](#) at (703) 527-7126 or at raymckin@gmail.com.



Members Corner

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



Biennial PVS Dues (1 July 2011-30 June 2013):

Thank You, Thank You, Thank You!!! PVS is 60 days into the new biennial dues cycle, and 84% of PVS Members have renewed their membership. Yes, we are losing some members, but we are also gaining some members. For the remaining 16% of the PVS Membership, I urge you to renew your membership ASAP, or notify me that you do not intend to renew.

A First:

A 5.8 Earthquake just struck near Mineral, VA, 100 miles south of DC not far from Fredericksburg, at 1:50 PM, 8-23-11, as I was composing this article. Wow, this was my first earthquake, and hopefully my last! No damage except for plates and some glassware were overturned. Hope you all had no damage.

TOOT Distribution to 152 members:

-pdf: 118; Text (Att.): 2; ; USPS: 9

Roster Changes: (notify dwarthen@verizon.net)

-Betty Comerford ([New e-mail address](#))
ticketbabe2@gmail.com

-Nancy McKinley ([New cell phone](#))
703-595-8375

-Sylvia Lukens ([E-mail & cell phone](#))
sylvialukens@gmail.com
508-257-6111 c

-Catherine Sands ([New Applicant Individual](#))
5008 Benalder Drive
Bethesda, MD 20816-1010
cdsands1@aol.com
301-229-5459 h
301-742-8342 c

Thanks to:

-TOOT Content/Proof Editor – E. Thayer

-TOOT USPS – B. Leonhardt

-D. Warthen (*Layout Editor &
Electronic TOOT*)

China - An Amazing Journey - May-June 2011 *Rosemary & Dick Schwartzbard*

We recently went on a 24-day trip to China and visited three different Chinas: the Old China, the New China, and the China In Transition. And then there was Hong Kong.

In Old China we saw such things as the Great Wall, the Forbidden City, the Ming Tombs, the Terra Cotta Warriors and similar ancient sites. New



China is typified by Shanghai: its congestion, its ostentatious display of new wealth exemplified by all the luxury stores and luxury cars, and its mass of high rises—over 2000 constructed in the last ten years alone, several of which would tower over the Empire State Building. China In Transition was visible along the Yangtze River: innumerable new bridges (well over 100), new highways and railroads, even entire new cities under construction. The new Three Gorges Dam and its adjacent ship locks seem to combine the vastness of the Hoover Dam and the complexity of the Panama Canal into a single project.

We stayed two or more nights in Beijing, in Xi'an, in Hangzhou, in Shanghai, in Guilin and in



Hong Kong. We also toured Yichang and

Chongqing. In addition to the four flights that it took to get to and from China, we took five domestic flights on three different Chinese airlines. We spent four nights on a Yangtze River ship, took a smaller boat to a Yangtze tributary, and transferred to a sampan to go through a still narrower canyon. We took five other boat rides on various lakes and waters, including a sampan and the Star Ferry in Hong Kong harbor. We floated on a bullet train at 300 KPH. We took taxis and ferries and were on and off buses more times than can be enumerated. We rode a small train car through a pedestrian tunnel with flashing neon lights that ran under a river in Shanghai. We even were transported in a rickshaw driven with a motorized bicycle in the back alleys of Beijing. And, oh yes, there was a LOT of walking.

New construction in China is phenomenal! The country is in the process of industrializing and urbanizing what used to be an agrarian country. The population had been 80% rural, 20% urban. It is now about 50%/50% and the shift to cities is continuing. The country is also improving the connections between its somewhat hard to reach inland cities and its more accessible coastal cities. These developments seem magnificent but up close there is some evidence that there may be some difficulties in the adjustment. Even new buildings are beginning to look a bit worn, raising questions about the quality of materials and workmanship. There is also some question about the ability of country folks to adapt to the new ways of city life, as standards of maintenance and cleanliness seem low. However, the nouveau riche in China drive Mercedes, Jaguars, Rolls Royces and Maseratis; they shop at Armani, Dolce and Gabbana and other high-end stores for themselves and their children.

This is not the first time China had engaged in a massive public works project. Development in this day and age may match the effort that created the Great Wall in its day and age. The Great Wall had an impact, but not necessarily a permanent one. It remains to be seen what will come of China's current projects.

And then there is Hong Kong. Hong Kong has the natural scenic beauty of San Francisco, the vitality of New York, the skyscrapers and development of Shanghai, and pockets of British Colonial China, all wrapped up in one package. Though a part of China since 1997, it has its own government, its own rules and regulations, and even

its own currency. It's cleaner and the buildings seem more solid than what we saw in mainland China. Though crowded and congested, traffic is



orderly. In the rest of China, traffic can best be described as controlled chaos where there are no rules, only suggestions. One gets the feeling that whatever happens to the rest of China, Hong Kong will remain Hong Kong.

We had visited Hong Kong many times in the 1970s. Today's Hong Kong is basically the same, only there's more of it, i.e., more people, more skyscrapers, and more mainland Chinese lined up at the exclusive stores to spend their newly earned money. Dick had been to Beijing in 1979. Today it is a totally different city of 26 million people. Even the people look different. In 1979 the majority of the population wore green or navy blue Mao jackets. Today they are dressed in trendy



designer labels, they stand taller, and they walk with more purpose. It's hard to believe that so much change could happen in only 30 years. This trip was an eye opener that will give new meaning to our reading of the daily news and an understanding of the ever-increasing importance of China in our daily lives.

Kirk Burns – a Reminiscence

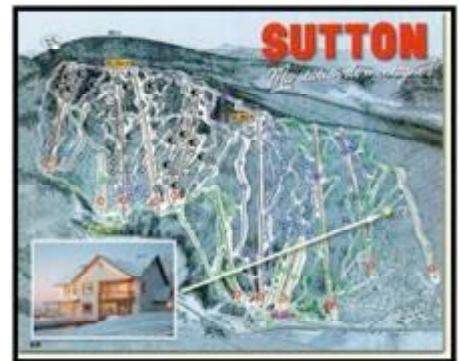
-submitted by Mary Ellena Ward

One of the things that Jim and I like so much about PVS is that its members escape the stereotypical DC affliction of talking about "where do you work and what do you do?" As a result we have only the vaguest idea of what Kirk did for a living. Something in the academic line, I think. Whatever it was I have no doubt that he did it well. In PVS we always have better things to talk about: "Where did you ski last?" and "Where are you planning to ski next?"

I don't know when Kirk first joined PVS. The earliest mention of him that I found in ancient Toots was in 1971 as a member, with the late Jack Lilley, of the "Virginia Beer Standing Committee." Hmm. I wonder how extensively they conducted their research?

My own earliest memory of Kirk is a PVS meeting at Ray McKinley's McLean home where he demonstrated how to dress for the bitter cold that might be encountered on the annual PVS expedition to Mt. Sutton. Alas, Jim and I never experienced one of those trips. I'm afraid that Kirk's demonstration may have had a negative influence. At its end he was bundled into a balaclava, cap, goggles, several layers of long underwear, sweaters, gloves, mittens, insulated pants, wind pants and gaiters. He asserted that this was the way to remain perfectly comfortable on the Canadian slopes (if you wanted to ski like the Michelin Man).

Ah, those trips to Mt. Sutton are legendary. Beginning in the 1970s there were family groups that stayed in the Burns' chalet. Starting in the mid-1980s larger groups led by Jack Peoples took over an entire hotel in addition to those staying in the Burns' chalet. Since Kirk was involved, there was always singing and dancing. One year he took the jitterbug prize for the longest "partner-tosser." The 1988 trip report (by Mort Kuff) stated: "Kirk led the sing-a-long, of course, with enormous gusto. Everyone joined in to create a most terrifying cacophony." Kirk apparently had a technique of locating other PVS skiers by yipping like a dog. Distinctive as in all else!



Prior to one of the Wyckoffs' 1970s trips to Europe, the Burns hosted an ExCom meeting that Jim and I attended. Lake Barcroft was frozen solid and Kirk, always ready for any kind of fun, suggested ice skating. As a child of the deep south, I was even less skilled at ice skating than skiing but Kirk and Peggy were extremely gracious – loaning me skates and a lawn chair to use as a "walker." I remember being convinced that I was going to fall and break something right before leaving on the trip, but the ready advice and the trusty lawn chair kept me upright! Although I can't specifically remember, I'm sure that at some time during the evening Kirk attempted to corral everyone around a piano to sing. The Burns' hospitality was famous with the most recent PVS outing held at their home in 2004.

The only time I ever actually skied with Kirk was on a 1988 Wyckoff trip to Switzerland. A group of us took the cable car up to the Schilthorn, outside Mürren, for lunch. The others took the cable car back down, but Kirk was determined to ski the black run from the top, and I rashly agreed to step up to the challenge. I was in survival mode most of the way, but he was patient, elegant and graceful whether in the crud or on the ice (or on the dance floor, where he was described as the "Astaire of the tea dances" held in Saas Fe every afternoon). If he had fantasies of schussing the steeps, a la James Bond, he must have been disappointed by shepherding me down, but he never showed it.

Kirk was an active skier well into recent years. Sheldon Drews, who often shared a room with him, said that he rose early to do his push-ups to prepare for the slopes. Barbara Leonhardt remembers skiing with him at Snowmass in 2009 when he would have been about 89. She laments not having a picture, but points out that he was always in the lead, and whenever there was a pause to allow folks to catch up, he always sped away before anyone could grab a camera. He remained an elegant skier – such as we don't see much anymore since the "Killy revolution" in ski technique.

Trudy Santoro says it well: Kirk lived many, many years, but he never grew old! He will be missed!

Past Events:

JULY SUMMER FEST

July 17, 2011

Betty Lawrence really knows how to throw a party. She provided the optimum weather possible for a July afternoon, a wide expanse of manicured lawn with room for a bar station, a barbecue station, tables for hors d'oeuvres, and seating for most of the 60 attendees. Betty had many helpers, but special thanks go to her able assistants, Nancy and Ray McKinley. Many PVSers, CGSers, and guests gathered to hear about the 2012 ski trips, feast on glorious food, and enjoy each others' company.



Speaking of glorious food, there was an array as far as the eye could see. The outdoor tables were laden with deviled eggs, roasted red pepper with capers, quiche, cherries with an assortment of cheeses and olives, artichoke canapés, cheese in puff pastry, and smoked salmon. The inside groaning board included cherry tomatoes with olives and mozzarella, three-bean salad, tomatoes with feta, cucumber salad, pasta salads, rice salad, potato salad, and corn and bean salad. Lest we forget to pay homage to the desserts (PVSers will never forget the desserts), there were cookies, fruit, mountains of chocolate delights, crepes, blueberry tart, whipped cream pies, etc., etc., etc.



Our president, Cara Jablon, ran her usual efficient meeting calling on Carolyn DeVilbiss and Sharon Mulholland to talk about Snowmass 2012 and Nancy and Ray McKinley to tell us about Andorra 2012. The Andorra trip is full, but the McKinleys are willing to start a waiting list. The Snowmass trip has a good number of participants, but there is room for more. Ellie Thayer provided details and a sign-up sheet for the August lunch gathering at Culinaire.

Thank you again, Betty, for hosting a memorable Summer Fest and a note of appreciation to the many CGSers who attended.

-Ellie Thayer

A Culinary Experience at Culinaire

Twenty-six PVSers and guests "did lunch" at Culinaire, the restaurant of the culinary school part of the Art Institute of Washington. The chef instructor and her student cooks outdid themselves, perhaps knowing or intuiting in advance that PVSers love their food. The first-course menu offered choices of a panzanella salad with watermelon, a chilled coconut melon soup, and a mountain-high sculpture of fried oysters over a delectable fried green tomato. For some, that would have sufficed for lunch, but there was more to come and no one turned down the second or third courses. Grilled shrimp, sea bass, flank steak, and beef tenderloin were featured. Rosemary raved about her red snapper, substituted when the kitchen ran out of sea bass. Last, but certainly not least, we ended with a choice of ice cream sandwiched between chocolate chip cookies, a scrumptious chocolate terrine, and a crumble for the adventuresome palates composed of blackberries and cherry tomatoes with a hint of fresh tarragon mixed in.

Wednesday, August 3rd turned out to be a muggy August day in Washington. However, inside Culinaire it was cool with a beautiful 12th story Rosslyn view. After finishing lunch, gustatory happiness abounded and that evening's dinner was canceled.

-Ellie Thayer





THE KNEE

by Ray McKinley
RaysKnee@gmail.com

During PVS's 1989 membership drive, the *Knee* was asked to help spur membership. So along came Poet*Knee* who composed some poet*knee* to spur on membership. Soon we reached our 200-person limit. This year Membership Chair Dave Warthen again asked us all to help before you lose your Membership at the end of next month.

So you know what you will be missing if you don't rejoin. Herewith, (I love to use legalistic sounding words like "herewith," "whilst" and "sue") a newly updated version of that literary classic. And it's in italics and color too.

*The **Knee**
isn't free.
You must pay for me
by rejoining PV
S.*

*PVS's been around nearly fifty **knee**
That's also more than two score.
The **Knee**'s just six years younger
And 31 years of **knee**puns really makes
you hunger for more*

*The **Knee** tells all,
in **Summer**, **Winter**, **Spring** and **Fall**.
He's got up-to-the-minute gossip,
including some he makes up.*

*Now you can join a big ski club
or you can join a slight one.
Or you can join an old ski club
or you can join a young one.
But it's best for you to be
In our PVS, "**The Club with a Knee.**"*

***The Club with a Knee,**
The Club with a Knee.
PVS --
the club to be
in.*

Now be honest, doesn't that leave you just a bit teary? It has an epic flavor--a light opening, a strong central theme and a lyrical, airy coda. And I'm sure you noted the splendid change of cadence in verse 4. It also shows my understanding of those major poetic terms like *illiteration* and *automated poea*. Simply wow!

If you want to rejoin and have misplaced your reapplication form, be certain to contact our superb Membership Chair, Dave Warthen, immediately. The **Knee** really **kneeds** all of his loyal readers. And don't forget to send me gossip at the address in the logo.

Congrats to Polli Brunelli. She just retired from her DoD position. Her first action: She and hubby John headed to New England for a lengthy vacation. Right on, Polli.

You will read about it elsewhere in TOOT. But I must note that PVS lost one of our superstars when Kirk Burns passed away at the end of August. Kirk was not only a great skier, he was also a ski patroller, a college professor and he taught all of PVS how to sing and dance. Peggy Burns, you have all of our condolences. Kirk will be missed.

Bad news bears: This summer Aspen has reported 20 to 40 bear complaints per day—including entering shops and homes! Some surmise it's because Aspen has all but eliminated dog packs. Luckily for skiers, bears hibernate in winter.

When you get to Mary Beale's home for our September meeting, be sure to check out her new cottage-look furniture. Mary refinished and painted it all herself. Right on.

Charlotte Eddy is back from Germany where she visited her new granddaughter. Shockingly, Charlotte says the girl "is adorable." Dick and Rosemary Schwartzbard are back from China which Dick says is totally different from 30 years ago.

Our last PVS meeting was at Liz Warren-Boulton's DC abode. Did you see the stop light in the middle of a block nearby? It had a sign that said "Light turns **Red** for speeders." What a **kneet** idea! Hope you also saw the photo of Liz's Australian home on the kitchen wall.

New member John Lyon spent the summer trekking 700 mi. to complete hiking the 2,000 mi. Appalachian Trail. Right on, and on...

Sometimes I can't remember if a certain item has been in the **Knee**. I call it am**kneesia**. My solution is to use a lot of **kneemonics**.

LOUANN EADIE (Class of 68 West Chester University)

Inducted into WCU's 2011 Athletic Hall of Fame

Women's Basketball, Women's Lacrosse



One of the pioneers in women's basketball, who also starred in lacrosse, Louann Eadie averaged better than 22 points per game during her stellar basketball college career. She was a two-year captain of the Lady Rams and as a sophomore in 1966 helped the team reach the AAU Nationals in Gallop, New Mexico, after winning the Regional in DC. In 1968, as a senior under the coaching of All American Carol Eckman, the team hosted 19 teams from all over the U.S., hoping to gain sanction from the NCAA. The 1968 team handily won this birthing of women's national basketball; still under AIAW. In 1969, WCU won the title again and the NCAA sanction came through, creating a whole new world for young aspiring athletes, as evidenced today.

Eadie helped put West Chester University women's basketball on the map and set the stage for future national collegiate tournaments. She holds the distinction of playing for two of the most well-respected and legendary coaches while at West Chester, i.e., Carol Eckman in basketball and Vonnie Gros in lacrosse.

During her professional career, Eadie has served on coaching staffs at the college level in her early days and then at the high school level. She coached four different sports throughout her 35 years of teaching and coaching: field hockey, basketball, softball, and lacrosse. In 1969, Eadie was instrumental in heading five girl basketball clinics in New Jersey, her home state. In 1975, Coach Eadie guided the Audubon High School softball team to a Colonial Conference Championship title. Upon relocating to northern VA in 1978, Eadie began pushing the boundaries of female sports by running field hockey clinics to bring awareness and opportunities for girls to pursue this sport. Eadie also started the lacrosse team at South Lakes High School (Reston, VA) in 1990 with 68 girls, coaching both Varsity and JV for two years to nurture the growth of Lacrosse. In 1998, Eadie's team won the District Championship and her teams reached the Regionals many times. Eadie was District Coach of the Year twice as Head Lacrosse coach at South Lakes High School and at Herndon High School. She was also recognized as Coach of the Year by the Girls and Sports Foundation of Fairfax County for her service to girls in sports.



Did You Know that September is National:

Hispanic Heritage Month: Celebrated from 9/15-10/15
National Potato Month
National Rice Month
National Mushroom Month
All American Breakfast Month
Better Breakfast Month
Emergency Care Month
National Sight Saving Month
National Chicken Month
National Piano Month
National Honey Month

Self-Improvement Month
Women of Achievement Month
National Hispanic Month
National Courtesy Month
National Papaya Month? (or June)
Hug a Texas Chef Month
Mom & Apple Pie Month
National Biscuit Month
National Cholesterol Awareness Month
National Organic Harvest Month

2011 Calendar

- Sep 20 Tue PVS Monthly General Meeting, 7:30 PM (Mary Beale, DC)
 Sep 25 Sun Oktoberfest, 4:00 PM (Eadies, Reston, VA)
 Sep 27 Tue ExCom, 7:30 PM (Jablons, DC)
 Oct 01 Sat CGS-PVS Luncheon, Noon, (Clyde's Tower Oaks, Rockville, MD)
 Oct 18 Tue PVS General Meeting, 7:30 PM (Volunteer needed, Contact Ray McKinley at 703-527-7126)
 Oct 25 Tue ExCom, 7:30 PM (Volunteer needed, Contact Ray McKinley at 703-527-7126)



Ski Trips

January 18-25, 2012 Snowmass (DeVilbiss & Mulholland)
 March 1-12, 2012 Andorra (Ray & Nancy McKinley)

Useful Ski "Links"

Potomac Valley Skiers	http://www.potomacvalleyskiers.org
Capital Golden Skiers	http://www.capitalgoldenskiers.com
BRSC Sanctioned Trips	http://www.skicouncil.com/tripsbydate.htm
DC Ski Online News	http://www.dcski.com



P V S B o a r d - 2 0 1 1 - 2 0 1 2

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New meaning to an old song:

**“Irene good night, Irene good night,
 Good night Irene, good night Irene,
 I'll see you in my dreams.”**

by Huddie Ledbetter, aka Leadbelly, first recorded in 1933