

Volume 50
Number 9

Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

September 2015

www.pvskiers.org

info@pvskiers.org

President's Message:

Hello, all PVSers!

The summer is nearly over and, with the advent of fall, our thoughts can turn to winter and SKIING! It's time to sign up now for one or more of our exciting club trips with our dedicated trip leaders. You have hard choices to make: our long-time favorite, Snowmass, led again by Marianne Sponis; a new venture with BRSC to Snowbird, Utah, led by our own Mike and Eloise Strand; and another BRSC European trip to Madonna di Campiglio in Italy led by our European expert, Inge Lesjak. Why not do them all? I am going to try out my new knee this year, and return to the ski slopes. How amazing the wonders of modern orthopedic medicine! I really can't wait! Not ready to give up my skiing yet. I hope to see you there and look forward to that G-L-I-D-E down the hill.

Our monthly fall meetings resume (some evening and some daytime weekend—see the calendar). Time for us all to catch up on our happenings—both skiers and non-skiers. The Jubilee celebration on November 1 is filling quickly, so hurry up! Don't miss this gala, and send in your registration if you haven't already. See the flier application elsewhere in this TOOT. Other fall activities include a Chesapeake Bay outing to Hart-Miller Island Wild Life Habitat on September 22. Sign-up deadline is soon due to boat capacity maximum of 20 persons. If you have ideas for other fall events, then contact Ray McKinley, our Program Chair, or any ExCom member.

Membership news! We are in the last months of the renewal period for our biennial membership. Most members have sent in their renewal notices, but others not. So, please make this easier for our



Membership Chair, Dave Warthen, and send yours in now. Continue to spread the word among skiing friends—we have space to welcome others who love winter sports and who will enjoy the many activities year-round with club friends. Bring them to a meeting/party or other event, and introduce them to our club.

Website Transition News: Our Webmaster, David Lerner, has decided that it is time to step down from his primary website responsibilities. Dave moved to Utah several years ago and has

been loyally managing the website long-distance. We are very fortunate that Mary Ellena Ward, who has been working with Dave as backup webmaster, has agreed to take on these tasks, immediately. Dave will continue to offer his support during this transition period. Expect to see some changes in the website, which should take advantage of newer editing and technological options.

David Lerner has been the webmaster kingpin since about 2006, nearly a decade. Thank you, Dave, for all of your contributions to the club, both as webmaster and in so many other ways. We look forward to meeting up with you in Utah, or when you come East. Welcome, Mary, our new Webmaster!

More great news! We have greatly simplified access to our website, pvskiers.org. From now on, you will not need a password to see and read any of our website's content. All will now be just a moment's click away.

This was discussed and decided during our ExCom meeting of August 25, 2015. Enjoy your headache free, speedier door opener to our ski club's news and information source.

--Carolyn

PVS General Meeting September 15, 2015, 7:30 PM

At the home of Celia Chen

15100 Interlachen Drive, Unit 1026

Silver Spring, MD 20906-5666

240-293-6297 or celiachchen@hotmail.com

Directions - Page 2

Directions to the PVS September General Meeting, Tuesday, September 15, 2015, 7:30 PM:

Step 1

From the South

From the beltway I-495, take Exit 31A, the Georgia Avenue Exit, going North towards Olney. Go about 5 miles, and turn right (east) onto MD 28, Norbeck Road.

From the North

Take Georgia Ave. going south towards Wheaton. Turn left (east) onto MD 28, Norbeck Road.

From ICC200

Note, if you have Ez Pass, and access to ICC200, take the Georgia Ave. exit S, heading toward Wheaton. Norbeck Road is the next cross street. You need to turn left to head east.

Step 2

Turn right at the next traffic light, Norbeck Blvd, which leads through the North Gate of Leisure World. You need to tell the gatekeeper that you are coming to Celia's house. (I will have notified the gate that morning.)

The road stops at N. Leisure World Boulevard. Turn left onto it.

Take the next street on the right, Interlachen Drive. Follow the street, and take each fork to the right until you come to the fan shaped parking lot in front of the building 15100 Interlachen Drive. Park at any spot without the 'resident' on the ground.

When you enter the building, dial '136' on the phone, and I will buzz you in. Take any elevator to the 10th floor, turn left and go all the way to the end of the corridor. I'm in Apt. 1026.

Would you like a ride to the meeting?

Are you willing to give someone a ride to the meeting?

Contact Inge Lesjak at 703- 913-0759 or Lesjak.inge@gmail.com.

INTERESTED IN SUMMER SAILING?



If anyone is interested in sailing this summer, we can meet up to go day-sailing in Annapolis during the week or on weekends. My sailboat is called the "POCAHONTAS" and is kept on Back Creek in Annapolis. The sailboat is a Pearson Commander that is 26 feet long. I have had this boat for 45 years and have sailed extensively on the Great Lakes and on the Chesapeake Bay.

For anyone interested in sailing, it would be helpful to set up a contact list by e-mail and phone like we have done for local skiing.

THE LOGISTICS:

Sailing depends completely on the weather - we no longer do hurricanes, thunderstorms, and prefer not to start out in the rain. It is usually possible to choose a good day or days at the beginning of the week and to let everyone know what day(s) are suitable (always subject to cancellation if the weather changes).

Learners as well as experienced sailors are welcome. Most of the people who have come sailing with me have not been sailing previously.

I would propose to keep a contact list of interested people and then send out an e-mail notice at the beginning of the week to see who is available and to make the final arrangements.

If interested please send your e-mail address and phone number to:

John Smith at johnsmith@juno.com - Phone: 301-299-8376

Coming Event

Chesapeake Bay Outing and Lunch

Date: Tuesday, September 22nd

Explore Chesapeake Bay
Tour the Hart-Miller Island Wild Life Habitat
Have lunch after the tour at a fabulous seafood restaurant
Optional - kayak in the afternoon near the restaurant

The Maryland Environmental Service offers a FREE group tour of Hart-Miller Island which was rebuilt with harbor dredge material and transformed into a Wild Bird Habitat. The island is a major stopover site for migratory shorebirds as well as a breeding/nesting ground for rare, threatened, and



endangered bird species of Maryland. The restoration has created a pond, a bird-nesting island, wetlands and mudflats for shorebird habitat, and an upland-grasses songbird habitat. The Audubon Society includes the island on its list of Important Bird Areas.

We meet in Essex, Maryland, which is east of Baltimore City at 9:45am. The boat leaves promptly at 10:00. The boat to the island from the marina in Essex takes 15-20 minutes and the bus tour of the Wild Bird Habitat lasts about 1-2 hours, returning to the marina no later than 1:30 pm.

<http://www.menv.com/pages/outreach/hmi.html>

After the tour of the island and return to the mainland, we'll have lunch at the Island View Waterfront Cafe just down the road. This cafe offers good food, a fabulous view, and kayak rentals. (Check out their Specials menu with kayaking at a discount.) If you choose to kayak after lunch, the Middle River region offers interesting coves with different surroundings.

<http://www.islandviewwaterfrontcafe.com/wordpress/>

Plan: meet at the launching site of the Maryland Environmental Service at 2024 Riverview Road, which is off Back River Neck Road at 9:45am. We board the ferry to Hart-Miller Island followed by a guided bus tour of the Hart-Miller Wildlife Habitat. Return by boat to Essex for lunch at Island View Waterfront Cafe (2542 Island View Road, Essex, MD 21221 | 410-687-9799.) Head home or go kayaking in the afternoon.

Limited to the boat capacity of 20 persons. Reservations are required. Please respond to Pat Cricenti at 301-439-2479 – or by email at patcric@aol.com as soon as possible. The tour, including the bus and boat rides, is free. Lunch and any kayaking following the tour is your responsibility.

Coming Event

FALL HIKE – October 15, 2015 at 10 AM

Come join us for an easy hike from Old Angler's Inn to Great Falls, MD, overlook on the C&O Canal towpath. The hike is four miles (two miles each way). After the hike, we can lunch at Old Angler's Inn or a nearby Potomac restaurant. **More details in the October TOOT.**

Hike leader: Ruth Healey - 301-530-0939 or healey ruth@gmail.com



Join Us!

The PVS Jubilee

50 Years of Skiing and Enjoying Life Together

Sunday, November 1, 2015

6 to 10 p.m.

At the Top of the Town

1400 14th Street North, Arlington, Virginia 22209

(Free parking is available)

The Program

Cocktail Hour followed by a Buffet Dinner,

Music and Dancing, and...

Some stories, a few speeches and fun!

The Details

- **Black Tie Optional**
- **Cost:** \$85 per person for this fabulous event!
- **Send payment to:** Nancy McKinley (Registration sheet attached)



PVS Jubilee Registration

Sunday, November 1, 2015

at Top of the Town

1400 14th Street North, Arlington, Virginia 22209

6 to 10 p.m.

Name (s):

Address:

Phone: _____ e-Mail: _____

Number of Reservations: _____

Check, *made out to Potomac Valley Skiers*, enclosed for: _____

Do you need a ride? _____ (yes) _____ (no)

Are you willing to “give” a ride? _____ (yes) _____ (no)

NOTE: Arrangements for lodging have been made at the Holiday Inn, 1900 N. Fort Myer Drive, Arlington, VA, under the name of Potomac Valley Skiers. Guests may call 703-807-2000 to make their own arrangements. The hotel is well situated for a quick drive or taxi to the Top of the Town.

Please send registration and check to: Nancy McKinley, 1805 Crystal Drive,
Unit 813, Arlington, VA 22202-4406

Request for Photos for PVS Jubilee Slide Show

- Pictures must be received by >> **4 October 2015** << to allow for processing.
- For each picture, provide at a minimum: who, what, when and where. Optionally provide a humorous caption.
- Please provide digital images only – either JPG/JPEG or PNG file format. Send the highest definition that you have available.
- Some local places (WalMart, Walgreens, CVS, camera stores, etc.) may provide services to scan prints, negatives or slides and convert them to digital. There are also online services that do the same. I've used ScanCafe (www.scancafe.com), but there are others. Allow PLENTY of time for such services!
- If you have interesting and unique images that aren't the best quality, send them anyway. I can adjust exposure levels (within limits), although there is nothing I can do about focus or motion blurring.
- If sending only a few images, email them to MaryAndJim@Termineigh.com. Please be considerate of our email capacity and don't email 20 megabytes of images.
- If sending a large number, put them on a CD or DVD and post them to:
Mary Ellena Ward
305 New Cameron Drive
Lexington, VA 24450
- I may crop, resize or otherwise adjust the images for the presentation.

Thanks!
Mary Ellena Ward



SKI TALK SEPTEMBER 2015

As we get closer to ski season, I urge you skiers who have not already signed up for a trip to do so. Our trip leaders need to give final counts to the resorts. Our trips this year are to Snowmass, Colorado; Snowbird, Utah; and Madonna di Campiglio, Italy. See information elsewhere in this TOOT. You can find complete trip fliers on our website – www.pvskiers.org. Access through the website is an easy way for your friends and family to get information about the trips. Trip flyers are accessible without a password.



ALTITUDE SICKNESS: Some of the best skiing is at high altitudes. That is where the snow is dry and fluffy – champagne powder! Snowbird and Snowmass Slopes are located at elevations from 8,000 to 12,000 feet and we will be sleeping at elevations close to 8,000. Because the air is “thinner” at high altitudes, you may not get enough oxygen. This causes symptoms such as headache, loss of appetite and trouble sleeping. It is hard to predict who will have a problem since neither fitness level nor gender plays a role. However, people over 50 suffer **less** from the altitude. Apparently, after 50 our brains shrink and we require less oxygen. Another advantage of aging! Mild altitude sickness is common but as your body gets used to the altitude, symptoms go away.

Here are some suggestions for easing or avoiding altitude sickness:

1. Take it easy the first day you arrive a high altitude. Consider skiing for just a couple of hours rather than a full day.
2. Drink a lot of water.
3. Limit alcohol consumption.
4. Eat a high carbohydrate diet.
5. Take Ibuprofen (Advil, Motrin or Nuprin) or Naproxen (Aleve). One study showed that starting to take ibuprofen 6 hours before going to high elevations and then taking it every 6 hours may help prevent altitude sickness. It also helps for headaches.
6. A doctor can give you a prescription for Diamox. This medication speeds up how fast your body gets used to the higher altitude. (I always take Diamox before going to a high elevation and then for the first day or so.)



I look forward to seeing you on one of the ski trips.

--Rosemary Schwartzbard
rosemaryschw@gmail.com

VAIL (DECEMBER 2015)

THE BEST OF TIMES SKI CLUB is going back to the VAIL MARRIOTT MOUNTAIN RESORT – December 8-16, 2015. Lodge room per person, double: \$805.00. Does not include air or lift ticket but does include three happy hours and farewell dinner at the Left Bank plus ski valet!

In March 2016, BOT is going to Aspen.

Questions and reservations: Eileen Fishkin, [732-617-2438](tel:732-617-2438)

See link for more detailed information: www.bestoftimeskiclub.org>skitrips



Potomac Valley Skiers

2016 Snowmass, Colorado Ski Trip

Wednesday, January 13–Wednesday, January 20

Trip Details

There still are spaces available but not for long!

We will again 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. The total package is: United Airlines from Dulles to Denver and Denver to Aspen and return plus the 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 wine & cheese party, an “all guest” hotel sponsored party, a “pizza” party and a farewell group dinner to celebrate our trip. Trip insurance is available through Encompasse Tours.com and is [highly suggested](#). Additional nights at Snowmass are an option; air flight changes can be accommodated. All alternate air will be quoted on an individual basis. For trail information check www.aspensnowmass.com.

Costs:		Price
Full Snowmass Package		\$2045
Land only	subtract	\$ 525
Single Supplement	add	\$ 935
Non-skiers	subtract	\$ 287
Add extra ski days	add	\$ 79 per day

NOTE: The Silver Escape Pass has been discontinued. The Premier pass is available for skiers 70 and older for \$449 and becomes reasonably priced if you plan to ski 8 or more days.

Airline Schedule (as in the past, subject to changes in United schedules):

[Jan. 13:](#) United flight at 6:00 AM Dulles to Chicago (arrive at 7:13 AM); then depart Chicago at 9:05 AM to Aspen (arrive at 10:55 AM).

[Jan. 20:](#) United flight departing Aspen at 8:00 AM to Denver (arrive at 8:55 AM); depart Denver at 10:25 AM to Dulles (arrive 10:25 AM)).

Check United Airlines website for baggage requirements and fees (www.united.com)

Payment Schedule

Final payment is due **September 15.**

To sign up: Please send these forms, available on the PVS web site:

- (1) the [Application form](#) -- one per person or one per couple residing at the same address
 - (2) your [payment due](#), and
 - (3) the [signed Waiver of Liability Agreement](#) by each party taking the trip
- to Marianne Sponis at 3513 Quebec St NW, Washington, DC 20016 (put [PVS Snowmass 2016](#) on the check memo line).

For more information, please call Marianne Sponis at 202-363-5250 or 301-332-3039 cell; or, via email at Marianne.sponis@gmail.com. The co-leader is Nancy Pigman at 202-363-5252.

Thank you skiers!



**SNOWBIRD, UTAH
BRSC WESTERN CARNIVAL
January 30 – February 6, 2016**



Join us for the BRSC Western Carnival and stay at the beautiful CLIFF LODGE in Snowbird, Utah. This is a hotel with all amenities: swimming pools, multiple hot tubs, many restaurants, the renowned Cliff Spa and, most important, ski-in, ski-out. It has 2,500 skiable acres, 3,240’ vertical drop, and usually 500” of annual snowfall.

The trip will include:

- Round trip airfare (or just land package); transportation to and from hotel;
- 7 nights lodging double occupancy at Cliff Lodge; ski-in/ski-out;
- 4 dinner events (hotel, BRSC, PVS, and pre-trip party);
- Après ski events; option to go to Salt Lake City to see Mormon Tabernacle Choir;
- Snowbird lift tickets, with optional Alta ticket upgrade (no snow boarders at Alta);
- Non-skiers: Cliff Spa \$270 credit; Daily transportation available to Salt Lake City.

Costs:

Full Snowbird Package: \$1,970 Double Occupancy; Land Only: \$1,420 Per-Person
Single Supplement: \$750; Alta Ski Upgrade; \$117; Non-ski Spa Credit: \$270

Payments Per-Person	Deposit	Aug 1	Sep 1	Oct 1	Nov 15	Total
Land Only	\$250	\$200	\$300	\$300	\$370	\$1,420
Land & Air	\$250	\$200	\$450	\$500	\$570	\$1,970

Send to: Michael Strand, 5225 Pooks Hill Road, #1412N, Bethesda, MD 20814

For more information contact Mike and Eloise Strand: 240-800-4194 or hrdyna@aol.com

NEED 1 MALE TO SHARE A ROOM

APPLICATION FORM

Potomac Valley Skiers Trip to Snowbird, Utah, January 30 to February 6, 2016

Name (Print both names, if a couple, as on your Official ID:

_____ Date of Birth _____

_____ Date of Birth _____

Address: _____

Home Phone: _____ Cell Phone: _____ Email: _____

Emergency Contact & Phone: _____

Check All That Apply:

- Land & Air; Land Only; Alta Ski Upgrade; Single Supplement; Non-Ski Spa Credit

come and travel with us

to Madonna di Campiglio, Italia

Blue Ridge Ski Council Eurofest 2016

- Options:** A. February 26 - March 6, 2016 Madonna only + last night in Venice \$2,550
B. February 23 - March 5, 2016 3 days Venice + 7 days Madonna \$2,950
C. February 26 - March 8, 2016 Madonna + 3 days in Venice-Mestre \$2,800

Features to be Included for Skiing and/or Sightseeing:

- Current round trip airfare from Dulles to Venice with all current taxes and fuel surcharges included (taxes and fuel surcharges are subject to change).
- Round trip luxury charter coach from the airport to the hotel.
- At Madonna: 7 nights lodging, double occupancy at the 4-star Hotel Carlo Magno, ski-in ski-out party headquarters with breakfast buffet, and full dinner daily.
- Service charge, local tax and VAT are included.
- Trip Insurance with TravelSafe. Color-coded baggage tags, neck valets.
- Welcome Party: Refreshments, familiarization of ski areas, town and logistics.
- Mid week Après Ski Party and DJ for dancing on Thursday night after dinner.
- Optional day trips and trip extension are available at your choice.

Pre-trip to Venice includes 3 nights at HOTEL PESARO PALACE**** including fabulous breakfast daily. <https://www.youtube.com/watch?v=1OJggicu5to> located at the Grand Canal with easy access to tourist attractions, train station and bus terminal, either on foot or by using the regular water bus or Vaporetto.

Post-trip to Venice - 1 night or 3 nights at HOTEL PLAZA in mainland *Venice-Mestre* **** incl. breakfast. **This hotel is located across from bus- and train station with 10 minute ride to Venice Island.**

Please note: Vaporetto tickets in Venice ARE NOT included in price. There are different multi day vaporetto tickets to consider. Vaporetto tickets can be purchased at the kiosks at the airport on arrival by credit card.

Planned Flight Itinerary with Air France:

Depart	AF 055	Dep Washington Dulles Int.	6:50 PM	Arr Paris, Charles de Gaulle	8:25 AM
	AF 1426	Dep Paris Charles de Gaulle	10:15 AM	Arr Venice, Marco Polo	11:55 AM
Return	AF 1127	Dep Venice, Marco Polo	9:55 AM	Arr Paris, Charles de Gaulle	11:45 AM
	AF 054	Dep Paris, Charles de Gaulle	1:45 PM	Arr Washington Dulles Int.	4:00 PM

SKI RENTAL, SKI SCHOOL and GUIDES – booking available in the hotel.

The cost of a 3-days Superskirama SKI-PASS with access to 380 km of slopes is approx. Euro 125,00 for 3 days.

How to sign up: Send check for \$300 deposit amount to Inge Lesjak and mail to Inge Lesjak, 8123 Kingsview Ct., Springfield, VA 22152 **no later than 5 July 2015** or send email to Lesjak.inge@gmail.com or call 703-869-7248 c for more detailed information.

Members' Corner

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



Thank You!

Three cheers to the 147 PVS Members who have renewed their PVS membership for the next biennial dues cycle, July 1, 2015 – June 30, 2017. There is still time for 29 of you who have not responded to your e-bills. This is vacation time, visiting time, traveling time, etc., and you may have forgotten to renew. We still welcome your renewal application and dues check. There is still time before being removed from the PVS membership roll. E-bills for dues were electronically distributed on July 1, 2015 and are probably sitting in your inbox. However, if you inadvertently deleted your bill with spam, send me an e-mail and I will do a RESEND of your e-bill.

The End of Summer

September 1, Labor Day, shorter days, chilly snaps, and changing leaf colors all remind us that summer is coming to an end.

Of course, Indian summer is always a surprise, but it does happen. Indian summer is a period of unseasonably warm, dry weather that sometimes occurs in autumn in the Northern Hemisphere. The US National Weather Service defines this as weather conditions that are sunny and clear with above normal temperatures, occurring late-September to mid-November. It is usually described as occurring after a killing frost.

Ski season is just around the corner, and it is a good time to begin planning for those ski trips. Make those deposits, and get your ski gear ready for action.

TOOT Distribution to 176 Members:

-pdf: 151; USPS: 4

Thanks to:

- TOOT Coordinator – E. Thayer
- TOOT USPS (4) – Volunteers
- TOOT Layout Editor & Electronic TOOT

– D. Warthen



This beautiful, inviting path, which leads into fall foliage, will be upon us in this month and into October. The color change begins first at northern latitudes and proceeds southward over the nation like a huge paintbrush. Stop and enjoy the colors this year. Visitors from western states, which have few deciduous trees, appreciate this changing display of color more than locals who tend to take the annual change in stride. Take time and enjoy the scenery.

Look up to see the leaves, as in the picture below, against the blue sky. His handiwork is evident and a witness to amazing creation. It is a beautiful time of the year, even though it will be a time to rake leaves. ;-) After winter, spring will come again with chlorophyll reigning and hiding the fall colors.



BIKING IN THE BALTICS

Arlington Sister City

July, 2015

For the past fifteen years, a group of Arlingtonians and Germans from our sister city, Aachen, Germany, have met in Europe in different locations for a cultural connection of bicycling, eating and drinking. This was our first year to join the group. Altogether, 14 Americans, 18 Germans, one Dutchman and one Swede met in Riga, Latvia. We spent six days bicycling along the Baltic coast from Riga, Latvia to Tallinn, Estonia. We biked on some nice country back roads, some terrifying highways, some nasty, rutted, sandy back roads and some lovely bike trails.

In addition to cycling over 200 miles, we took a short train ride and also rode a bus in our travel between the two cities. We stayed in Tallinn for two nights and then took the ferry to Helsinki where the tour ended. The cycling took six days and we stayed in a different place every night. We transitioned from rustic cabins to castles, back to rustic cabins to fancy spas. Before and after the biking, we enjoyed four-star hotels in Riga, Tallinn and Helsinki. Most nights, we had five course formal dinners, some including exotic dishes such as Beaver and Reindeer. We ate lots of caviar and delicious smoked fish. Even in the most desolate places, the food was spectacular. Of course, the wine and beer flowed copiously!

Riga, Latvia: Tucked between Lithuania to the south and Estonia to the north, Riga is a lively city full of surprises. It's cobbled, winding Old Town is filled with live music, restaurants, interesting churches and endless shops and stalls selling Amber. Once you leave the Medieval center and pass the Freedom Monument, you encounter wide boulevards, modern hotels, and shops. The most impressive part of Riga is the city's world-famous art-nouveau architecture. More than 750 buildings boast this flamboyant style of décor that was constructed from the late 19th century to about 1912. Walking down Albert Street in Riga is a feast for the eyes. But all over town, you can look up and see screaming masks, carvings of beautiful women and muscular men, peacocks and cats balancing on tops of buildings.



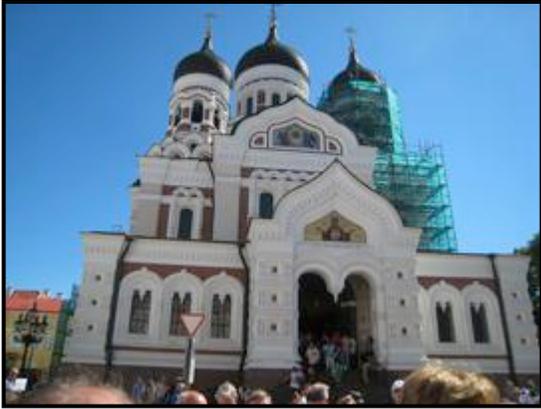
After taking a short train ride out of Riga to Gauja National Park in Sigulda, we were fitted for our bikes to begin the journey. The first day was a relatively easy 25 miles from the park to our destination for the night – Birini Castle. After biking through country roads we came to this pink castle overlooking a tranquil lake. After a sumptuous five-course dinner and a good night's rest, we were off the next morning for a long bike ride to our next destination, Salagriva, Kapteinu Osta Cottages. The ride was supposed to be about 50 miles, but after riding over treacherous roads for about 40 miles, some of us opted to take the sag wag to our destination that was a remote cluster of cabins on the coast of Latvia. Surprisingly, we had a gourmet dinner including paella in their small restaurant. On our way to our next destination, we crossed the border into Estonia. That was a great time for picture taking. Once we got to Estonia, we felt we were making progress. We ended our ride that day in Parnu, which is Estonia's premier seaside resort. We stayed at Hedon Spa where each room had beach views. Many of our group opted for massages after a long day on bikes. Others took advantage of the numerous hot tubs and saunas. A few even ventured into the cold waters of the Baltic Sea. After another five-course dinner, we took a walk on



days since the sun rose at 4:30 am. The most rustic outpost was our next stop Roosta Cabins in Tostama, which were also on the water but much more remote than our other destinations. This night, we barbecued our own food. There was beef, chicken, and pork plus several salads and smoked fish. This was a great change of pace. Some of the group went to a concert in the woods after dinner. Another 50 miles on the road and we got to spend the night in another beautiful spa hotel in Laulasmaa. This was a very modern and busy beachfront resort hotel. We were happy to end the day in this lovely spa and enjoy the swimming pool, saunas and steambaths.



Tallinn: This was our last day of biking. We were promised that we would be on dedicated, paved bike routes most of the way and it was true. Estonia has a great biking system. After around 40 miles we meandered on our bikes through the city to find Hotel Europa near the ferry terminal on the Baltic Sea. We were more than



ready to turn our bikes in and stay in one place for a few days and Tallinn was the perfect place to explore. Old Town was less than a ten-minute walk from the hotel. Tallinn suffered in WWII with many buildings destroyed by Soviet bombing in 1944. The city was transformed in the 1990s, with a restored Old Town and a modern business district. We had a two-hour walking tour the next day to explore the restored Old Town as you wind your way along the narrow cobbled streets.



Many local businesses dress their staff in peasant garb. The downside is that the cruise ships also love this fascinating town so it tends to get crowded mid-day. Our group dinner in Tallinn was at Aserikook Restaurant with an array of great Azeri food. The plates of eggplant, lamb, and other comestibles were endless.

Helsinki, Finland: We took an early morning ferry ride (2.5 hours) to Helsinki after two nights in Tallinn. Arriving in Helsinki through a myriad of islands was quite scenic. Our Hotel Grand Marina was located near the ferry terminal



making an easy entry into Helsinki. We quickly checked our bags and went out into the hustling and bustling seaport area where within a few blocks was the heart of the city. In the busy harbor is Market Square where merchants huddle under orange tents selling everything from smoked fish to furs! Next to the harbor is Old Market Hall that is a 120 year-old traditional Finnish market hall with inside stalls carrying many premium food products. Across the street were the government buildings and tourist office. Walk another few blocks and find historic churches, the train station, Stockman department store and other fine shops selling beautiful Finnish fabric (Merimekko) and other cutting edge design products such as modern furniture, glassware, etc. Helsinki was more modern, stylish and busy than the other cities we visited. This was the last day of our tour. The group farewell dinner was at



Restaurant Lappi where all the dishes were traditional Lapland food including reindeer and an endless array of smoked fish and caviar. This was quite a journey by train, bike, bus and ferry with a cross-cultural group of people who were most compatible. The Germans and Americans were similar in age and interests. We all enjoyed physical activity, gourmet food and lots of wine and beer.

--Rosemary Schwartzbard



SUMMER FEST - JULY 11, 2015 AT THE HOME OF CARA AND BOB JABLON



Cara J., Hostess

What a fun party! Bob and Cara Jablon did a wonderful job, and it really must have been a job to get ready; cooking and setting up and rehearsing each of the instruction announcements that were made throughout the event: "...upstairs for this, downstairs for that, more meatloaf on the way...." They really worked hard to host 50 people in their splendidly artsy, full of artifacts, lovely house. Hamburgers, hot dogs, meat loaf, dips, chips, crackers, cheeses, stuffed 'shrooms, corn, aspic, salads and all topped off with hidden calorie but tasty desserts and all manner of beverages, including host Bob's own brewed REAL coffee.



Bob, J., Host

While this wasn't an official PVS meeting, our president Carolyn DeVilbiss took advantage of the gathering to thank the hosts and turn the floor over to Rosemary Schwartzbard and our

2016 ski trip leaders. Each provided details of their respective trips to Snowmass, Snowbird and Italy. We were also reminded by Dave Warthen that membership renewal was in progress and to get those checks in if not already done. And finally, we were also reminded to sign up for the PVS November 1, 2015 50th Anniversary Jubilee.

A good time was had by all...thanks to Bob and Cara.

--Bob Kramer



Nur & Kal Nossuli



Kathy & Barry L. & Charlotte E.



Gerda P., Helena F., & Betty V. N.

Steak & Swim and Sunshine at the Hines'



Marianne H., Melissa F., Bob J.

Kerry and Marianne Hines really know how to throw a great party! On Saturday, August 15, 26 PVSers and friends enjoyed the benefit of their hospitality in the beautiful rolling hills of Delaplane, Virginia, for one of our favorite events – Steak and Swim. While some of us (who shall go unnamed!) experienced a bit of a challenge in finding the exact driveway to turn into, most of us made the lovely drive with no problems at all.

There couldn't possibly have been a more perfect day for jumping into the blue water of the Hines' pool, which is surrounded by views of the lush countryside and Kerry and Marianne's bountiful plantings of flowers and veggies. The sky was blue, not a cloud to be seen, and the sun didn't punish us – just gave us enough of an incentive to put toes (and many bodies) into the water. But, there were also hors d'oeuvres on the patio calling to us, and the chance to catch up with friends over a glass of wine, so

some of us never made it into the pool at all. Among the swimmers seen navigating the waters were Cara Jablon doing her patented laps, Inge Lesjak, Melissa FitzGerald, Joe Jevcak and Don Vierimaa.

Kerry and Marianne have handled this event now several times and always take care to poll each guest when he or she arrives to be sure to make note of the temperature of the steak each prefers. Consequently, just as in the finest restaurants, each succulent center-cut tenderloin steak was done perfectly to the liking of each of us. Kerry's secret? Color-coded toothpicks to denote the level of doneness – who knew you could do such a spectacular job on so many steaks on the outdoor grill? Delicious!!



Inge L. Jim S., Eloise S. Shirley R., Linda, Mary W.

Those who did not bring one of the tempting hors d'oeuvres to share before dinner either offered up a delectable salad, a side, or a scrumptious dessert to accompany the meal. Marianne's baked potatoes with sour cream and butter rounded out the perfect repast. You can be assured that no one left the Hines' home hungry!



A certain amount of wine was consumed and Eloise Strand found a new Virginia favorite among the Hines' offerings. At the end of the day, everyone left this "almost" annual event happy and satisfied. Many, many thanks to Marianne and Kerry for hosting again this year and providing a lovely day of sunshine, splashing and spectacular steaks!

--Nancy McKinley

Kerry H., preparing the steaks



THE KNEE

by Ray McKinley
RaysKnee@gmail.com

Gosharooty folks it's been two months. And I've got lots to bring you up-to-date on. Do you recall the early TV show that used the term gosharooty? It also had Flubbadub. Yup, it was Howdy Doody. And it was a long time ago—I believe it was 1996! Actually it was over half a century ago, so long ago that TV was only called V. The Tele part came later.

It's been a really hot and humid summer. What a pleasant change when the first of the big fall, fat-with-new-equipment-ads ski magazines arrived. Now I don't kneed any new equipment (or at least ski equipment), and [Nancy and the Knee](#) have our winter trips planned. But what sheer joy it is looking at the ads for new "stuff" and new places to ski. It's time to think of the upcoming joys of skiing. The mere thought provides instant air conditioning--and time to finalize the upcoming season's skiing. \

Steak and Swim is one of the joys of summer. And this year our hosts Marianne and Kerry Hines did themselves up proud. The steaks were custom cut 8 oz. filet of beef tenderloin, grilled to nearly split second timing. They were luscious! Half way through the event Janet Marx called. She was at the airport in Minnesota, headed home. She wondered if she could come to Steak and Swim tomorrow. Well, no she couldn't.

If it is called "Labor Day," how come there is virtually no one working?

Blanca Hotaling was at Steak and Swim without hubby John. He was out fishing on the Chesapeake with his grandkids. Right on! And Sue Lyon had just returned from a cruise to Bermuda with a group of friends from her condo association.

Jim Slack and Mary Ward had driven up to the event from their home in Lexington, VA. They came as they have in the past, because this was the closest PVS event to their Lexington abode. Mary also attended a horse show nearby.

In September 2003, the Knee reported that the Chinese are researching ski resorts. As the skiing market explodes in China, entrepreneurs are coming to Europe to observe best practice in the ski business. Next a Winter Olympics in

China? Just remember, the Knee said it first. China lacks enough snow for the 2022 Winter Olympic Games, environmentalists said. China is too repressive to hold the Games, detaining hundreds of lawyers just in the past month, rights campaigners said. Despite those complaints, the International Olympic Committee awarded the Games to Beijing.

Now some people are drawing attention to what may be a third early problem, one that could entangle China in a dispute with the Walt Disney Company or at least attract ridicule. An official song of the Games, "The Snow and Ice Dance," they asserted, is suspiciously similar to "Let It Go," the wildly popular ballad sung by Idina Menzel in the Disney animated film "Frozen." Yoiks!

Coming soon: a snowy winter



Cataract surgery is the new "in" thing. [John Holt](#) just had it done, and [Melissa FitzGerald](#) is having hers done in September. Oh, eye see.

Indianapoliser [Bill Sweeney](#) had his cancer surgery delayed until mid-September so he can build up more white blood cells. [Bill and Bonnie](#) are still planning on attending Jubilee, PVS's Fiftieth Ankniversary party, on November First. Right on!

You will be pleased to know that we now have some 80 people signed up to attend Jubilee. The committee is doing yeoman work to make certain everything works splendidly. It will be a great evening in one of the most scenic venues in the DC area. It's not too late to join the party!

Coincidence: [Bob and Louann Eadie](#) were born three days apart in the Cooper Hospital in Camden, New Jersey. They didn't meet until many years later. (The Knee was also born in the same hospital—small world.)

During their recent European trip [Dave DeVilbiss](#) found a tick, which had been on his shoulder for four days. After removing the tick, they gave [Dave](#) an antibiotic he was allergic to. It took several days for Dave to recover. Wow!

Charles Chambers Gordon, 50-year PVS Charter Member

February 20, 1921 - July 21, 2015

Charles Chambers Gordon, after a long successful and happy life, died of old age on July 21, 2015 at the age of 94 in Round Rock, Texas. The viewing was at Beck Funeral Home, 15709 Ranch Road 620 (west of Round Rock) on Tuesday, August 11, from 6 to 8 PM and the funeral was held on Wednesday, August 12, at 11 AM also at Beck Funeral Home.

Charles was born on February 20, 1921 in Georgetown, Texas. He was the grandson of James Jefferson Gordon and Hattie E (Stover) Gordon of Georgetown and Harry W. Chambers and Lila E. Chambers of Round Rock. He was preceded in death by his parents Thomas Jefferson Mott Gordon and LaNella Evelyn (Chambers) Gordon of Georgetown, his younger brother Weldon Gordon, and nephew Pat Gordon.

Charles graduated from Georgetown High School in 1938 and Southwestern University in 1942 with a Bachelor's degree in Physics. In June of 1942 he was hired by the National Bureau of Standards (NBS) to work as a physicist on the team that developed the # 2 top-secret project of WW II, called "Posit", radio proximity fuses for rockets, bombs, artillery, & mortar shell warheads. The project was so secret and deadly that the military only used the fuses over water initially to shoot down aircraft, such as Japanese bombers and torpedo planes. The great fear was that if fired in Europe, an unexploded shell would be recovered by the Nazi forces, and German engineers would "back-engineer" the fuse. The "artillery" fuses were released into combat on an emergency basis to help stop the advance of the Nazi thrust during the Battle of the Bulge in December of 1944 with devastating effect on the enemy. One of Charles' main tasks was taking the variations in fuse designs from Aberdeen (Maryland) to North Carolina where he conducted live fire testing.

After the war, Charles continued for 35 more years as a scientist-engineer in research and development with NBS, which became the National Institute of Standards and Technology. He took advanced courses at the University of Maryland, George Washington University, and the NBS Graduate School, shifting to Electronic Engineering. He developed remote telemetry to analyze the deployment of parachutes – a seemingly minor issue – unless you are the one jumping out of airplanes or trying to drop cargo to troops below. In 1960, Charles was loaned to the Bureau of Census to help lead the effort to computerize the national census. In the 1970's, he developed the landing signal officer "heads up" display for landing jets on aircraft carriers – which technology is now standard on all aircraft carriers. In the late 70's, he helped the Department of Energy develop efficiency standards for home appliances.

Charles was a trophy winning amateur tennis player having been on his high school, college and NBS tennis teams. But his long-term involvement with tennis was as a United States Tennis Association umpire with a rating of National Line, USTA Chair Umpire and USTA Referee. In 1989, at the age of 68, Charles was assigned to "Line" in the US Open Championships at Flushing Meadow, NY. He continued to umpire and referee locally in high school and college matches to age 90. He had a quick wit as evidenced by one particular exchange on the tennis court. He was the back judge for a match in which John McEnroe was having problems. In frustration McEnroe turned to Charles and said "Here, take the racket. You can do better than I'm doing!" To which Charles immediately replied, "I can't do that, Mr. McEnroe. You have a left-handed racket and I am right-handed." To which McEnroe smiled and returned to play more steadily.

Charles loved the outdoors. He had a sailboat and plied the waters of Chesapeake Bay on many weekends a year. He has been a member of the Potomac Valley Ski Club for decades. With them and other groups he has been skiing at all of the major snow ski resorts in North America. He is pictured in the online photo gallery in Sun Valley, Idaho at age 75. Over the years he has also been skiing in the Alps, in the Andes, and in Scandinavia. In the summer he would switch to water skiing. In his later years, he took up touring the world: Antarctica, Tierra del Fuego, Prudhoe Bay Alaska, and the Alaskan Highway, SE Asia, Australia, Africa, Scandinavia/Russia, and the U.S. National Parks.

Charles was married in 1951 to Helen Sirbaugh from West Virginia. The marriage lasted only 10 months, and he never remarried. He maintained close relations with his brother, Weldon, who had three sons. Charles is survived by two of his nephews: John Gordon and wife Ruth of Round Rock and their two sons Eric and Jason, and their five children; Reed Gordon and wife Sheree of the Lake Tyler area and their children Lyndsey (Gordon) Ratliff and Conner and Lyndsey's two children.

Charles was baptized as a Christian at First United Methodist Church of Georgetown. In 1989 after his mother LaNella died, Charles returned from the Washington DC area to live in the Gordon family home where he grew up. He has regularly attended the Church of the Nazarene in east Georgetown. Memorials to honor Charles' life may be sent to the Williamson County Symphony Orchestra, 1007 Green Meadow, Round Rock, Texas 78664.

http://www.beckchapels.com/memsol.cgi?user_id=1629886



PVS Calendar 2015:



Sep	15	Tue	September General Meeting, 7:30 PM, Chen, Silver Spring, MD
Sep	22	Tue	Chesapeake Bay Outing & Lunch, 9:45 AM, Chen & Cricenti, Essex, MD
Sep	29	Tue	ExCom Meeting, 7:30 PM, Thayer, Arlington, VA
Oct	15	Thu	Fall Hike, 10:00 AM, Healey, Potomac, MD
Oct	17	Sat	October General Meeting, 2:00 PM, Van Nuys, Fairfax, VA
Oct	27	Tue	ExCom Meeting, 7:30 PM, TBA
Nov	01	Sun	PVS Golden Jubilee at Top of the Town < http://topofthetown.net >, 6-10:00 PM, Arlington, VA

PVS Ski Trips 2016:



- January 13-20, 2016: PVS Snowmass, CO (Marianne Soponis)
- January 30-February 6, 2016: PVS/BRSC Western Carnival - Snowbird, UT (Strands)
- February 26-March 6, 2016: PVS/BRSC Eurofest 2016 Italy, Madonna Di Campiglio (Inge Lesjak)

Useful Ski "Links"

Potomac Valley Skiers.....	www.potomacvalleyski.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:
President – <i>Carolyn DeVilbiss</i> Vice President – <i>Bob Kramer</i> Secretary – <i>Ellie Thayer</i> Treasurer – <i>Dick Schwartzbard</i> Ex Officio - <i>Nancy McKinley</i>	Ski Trip Committee – <i>Rosemary Schwartzbard</i> Events – <i>Ray McKinley</i> Membership Records – <i>Dave Warthen</i> Membership PR Rep – <i>Carolyn DeVilbiss</i> TOOT Coordinator – <i>Ellie Thayer</i> TOOT Layout Editors – <i>Jan Marx, Marvin Hass, & Dave Warthen</i> TOOT (E-Distribution) – <i>Dave Warthen</i> TOOT (USPS Distribution) – <i>Volunteers</i>
Board Members: First Term: <i>Herb Bennett</i> <i>Marna Blanchette</i> <i>Celia Chen</i> Second Term: <i>Reg Heitchue (1-year only)</i> <i>Inge Lesjak</i> <i>Ellie Thayer</i>	Webmaster – <i>Mary Ward</i> Meeting Records – <i>Sue Lyon</i> Historian – <i>Jan Marx</i>

