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*Potomac Valley Skiers, Inc.*  
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### President's Message

It appears as though spring is winning the winter weather tussle with some very nice un-winter like temperatures this past month. However, I doubt that it is done with us as yet, as I see some projections giving us another Artic blast some time this month. Hope it doesn't decimate the Cherry Blossoms that are starting to bloom.

The local skiing options have been largely dismal so far this winter, with the warmer temps making it hard, if not impossible, for the local resorts to even make snow. Even so, I have heard some good things about the snow in the higher altitudes out in West Virginia.

Recently I wrote about our wonderful PVS ski trip out to Snowmass last month. But for the dog loving skiers out there, it would have been fun to have been in Snowmass the week of February 18<sup>th</sup>, when 42 avalanche rescue dogs from around the country descended upon Snowmass mountain to train with Colorado Rapid Avalanche Deployment personnel. I think it would have been something to watch them go through their training for such a worthy mission.

As you get this TOOT, a few of our members are getting ready to take off for France, to ski at Val d'Isere, on the BRSC Club Med Eurofest trip. In looking at the resort's web-cam, it appears that they have a decent amount of snow, which according to other reports, is scarce in other parts of Europe this year. Praying to the snow gods that the snow keeps coming at least until we get there.

We had a pretty good turnout for the February meeting at John Holt's home in McLean. Good food, drink, and homemade apple pie to boot! Not to forget to mention the wonderful company to share it all with. Look for details in the write-up further on in this TOOT.

Due to timing and other issues, there won't be a club meeting in March, and this year's Annual Meeting will be a bit earlier than usual in April. We have several major elections that will take place, as well as elections for several ExCom members, and voting on a prospective Associate Member. Look for details later in the TOOT.

Switching gears and onto an administrative item, still on the list of volunteer opportunities available are the Chair positions for Membership and Ski Committee. So, if you have interest in serving in either of those positions, please let us know.

As I mentioned previously, we have turned the Members' Column into a true column for members to write about any and all adventures that they may have undertaken, and we have had a tremendous turnout of write-ups to carry us a few months into the new year. I want to thank those members for their participation, and look forward to many others helping out later in the year. If you have taken a fun trip/adventure that you would like to share with the other members, then by all means write it up and send along with any pictures to Ellie for publication.

In closing, if you feel comfortable in hosting a monthly membership meeting at your house, please reach out and let us know, so we can build up the calendar for the rest of the spring meetings.



Cheers, *Barry*



**Take Note:**

**No March meeting.**

**April meeting is EARLY -- Saturday, April 8 at 1:00.**

**Annual Elections:** Candidate profiles on page 4.

Directions in April Toot

**SkiTrip:**

# VAL D'ISÈRE 2023-Trip is

BRSC Eurofest at Club 'Méd's Flagship Resort

Saturday 11 March 2023 - 19 March 2023



6 PVSers will soon be heading to France to ski the slopes at Val d'Isere! We are looking forward to great skiing and the Club Med experience! Looking at the webcams and weather forecast, there is a lot of snow and more on the way!

**Price Includes:**

- Ground transportation in France
- All lodging, food & drink in Val d'Isère
  - 6 day lift tickets
- Daily guide/ski instructor

The slope-side location provides ski-in/ski-out access. Mountain guides/instructors are available each day at no extra charge to take participants to the best runs on the mountains.



For info or questions, you can contact us at [Barry\\_lake@yahoo.com](mailto:Barry_lake@yahoo.com), or via (703) 929-1545.



## PVS - BYOB (Bring Your Own Book) group

Through the magic of technology, no matter where our fellow PVS bibliophiles live we can gather together to chat about books. Whether it's the latest, an old favorite, or one we are most definitely not recommending to friends, it's all there to discuss on Zoom on the 2nd Thursday of each month. Consider joining us! **See the info at the bottom to join in on Thursday, March 9th from 4 to 5 pm.**

### Here's what we chatted about in February:

**Bonnie Sweeney** has been reading "Defending Britta Stein" by Ronald Balson, historical fiction that reaches back to the horrors of the Holocaust to work to bring justice to the living. Britta Stein sets out to prove that a local Chicago hero has a buried past to which he must be held accountable.

**Ellie Thayer** also brought us historical fiction with "Oil and Marble" by Stephanie Storey. During the period 1500 - 1504 in Florence lived both Leonardo da Vinci, a "dandy," and the workingman-like Michelangelo. Their hatred for each other fuels the story of their time together in the city.

**Mary Ellena Ward** recommends Oliver Sacks' "Musicophilia: Tales of Music and the Brain," in which Sacks, a neurologist, presents case studies that show the often-remarkable effects music can have on the brain.

**Jan Marx** enjoyed "Sense and Second-Degree Murder, part of the Jane Austen Murder Mystery series by Tirzah Price. The Dashwood sisters discover their father dead in his study and set out to prove foul play.

**Karen Knopes** sadly could not recommend a recent best-seller "Crying in H Mart," a memoir by Michelle Zauner. Musician Zauner relates the complicated relationship she had with her now-deceased mother and how her memories are bound up in the connections between food and identity.

**Marianne Sponis** picked up the very well-researched "The Killer Angels: A Novel of the Civil War" by Michael Shaara. Shaara sets this historical fiction in Gettysburg during the war and shows once again how small details can have enormous consequences.

**Nancy McKinley** chose to discuss a psychological thriller by J.T. Ellison. "Lie to Me" begins with a missing wife and a husband suspected in her disappearance. But all is not what it seems and the suspense builds to a satisfying end.

The next BYOB Zoom call will be held on Thursday, March 9th from 4 to 5 pm. Let Marianne Sponis know at [marianne.sponis@gmail.com](mailto:marianne.sponis@gmail.com) if you're interested in joining us and she'll put you on the list to get the link to the Zoom call. No commitment! Questions or comments? Contact Nancy McKinley at [nancymckin@gmail.com](mailto:nancymckin@gmail.com) or 703 595 8375.

## Elections



### Nominating Committee Report for PVS Officers (2023-2025)

<p>Candidates for PVS Officers for 2023-2025: President: Cara Jablon Vice-President: Bob Jablon</p> <p>Candidates of PVS Board Members for 2023-2025: ExCom: Bob Knopes ExCom: Inge Lesjak ExCom: Rosemary Schwartzbard</p> <p>Additional nominations may be made by the signatures of any five active members in good standing and must be presented at a business meeting at least one month prior to the election, which will be held on April 8, 2023.</p>	<p>Submitted by the Nominating Committee:</p> <p>Kerry Hines (Chair)</p> <p>Marianne Hines</p> <p>Ellie Thayer</p> <p>Mary Tycz</p> <p>Nick Young</p>
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### ***Candidates for Officers and Board Members for 2023-2025***

#### **CARA JABLON - CANDIDATE FOR PRESIDENT**

I have been a skier for more than 58 years. My initial ski experience was at Mount Holyoke College (in South Hadley, Massachusetts) at a no longer extant ski area called Mt. Tom. After a single ski experience, I went home for Christmas vacation and bought my first pair of skis – long wooden skis - and lace-up boots. For years, I have enjoyed the challenge of the moguls and worked on improving my bump technique. Currently, the biggest challenge to this type of skiing is the loss of strength that comes with aging

After graduating from Mount Holyoke with a major in chemistry, and a minor in philosophy, I headed to New York City to attend Columbia University in a doctorate program in Biochemistry. Although I eventually finished the doctorate, I decided that I was not destined to be a scientist. What else to do but go to law school! After marrying Robert Jablon, and several months after my first child, Stephen, was born, I started law school in Albany, New York. During that year, Robert joined a law firm in Washington, D.C., and I dropped out of law school. I resumed law school at George Washington University the following year, and also finished writing my doctoral dissertation that year. Halfway through law school, I had another child, Lara.

After finishing law school, I started work in the Office of General Counsel of the U.S. Environmental Protection Agency, where I practiced pesticide law for thirteen years and was involved in limiting the use of wood preservative chemicals and Compound 1080, and taking arsenic ant baits off the market. My third child, Joel, was born in 1984.

Near the end of my time at EPA, I did a detail at the U.S. Attorney's Office in DC. Over the course of four months, I tried numerous misdemeanor drug cases. My subsequent legal career, over a period of about twelve years, was at three different law firms, where I wrote countless briefs and memoranda in the area of chemical regulatory law.

I retired early from law – despite my father's advice never to retire – and turned my attention in a different direction to beading. I have a small jewelry business and make necklaces, earrings, and bracelets that I sell at local craft shows. I have chaired or co-chaired the Northern Virginia Handcrafters Guild Thanksgiving weekend show for five years and was president of that organization for several years. I am also the vendor chair for a holiday show at Temple Sinai in DC.

I enjoy spending time with my dog Tila, doing dance aerobics, swimming regularly in the summer, reading, going to concerts, opera, and theatre, and eating at restaurants. I am also a member of a Toastmasters Speaking Club. For the past six years, I have been a volunteer teacher of English as a second language (ESL) at

the Washington English Center and tutor individual students as well as conduct a conversation class. Bob and I enjoy collecting art, particularly folk art, and have not been able to resist the sand paintings sold on the square in Santa Fe and other art objects from western ski trips.

Stephen, our oldest son, lives with us in DC and runs chess tournaments. Our daughter, Lara, and her husband live on a 40-acre farm in southern Washington State, replete with goats, sheep, llamas, alpacas, chickens, dogs and cats. In addition to raising livestock, Lara runs a bed and breakfast business and gives farm tours when not taking care of eight-year old Nathan. Joel teaches high school English in Portland, Oregon.

A number of years ago, I served as president of PVS. I have participated in the PVS Snowmass trip for many years, and have also been on many other club trips, including trips to Sun Valley, Sun Peaks, Andorra, Austria and France. Bob, who also served as the club's president, and I have run ski trips to Mt. Bachelor, Steamboat, and Park City.

I am still working on perfecting my bump skills and recently took a three-day bump clinic in Aspen. Articles about my experience appear in the TOOT this month. Probably the best piece of advice was to look at the next bump, rather than the steep descent down the hill.

### **Bob Jablon – Candidate for Vice President**

I am told that I was born in October of 1939. I have no real proof of this because my ostensible birth certificate did not contain my name. If my parents were to be believed, as they were, sometimes, up to that time I was the most premature baby to have been born and live. Thus, not believing that I would survive, nobody bothered to complete my birth certificate form. My premature birth has relevance because it makes me younger than I appear. I note that like life, skiing challenges survival.

I was born in Manhattan, but taking me, my family soon moved to Brooklyn, home of the Brooklyn Dodgers. THE Dodgers taught me to identify with underdogs. Unlike the Chicago Cubs, who just lost (at least until recently; there is a next year), the Brooklyn Dodgers built hopes high before losing. My relationship with THE Dodgers prepared me for the future and for the Washington Nationals.

I wended my way getting a degree in economics from Lehigh University and in law from Harvard Law School. More relevant to skiing, I was a postgraduate drop out from two major universities. Not finishing leaves open opportunity and avoids risk. During this period of my life, I tried to find life's meaning. I participated in all night college and post college discussions, often interrupted by Hearts games (nastier than bridge); I attended introspective French and Swedish movies. Sensibly, I concluded that religion counseled against clamping on feet waxed boards and proceeding down (or off) mountains. However, I met my first wife, Cara, who said I had to do just that. She added positive encouragement like, "Well, get up" or "Go, already." In addition to her skiing, Cara is CEO of Cara's Creations, the finest jewelry source at the lowest price. Cara's Creations arose like the Phoenix from Cara's biochemistry doctorate and environmental law practice.

Cara and I have three children. Unlike us, they seem to have gotten older. Stephen is a chess maven. He lives with us in Washington. Lara runs an Airbnb in Ashland, Oregon. She also runs after an eight-year old and engages in artistic carpentry and design. Joel, our youngest child, teaches literature at Portland, Oregon's Lincoln High School.

Post-school, I have practiced natural gas producer rate regulation and appellate law for the Federal Power Commission; regulatory law as Assistant General Counsel to the New York Public Service Commission and antitrust and energy law for *Spiegel & McDiarmid*, where I have largely represented cities and cooperatives, who own their own electric systems in competition with privately owned utilities, and state governments. We hope that what we do is public spirited.

Returning to PVS, a number of years ago, Cara and I attended a dinner party also attended by Dick and Rosemary Schwartzbard. Having failed to reform my skiing – "reform" is a word that I think is often nefariously used - Cara told Rosemary that she was desperate to find people with whom she could appropriately ski. Rosemary said that PVS was perfect. Cara could ski moguls and abandon me both at the same time. It was all downhill from there. We joined PVS, where we found kindness, support and friendship.

One never knows. If I keep at it, I might learn skiing.

**Bob Knopes – Candidate for ExCom**

A native of Wisconsin, where the highest peak is about 700 feet, I came to skiing late. In the midst of a foreign service career concentrating on Asia, I took an assignment as cultural attaché in Rome and learned to ski in Cervinia in the Italian Alps. From Rome I returned to Asia, serving in Beijing, Taiwan, and Hong Kong, and skiing in northern Japan whenever possible. I was introduced to PVS about the time I retired from the foreign service in 1994 and I have enjoyed the great ski trips, excellent food, and unlimited friendships PVS has provided. I am no longer skiing but still enjoy PVS gatherings and programs.

**Inge Lesjak – Candidate for ExCom**

I started to ski when I met my husband Sam in Germany in 1964 – it was either go skiing or stay home.... Sam served in the US Army. We married in Clarksville, Tenn. in 1966. It was not until four years later, when he returned from Vietnam and we moved back to Germany, that I was able to really enjoy this sport. We were members of the Munich International Ski Club and the Patch Ski Club in Stuttgart for many years, and led many ski trips to European ski destinations. We truly became ski groupies and enjoyed the camaraderie and opportunity to introduce Americans to our favorite destinations, i.e., Sigi Baumgartner’s mountain in the vicinity of Salzburg, Austria, Kitzbuhel and Obergurgl in Tyrol, Bled and Kranjska Gora in Slovenia, Val Gardena in Italy and Chamonix and the Trois Vallees Region of France. I was a Vice President of Munich International Ski Club from 1974 to 1984 and later of Patch Ski Club from 1987 to 1995. Skiing in Europe is good, while skiing in the United States is great!

I joined PVS when it merged with CGS in the summer of 2013. Since that time, I have led PVS contingents on ski trips to Europe, served as a Membership Committee PR Representative, served on committees, and served as a member of ExCom.

**Rosemary Schwartzbard – Candidate for ExCom**

I am a retired Clinical Psychologist who practiced over forty years in Arlington, Virginia. I have always had a special interest in mind body relationships and sports psychology and worked with clients to help improve activity level and get started on a healthier lifestyle. I started running in my 40s to stay in shape for skiing and ran marathons into my 70s. I continue to do some road races, such as the Cherry Blossom, and am involved in parkrun where I do a 5K every Saturday on Roosevelt Island.

I first tried skiing in my 20s when on a trip to Europe with a friend. I signed up for an Austrian ski school. It was humiliating but exciting. I couldn’t speak the language; I was black and blue from falling; and I was the worst in the class. However, I knew it was something I wanted to learn to do. It took several years for me to get back to skiing. After getting married and having two boys, Dick and I bought a ski house at Hidden Valley in Pennsylvania. We took lessons with our young sons who excelled immediately. Our first trip out west was when our good friend and neighbor, Kay Christensen, invited us to go to Vail with her and we are forever grateful. Skiing out west was such a different experience.

Dick and I joined PVS in 1999. Since that time, I have been on many PVS trips and have skied a variety of resorts throughout the United States, Canada and Europe. My favorites are Val d’Isere, France and, of course, Snowmass, Colorado.

I joined the Ski Trip Committee a number of years ago and I have been Chair of the Committee for the past 12 years.

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*Candidate for Associate Membership*

**BEN PURCELL– APPLICANT FOR ASSOCIATE MEMBERSHIP**

*(An associate member is one who lives more than 75 miles from Washington. Barry Lake is Ben’s sponsor.)*

Growing up near Atlanta, GA, skiing on snow was not a thought, much less a dream. Much later while in the real estate business in northern Virginia, I was first exposed to this wonderful sport - in corduroy bellbottoms, used skis with replaceable screw on edges, and 600-foot verticals at Roundtop and Liberty mountains!

As a retiree now and since my wife Andrea no longer skies, she encouraged me to join the Richmond ski club for new options and spend “her” money. As a result, I have enjoyed many exciting Western adventures, and through other Richmond ski club members, have made new friends over the last four or five years on the annual Snowmass trips with the PVS club.

I like to ski fast and look for steep groomers, and look forward to learning more about skiing deeper snow with my ski buddies, and enjoying many more Snowmass trips to come.

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## SKI TALK *March 2023*

Bump Skiing Using the Bumps for Boomers Method  
By guest columnist Cara Jablon



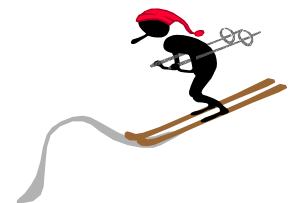
Bumps for Boomers, an affiliate of the Aspen/Snowmass Ski School, has developed a technique that is geared to teaching older skiers how to ski the bumps with less effort. Their technique incorporates the elements of proper stance, early weight shift, edge control, pressure and pivoting which are an essential part of any skiing. However, rather than trying to ski every bump down the fall line, under this approach, the skier utilizes a drift, turn, drift approach to minimize the effort. Watch the Bumps for Boomers videos online to visualize this approach ([www.BumpsForBoomers.com](http://www.BumpsForBoomers.com)) (In the blue line approach, you ski from the front of a bump to the front of the next bump). You can also sign up for e-mails with free ski tips that come about every 10 days.

Essentially, speed control in the bumps is achieved by starting down a bump run with a drift to the first turn, and making rounded turns by turning the skis slightly uphill at the end of each turn. After each turn, you drift down laterally to the next bump, pivoting your skis to make the turn. With each turn, you apply pressure with your ankles to the front of the boots and move your arms forward down the hill as you turn. The knee bend should only be a byproduct of the ankle flex, as too much knee bend without ankle flex puts you “in the back seat” and results in thigh fatigue. Standing tall over the course of the turn avoids wearing out the legs.

As you start the turn, turn your head in the direction of the turn, and then, once the turn is completed, start turning your head back in the direction of the next turn. If you don’t turn your head back in the direction of the new turn, you may end up in a traverse. When you are drifting, apply pressure laterally to your boots. To avoid the terror of a steep slope, focus your attention on the next bump, not the bottom of the hill. The following outline puts together the key elements of the Bumps for Boomers approach.

1. Stand tall and forward in the bumps. Make sure that your arms remain forward (elbows in front of rib cage; hands wider than elbows; knuckles rolled down toward the snow; and ski pole baskets behind you). Moving an arm to the back of your body in the bumps upsets your balance. The upper body should be facing the fall line.

2. Before initiating the turn, shift the weight to the new downhill ski.



3. The turn should be made on a flat ski with the ski tips level.
4. As you turn, apply pressure on the boots from the ankles (maintain the contact of the shin on the boot), move your arms forward and downhill, pivot the skis, and turn your head and look in the direction of the turn.
5. Don't rush the turn – make a rounded turn and end the turn with the skis turned slightly uphill.
6. As soon as you complete the turn, start turning your head in the direction of the next turn.
7. Drift laterally on a flat ski to the next turn, applying pressure to the downhill sides of the boots as you drift.
8. Focus on the next mogul. This is particularly helpful in steeper terrain, as looking at the next bump, rather than down the slope helps to control fear.

I realize that many skiers never want to get near a bump. However, bumps sometimes appear when least expected, and ungroomed terrain, with little piles of snow that are bump-like, can sometimes be best skied using bump technique. I believe it is beneficial to learn how to approach bumps and, at least, be comfortable skiing small bumps on intermediate terrain. Having additional tools in your arsenal to approach varied skiing conditions is certainly desirable. Whatever your skiing level, taking a lesson or two each season is helpful to bring your skills back up to their best level and correct simple mistakes. Even if you do not plan to ski bumps, watch the videos on the Bumps For Boomers website and sign up for their free ski tips, many of which are applicable to skiing on groomed terrain.



BEALE



## Past Event

### *February 18, 2023 PVS Monthly Meeting at the Home of John Holt*



Yum - John Holt's specialty was in attendance - his homemade apple pie. With a showstopper like that, the meeting could only be a success. Participating in that success and camaraderie were 19 PVS members and three special guests. Those special guests included four-year old Bjorn Schwartzbard, accompanied by his mother, both grandmothers, and his grandfather (all members), Don Vierimaa's friend Peggy, and four-legged Tila Jablon.



Before the meeting, the group munched on shrimp, sandwiches, and other tasty items and imbibed in their choice of beverages. John Smith could be heard lamenting the sad state of local skiing, Snowmass peeps could be heard marveling at the perfect abundance of Snowmass snow, and Cara Jablon could be heard extolling the wonders of Aspen bumps. Soon enough President Barry Lake opened the meeting and Events Coordinator Marianne Sponis announced that the annual meeting would be held at the Heitchue's party room at 1:00 on April 8. There will be no meeting in March.

Marianne orchestrated a White Elephant exchange and the offerings were eclectic. Of course someone will want a 40-year old Turkish carpet tri-fold wallet with dangling hooks. And someone did! The offerings were all in good fun

and the idea was a good one, Marianne. Soon the meeting was adjourned and we headed for a piece of that aforementioned apple pie.

Thank you for hosting, John Holt.



*Submitted by Ellie Thayer*



## Members' Corner

by guest columnist *Cara Jablon*



### An Amazing Bump Vacation

As many of you know, I have long had a perverse interest in skiing bump runs. Back when I first started, the technique that was taught focused on a fall line approach – keep turning and try not to miss a bump. With the change in ski technology and the proliferation of older skiers, an affiliate of the Aspen/Snowmass ski school has developed a program called Bumps for Boomers. The idea is to use a less energy intensive approach to allow older (and younger ones as well) skiers to master and enjoy bump skiing. Last year I indulged myself and took a one-day private bump lesson with a Bumps for Boomers instructor named Larry in lieu of taking the preliminary 4-day class. Based on my lesson, Larry determined that I qualified for the follow-up three-day bump clinic. This year, the 3-day clinic was offered only on February 3-5. Accordingly, less than two weeks after our group's Snowmass trip, I headed back to Aspen. Bob, who is not currently skiing, came along to enjoy the food and scenery.

Since only one day of the clinic was at Snowmass – one day was at Aspen Mountain and the other at Aspen Highlands – we stayed at a small hotel in Aspen, the Annabelle Inn. This rustic inn was built in 1940 as a motel and renovated and expanded in the 1990s. We felt as if we were back in Vermont in the 1950s. Built around a central courtyard, the inn's rooms are all accessible only from the outdoor walkways. There are two outside hot tubs (too cold a walk, in my opinion, to try). The furnishings in each room appeared to be different – in our room we had a large king-size antique bed and dresser, with a lovely natural stone tile renovated bathroom. The room was equipped with a good-sized flat screen TV and plenty of electric outlets for our myriad of electrical devices. Breakfast was included – although not as varied as the breakfast at the Mountain Chalet (no pancakes, French toast, scrambled eggs or bacon), it did include a choice of very nice quiches each morning (ham and cheese or spinach/feta cheese).



The wood-ceiling reception area, decorated with old ski equipment, included a sitting area with an operative fireplace, furnished with two brown leather couches and a decorative rug. In the breakfast area, there were attractive rustic wooden tables and chairs. The inn was on the free bus route – the bus to Aspen Mountain was right across the street and the stop for the Snowmass bus was a two-block walk. At night, we took a healthy walk to the restaurants, about six to ten blocks away. We were very impressed by the friendly and helpful staff at the hotel.

In light of the potential difficulties in flying into Aspen, we went out two days before the class started. Our flights were on schedule (I did have to change the tickets two days before the trip to fly through Chicago rather than Dallas because of the ice storms in Dallas). The first night we ate at the Hickory House, a casual “ribs” restaurant – the food was fine, but nothing special. For my first day of skiing, I headed to Buttermilk, an area I had never skied. The weather was clear and cold. This mountain was well-groomed and had nice rolling long runs with comfortable terrain. In the morning, I skied with a mountain guide, a young woman named Nikki who was an ace on the snowboard. For the afternoon, I also wanted a guide and went with Mel, an 84-year-old who was amazing on the snowboard, but less amazing as a guide. He took me to a closed trail, where a moose was in residence. Fortunately, the moose was resting and did not pursue me – the trail was enmeshed in fairly deep powder and with less than perfect technique and much trepidation, I skied away as quickly as possible. That night, we had dinner at Aquolina, a restaurant that was supposed to be “moderately priced,” but was

actually overpriced. Bob had a fish stew (\$58) that he thought was excellent. I had ravioli with veal that was rather bland and uninteresting. The prosecco was good, however.

The second day – also clear and cold - I headed to Aspen Highlands, where I had only skied once before. After skiing on my own for about an hour and a half, I had a private morning tour with guide Bill and another private afternoon tour with guides Bill and Rob. We just skied groomed trails, but I was able to get a feel for the mountain. Dinner that evening was at Steakhouse No. 316, a very popular Aspen restaurant. Bob and I shared a Caesar salad and a large rib eye steak, which was very good. The “rock” music level in the restaurant, on top of the noise of the patrons, was deafening and sufficiently grating to diminish enjoyment of the meal – I would not recommend this restaurant for that reason.

The next morning was the beginning of my class. We met at 8:45 at the base of the gondola at Aspen Mountain. Much to my surprise, I was in the most advanced group with the same instructor I had for my private lesson the prior season. There were three others in the group – Richard, a doctor my age from Dallas, Brad, a 65-year old doctor from Grand Junction, and Michael, a 51-year old economist. After a warm-up run, we dove right into the bumps, and skied hard over the course of the day. Most of the bump runs were fairly short and somewhat steep, but we did not go anywhere near the double diamond runs. Since I had only skied Aspen Mountain once before many years prior, I have no idea which slopes we skied, other than a black run called “FIS.”



That night, Bob and I went early to a restaurant called “Meat and Cheese,” which does not take reservations. We shared raw tuna tacos and bison short ribs, which were rather dry. The best part of the meal was the sparking rose. I would not recommend this restaurant unless you want to have a variety of cheeses and salami/prosciutto type meats.

The second day of the class, we were at Snowmass. After a warm-up on Ute Chute, we skied about 11 bump runs over the course of the day, including some I never knew existed. We made our way down Sunnyside to a little bump run off to the right, went up the Big Burn lift and, over the course of the morning, skied the Powerline Glades, Garretts Gulch, Showcase, Tom’s Trace, Art’s Ulcer (off Coffee Pot) and Bear Claw. I only skied the upper half of Bear Claw because I had no energy left – I finished the run on Campground, which was groomed but a little slick. In the afternoon, we again skied the bumps off Sunnyside, and then did Sneaky’s glades, Jack of Hearts and Promenade. For dinner, we went to Mezzaluna, a restaurant recommended by my ski instructor. I had an excellent trout dish; Bob had tomato soup and short ribs. We had apple pie and tiramisu for dessert. I would return to this restaurant.

The final day of the class was at Aspen Highlands. We primarily skied the runs off the Cloud 9 chair. Although the mountain is quite steep, the bump runs that we skied were not particularly onerous, except for one that had rather large and irregular bumps. At the end of the class, all of the groups got together for a wine and appetizer party on the outside patio of a restaurant at the base of the mountain. Our dinner that night was at Clark’s Oyster Bar. We had two raw oysters each as an appetizer (\$4.50 for each oyster); Bob had an excellent red snapper and I had a good crab cake. The bread was very good. This restaurant goes on our recommended list.



The last day of the trip, I went over to Snowmass and met David and Vicki DiCicco and three of their friends at 8:30. There had been 3-4 inches of new snow overnight and our first run was on untouched powder. The remainder of the runs were largely on ungroomed slopes as the new powder was very quickly skied off. Our final dinner was at Kenichi (there is also a Kenichi in Snowmass). This dinner was spectacular – far and away the best dinner of our trip. We had lobster kushiyaki (like tacos), spider rolls (soft shell crab, avocados and cucumbers), and Wagyu beef bites. For dessert, Bob indulged in fried ice cream, and I, pistachio ice cream. All

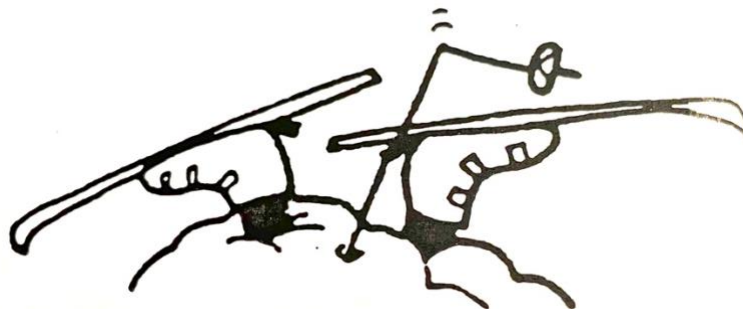
the dishes were wonderful. When we were in Snowmass, we went to the Kenichi there and also had an excellent dinner.



What did Bob do while I was skiing? Other than reading and taking some walks, he went to the Aspen Museum and the Aspen historical society and took two guided walking tours of Aspen. Of course, he tried some of the lunch restaurants – he had good lunches at the Rooftop Café at the Art Museum, Hotel Jerome, and the White House Tavern.

A further note on Aspen restaurants – there are many expensive restaurants and few like the Stew Pot or the Thai restaurant in Snowmass. Reservations are hard to come by, particularly at popular times, for many of the restaurants. We made a few reservations in advance of our trip at 5 or 5:30, and then changed those reservations to 8 pm when we were in Aspen. We did considerable internet research on Aspen restaurants before we went, but missed a few that we learned about when we were in Aspen. If you plan to go to one of the popular restaurants in Aspen, making reservations weeks in advance is desirable. Calling can be better than using Open Table or another online service, as some of the restaurants save some of the prime slots for people who call. If I were to return to Aspen, I would try Jing, an Asian restaurant and Duemani. I also might go to the French Alpine Bistro, where we went twice in the past. The Wild Fig is supposed to be good, but expensive.

All in all, we ate quite well during our trip and I had an excellent and challenging three days of bump skiing. I learned a great deal and hope that I still have the stamina next year to apply what I learned in Snowmass next year. Perhaps, I will even get a chance to ski again this season. In a separate article, I will discuss the Bumps for Boomers approach – some of what they teach is applicable to skiing on groomed terrain. Whatever your skiing level, taking at least one lesson each year is useful to refresh your technique and correct lingering bad habits. Pushing yourself, under the tutelage of an instructor, to move a little out of your comfort level, can be very helpful in improving your confidence and ability on less challenging terrain.



BEALE

**Calendar**

Thu Mar 9 BYOB (Bring Your Own Book) Zoom at 4:00 p.m., N. McKinley  
Sat Apr 8 PVS Annual Meeting at 1:00 p.m. Heitchue/Sinclair condo clubhouse, Reston, VA

**Ski Trips:**

March 11-19, 2023, BRSC Club Med to Val d’Isere: Kathy and Barry Lake



**ExCom Officers, Board  
Members, and Chairpersons**

<p><b>Officers:</b>  President – <i>Barry Lake</i>  Vice Pres. – <i>Cara Jablon</i>  Secretary – <i>Ellie Thayer</i>  Treasurer – <i>Dick Schwartzbard</i>  Ex Officio -  <b>Board Members:</b>  <b><u>First Term 2021-2023:</u></b>  <i>Manfred Boehringer</i>  <i>Jannes Gibson</i>  <i>Mary Rose de Valladares</i>  <b><u>Second Term 2022-2024:</u></b>  <i>Salli Diakova</i>  <i>Kathy Lake</i>  <i>Don Vierimaa</i></p>	<p><b>Chairpersons:</b>  Events – <i>Marianne Sophonis</i>  Membership Records – Vacant  Ski Trip Committee – Vacant    TOOT Coordinator – <i>Ellie Thayer</i>  TOOT Layout Editors – <i>Jan Marx, Kerry Hines</i>  &amp; <i>Dave Warthen</i>  TOOT (E-Distribution) – <i>Barry Lake</i>    Webmaster – <i>Mary Ellena Ward</i>    Meeting Records – <i>Sue Lyon</i>    Historian – <i>Jan Marx</i></p>
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**Useful Ski “Links”**  
[Potomac Valley Skiers](#)  
[BRSC Sanctioned Trips](#)  
[DC Ski Online News](#)

**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.**