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*Potomac Valley Skiers, Inc.*  
WASHINGTON MARYLAND VIRGINIA

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### *President's Message*

A few weeks ago, I attended a class on the basics of CPR (Cardiac Pulmonary Resuscitation) and the use of an AED (Automatic External Defibrillator) taught by Sergeant Michael Hill of the EMS Division of the D.C. Fire Department. Without doubt, all who were present were persuaded of the extraordinary value of knowing these life-saving techniques. The essential steps are outlined below.

Sergeant Hill repeatedly emphasized the importance of starting CPR as soon as possible as, without the flow of blood, the brain dies in 4 – 6 minutes. He made sure that we learned the 4 “Cs”, namely (1) Check your surroundings to make sure that it is safe to do CPR; (2) Check the person to see if they are just sleeping or otherwise not in need of CPR; (3) Call 911 immediately and make sure you give the exact address of your location and tell them to bring an AED; and (4) Do CPR compressions until help arrives.

In D.C. (and likely in Maryland and Virginia) when you call 911, you will first reach the police department, but there may be a wait before that happens. The operator should ask about the nature of the emergency – make sure you specify that you need the EMS immediately and that you provide the correct address. Be aware that, at a minimum, it will take at least 5- 7 minutes before the EMS arrives.

Before starting CPR, remove the individual’s clothing, including the bra, as the bra wires can do extensive damage. To perform CPR, put the palm of the dominant hand between the breasts of the victim, with the fingers of the other hand interlocked on top. Keeping your elbows straight, press in a rhythmic motion with your hands (if you know the song from the 1970s “Staying Alive,” that is the correct rhythm). The victim should be on a hard surface – if they are on a bed, move them to the floor. You should be standing to the left or right of the victim, not straddling them. Continue CPR until help arrives. If you have done 100 compressions and need a break, you can stop for a few seconds before continuing. If you do not have the strength in your hands to do CPR, you can use your elbow. When doing CPR on a baby, just use two fingers rather than the palm and also breathe into their mouth. According to Sergeant Hill, it is not advisable to waste time trying to find a pulse. He noted, for our information, that the best place to take a pulse is just under the skin line of the neck.

If you have access to an AED device, you must continue compressions while applying the pads of the AED. Ideally, more than one person will be available to help. One pad goes on the left side of the torso, while the other goes on the right side in a somewhat higher position – the pads must go on bare skin and not go directly over the heart. If the victim has a pacemaker, apply the pads in a lower position. With a victim who has a lot of hair on his chest, stick on one set of pads and pull them off quickly to remove the hair –a second set of pads should be in the AED. There are pictures on the pads showing the correct placement. The device will give verbal prompts on the action to take. If there is a shockable rhythm, the device will say “shock advised” and will tell you to get your “hands off” (stop compressions) and press the red “shock button.” If there is no response, the machine will tell you to restart CPR. Do not use the AED in a puddle of water. Move the victim away from the water. If you are dealing with a person who has stopped breathing in a swimming pool, get them out of the pool and dry them off before using the AED device.

Sergeant Hill recommends having an AED device in a home where a person has a history of heart problems. Unfortunately, the device is expensive and can cost in the range of \$3500 - \$5000. One individual in attendance at the session said that she had purchased one for \$1500. In D.C., if you buy a machine, you need to register it with the D.C. government. There apparently is a system in D.C. that will alert you if an AED is needed within several blocks of your home.

If your victim has recovered before the EMS arrives, turn them on their side away from you. Virtually all victims will throw up upon gaining consciousness and there will be a projectile of up to three feet of the stomach contents.

We also learned that the pressure of CPR can be effective in helping dislodge something caught in a victim's throat. Sergeant Hill briefly showed us how to do the abdominal thrust – put your hands around the victim's rib cage and make a fist with the other hand on top. Push up under the rib cage. If you are by yourself, and something is caught in your throat, push your rib cage up against a chair.

Finally, in light of the epidemic of fentanyl plaguing our society, we learned how to use Narcan for a fentanyl or opiate overdose. Quite simply, remove the plunger off the Narcan container and spray it into the nostrils. Sergeant Hill recommends carrying Narcan with you at all times and handed out samples of Narcan to the participants. CVS is starting to sell Narcan, and there are some places in the city giving it out without cost. The Sergeant noted that teenagers, who may smoke marijuana laced with fentanyl, and the elderly, who may inadvertently take a second dose of an opioid, are at particular risk. The Sergeant said not to be afraid to use Narcan if you suspect an overdose, as there is no danger to its use. A victim may need more than a single dose. An individual who is breathing at a low rate of 1 – 4 breaths per minute is likely to be suffering from an overdose. If a victim is not breathing, start CPR rather than using Narcan.

The session that I attended was just an “awareness program.” By taking a more extensive program, one can get certified as a CPR provider. I certainly hope that I never need to use CPR, but, if I do, I am thankful that I at least have some basic knowledge about how to use this lifesaving technique.

*Cara Jablon*



**Coming Event**

## **Special Event !!!**

Join us at PVS' 31<sup>st</sup> (\*not\* annual)

# **STEAK AND SWIM**



**At the HINES'  
Saturday August 5, 2023 - - 3pm.  
Rain or Shine**



This is PVS' oldest annual club event, except that it's not quite annual!  
Celebrate summer in the Blue Ridge foothills in Delaplane, VA.  
Enjoy good food, camaraderie, open space, and maybe even a dip in the pool!

Limited to 25. Reserve Now!  
Deadline to sign up or cancel is July 30th.

**BRING:** Your own bathing suit and towel and either an appetizer or dessert.

**INCLUDED:** steaks, baked potatoes, salads, fixings, beverages and (hopefully) sunshine!!

Cost: \$20 per person.

To sign up or for directions phone Kerry or Marianne at 540 364-4810, or email [mchines@erols.com](mailto:mchines@erols.com) and tell us what you'll bring. Also, let us know if you need directions.



## Past Event

### PVS SUMMERFEST

Sunday, June 16, 2023

On a beautiful Sunday afternoon, fourteen PVSers met at the home of Jill Nelson in Chevy Chase, Maryland. Summerfest is an annual club event where we begin talking about the next season's ski trips. While it is hard to get in the mood for skiing in June, most people were happy to begin thinking about winter plans and going to Snowmass. Cara is ready to sign up for another Bumps for Boomers class; Janice and Marianne are ready to commit even if they don't ski; Rosemary is ready to sign herself and kids and grandkid up. It did not take long for this group to feel the excitement of skiing and get into planning for next season. When asked about local skiing, John Smith said we will have to wait and see! What to do with old ski equipment was discussed. There used to be Ski Swaps in the fall at local ski shops, but not so many these days. Cara said she would check with the Alpine Ski Shop in Fairfax. Many people now sell or give away items online.

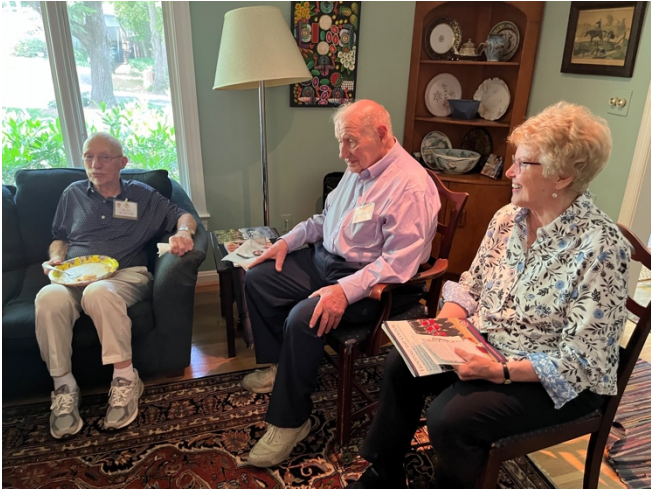


Food is always an important factor at PVS meetings and this was no exception. Appetizers began with dates, nuts, cheese, and sushi; Jill grilled a large piece of salmon and a variety of sausages for the main course. They were accompanied by several salads including Watermelon/arugula/feta; Tomatoes/cheese/olives; Kale and Couscous. Cakes, cookies, cream puffs and mini cheesecakes were put out for dessert. All were delicious.

Cara called a meeting to order after lunch. Marianne discussed future meetings and events; Kathy Lake gave information on Snowmass and BRSC trips for 2024. The Snowmass trip will be January 10-17, 2024. See more information on Snowmass in this TOOT. BRSC Western Carnival will be early February at Lake Tahoe; BRSC Eurofest will be mid-March at Kitzbühel. Members of our club can sign up with other BRSC ski clubs to go on either of these trips. See more information on BRSC trips in this TOOT.

Most of the group said they had no major travel plans for the summer. It was good to see our ski friends and discuss past and future ski trips. We thank Jill for hosting this lively and fun meeting.

Rosemary Schwartzbard

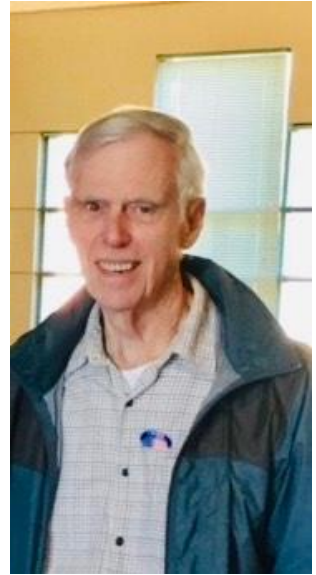




## ***In Memoriam***

**Roland Royce Kneece** passed away peacefully at Fairfax Inova Hospital on June 7, 2023 of respiratory failure at age 83. He was surrounded by his long-time partner, fellow PVS member Marsha Patrick, and his two daughters. Royce and Marsha joined PVS in April 2016. The following is their profile from the April 2016 TOOT:

**Royce Kneece & Marsha Patrick** – Falls Church, VA; Sponsor, Inge Lesjak; Both divorced, Marsha and Royce met in 2007 through Match.com. Marsha works full-time for a small national association, whereas Royce works part time for a non-profit defense consulting firm after a 31-year career in the Department of Defense. Marsha skied for many years in just about all the big western resorts, but had to put away her skies because of knee problems (an attempt in 2008 to restart skiing did not work and led to new surgery). Royce got a late start as a skier at age 45 when his daughters reached the age to learn to ski. However, he has made up for lost time and has skied regularly ever since. He went on an annual trip to Vail for some 10 years running, and has skied most of the big Western resorts, as well as many in New England and locally. The trip last year to Austria was his introduction to PVS, so enjoyable that he signed up for the Italy trip this year. Aside from skiing Royce enjoys golf and playing the cello. Both enjoy the great outdoors and travel and have had many great trips to places like Greece, Africa, India, Peru, Brazil, France, and England. They can frequently be found kayaking on Lake Barcroft in Falls Church, where they live with their three cats.



On June 18, 2023, the Washington Post published a Legacy obituary:

Roland Royce Kneece, Jr. passed away peacefully on June 7, 2023 surrounded by his loved ones. Royce was the only child of Roland Royce Kneece, Sr. and Katherine Kneece of Spartanburg, SC. He earned a B.S. and M.S. in Applied Mathematics from Georgia Tech, and a Ph.D. in Mathematics from the University of Maryland. He was president of his TKE fraternity and served in the Army ROTC. He and Nancy Jane Smith were married 31 years, raising two children together. For the majority of his career he served as a Defense Analyst working in the Pentagon. A renaissance man, Royce's interests included abstract painting, skiing, golf, sailing, cello and travel. He is survived by his life partner of 16 years Marsha Patrick, his two daughters Jane (Cate) Catherine Wnek (Christopher) and Emily Elizabeth Whittaker (Michael), grandchildren Tucker and Finn Wnek, and Brooke and Charlie Whittaker. A service and reception will be held at St. Francis Episcopal Church in Great Falls, VA on July 8, at 11 a.m. Contributions in his memory may be made to [Doctors Without Borders](#).

Demaine Funeral Home, Springfield, VA is handling the arrangements.

Marsha adds that there will be a reception following the service and that all are invited.

# SKI TALK

By Mary Ellena Ward

Most of you know that although Jim and I are by no means “charter members,” we have been associated with PVS for quite a long time – 46 years. In all those years, we’ve enjoyed many events, expeditions, and of course, ski trips. For whatever reason I only documented the ski trips – and not even all of those. Nevertheless, it adds up over the years and at present I have write-ups for 29 of those trips available on our web site.

I recently reviewed those writeups, checking links and weeding out typos. It was a great trip around the mountains with our PVS friends. Perhaps you would like to visit them too?

I’ve grouped the trips by location and year:

## Europe:

1977: [Zürs & Val Gardena](#)

1985: [Val d’Isere & Alpe d’Huez](#)

1997: [Val Gardena & Val d’Isere](#)

2012: [Barcelona & Andorra](#)

2017: [Val d’Isere](#)

1979: [Zürs & Innsbruck](#)

1988: [Interlaken & Saas-Fe](#)

2002: [Chamonix & Prague](#)

2013: [Chamonix, Courmayeur & Verbier](#)

## Canada:

1983: [Whistler & Lake Louise](#)

## Exotic:

2000: [Argentina](#)

2004: [Spain & Morocco](#)

## Local:

2004: [Wisp](#)

## US (Not including Colorado)

1993: [Stowe, VT](#)

1999: [Sun Valley, ID](#)

2014: [Alyeska, AK](#)

1994: [Sun Valley, ID](#)

2007: [Big Sky, MT](#)

2016: [Snowbird & Alta, UT](#)

## Colorado

1998: [Telluride](#)

2005: [Snowmass](#)

2006: [Winter Park](#)

2017: [Snowmass](#)

2019: [Snowmass](#)

2003: [Crested Butte](#)

2006: [Snowmass](#)

2011: [Snowmass](#)

2018: [Snowmass](#)

2019: [Steamboat Springs](#)





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

Summer is the perfect time to lounge by the pool or beach with a good read. But winter has its reading charms too. It seems all the seasons present good opportunities for settling down with a good book. So check out a book and then tell your PVS reading friends about it. We meet virtually by Zoom on the second Thursday of every month at 4 pm. Consider joining us! **See the info at the bottom to join in on Thursday, July 13th from 4 to 5 pm.**

**Here's what we chatted about in May and June:**

**Bonnie Sweeney** brought us a "nice, interesting read" called "West with Giraffes" by Lynda Rutledge. It's the fictionalized chronicle of the true event of the journey of two giraffes from Haiti (by ship through a hurricane) to New York and across the US to their home at the San Diego Zoo in 1938.

**Ellie Thayer** has been reading several mysteries by Anne Cleeves who created the memorable character, Vera Stanhook. Vera is a nontraditional detective and is the protagonist in a series of well-known mysteries. Specifically, Ellie recommends "The Darkest Evening" and "The Moth Catcher" but "The Crow Trap" is definitely not recommended by Ellie.

**Jan Marx** chose nonfiction that caused a shudder from the other members of the group. Jan read (or listened to) "City of Light, City of Poison" by Holly Tucker whose work describes torture, killing, black magic, and other degradations that took place in the 1600s in Paris. In **June**, Jan gave us "Killers of the Flower Moon" by David Grann, the true story of murders of Osage Indians in the 1920s after the riches from the discovery of oil on their reservation caused murderous envy.

**Dorian Janney** is reading "The House in the Cerulean Sea" by T.J. Klune. Written in 2020, it's a magical tale of an orphanage for a small group of children with powers that would be dangerous outside of their protected environment and the man who is charged with its investigation.

**Nancy McKinley** brought "I Have Some Questions for You" by Rebecca Makkai. Makkai's story of a well-known podcaster with her own childhood difficulties takes place in an elite boarding school where a murder occurred more than 20 years before. In **June**, Nancy gave us Pulitzer Prize winner "Trust" by Hernan Diaz, three stories of the same events around the time of the 1929 financial crash. The twist is in

understanding which story is the "true" telling of how one family became wealthy while others lost everything.

In **June**, **Karen Knopes** was enthusiastic about "The Last Slave Ship" by Ben Raines. It tells the true story of those involved with the ship "Clotilda" sunk near Mobile, Alabama by the owners in the mid-1800s to eliminate the evidence of their illegal slave trade.

In **June**, **Mary Ellena Ward** gave us "After" by Dr. Bruce Greyson, the world's leading expert on near-death experiences. Despite having only anecdotal evidence, Dr. Grayson makes a compelling case for these experiences, noting that afterward the affected people became more compassionate and engaged in life.

Also in **June**, **Bob Jablon** brought thought-provoking non-fiction in the form of "American Nations" by Colin Woodard. Woodard asserts that the US and Canada are a collection of multiple nations that have not integrated well. When people move to another region, they adopt the attitudes of the new region, thus perpetuating each region's differences.

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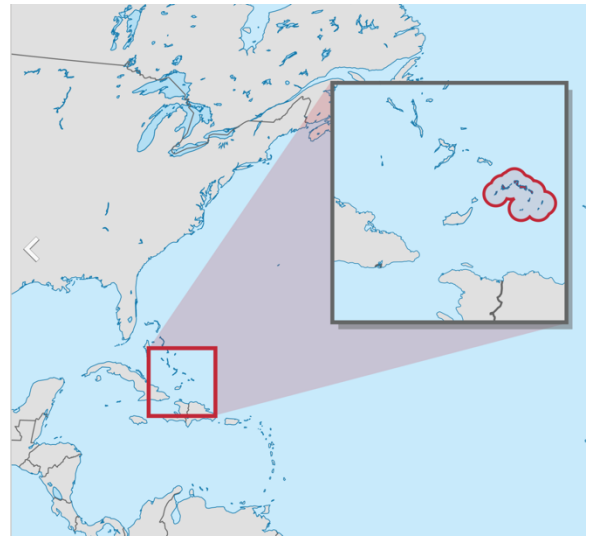
The next BYOB Zoom call will be held on Thursday, July 13th from 4 to 5 pm. Let Marianne Soponis know at [marianne.soponis@gmail.com](mailto:marianne.soponis@gmail.com) if you're interested in joining us and she'll put you on the list to get the link to the Zoom call. No commitment! Questions or comments? Contact Nancy McKinley at [nancymckin@gmail.com](mailto:nancymckin@gmail.com) or 703 595 8375.

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## MEMBERS' CORNER

### By guest columnist Kathy and Barry Lake **Club Med in Turks & Caicos**

Last year we went to the Washington DC Ski Travel Show AND, lo and behold, we won four complimentary nights at a Club Med resort! At the end of the ski show the vendors give away door prizes, for which you had to be present to win. The first prize called was the Club Med offer that we won! There were four locations to choose from - Turks & Caicos, the Dominican Republic, Mexico, and a golf resort in Florida. Turks & Caicos was our first choice, so we submitted our request. Fortunately, we were able to get it approved for the beginning of this past April.



Turks & Caicos is gorgeous! The beaches are pristine with crystal clear blue water and white sand. Temperatures were in the low 80s with a warm breeze that was absolutely perfect! The resort was beachfront on Grace Bay. Apparently, Club Med was one of the first resorts to build there and picked the best location.

When we arrived at the resort, we were able to partake in the buffet lunch. After lunch, while waiting for our room to be ready we relaxed on the lanai overlooking the pool and were introduced to a cool and refreshing drink called a mojito. That evening there was a special dinner with formal white clothed

tables set up poolside. We had a great view of a gorgeous sunset. After dinner we enjoyed a flying trapeze show over the pool. Our first day was fabulous!

The Club Med resort is all-inclusive, which includes food, alcohol, and numerous sport activities (if you read the April TOOT you heard all about our Val d'Isere Club Med experience). The food was delicious. There were plentiful options at breakfast, lunch, and dinner buffets. The offerings were very similar to Val d'Isere with a little more seafood that included tilapia, mahi-mahi, crab legs and shrimp. For dessert there was an ice cream bar and an assortment of tasty cakes and pastries very similar to Val d'Isere.



Sailing, snorkeling, yoga, tennis, and pickleball were among the sporting activities offered, plus golf and scuba diving for an additional fee. We decided to make it a totally relaxing vacation and opted for lounging under the cabanas with a book on the beach. We quickly realized that you have to go out early to mark your territory on the lounge chairs. It all worked out though. From our cabana we could watch the sail boats go by. It was so beautiful and peaceful!



Each evening after dinner there was a different form of entertainment. In addition to the flying trapeze act, the other evenings included a trivia game, a rendition of *Grease*, and an acrobatic performance. All very entertaining.

Before our trip we had seen an article in the *Washington Post* about the stray dogs roaming the island, which are known as potcake puppies. People leave cooking pots out for the puppies to eat the leftover food that is caked on the pot, which is how they got their name. In recent years there has been a huge effort to rescue these puppies. Some tourists end up adopting one to bring home to the States. Other

tourists volunteer to walk them on the beach. We had hoped to at least see a few of them. But no luck. Instead, we had the pleasure of meeting a pretty stray cat that seemed to live at the resort. She is quite comfortable there and will just jump up on a lounge chair next to you and make herself right at home.

Check out this link if you would like more info on the potcake puppies:

<https://www.washingtonpost.com/lifestyle/2023/03/15/dog-adoption-potcake-turks-caicos/>

We feel very fortunate to have won a stay at Club Med and thoroughly enjoyed Turks and Caicos. It was truly spectacular!



# *Snowmass, Colorado 2024*

## *Save the Date!*

### *January 10-17, 2024*

We are already planning to go back to Snowmass next year from January 10-17, 2024! Once again we will be staying at our favorite Snowmass Mountain Chalet, which offers a convenient ski in, ski out location. As in recent years, it will be a "Land Only" package that will include lodging and a 5-day senior lift pass. Pricing and other details to follow.

- *Snowmass offers direct access to 3,100 acres of skiing, just outside the door.*
- *The skiing terrain totals more than 5,000 acres, with interchangeable lift tickets and free bus service to Aspen Mountain, Aspen Highlands & Buttermilk ski areas.*

We hope to have pricing soon. Please let us know if you are interested in going to Snowmass. For further information, please contact us at [KathyLakehomes@yahoo.com](mailto:KathyLakehomes@yahoo.com) or 703-625-2715.

Kathy & Barry Lake, Trip Leaders



#### BRSC 2024 Ski Trips

Western Carnival: Lake Tahoe, NV - February 3 - 10 Skiing at Heavenly! Lots of casinos, too.

Winterfest: Sunday River, ME - March 3 - 8

Bus trip to Maine with 4 days of skiing!

Eurofest: Kitzbühel, Austria - March 15 - 23

Ski the Amazing Austrian Alps!

Please let us know if you are interested in any of these trips or if you are interested in leading a trip.

## Calendar

Thu Jul 13 BYOB (Bring Your Own Book) Zoom at 4:00 p.m., N. McKinley  
Sat Aug 5 Steak & Swim at Hines at 3:00 p.m.  
October Next PVS Monthly Meeting

## Ski Trips:

Snowmass January 10 -17, 2024: K. & B Lake

ExCom Officers, Board  
Members, and Chairpersons

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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.