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Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

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President's Message

Another Aspen Adventure *from Cara Jablon*

After eleven days at home following the PVS Snowmass trip, I (along with Bob) headed back out to Aspen on Tuesday, January 30, to participate again in the Bumps for Boomers class. This time, our flights to Aspen were on schedule, and we actually came into Aspen a half hour early. Our luggage came off right away, we got a taxi at the taxi stand, and we got to our Aspen hotel, the Annabelle Inn, in time for their cocktail hour. The Annabelle Inn, near West Main Street and 2nd Street, is a rustic, very pleasant motel-like hotel with an inner courtyard with two hot tubs and a breakfast room and sitting area in the front. The staff is very friendly and helpful. For breakfast, in addition to bagels and cereal, and some cheese and meats, there is always a choice of either a ham and cheese or spinach and feta quiche. The bus stop for Aspen Mountain is across the street, and the one for Aspen Highlands is just a half a block away. To get to the Snowmass or Buttermilk bus requires a walk of about 2½ blocks. The hotel is about a 7 - 8 block walk to most of the Aspen restaurants.

Tuesday night, although we did not have a reservation, we walked over to Clark's Oyster Bar, which we had liked last year, and were able to get a high top table. Bob had spicy grilled oysters and fish stew – both good; I just had four oysters and a shrimp cocktail. The oysters were good, but I thought the shrimp cocktail was just ordinary. Like

many restaurants in Aspen, Clark's Oyster Bar is very pricy.

I had two days of skiing on my own before the beginning of the Bumps class. On Wednesday, which was warm and sunny – a perfect Rosemary Schwartzbard ski day – I took the bus to Buttermilk, a small mountain which has some nice rolling intermediate slopes. On one run, I ended up in the terrain park and then, continuing down the mountain, I found myself at a dead end with no apparent way out because the continuing trail was closed with a rope. What was I to do? Fortunately, I was able to look up the number for the ski patrol, and within five minutes, a ski patroller came on his snowmobile and gave me a ride out. I met a lot of local people on the lifts, including an 86-year old woman who was an excellent skier.

Wednesday night, Bob and I went to the Kenichi in Aspen (we had been to the Kenichi in Snowmass on the PVS trip). Bob had dynamite shrimp and a lobster taco; I also had dynamite shrimp and then a spider roll. Although my choices were the same as I had ordered in the Snowmass branch of the restaurant, they seemed a little different – I preferred the dishes in the Snowmass Kenichi. That night, a representative of the Heiwa sake company

NEXT MEETING
in April
Voting for
ExCom.
Springfield, VA

was there and the restaurant was offering a sake special – three different kinds of cold sake for \$22. The rep came to our table and talked to us about the special rice and yeast strains that are used to make sake. I particularly liked the Heiwa sake called “Junmai” – I don’t know if it is available in the DC area. Bob and I strongly recommend the Snowmass Kenichi – even if you are not a fan of sushi, the restaurant has a large variety of other choices.

The next day, Thursday, another warm and sunny day, I took the bus to Snowmass and skied with David and Vicki DiCicco and their friends – Rob from San Diego and Chris and Sophia from Chicago. David and Vicki, who have been coming to Snowmass for a month every year for a long time, are usually there



during the PVS trip, but came just as we were leaving this year. David is a very fast skier, but tires out before the end of the morning. The skiing that day was excellent; the trails, including Whispering Jesse, Lodgepole, and Upper Green Cabin, were nicely groomed and the snow quality was good, even though there apparently had not been much snow since we were in Snowmass. While at Snowmass, I went back to see Jack, the boot fitter, and he took out the screws at the back of my new boots to give me more flex in the tongue of the boot.

Thursday night, we went to another après-ski party at the hotel, and spent time talking to two women, Chris (from the D.C. area) and Judy (from Weston, Vermont), who were there for a four-day Women’s Edge ski school program. This program is apparently part of the Aspen ski school, but is not well advertised. For dinner, we went to The Boat Tow, a new Aspen restaurant. Bob had tomato soup and chicken and I had a pasta and lamb dish. We liked the food and the restaurant is reasonably

priced; however, it was not very crowded, so it is uncertain whether it will survive into next season.

Friday was the first day of my class, and we skied on Aspen Mountain. I had asked to be in a slower class than last year, as I (correctly) did not think that I had the same strength as last year. My instructor – Lisa – was very good, and there were only two other people in my group – both about 13 years younger than I was and with more stamina. We skied some bumps the first day and worked on technique – more about that later. Late in the day, the snow started and continued all the way through Saturday night.

Friday night, Bob and I went to Duemani, an excellent, but ridiculously expensive, Mediterranean-style restaurant. Bob had three oysters, and we shared a Caesar salad, one of the best I have ever had, and a branzino entree, also wonderful. For dessert, Bob had tiramisu and I had chocolate ice cream. While we thought the meal was superb, the prices were crazy.

Saturday was our day at Snowmass, skiing in deep snow. My first run in deep and steep snow (about 6 inches), my technique fell apart and I fell three times. With some guidance, and on less steep and deep, I improved and gained more confidence in the powder. That night, we had dinner at Mezzaluna, which I strongly recommend. I had a rib eye steak with mashed potatoes and asparagus and Bob had red snapper. The restaurant is reasonably priced (for Aspen) and has a large selection of items, including pizza. If you are going down to Aspen for just one meal on a Snowmass trip, I would suggest going to Mezzaluna. The restaurant is only a few blocks away from the Aspen bus depot.

The last day of my class was at Aspen Highlands, which still had a good bit of powder skiing as well as a lot of ungroomed. I only skied a limited number of bumps, as I was quite tired from the powder of the previous days. However, overall, I did learn a lot over the course of the three days. I left the class a little early, as we had a 4:05 flight – unfortunately, the flight out of Aspen was delayed by 1½ hours and we missed our connection in Chicago. Since I had to be back in DC the following morning for a mediation training class, we spent the night at the Chicago O’Hare

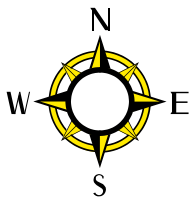
airport and took the 6 am flight to DCA – I raced to the taxi stand and took a cab downtown to my class, leaving Bob to deal with getting all the luggage home.

What did Bob do in Aspen while I skied? He seemed to entertain himself by walking 10,000 steps each day, reading, and enjoying lunch – he liked the White House Tavern. He did go to the Hotel Jerome for lunch one day and had a very expensive bagel and smoked salmon.

Now, to the ski tips. What did I learn? I finally figured out how to make more rounded turns and let the skis do more of the work. The focus of the instruction was teaching us how to make slow rounded turns in the bumps – primarily by an early weight shift to the new downhill ski and consistent pressure on that ski with the shin against the tongue of the boot to make a rounded turn that ends slightly uphill. Other important tips were to look in the direction of each turn as you are making the turn, keep your weight and arms forward, keep your upper body looking downhill,

keep the turns moving, and keep your shoulder angle matched to the angle of the ski slope (in my case, keeping my downhill shoulder lower). In the instructor’s view, even on the groomed, skiers should make round turns that are completed in a slightly uphill manner, with immediate movement into the next turn.

In powder, the skis should be flat and fairly close together, weight should be on both skis, the turns should be rounded with consistent pressure on the ski that is becoming the new downhill ski (but without an uphill finish), and the body must be forward (sitting back in the powder, as I learned, leads to falling), and turns must be linked and continuous. I learned that making more rounded turns, with pressure on the turning ski, really helped my skiing in the ungroomed snow, and diminished the chattering of my skis. While I think that my days of bump skiing are limited, the techniques I learned will be very helpful for groomed, ungroomed, and powder skiing.



Calling All Travelers We Want to Hear About Your Adventures



We are sure – or hope so at least - that you have noticed that **Members’ Corner** has become a column for members to write about any and all adventures that they have undertaken. Since doing so, we have had a tremendous turnout of articles, but the queue has dwindled down, and so we are in need of new write-ups for future columns.



We want to thank those authors for their participation, and look forward to many others helping out in the future. 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 it along with any pictures to Jan Marx for publication in a future TOOT.





PVS – BYOB (Bring Your Own Book) group

There's more than one way to be in a book club. With PVS' BYOB you read what you like and tell the rest of us a bit about it. Do you live far away or just don't want to leave your cozy home for a meeting? We meet on ZOOM. And Ron Charles, book critic at The Washington Post, recently noted a book club for inmates in a jail in California. (Contact nancymckin@gmail.com for information on how to support the purchase of books for those readers.) Then see the info below and come along via Zoom **next time on Thursday, March 14th from 4 to 5 pm** and tell us about what you've been reading.

Books we discussed in February:

Bonnie Sweeney has been listening to "Sitting Pretty" by Rebekah Taussig. Taussig, confined to a wheelchair since the age of six, lives an independent and accomplished life. Bonnie got a new perspective as Taussig tells how the world has reacted to her as a child and as an adult. **5***

Karen Knopes brought "And There Was Light" by Jon Meacham. Meacham makes the case that Abraham Lincoln, long against slavery, felt that he could not win politically if he was seen as an abolitionist. Karen says the book was "an eye-opener, in a sense." **5***

Marianne Sophonis told us about "Soldier of Destiny" by her author-neighbor, John Reeves, in which Reeves focuses on a small part of U.S. Grant's life before running for President. His well-researched work notes that Grant's wife came from a slave-holding family, that Grant was known for being quiet, decisive, and with a history of drunkenness. **5***

Ellie Thayer added to her interest in art with the novel "Rafael - Painter in Rome" by Stephanie Storey. Storey used the small amount of written documentation available to portray this hardworking artist who died in his mid-30s and who lost the battle over who would paint the Sistine Chapel. He's famous for his many Madonna paintings, reportedly using a prostitute as muse. **5***

Jan Marx loves a good thriller. The latest, "23rd Midnight," was written by prolific author James Patterson in collaboration with Maxine Paetro. There followed a discussion on the trend of long-term popular authors working in conjunction with others to continue their body of work. **4***

Bob Jablon looked back at favorite books over the years and chose the 1974 Pulitzer-Prize-winning biography "The Power Broker" by Robert Caro. Caro details the rise and fall of

Robert Moses who used his considerable power in New York politics to build infrastructure, often at great cost to the communities he served. Bob says the book "reads like a novel." 5*

Nancy McKinley likes to read the latest and brought 2024's "The Waters" by Bonnie Jo Campbell, set in a poor community in Michigan. Campbell creates great characters and a swamp with muck, snakes, secrets, and herbal remedies. Campbell is a master of "rural noir" and Nancy gives it 5*.

The next BYOB Zoom call will be held on Thursday, March 14th from 4 to 5 pm. Let Nancy McKinley know at nancymckin@gmail.com or on 703 595 8375 if you'd like to join us or if you have questions or comments.

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ExCom News

Inge Lesjak has resigned from her position on the ExCom Board and Jill Nelson has been appointed to serve the remainder of Inge's 2023-2025 ExCom term. Thank you Inge for serving and welcome Jill.

We have three candidates for the 2024-2026 ExCom term. These candidates are **Salli Diakova, Kathy Lake, and Don Vierimaa**, whose election will be held at the April annual meeting. (In accordance with our By-Laws, 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.)

Following are the profiles of the nominees:

SALLI DIAKOVA - CANDIDATE FOR EXCOM

Skiing and spending time on the beach are my two favorite activities. My husband, Nick Young (also a PVS member), and I, moved to the US almost 30 years ago from Bulgaria and the UK. We live in Alexandria and the one thing I miss most from my days in Bulgaria is the proximity to mountains allowing me to spend most of the winter days on skis. In the US, I have been skiing mostly at Snowmass (since joining PVS) and Crested Butte, and have enjoyed visiting Lake Tahoe ski resorts in previous years.

I was an agricultural policy evaluation consultant and hold a doctorate in civil engineering. I retired in the early months of the COVID-19 pandemic. Without the restriction of available vacation days, Nick and I plan to spend more time travelling and visiting with our children and grandchildren who live in the UK and Germany.



I am honored to be a candidate for ExCom and look forward to serving a second term on ExCom, if elected.

KATHY LAKE – CANDIDATE FOR EXCOM



I was born in Cheverly, Maryland. However, most of my childhood was spent in Massachusetts, outside of Boston, which is where I first learned to ski. My high school and college years were in Ohio where I graduated from Miami University. After college, I moved back to the DC area to work on Capitol Hill. After a few years there, I decided to switch careers and became a real estate agent, which still keeps me busy today.

While originally learning to ski as a kid, I didn't take up skiing in earnest until Barry and I met. Both of us have enjoyed skiing together for over 35 years. We started out skiing mostly on the east coast, but after our first trip out west to Colorado, we pretty much gave up on east coast skiing. Over the years, we have been lucky enough to be able to take a couple of ski trips a year, mostly to Colorado and Utah. We have also skied in Switzerland and Austria, as well as skiing on two trips to Canada.

Since joining PVS in 2015, we have thoroughly enjoyed seven trips to Snowmass, having been trip leaders on five of those trips. We have also had fun on PVS trips to Steamboat, Big Sky, Sun Valley, and Snowbird/Alta. We are looking forward to many more PVS trips. I am presently the Ski Trip Coordinator and write *Ski Talk* for the TOOT.

Barry and I currently live in Oakton, Virginia with our collie girl, Vail. When not skiing or working, we also enjoy time at the beach.

I am honored to be asked to serve another term on ExCom.

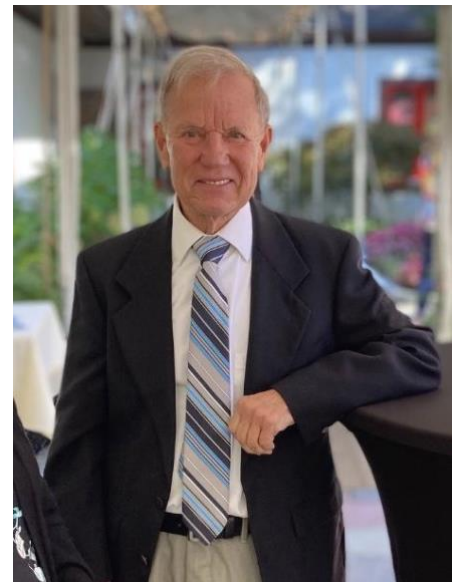
DONALD VIERIMAA – CANDIDATE FOR EXCOM

I have been skiing off and on since 1954, growing up in Minnesota and using rope tows at a ski resort in Wisconsin. I really learned to ski in 1963 while working for Boeing in Washington State. I then skied little between the years 1965 to 1990. Since my sister lived in Denver in the 1990s, I would ski with my sister and brother-in-law and my brother from New Orleans. Around 2003, I joined the Chesapeake Chapter of the Over-The-Hill Gang and began skiing with them.

The Chesapeake Chapter dissolved and members formed the Capital Golden Skiers with myself as its president for eight years. Capital Golden Skiers dissolved and most members, including me, joined the Potomac Valley Skiers. My favorite ski resort is Snowmass. I cross-country ski whenever there is four inches or more of snow in the DC area.

My passions are family and friends, outdoors, music, travel, and science. I have a Bachelor of Physics degree from the University of Minnesota and worked in aerospace, education, railroad, and trucking industries. I retired January 1, 2000.

I am honored to be asked to serve another term on ExCom.



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LOCAL SKIING/MEMBERS' CORNER//FUN DAY/WHITETAIL



On February 21, Cara Jablon and Rosemary Schwartzbard went to Whitetail with Don Vierimaa on a beautiful blue-sky day. Not all slopes were open and the conditions were less than perfect, but we managed to ski for several hours.



If you are interested in **Local Skiing**, contact

Don:

703-200-4567

dvierimaa@hotmail.com



MARCH 2024 SKI TALK

SNOWMASS UPDATES.....by Kathy Lake



The Aspen Skiing Company (SkiCo) recently announced upcoming plans for improvements and expansions at Snowmass as reported by *The Aspen Times*. Some of the major areas discussed were lifts, snowmaking, and trails/glades.

Lift plans for the ski area include:

- extending the Coney Express quad, with access across from the Snowmass Mall and a mid-station access point
- Cirque T-bar replacement, upgrading the Village Express to a 10-person gondola — possibly a telemix to allow chairs and gondola — for summer and winter access to on-mountain dining and recreation
- upgrading the Alpine Springs lift to a 6-pack, upgrading the Elk Camp chairlift to a 6-pack
- maintain the years long approval for a new Burnt Mountain quad lift
- expansion of the Dawdler area for intermediate terrain for learning, and a surface lift at Sam’s Knob.

The Coney Express expansion is first priority for SkiCo, followed by Cirque and ideally another lift at the same time. Beyond that, the order in which the lift-related needs will be addressed is yet to be determined.

Snowmaking changes are also part of the plan, moving operations to a higher elevation to escape high temperatures at the lower elevations. This would add 146 acres of coverage to the preexisting 329 acres of snowmaking coverage.

The surface lift at Sam’s Knob and snowmaking changes are climate change-related, as lower-elevation terrain opens later and later into the ski season due to warm temperatures. The surface lift would allow people to access the proposed Village Express gondola for downloading in the event of un-skiable conditions at lower elevations.

Trails and glades proposed plans include:

- a new trail from The Edge to the High Alpine Restaurant that minimizes skier cross traffic
- glade improvements at the Frog Pond Glades
- connecting Baby Ruth to the Hanging Valley Glades
- five new trails and distinct gladed areas off the Alpine Springs lift (which is proposed to be upgraded to a 6-pack)
- expand the Sneaky’s Glades on skier’s left
- new glades between Wildcat and Howler and Wildcat and Slot
- new beginner areas in Dawdler

SAVE THE DATES

We plan to go back to [Snowmass](#) January 8 – 15, 2025!



BRSC sponsored Ski Trips in 2025

Park City, Utah – February 1 -8

Chamonix, France – March 1-9

OMG! Check this out! A moose is running down the slopes amidst skiers at Jackson Hole. I can't imagine. What would you do?

Photo provided courtesy of Cowboy State Daily.



Click this link for the video of the

galloping moose:

<https://youtu.be/X1K0f6CtVSM>

Did-You-Know Department:

Yup, these two products are still available. I'm thankful that I have outgrown them!



Calendar

Thu Mar 14 BYOB (Bring Your Own Book) Zoom at 4:00 p.m., N. McKinley
 Tue Mar 19 EXCOM Zoom meeting at 7:00 p.m.
 Sat April 13 Annual Members' Meeting, 1:00 p.m., Marx, Springfield, VA



Ski Trips:



January 8-16, 2025, PVS Snowmass Trip: Kathy & Barry Lake

ExCom Officers, Board
 Members, and Chairpersons

<p>Officers: President – <i>Cara Jablon</i> Vice Pres. – <i>Bob Jablon</i> Secretary – <i>Ellie Thayer</i> Treasurer – <i>Dick Schwartzbard</i> Ex Officio – <i>Barry Lake</i></p> <p>Board Members: <u>First Term 2022-2024:</u> <i>Salli Diakova</i> <i>Kathy Lake</i> <i>Don Vierimaa</i></p> <p><u>Second Term 2023-2025:</u> <i>Bob Knopes</i> <i>Jill Nelson</i> <i>Rosemary Schwartzbard</i></p>	<p>Chairpersons: Ski Trip Coordinator – <i>Kathy Lake</i> Events – <i>Marianne Sponis</i> Membership Records – <i>Barry Lake</i></p> <p>TOOT Coordinator – <i>Ellie Thayer</i> TOOT Layout Editors – <i>Jan Marx, Kerry Hines</i></p> <p>TOOT (E-Distribution) – <i>Barry Lake</i></p> <p>Webmaster – <i>Mary Ellena Ward</i></p> <p>Meeting Records – <i>Sue Lyon</i></p> <p>Historian – <i>Jan Marx</i></p>
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Note, this is the direct link to the February TOOT on PVS's website.

<https://www.pvskiers.org/TOOT/2020-2029/24-02.pdf>



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.