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President's Message:

As long as I have been writing president's message, I have recommended taking a lesson or two at the beginning of each ski season to brush up on ski skills. This is particularly important as we age and need to learn tips to maximize our performance and avoid tiring out easily. You may think that your skiing is "good enough" or that you are too old to improve. That is not the case. Over the past two years, I have returned to Aspen several weeks after the Snowmass trip to take Bumps for Boomers ski clinics. Each time, I have learned helpful things. I am planning to return this year in March for a third round.

An easy way to focus on improving your skiing is to read the free online ski tips from Bumps for Boomers (www.BumpsForBoomers.com). Just go to the website and sign up and every few weeks a new tip will appear in your email inbox. Summarized below are a few recent tips.

1. To maintain good balance, you need to keep your center of mass over your feet. This necessitates moving your hands, arms, and torso forward as you initiate a turn. If you do not do this, your center of mass will be behind your feet and you will be in the "back seat." There are four things that need to be done at turn initiation to maintain proper balance: (1) Keep your hands forward and quiet; (2) Tip your sternum forward; (3) Use a pole touch; and (4) Make your short leg long (lengthening or extending your uphill leg in a forward direction).
2. To stay centered and in balance, maintain continual contact between your shins and the tongues of your ski boots.
3. Lengthening your uphill short leg as you initiate a turn will (1) result in an early weight shift to the uphill ski that will soon become the downhill ski as you turn, (2) allow your skis to become flat during the turn, and (3) transfer a greater percentage of your weight to the front of your skis, causing your ski tips to move towards the fall line.
4. To avoid leg fatigue when skiing in moguls or powder, use a tall stance with your legs extended and make turns by flexing your ankles into the front of the ski boot, NOT by bending your knees. Bending your knees not only puts you in the "back seat," but fatigues your thigh muscles. Knee bend should only be a byproduct of ankle flex.
5. Proper hand position includes the elbows in front of the rib cage, hands wider than the elbows, knuckles rolled down toward the snow, and ski pole baskets behind you.

There is plenty to think about in the above tips. If you want me to forward to you any of my recent Bumps for Boomers tips, please let me know (rcjablon@aol.com). I look forward to trying to incorporate these tips into my skiing at Snowmass.

Cara Jablon, President PVS

OCTOBER PVS

October 13th



It was one of our last warm days for our October meeting at the Jablon's. Their two pups eagerly greeted all of us, and, in turn, we greeted our guests from the Snow Searchers Ski Club. Don Vierimaa led inquiries to other small clubs that might be interested in participating in each other's ski trips and activities. Dick and Mary Hubbard and Jim Funkey were introduced and many of us



had the chance to visit with them. Dick told us about how their ski trips and meetings were organized.



Cara and Bob served a lovely assortment of hors d'oeuvres and beverages. There were many tasty items including cheeses, salmon, bagels, crackers, meatballs, and fruit. Marianne Sponis presented us with a seasonal challenge of "Guess How Many Candy Corns Are in The Bottle." Our winner Bing van Nuys was quite close to the actual number and the runner up, Mary Hubbard was not far behind.



Cara conducted a short meeting. Kathy Lake gave an update for Snowmass and let us know which ski areas have seen snow already.



Nancy McKinley invited interested people to join our monthly BYOB book club via

zoom every second Thursday. Marianne reminded us that there is no meeting in November, but there will be a holiday party in December.



Following the meeting, Cara offered several different desserts - all mouth-watering, especially her home-made cakes.

Thank you Cara, Bob and pups for hosting.



Past Event



PVS - BYOB (Bring Your Own Book) Group

When I finish a good book, the first thing I want to do is tell my friends about it. Or if, as occasionally happens, a particular popular book just doesn't resonate with me, I want to warn my

friends that it may not be their cup of tea either. If you like to read, and like to talk about it, stop by our monthly Zoom book chat. **See the info at the bottom for how to join in on Thursday, November 14th from 4 to 5 pm on Zoom.**

Books we shared in October:

Karen K: Remarkably Bright Creatures by Shelby Van Pelt

This bestseller about an older woman who befriends an octopus named Marcellus was definitely not Karen's cup of tea. Her analysis involved the predictability of the relationships, the implausibility of the concept, and the too-cute story overall. Tell us what you really thought, Karen! She rated it **2***.

Rosemary: The Plot by Jean Karelitz

Rosemary found "engaging" this novel about a teacher whose writing life has run dry. Desperately looking for inspiration, he steals the plot of an unpublished deceased student and writes a best seller. An anonymous text noting his deception begins his frantic search for the texter. **4.5***

Jan: City of Lies by Victoria Thompson

A part of Thompson's *Gaslight Mysteries*, this historical mystery features a woman on the edge of society in the early 20th century who uses her wiles to get along in the world. While on the run from a wealthy man she had bilked, she joins a group of Suffragettes. **4.5 ***

Marianne: A Bitter Feast by Deborah Crombie

Marianne says she was engaged until the very end in this story set in a Cotswold village. A couple, both of Scotland Yard, are invited to a weekend getaway but the husband is involved in a car crash setting off a multi-pronged investigation of two murders in the village. **4.5***

Ellie: Table for Two by Amor Towles

Towles' latest offering is split into two halves, the first a series of short stories which were so remarkable that Ellie is still thinking about one of them set in Russia. Each story is very different from the other. The second half is a novella that features characters from Towles' previous novel, Rules of Civility. **5***

Dorian: The Vaster Wilds by Lauren Groff

The novel, set around 1609-10, brings a servant girl on the second set of ships from England to Jamestown. She flees the colony, and her story becomes one of resilience in the wilds of pre-colonial America. Dorian calls the book by this well-respected novelist riveting. **5***

Nancy: Creation Lake by Rachel Kushner

Kushner introduces us to an amoral woman whose career as an industrial spy takes her to southwestern France and a commune of agriculture activists. Her job is to take whatever means necessary to set the group up for arrest to the benefit of her unknown employer. **4.5***

The next BYOB Zoom call will be held on Thursday, November 14th from 4 to 5 pm. Let Nancy McKinley at nancymckin@gmail.com know if you'd like to stop by and check us out and she'll put you on the list to get the Zoom link. No commitment!

SKI TALK

by
Kathy Lake

Colorado is Open for Skiing! The 24/25 winter ski season has officially started!

The Wolf Creek Ski area opened October 22nd. It is known as Colorado's snowiest ski area and thanks to an early season storm which dumped more than 24" of snow in 3 days they were able to open early.

Snowmass is scheduled to open November 28th. The weather forecast for the last week in October was up to 14" at Snowmass. Time to get ready for our trip!

Getting Ready for the Ski Season with Stretching Exercises

Stretching is an essential part of skiing for all level of skiers, according to Levi Frasier, PT, DPT, a physical therapist and clinic director of Peak Physical Therapy. Stretching routines can help prevent injury, improve your performance on the hill, and help reduce soreness after skiing.

Different stretching methods are better suited for before or after your skiing session. Movement-based stretching would be important before skiing, and static hold stretching may be beneficial after skiing.

Movement-based stretching includes dynamic stretches or mobility work that is more active. It is ideal for pre-skiing warm-ups, increasing blood flow, and preparing your nervous system for work. Static stretching (holding the stretch) involves more restorative stretching techniques and are best saved for apres-ski. These stretches can boost recovery as well as help relax your mind, regulate your breathing, and encourage your nervous system to return to a calm.

Below, you will find some of the best stretches for skiers to do before and after skiing which were recommended by a couple of physical therapists. These stretches will not only help you prepare for the slopes but also reduce the likelihood of injury.

When preparing to ski, it is important to perform dynamic movement stretches slowly. Then, progress with speed and intensity as long as you do not experience any pain. Here are some stretches you can do **PRIOR TO SKIING:**

Hook-Lying Reach

The hook-lying reach is a great movement to release tension in your lower back before stretching and provides an even greater benefit once you start your stretch. This stretch is important because many people carry a lot of tension in their lower back and experience back pain as a result.

Releasing tension before hitting the slopes will protect not only our backs but also your knees and hips.

When you carry tension in one area of your body, you may experience pain in another region because it has to "pick up the slack" (also known as referred pain). Try this reaching move to help release tension before skiing.

1. Lay face up with your palms up.
2. Bend your knees and place both feet on the floor, feeling pressure through both feet equally into the ground.
3. Lift your arms until they are perpendicular to the ground and keep them straight.
4. Keep your palms facing you and twist your arms without bending your elbows. Your thumbs should rotate toward your feet, and your pinkies should rotate toward your face.
5. Breathe gently into your low back and feel it push into the floor using only your breath.
6. Repeat for five breaths.

Seated Reach

The seated reach is a progression from the hook-lying reach and helps further relax the lower and upper back. Here's how you do the seated reach:

1. Sit with your back against a wall.
2. Bend your knees about 90 degrees toward your chest with your feet flat on the floor and pressure equally distributed throughout the feet.
3. Reach through your arms and keep your palms facing the ceiling.
4. Bend forward at the waist, moving your chest toward your knees, and let your back round.
5. Keep your hands on the outside of your knees, reaching slightly toward the floor with your palms up.
6. Breathe gently into your lower back and feel it expand.
7. Repeat for five breaths.

Half-Kneeling Quadriceps Stretch

You also can try the half-kneeling stretch, which allows you to release tension in the front of the hips, particularly the large group of muscles called the quadriceps. Here is how to do the half-kneeling quadriceps stretch:

1. Get into a half-kneeling position with one knee on the floor and one knee up.
2. Place a pillow or towel under the down knee if it's more comfortable.
3. Push your hips forward gently until you feel the stretch in the front of the leg that's down.
4. Hold for about 30 seconds
5. Switch sides and repeat.

Frog Pose Groin Stretch

The frog pose groin stretch helps loosen the inside of the legs and hips. Here is how it is done:

1. Get on your hands and knees.
2. Sit back and bring your hips down to your calves while keeping your knees bent.
3. Spread your knees while keeping the inside of your shins on the ground.

For a deeper stretch, sit further back or spread your knees apart further.

Lunges

Lunges help warm up the lower body muscles. They also help loosen the joints and gain range of motion. Here is how to do a lunge:

1. Stand tall and maintain an upright posture.

2. Step out with one leg.
3. Reach out to contact the heel first with a long stride as the back knee searches for the floor.
4. Push off of the front heel to return to standing.
5. Switch legs and repeat for one to two minutes.

Frankensteins

Frankensteins are a dynamic movement that stretch the hamstrings. This is particularly important because they are likely to be tight after a lot of downhill skiing and will be required to help you climb slopes. Here is how they are done:

1. Stand tall.
2. Reach forward to touch the floor with your back straight until a slight pull is felt in the back of the leg.
3. Extend your opposite leg backward while your trunk leans forward.
4. Take a few steps and repeat with the opposite leg.
5. Repeat for one to two minutes.

Groin Stretch

The groin stretch is a stretching exercise with side-to-side movement for warming up the medial hip muscles. Here is how it is done:

1. Stand tall with your legs apart just outside of shoulder width.
2. Shift your weight side-to-side slowly until a gentle pull is felt over your inner thigh.
3. Shift back and forth slowly for one to two minutes.

Pre-Ski Jumps

Jumps boost dynamic control while loading the lower extremities—consistent with skiing movements. Warming up with motions that mimic the work you'll be doing is the best way to prepare yourself and prevent injury. Here's how to practice pre-ski jumps:

1. Stand tall with feet shoulder-width apart.
2. Crouch down with your hips pushing behind you with bent knees.
3. Jump slightly forward and to the side landing with your feet shoulder width apart and absorbing the movement through the legs.
4. Jump slightly forward and to the right.
5. Complete left and right jumps 10 times each.
6. Use slow and controlled movement not allowing momentum to throw you off balance.

POST-SKI STRETCHES

It is helpful to repeat the hook-lying reach and seated reach in your post-ski cool-down routine as well. These two movements will help release the tension that's been built up over a day of hard skiing.

Afterward, try incorporating additional stretches. Here are a few to try:

Heel Elevated Toe Touch

The heel elevated toe touch is a combination of two movements. It is a classic hamstring stretch that combines the movements from the hook-lying and seated reaches. It works great to release the lower back while also stretching and relaxing the hamstrings.

The hamstrings are a large group of muscles on the back of the leg that are vital for skiing. They can easily become fatigued and tight, so taking care of them is essential, especially if you're skiing multiple days in a row. Here is how to perform the heel elevated toe touch:

1. Place a book underneath your heels with the ball of your foot remaining on the ground.
2. Reach toward your toes as you would with a standard toe touch.
3. Breathe into your lower back, and as you exhale.
4. Squeeze your abs tight and reach deeper into the stretch.
5. Focus on feeling a stretch and don't worry about keeping your legs straight.
6. Repeat for 10 breaths.

Standing Quadriceps Stretch

Quadricep muscles are a primary muscle group utilized during skiing movements. Stretching the quads can help with post-activity soreness, common with skiing. Here is how to do a standing quadriceps stretch:

1. Stand tall.
2. Hold onto one ankle with the knee bent.
3. Tuck your tail underneath to feel a gentle stretch in the front thigh muscle.
4. Hold for 30 seconds.
5. Repeat three times.
6. Switch to the other side and repeat.

Standing Hamstring Stretch

Hamstring stretching will help prevent injury, including hamstring pulls. One stretch that can help prevent injury is the standing hamstring stretch. Here is how it is done.

1. Stand tall.
2. Place one foot in front of the other in a staggered stance position.
3. Tip at the hip with your back straight to feel a gentle stretch over the back of the thigh.
4. Hold for 30 seconds.
5. Complete this stretch three times.
6. Repeat this stretch on the other side.

Standing Calf Stretch

Your calves work hard during skiing and can become tight and sore. Here are two variations of a standing calf stretch:

1. Stand tall, in a staggered stance.
2. Shift your weight forward to your front foot with your back leg straight until you feel a gentle stretch in the back of the lower leg.
3. Hold for 30 seconds, three times.
4. Switch legs.

Another version involves dropping the back leg with the knee bent into a gentle stretch over the posterior leg. Hold 30 seconds per stretch for three times. Switch legs.

APRES-SKI in SNOWMASS

Now that you have exercised before and after a full day of skiing it's time to enjoy some Après Ski! There are a few new restaurants in **Snowmass** to check out. The Rock Island Oyster Bar and Grill will be replacing Big Hoss Grill. A pizza place called Napoli Express has taken over the Patores Taste of Philly location. Rooftop Cafe atop the Aspen Art Museum closed and is now Swedish Hill Café. The Artisan is no longer and will soon become Heather's Pies. Hence our farewell dinner will be at The Edge.

PVS Ski Trip Snowmass, Colorado January 8-15, 2025

Opening Day at Snowmass is scheduled for November 23rd.

In addition to a fun week of skiing we also have the following après ski activities planned:

Wednesday, Jan 8th – Welcome Party

Saturday, Jan 11th – Pizza Party

Tuesday, Jan 14th – Dinner at The Edge

Reminder: Trip insurance is recommended. It can be purchased through Encompasse.com or by calling 866-385-4839. Be sure to reference Encompasse Tours.

Please send your flight arrival information so we can help arrange for pickup.

LET IT SNOW! LET IT SNOW! LET IT SNOW!

Kathy & Barry Lake

Trip Leaders

kathylakehomes@yahoo.com

Members' Corner

Awesome Alaskan Cruise and Land Tour July 2024

Kathy and Barry Lake

Visiting Alaska has always been on our list of exciting things to do. So, we finally decided, Why Not? First time to Alaska and first cruise, so there was a lot of research to be done. We looked at 6-7 different cruise lines, narrowed it down to a couple and selected Princess Cruise Lines. It was one of the few that offered a day of sailing in Glacier Bay and a land tour to Denali. The package was a 7 day cruise with stops in 3 ports – Ketchikan, Juneau & Skagway: plus a 3 day land tour to Denali.

We boarded the ship in Vancouver, Canada. It was about a day and a half at sea before our first port destination. During that time, we tried to navigate our way around the ship, but we still found ourselves getting lost throughout the week. There were tons of scheduled activities to participate in if you so desired. We opted to listen to a talk from the Captain of the Deadliest Catch which is one of the crabbing vessels in the Bering Strait. The Captain went into great detail about how treacherous sailing can be with blowing winds and rough seas. At one point, he projected a picture of a big cruise ship, and “joked” about how top-heavy it looked, sort of wondering how it would fare in a storm. It was a little heavy for our first day at sea. Later in the week we attended a presentation from the first woman to win the Iditarod Trail Sled Dog Race which is 1,000 miles long. It involves year-round training and preparation with lots of hard work. She had many interesting stories about breeding and training her dogs for the race and great pictures, too. It was fascinating.



Ketchikan was our first port of call. It was so exciting to finally be in Alaska! The weather was a bit rainy, but nothing too heavy, not unexpected since it is basically a rain forest. Ketchikan is a cute little town known for salmon fishing. We went to the popular Lumberjack show where 2 teams of lumberjacks, representing the first two big areas that supported lumbering back in the 1800's -Ketchikan and British Columbia. They were trying to outdo each other in ax throwing, cutting logs, tree climbing, and dancing about. It was a little hokey, but entertaining. After that we went to the Totem Heritage Center which has a lot of historical totem poles on display which was very interesting and educational. Then we wandered down Creek

Street which used to be the red-light district in the gold rush days. There were a lot of cute older houses built on stilts by the creek. These houses are now shops with a boardwalk to make access easy. Before heading back to the ship, we stopped for lunch at Annabelles for a great halibut sandwich and fish & chips.



Next port stop was **Juneau**, the capital of Alaska. Interesting that the capital city can only be accessed by boat or plane. The weather cooperated, with no rain, so it made walking around not a problem. We took the tram to the top of Mt. Roberts. (It reminded us of being on a packed tram at Glacier 3000 in Switzerland with skis in one hand, while holding on tightly to a pole and trying not to look down, although sans skis for this trip). After getting off the tram at the top of the mountain it was a gorgeous view overlooking the port, the mountains and the city. At the top we also enjoyed a Native Alaskan performance with music and singing

and lots of history of the culture and the two main tribes - the Ravens and the Eagles. One tribe was primarily vegetarians (Eagles), while the other tribe was primarily carnivorous (Ravens). Over time in the past, the tribes made it a point to inter-marry, with Eagles marrying Ravens and vice-versa, with each tribe suppling a feast composed of their tribe's culinary focus. Quite interesting.

After the Tram ride we set out to have lunch at the popular Red Dog Saloon. It is a step back in time to an old-style saloon with the preverbal piano player in the middle of the bar, the floors covered in sawdust, and the waitresses dressed as saloon girls. One interesting aspect of the saloon is that it purports to have the/a gun that belonged to the famous Wyatt Earp, mounted and framed hanging behind the bar. The story is that the U.S. Marshalls required him to check the gun with them when he visited Juneau in June 1900, while in transit to Nome where he and his wife, Josephine, were headed to start their own saloon. He is supposed to have left it with the Marshalls, having to board his ship to Nome at 5 AM the next morning prior to the opening of the office. An interesting tale to say the least, but there are some folks that doubt the authenticity of the story. Here is an interesting news item that seems to debunk the bar's story (<https://www.ktoo.org/2018/09/07/did-wyatt-earp-really-leave-his-gun-in-juneau/>).



After lunch we wandered around Juneau. We passed by the Government Building, the Capital and the Governor's Mansion. At one point there was an overlook with lots of vegetation where Barry saw the back end of a small bear (a bear-butt?)!

Skagway was the stop for the next day. The weather on this day was pretty rainy with some pretty heavy downpours, making the walking tours a bit miserable. Skagway is a small town which was very popular during the gold rush days. It feels like you are stepping back in time to the gold rush days. Despite the rain, we did a little tour of the town primarily heading out to have lunch at the historic Red Onion Saloon. The original saloon was built in 1897 and operated as one of the finest bordellos in Skagway, and still hosts a brothel museum. Turns out that the heavy rain didn't



dispel any of the cruise ship tourists who had the same idea, as the line was 10-15

people long standing out in the rain. So, we opted to head back towards the ship and stopped for lunch at a restaurant near the port serving delicious fish & chips. Our excursion for the afternoon was a train ride on the White Pass & Yukon Route, and happily the rain let-up allowing for a nice trip. It was a very scenic ride with gorgeous views. We could see the picturesque Bridal Vail Falls. En route to the train, we stopped at an Alaskan sled dog demonstration. These dogs participate in the Iditarod and train year-round. They put on quite a show for us. Before we left, they passed around the adorable puppies for each of us to hold! Definitely one of the highlights of the trip!



The next 2 days we were on board cruising through **Glacier Bay** and **College Fjord**. Absolutely gorgeous! The weather was perfect on these days with sunny blue skies and fantastic visibility. The water was so calm and crystal blue in color. We saw lots of sea otters frolicking in the water, as well as, whales' tails flipping up, and water spouts from them. It was an enjoyable and relaxing way to spend the last couple of days on the ship. Another highlight!

Our cruise ended in **Whittier** which is another very tiny town with a huge WWII era apartment building where most residents live. An interesting fact about the town is that there is a single lane road, into and out of the town, through a WWII-era tunnel blasted into the mountain that surrounds the town. Travel in each direction is sort of by reservation, as it is timed, only allowing 15 minutes of traffic to flow in each direction for any cycle of the "traffic" light. So, on heavy traffic days, it can take up to 2 hours to get into, or out of, town with



many buses from the cruise ships, trucks pulling boats and trailers, RVs, as well as autos. We boarded a bus there for our venture to **Denali** with wonderful views along the way.

In **Denali**, we stayed in two separate lodges owned by the Princess Cruise Line. The first lodge was the Princess Denali Lodge, a bit more “rustic” in nature, where we enjoyed a family style dinner, and a show about the early climbers of Denali (also/otherwise/previously known as Mt. McKinley, before the name was changed back to Denali which was how the native population referred to it). The next



morning, we took a bus tour into Denali National Park with stops along the way to enjoy the magnificent views. Then that afternoon, we travelled to our final destination, the Princess Mt. McKinley Lodge. It is a very modern and more upscale lodge, with fantastic direct views of Denali off of their back deck. Again, a beautiful day with full sunshine, and unobstructed clear views of all of the majestic mountain. We also made a little hike up the hill trail to visit one of the original treehouses in Alaska. It was built by Princess and situated to have a high and spectacular view of the Mt. Denali. To see a couple of videos, one timelapse of it being built, and another of the final product (<https://www.youtube.com/watch?v= trwG4kFIuE> , <https://www.youtube.com/watch?v=aIbwRtCfoP4>). If you can find the Animal Planet channel somewhere, and it has old episodes, there is a longer version of it being built that is very interesting, and plays in a continuous loop in the treehouse main area.

Denali is absolutely spectacular! We were so lucky to have sunny blue skies to be able to see the top of Denali for all 3 days that we were there. The locals say that you can only see the top of the mountain about 30% of the time because it is often covered by the clouds. So, we are part of the 30% club, as the Alaskans say!



As our wonderful trip was coming to an end, we boarded a train in **Talkeetna**, a tiny 2 block long, 1 block wide town, and traveled towards **Anchorage**. Beautiful views once again from the train where we saw moose and a bald eagle. On our last day we took a trolley tour around Anchorage. For being the largest city in Alaska quite surprisingly it seemed rather small with very few high rises and not much traffic.

Alaska is absolutely gorgeous and Denali is spectacular! We truly enjoyed this adventure of a lifetime! Fabulous!

Calendar

Mon Nov 11 EcCom meeting, ZOOM, 7:00 p.m.
Thur Nov 14 BYOB, Zoom, McKinley, 4:00 p.m.



Ski Trips

PVS Snowmass Trip – January 8th – 15th, 2025

There are VERY few rooms available. If you are interested, please contact us ASAP and send payment in full - [703-625-2715](tel:703-625-2715) or kathylakehomes@yahoo.com

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[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.