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Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

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President's Message

For the third year in a row, I made a second trip (along with Bob) to Aspen/Snowmass after our PVS Snowmass trip to take a three-day bumps clinic with "Bumps for Boomers." This year the trip was at the end of February. I had not been pleased with my stamina last year and hoped to redeem myself with this year's trip.

Our flights to Aspen on Wednesday were uneventful. We arrived on time and called our hotel, The Inn at Aspen (which is at the base of Buttermilk), for a ride on their shuttle bus. The hotel is pleasant – we had a spacious room with a king-sized bed, a sofa, and a table with two benches. Unlike the Mountain Chalet, this hotel has ample heat and hot water. One complaint, however, is that the heating system has a very loud fan, which kept waking me up all night long.

A shuttle is available virtually on demand to go to the town of Aspen, Aspen Mountain, or Aspen Highlands. The hotel has a barbecue restaurant onsite – we ate there the first night because I had not made a reservation elsewhere. Unfortunately, this restaurant is not to be recommended. The ribs that I had were tough and tasteless, and the tato tots were inedible as they had been fried in oil that had been used a few times too many. The morning we left, we had breakfast there – it was all right, but the croissants and muffins that I had in the room the other mornings were better and much cheaper.

I came a day early to have a "warm-up" day at Buttermilk, a small mountain compared to Snowmass, but with some interesting rolling intermediate runs. In the morning, I had a croissant for breakfast at the base ski lodge, did a few runs and then took the guided mountain tour, which lasted about an hour. The day was sunny and by the afternoon, the temperature was fairly warm. By 2 p.m., I had skied enough, as the snow that day was a little "crispy," although not bad. Late afternoon, we took the shuttle bus into Aspen and, since I had some time before our dinner reservation, I took a quick look at Susie's where I did not find anything of interest. The other nearby thrift shop proved more promising, and I found two bargains - a black lacy cocktail dress and a long purple cotton jacket. Our dinner that night was at Kenichi's (I have previously recommended the branch in Snowmass), where I had the California rolls and shrimp rolls and Bob had miso soup and lobster tacos. The California rolls were good, but the shrimp rolls were rather bland



Annual Business Meeting

April 5th
At 1:00m PM
At

Cara and Bob Jablon's
Washington, DC

Please RSVP and let Jablon's know if
What you will bring: appetizer, salad or
dessert.

202-333-5332
rcjablon@aol.com

Directions

From Northwest D.C.: Take Nebraska Avenue to the beginning of Foxhall Road. Go south on Foxhall Road one traffic light past the intersection of Foxhall and Reservoir to Q Street. Right on Q Street. Continue on Q Street for 1 block to the stop sign (45th St.) and make a right on 45th. Go two blocks and make a left (Q Lane). The street will dead end into Indian Rock Terrace. Make a right and go up the hill. The Jablons' house is the fourth house up the hill on the right (a red brick and frame contemporary house).

From Potomac/Rockville/Gaithersburg: Take 270 South to 495 towards Virginia. Exit at Cabin John Parkway and continue south on the parkway until Arizona Avenue (1st traffic light after light at Chain Bridge). Make a left on Arizona and a right on MacArthur Boulevard (1st light). Continue on MacArthur Boulevard for about 1½ miles past the Safeway on the left. Shortly after passing the Safeway, MacArthur forks to the right and Reservoir Road goes to the left. Continue on MacArthur to Q Street (the next light after the light at the fork). Make a left on Q Street. Go 1 block to the stop sign (45th St.), and make a left on 45th. Go 2 blocks and make a left (Q Lane). The street will dead end into Indian Rock Terrace. Make a right and go up the hill. The Jablons' house is the fourth house up the hill on the right (a red brick and frame contemporary house).

From Virginia (Chain Bridge): At the end of the Chain Bridge, make a right. Continue to the first light (Arizona Avenue). Make a left on Arizona and follow the directions immediately above from that point on.

From Virginia (Key Bridge): Stay in one of the left lanes at the end of the Key Bridge. Make a left at the end of the bridge to M Street (may be called Canal Road at that point). Get in the right lane and continue up the hill to the light at the beginning of Foxhall Road. Continue on Foxhall to the next light (Q Street). Make a left on Q Street. Go one block to the stop sign (45th St.) and make a right. Go 2 blocks and make a left (Q Lane). The street will dead end into Indian Rock Terrace. Make a right and go up the hill. The Jablons' house is the fourth house up the hill on the right (a red brick and frame contemporary house).

President's message *continued*

. I think Bob liked his lobster tacos. We took the free city bus back to the hotel – the stop is on Highway 82 and you have to walk a long block back to the traffic light to cross the street, then walk a block to the bus stop on the other side of the road, take an unlit path at the back of the bus stop and walk through two parking lots to get to the hotel. There is no sidewalk on the main road to the hotel.



The next day – Friday – was the beginning of my bump class. For breakfast, I ate (in the room) an excellent croissant that Bob had purchased the day before at the Hotel Jerome coffee shop. The hotel shuttle bus took me to Aspen mountain, where I met the Bumps for Boomers instructors at 8:45 at the bottom of the gondola. There were only two groups. I was in a class with just one other skier, Maria, a woman of 64 who lived in Bend, Oregon. She did amazingly well, as she had only been skiing for about 4 years. Our instructor was Alan Bush, a very interesting 72-year-old man who had a college degree in physics, and worked as a physicist for about 5 years before becoming a ski instructor. Halfway through our warm-up run, Alan said that we needed to work on some basics before even going into the bumps, and we spent some time on proper stance and turning using the short leg/long leg technique. Alan taught us that we had

to line up our body with the angle created by the position of the skis (the line across the uphill advanced ski and the downhill less forward ski) so that the hips and arms were at the same angle, with the body tilted somewhat downhill and the downhill arm slightly lower. The rear end needs to be forward of the binding (or heels), and the shins should touch the front of the boot. To make a turn, you extend your short uphill leg long and move your body down and diagonally across the hill in the direction of the turn. In effect, your body is moving across your skis as you initiate the turn.

While I thought that I was using a short leg/long leg technique, my body position was not correct, and I was not moving my body enough across my skis as I initiated my turns. After this initial lesson, we went into the bumps, and skied bumps until 1 p.m., took an hour lunch break, and skied more bumps until after 3 p.m., when we took the gondola down. We stayed in the upper part of Aspen Mountain off the Ajax Express lift, but I do not know the names of the trails we skied. I learned that I needed to stand taller in the bumps, avoid bending my knees, not rush my turns, make sure that I moved my body down and diagonally in the bumps, and avoid hopping or upward motions.

Friday night, Bob and I took the hotel shuttle downtown for dinner at Las Montanas, a new high-end Mexican restaurant. I strongly recommend this restaurant – the food was excellent and unique. Bob and I shared the lobster quesadilla appetizer and had the shrimp fajitas for the main course. I relaxed with two margheritas. A note about reservations at Aspen restaurants – I made our reservations about 10 days in advance and was only able to get 5:30 reservations at most restaurants. I could not get into some of the restaurants that I wanted, e.g., the French Bistro, at any time before 8:30 – 9 p.m. Next time, I will make reservations at least a month in advance – this also applies for the popular restaurants at Snowmass.



The second day of the bump class was at Snowmass. On this morning, I ate an excellent muffin that we had purchased the night before at the Paradise bakery in Aspen. The hotel shuttle dropped me off at the bus stop on Highway 82, where I got the Snowmass bus. We started our day at Snowmass by taking the Village Chair to the Elk Camp lift, and doing a warm-up run on Bull Run.



We then headed to Grey Wolf, the long run with a lot of bump sections under the Elk Camp lift. Our next adventure was on Reidars, the black bump run off the High Alpine lift. I was fine until I reached a steep pitch with huge bumps about three-quarters of the way down – that was my limit - I told the instructor that I could not do the rest of the run and we side slipped down a few bumps and across to Showcase, where we skied the gentler bumps at the bottom of that run. We then made our way to the Sheer Bliss lift and skied Powerline (in the woods), followed by Jack of Hearts. After a lunch break, we spent the afternoon skiing Fast Draw (the black bump run off Banzai Ridge. According to the instructor's tracker, we skied 19 miles over the course of the day.

Dinner that night was at Duemani, a restaurant we had been to the year before. For our appetizers, we shared the Caesar salad and crab tacos, and then shared an order of Bronzino for the main course (there was plenty for both of us). For dessert, I had chocolate ice cream and Bob had Tira misu. While expensive, this restaurant is very good and worth a visit.

My last bump class day was at Aspen Highlands, a mountain that I find frightenly steep. In the morning, after a visit to the view from the Ski Patrol station at the top, we skied four bump runs. On the catwalk back to the mid-mountain restaurant for lunch, I fell on an ice patch, and experienced a few minutes of disorientation at lunch. Nonetheless, I managed to ski four more bump runs in the afternoon (two short and two longer). As a precaution, I had a CT scan when I returned home just to make sure everything was all right.

Each day, the instructor took videos of us, and sent us the videos at the end of the day – these videos were very helpful in clearly showing me the flaws in my technique, e.g., the bent knees and occasional hops in the bumps. One final tip that I learned was that on slick snow (we call it ice in the east), keep your weight on the downhill ski and just relax and “go with the ice” until you find a patch of snow that you can turn on.

The last night we had dinner at Casa Tua, an excellent Italian restaurant in Aspen. Bob and I shared the fried calamari appetizer, and he had lobster linguini as the main course, while I had ravioli stuffed with short ribs. This restaurant, while also on the expensive side, is worth a visit.

Returning from Aspen often is an adventure. We thought the weather looked fine for flying on Monday, but found out when we got to the airport that there were high winds from the south. This meant that the planes were subject to a weight limit in order to take off. For our flight to Houston, they needed 16 volunteers to take a flight the next day, and said that they could not take much baggage. Although United was offering a generous cash inducement, it took about an hour to get enough volunteers and we left an hour late. Since I had commitments the next day in D.C., I needed to get home. Of course, after racing from the beginning of terminal B to the end of terminal C in Houston, we just missed our connection. Fortunately, there was a later flight to DC, and we arrived back in DCA somewhat before midnight. Our luggage was delivered Wednesday morning.



All in all, a good trip. For all three days of my bump clinic, the weather was sunny and warm (in the 40s by the afternoon, which is really too warm for skiing). I was pleased that I still had the stamina to ski three days of bumps (I actually was much stronger than last year), and was able to link together a fair number of turns in the bumps without having to stop and rest. I wish that, after many years of skiing the bumps, my technique on the bumps were more polished, but, I guess, being able to do it at all at this age is not bad. I did like the instructor – Alan Bush - and hope that I can apply what he taught me next year at Snowmass. I would like to try to put together a group of five people at the beginning of our Snowmass trip next year and do a full-day private lesson with Alan – he is a very good teacher, and is very technically focused – the cost for that would be about the same as a group lesson with the ski school if we have enough people. We would not have to do a bump class – I am sure he would do a class just on the groomed slopes. If you have any interest in this, please let me know.



Cara Jablon, PVS President

Ski Talk

Save the Date!
January 14-21, 2026
Snowmass, Colorado

We are already planning to go back to Snowmass next year! 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 which will include lodging and a 5-day senior lift pass. Pricing and other details to follow.

We hope to have pricing soon! If you are interested in going on the trip, please send a deposit of \$250 to reserve your spot. Make check payable to Kathy Lake and mail to:

Kathy Lake
11677 Fox Glen Dr.
Oakton, VA 22124

For questions contact us at KathyLakehomes@yahoo.com

Kathy & Barry Lake

Trip Leaders

BRSC Trips 2026

Western Carnival – Banff, Canada – Jan 31 – Feb 7

Eurofest – Madonna di Campiglio, Italy – Mar 13 – 22

Please let us know if you are interested in either of trips.



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Washington, DC Ski Travel Show

Friday, May 2nd 6:30 - 8:30pm at Marriott Tysons Corner 8028 Leesburg Pike, Tysons Corner, VA. Enjoy Hor's d'Oeuvres & Door Prizes!

Tour operators and representatives from ski resorts all over will be there.

Independent Ski Trips – Have you taken a ski trip this year that you would like to tell us about?

We would love to hear your story in Members Corner!

Please submit your adventures to Jan Marx at jebbmarx@aol.com

Coming Event



PVS - BYOB (Bring Your Own Book) group

So many books to read and, with the beautiful weather upon us, will there still be time to curl up with a good book? You bet! Join us as we share our latest (or greatest) reads. No required reading and no commitment. **See the info at the bottom for how to join in on Zoom on April 10th (the second Thursday of each month) at 4 pm!**

Here are the books we shared in March:

Rosemary Schwartzbard enjoyed Irish writer, Colm Toibin's, latest tale "Long Island" which picks up after his previous novel. Here the protagonist makes a home for herself in New York among her husband's large Italian family. The drama propels her, now in her 40's, back to see her family in Ireland. Rosemary calls it a "fun read" and gives it **4.5***

Marianne Soponis brought us "The Glass Maker" by Tracy Chevalier. The story follows an Italian family of glass makers in Murano from the height of the Renaissance to the present day and features a woman whose immense talent is in beautiful glass beads. **5***

Bonnie Sweeney has immersed herself in the Lewis Island trilogy by Peter May, the first of which is "The Black House." The island in the Northern Hebrides is the site of a murder during an annual gannet hunt. A former islander returns to investigate the murder, much to the chagrin of many on the island. Excellent writing, per Bonnie. **5***

Mary Hubbard tackled "On Call: A Doctor's Journey in Public Service" the recent memoir by Anthony Fauci. Dr. Fauci's extraordinary life of service through the AIDs epidemic and on through the latest challenges presented by Covid-19 made him a household name up through his retirement at age 80. **4***

Ellie Thayer picked up "Lula Dean's Little Library of Banned Books" by Kirsten Miller. The clever but heavy-handed story is set in the South with numerous stereotypes sprinkled throughout. Ellie felt that the author tried to do too much with every current hot button represented. **3.5***

Mary Ellena Ward again found a book written by a friend, this time Jody Jaffe. "Commander Speaks" refers to a horse who communicates via telepathy and is instrumental in solving a murder as well as helping to bring to light sexual predatory practices among horse trainers. Per Mary Ellena, the story is "a little horsey." **4.5***

Bob Jablon has been reading "The Only Woman in the Room" by Marie Benedict who focuses on women whose abilities to achieve are limited race or gender. In this case, Benedict tells of the extraordinary life of Hedy Lamarr who, in addition to acting, was a scientist instrumental in the development of wartime communications inventions. **4***

Jan Marx brought a new look at the nonfiction account "A Very Private School" by Charles Spencer, the brother of Lady Diana. Spencer went back to his private school roots from the 1970s and interviewed others who also experienced the abuse well-known among the elite institutions. **4***

Nancy McKinley read for the third time a favorite Irish writer, John Banville, and his award-winning "The Sea." After the death of his wife, Max Morden revisits his teenage seaside summer home where he experienced both love and tragedy, memories of which haunted the rest of his life. 5*

Our next BYOB Zoom call will be held on Thursday, April 10th from 4 to 5 pm. Let Nancy McKinley know at nancymckin@gmail.com if you have questions or comments. If you're interested in joining us, Nancy will put you on the list to get the link to the Zoom call. No commitment!



Members' Corner

SNOWMASS

February 19-28,
Wednesday through Friday
by *Don Vierimaa*

I flew to Aspen from Dulles via Chicago on United. I used credit card points so out of pocket cost was \$217 round trip. I stayed at a friend's duplex townhouse just south of Carbondale, about 20 miles or half an hour from Snowmass. For the first time, I used Ship Skis who uses Fedex to ship my skis to and from Colorado. I was very satisfied. As a first time user it only cost about \$80 each way. United would charge about \$40 each way.



Snowmass had a good snowfall the week before I arrived. On Thursday we rented cross country skis and went with 20 others and two instructors skiing at a golf course near the entrance to Aspen. It was snowing and beautiful. The session including skis, boots, and poles was \$15 for seniors.

There is a large recreation center near the entrance to Snowmass with a large swimming pool and extensive gym equipment with free cross country ski equipment and tracks across the road. This is all free for seniors over 65. Also, all buses are free for seniors.

I bought lift tickets for five days at the senior price of around \$695. On Friday we skied at Buttermilk to allow me to get my ski legs. I had not skied Buttermilk before and found the runs enjoyable. Saturday we did local tour to Redstone with its old coke ovens and quaint village. Sunday we returned to Buttermilk.

Coke ovens at Redstone



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The green runs were crowded with classes of elementary students. We skied the blues and one black from the Tiehack lift. There were no lift lines, and the runs were fun.

Monday we enjoyed lounging in hot pools at *Avalanche Springs*. Monday was warm into the 50s. Wednesday was cold below freezing all day. Due to the poor snow conditions, we skied easy runs at Buttermilk. The snow was hard packed with some slippery spots.



Temperatures returned to normal on Thursday and we skied at Snowmass. We skied down Naked Lady and Coffee Pot. We then went to Elk Camp and skied the runs off there. I enjoyed skiing around the big spaces between trees. We returned to Snowmass again on Thursday. I began to feel tired that afternoon and decided that two ski days in a row followed by a rest day works best for me. It was fun to ski all the way from Elk Camp to the Village.



Elk Camp

My friend has an app that showed hours and distances skied, elevations, and maximum speeds. We typically skied 3 ½ hours, 12 miles, and a gain of 10,000 feet each day. My friend reached a speed of 30 mph which was more than I did. My friend drives to Colorado in December and leaves for Virginia in Mid-March with her large dog.

I flew back home Friday on United via Denver. There were about 9 departures from Aspen between noon and 1 pm.



Calendar

April 5 Sat Annual Business Meeting 1:00 PM, Jablon
April 10 Thu BYOB Zoom, 4:pm, McKinley
June 15 Sun Summerfest, 1:00 PM, Jill Nelson

(No meeting in May)

Ski Trips

Snowmass 2026



ExCom Officers, Board
Members, and Chairpersons

<u>Officers:</u> President – <i>Cara Jablon</i> Vice Pres. – <i>Bob Jablon</i> Secretary – <i>Ellie Thayer</i> Treasurer – <i>Dick Schwartzbard</i> Ex Officio – <u>Board Members:</u> <u>First Term 2023-2025:</u> <i>Bob Knopes</i> <i>Jill Nelson</i> <i>Rosemary Schwartzbard</i> <u>Second Term 2024-2026:</u> <i>Salli Diakova</i> <i>Kathy Lake</i> <i>Don Vierimaa</i>	<u>Chairpersons:</u> Ski Trip Coordinator – <i>Kathy Lake</i> Events – <i>Marianne Soponis</i> Membership Records – <i>Barry Lake</i> TOOT Coordinator – <i>Jan Marx</i> TOOT Layout Editors – <i>Jan Marx, Kerry Hines</i> TOOT (E-Distribution) – <i>Barry Lake</i> Nomination Chairman – <i>Barry Lake</i> Webmaster – <i>Mary Ellena Ward</i> Meeting Records – <i>Sue Lyon</i> Historian – <i>Jan Marx</i>
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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.