



VOLUME XXXIV

*Potomac Valley Skiers, Inc.*

FEBRUARY 1999

NUMBER 2

WASHINGTON

MARYLAND

VIRGINIA

**PRESIDENT'S**  
**SITZMARK**

The subject today is hats. Well, not hats, exactly, but helmets. Consumer studies make it abundantly clear that ski helmets, like the now ubiquitous bicycle helmet, are no longer for nerds and children, but for every skier who wants to stay healthy to ski another day.

Here's the low-down recently released by the Consumer Products Safety Commission after thorough studies:

"Helmet use by skiers and snowboarders could prevent or reduce the severity of 44 percent of head injuries to adults...and 53 percent of head injuries to children under age 15."

There were 17,500 head injuries associated with skiing and snowboarding in 1997. The CPSC study estimates that 7,700 such injuries could be prevented or reduced in severity each year with the use of helmets.

Worried about costs? Good helmets start at \$100 although lesser quality head gear is available for as little as \$30. (Caveat: your bicycle helmet is not a proper substitute.)

Well, there're the facts. The rest is up to us. It could be that the helmet will be the ski fashion statement of the millenium.

*Lee*  
President



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MONTHLY MEETING - FEBRUARY 16, 1999, 7:30 P.M.

HOME OF JAN AND BOB MARX  
8312 Oakford Dr  
Springfield, VA 22152  
703-451-9158

**Directions to Marxes -- 8312 Oakford Dr. -- 451-9158**

**From Beltway:** Exit **West** on Braddock Road. At **5th** traffic light, turn **left** onto Burke Lake Rd. At **next** light, turn **left** onto Rolling Rd. At **2nd** traffic light, turn **left** onto Forrester Blvd. (called Hillside on the right side). Take **2nd right** onto Oakford Dr. (opposite the school). Go about 3 blocks (past Dead End sign) to **3rd house on left** (cream colored) -- 8312.

**From 395 and 95:** Exit **West** onto Old Keene Mill Rd. (Rt. # 644, first exit **south** of Beltway). At **6th** traffic light (by Shell Station), turn **right** onto Rolling Rd. Go **through** one light, **past** McDonald's, and turn **right** onto Roxbury Ave. Wind around and take **2nd right** on Fenwood Dr., which deadends into Oakford Dr. Turn **right** and go to **3rd house on left** (cream colored) -- 8312.

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**WHITETAIL, THURSDAY, FEBRUARY 11, 1999**

Myron Marquardt will lead the final midweek skiing of the season on Thursday Feb. 11th. Lift passes are \$35., seniors 65-69 \$24., 70+ free.

Interested skiers should contact Myron (301 460-3269) as we will car pool from the parking lot of the AMF (Formerly Fairlanes) bowling alley on Shady Grove Road, departing promptly at 7:30 a.m. for Whitetail.

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**Wine Tasting with Pat & Don Cope on 27 February 99**

For those of you that are white wine lovers, this year's wine tasting will highlight some especially good whites. Some we will taste test with fresh oysters. Others illustrate how competitive wines from other regions have gotten with the great French white Burgundies.

Red wines, normally a focal point, will continue to be well represented with selections of merlot, cabernet, and others from California, Bordeaux and Italy. And as always, matching food dishes will accompany the wines.

Don't forget that due to space limitation, this event is limited to 20 people, so call the Cope's early to make reservations at 703 836 5436.

**DIRECTIONS:** From Shirley Highway, 395, take Route 1 south through Crystal City. Turn right onto Monroe Avenue. (If you curve left on the Route 1 bridge over the old Potomac railroad tracks you just missed Monroe Avenue). Continue on East Monroe to 117 West Monroe.

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**WEEKEND AT BETHANY BEACH WITH THE DILLONS**

**March 19-21, 1999. This event is full, with a waiting list. If you'd like to be on that or have questions, call the Dillons at 301-330-5371.**



**POST-STEAMBOAT-SPRINGS PARTY - FEBRUARY 13, 1999 - 4:30 P.M.**

A Mardi Gras Party! And you thought it was time for Valentine's Day! But you may certainly wear a Mardi Gras mask in place of ski gear.

The party is at the Flahertys, 15305 Narcissus Way, Silver Spring. Regrets only to 301-929-9664.



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**WRITERS, WRITERS, GLORIOUS WRITERS!**

Several readers have pointed out that a number of recent accounts of past events have neglected to name the writers. TOOT Editor apologizes; such efforts are truly appreciated and make the newsletter possible. The omission generally occurs when the writers send in nicely printed accounts ready to be used as is--but without their names. TOOT plans to rectify this sad situation--and to salute the past anonymi (new word).

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**DOT.COM.** And all that goes before that! So many PVSers now have E-Mail addresses, most of which I hope have been listed in the TOOT. Seems the way to communicate in case there is an emergency need to contact people--suddenly cancelled meeting, change of flight number, whatever. Karen Felker has volunteered to be the instigator of such messages to those who have E-mail numbers. Please let Karen and the TOOT know if you have not already been listed. (The rest of us will have to depend on the old-fashioned telephone.)



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**ACCORDING TO THE DICTIONARY,** the millennium is "a period of great happiness". A perfect description of the PVS party scheduled for January 1, 2000. The Committee would like to get a general idea of how many people are going to be able to attend. Lists are circulating at meetings, but if you haven't been able to be at one of those recently, please call Sue Walsh at 301-589-7159 and tell her if you're hoping to come. **THIS IS NOT A FINAL COMMITMENT.**

SCHEDULED TRIPS FOR THE 1999-2000 SEASONS

| <u>DATES</u>                          | <u>LOCATIONS</u>         | <u>TRIP LEADERS</u>     |
|---------------------------------------|--------------------------|-------------------------|
| Feb. 19 to Mar. 2, 1999               | Cortina, Italy           | John Smith & Pat Tengel |
| Feb. 20 to Feb 26, 1999<br>BRSC Trip  | Mt. Tremblant,<br>Canada | John & Romona Matthews  |
| Mar. 27 to Apr.3, 1999                | Vail, CO                 | Ray & Nancy McKinley    |
| Dec. 26,99 to Jan.2,2000<br>BRSC Trip | Steamboat, CO.           | Betty Lawrence          |

***Latest MONT TREMBLANT BULLETIN:***

February 10 (Wednesday) @ 5:00 PM: Pre-trip party at the Matthews place. Phone: 301-589-7612. Trip dates: February 20 through 27. Cost for airfare and transfers, seven nights lodging, lift tickets, parties, etc.: \$800, less \$140 for 70+ or non-skier, less \$200 for land only. Sorry, no more rooms for couples but there are spaces for one single woman and one single man. Reserve ASAP with John Matthews @ 301-589-7612. Latest info from the mountain (1/20/99): 70" snow; base temperature: 32 degrees.

**♥♥♥SKI VAIL♥♥♥**

***Please call Ray or Nancy McKinley at 703-527-7126 if you are interested in Skiing Vail with us from March 27 through April 3. We will make best efforts to find a spot for you on the trip though the deadline is passed.***

**!!!PRE-TRIP PARTY!!!**

***McKinley's: 2326 North Upton Street, Arlington 22207  
Call for directions and to let us know if you are UNABLE to come. Nothing to bring. See you then!  
Saturday, March 6 at 5:00 pm***

**GOT SOME IDEAS FOR NEXT YEAR?**

The Ski Committee will soon begin its planning for the 1999-2000 ski season. If you have some wishes on places you'd like to go, please let the Committee headed by Glade Flake know about them. Call him at 301-762-6890 or tear off the slip below and send it to him--11804 Beekman Place, Potomac, MD 20854.

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## Report from the nominating committee

The Nominating Committee chaired by Bill Anderson and consisting of Suzanne Boisclair, Irene Farrell, Jack Ragen, Serge Triaux and Bette Walker has met and nominated Nancy McKinley as President and the following members for two-year terms on the Executive Committee: Don Dillon, Charlotte Kline, and Sheldon Drews.

Elections will be held at the annual business meeting in April. Additional nominations may be made by the signed proposal of any five active members presented one month prior to the April meeting.

### PROFILES

#### DON DILLON, M.D.

Born in New Hampshire, Don graduated from Dartmouth in 1956 and Harvard Medical School in 1959. In the U.S. Army Medical Corps 1959-72, he worked principally at Walter Reed but had assignments in other U.S. cities and in Korea. In Korea he qualified for membership in the Caterpillar Club. (You'll have to ask him.)

Don retired in 1992 after 20 years private practice of internal medicine, hematology and oncology. In retirement, Don operates a leisure travel business. His interests are fitness, skiing, boating, golf, family activities and travel. Don is married to PVSer Kathy Stearns Dillon and has a step daughter, Bridgette. His first wife died in 1986; they had 7 children. Currently there are 13 grandchildren.

He started skiing in the early 60's, had a long hiatus, and resumed in the 70's as a shared activity with his children.

He and Kathy joined PVS in 1994 to take part in its programs and ski trips and develop new friendships. They recently led a PVS ski trip to Telluride.

#### SHELDON DREWS

Sheldon is a Brooklyn native and graduated from the United States Naval Academy. He holds Master's degrees in Aeronautics and Astronautics from MIT and in Management (Data Processing) from the Navy Post Graduate School in Monterey, CA. He was also an Asst. Professor there for four years. Sheldon also was stationed in San Diego, Quonset Point, RI, and Washington, D.C. He has been retired for the past six years.

Sheldon's first ski experience was at Stowe in 1961. He joined SCWDC in 1973 and PVS in 1977. He has served the club in various capacities, including as president in the mid-80's.

Skiing tops the list of his favorite activities. He also enjoys hiking and reading, especially history.

Nancy McKinley was raised in southern New Jersey where the skiing is challenging. Not that kind of challenging! "How many times can you ski down into a man-made hole in the ground dabbled with artificial snow?" Nancy has one daughter, now 30, who's married to an English soccer player and computer guru.

Having never been west of Ohio, Nancy transplanted herself in 1981 to Okinawa which became a jumping off point for travel around the Far East. ("The skiing was lousy.") While there she taught English as all good expats do and completed her bachelor's degree in Management at the University of Maryland in Tokyo. Then on to northern Germany for a two year stint and lots of travel in Europe with ski trips in northern Germany ("a lot like Round Top, only smaller") and Zermatt.

She moved to DC in 1985 and completed a Master's degree in Human Resources Management at George Washington University and is currently the Director of HR and Administration at the high tech company, Excalibur Technologies, in Tysons Corner. Nancy read about PVS in the Washington Post article in 1990 and was surprised to learn Ray was part of that august group when she met him in June of that year. Ray and Nancy add at least 1 or 2 new countries to the "been there" list every year but Nancy claims that her paltry list of 30 countries pales by comparison to others in PVS. Low altitude issues aside, Whistler/Blackcomb tops the list of favorite ski areas but "there are so many places and so little time!" After 25 years of skiing, ("you'd think I'd get beyond intermediate eventually") Nancy looks forward to many more years skiing and socializing with PVS.

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## PAST EVENTS

### **DOWN AT THE OLD BULL AND BUSH**

Do you know what the young girl said to the sailor? "No." Right!--How did you know? A lot of funny things happened that marrow-freezing afternoon, that severe-storm-warning Saturday afternoon at the Old Vat Theater, Arena Stage, that second day of 1999. A little bit naughty and a little bit nice, from Champagne Charley's welcome to a tear-jerking finale in dramatic oration and song: how German and Allied GIs in World War I took time out to play ball and sing carols in the "no man's land" between the trenches.

Lots of variety. Libations flowing at the user's command. A cast of eight: songs, dance, clowning, jokes--a proper old British music hall afternoon. Bit of repetition--all hilarious. Do you know what the young girl said to the sailor? "Not again!" Right again! How do you do it? Contrasts! Such as Mark Aldrich (Percival Pontefract) with his tender, lyrical, soulful Irish tenor voice and songs. Albert Coia (Ramsbottom of British Embassy Player fame--remember? little short guy) and his impish, swaggering ways, his double entendres and downright smutty renditions. Didn't embarrass Nat Seeman, though. Nat had made all the arrangements, and the feet stomping and yahoos of the 15 PVSers there clearly attested to the immense success of his preparations. Got us the best seats in the house too.

Most of the chickens made for home at the final curtain, but five brave ones said "Aw shucks," enjoyed a super dinner at Pier 7 (Nat's suggestion) and presumably got almost home before the roads became icy hell.

Jeannette Albersheim

A KNEED-FULL EVENING

How many parties have you been to where sounds of groaning were a symbol people were having a good time? Twas the Knee Anniversary party, of course. Guests knew it was a Kneoteric event when they were asked to sign an ace bandage as they entered the home.

Large-sized quotes from the famous column were prominently displayed, and numerous guests wore bandages on their knees in honor of the special occasion. Many members had brought appetizers of such astounding variety that even PVSers were amazed. And still there was dinner, chicken barbecue and much else prepared by Mrs. Knee. Plus--surely another first--a cake shaped and decorated like the famous bandaged knee.

President Lu began the salute to Ray, thanking him for giving us the opportukneety to "marvel at his verbal antics" for 20 years. The Marxes had prepared a special tribute; Serge Triau had forgotten to bring his, but managed to hastily crib some of the zingers from the collected wisdom of the Knee.

There was hardly a dry eye in the house as Mrs. Knee gave her tribute. "Everyone knows that the Knee has a sunknee disposition but ever since matrimoknee I found out about the agoknee...the tyraknee...the monthly kneeglect while the Knee is being written. The kneedless puns...Then I had a teeknee weeknee epiphaknee...And I realized that he was my Knee!"

Surely a sign of conkneebial bliss! And a sign that the punning is catching!

PVS is Kneegotiating for Ray to do it 20 more years. Kneed we say more?



MONTHLY MEETING

The ice storm blotted from their minds, 49 PVSers rushed to attend the January meeting at George Hicho's. Around the laden food table (Oh, those quesadillas!), there was a hearty buzz of conversation, much of it centered on the skiers returned from Telluride who raved about their trip.

The business meeting dealt with more issues of liability for the club and trip leaders, and Sheldon Drews will continue his research into these. The Board voted in favor of the club subsidizing the Millennium Party which promises to be a once- in -a-Millennium event.

It must be said that much of the attention of the members, men especially, centered on George's amazing layout of trains--with villages, bridges, tracks going hither and yon. A fascinating display. When can we all come and play, George?

Delicious desserts, however, drew the attention of all present. Many thanks to George for hosting--and methinks Sue Walsh deserves some praise too!

TELLURIDE SKI TRIP

Sue Walsh

Our trip began on a foggy Saturday morning when 24 of us met at Reagan Airport. We soon learned to appreciate what fine trip leaders we had. They managed to get us in the air before the airport closed for fog. Good Start! We arrived in Montrose right on time and had a delightful van ride with commentary to the Mountain Village. Next event was a wine social in town via the gondola. The first trip over the mountain is quite an experience and left some of us with our hearts beating a bit faster. The view of the town from the gondola is breathtaking. The town of Telluride hasn't changed much through the years, and we were told that Butch Cassidy and the Sundance Kid would still recognize the town and the architecture.

Sunday began a week of glorious skiing. Although there had not been a snowfall recently, the resort managed to keep the slopes in wonderful condition and the sun and blue skies all week just added to the majesty of the mountain. Sunday also began the first of four fabulous apres ski parties at the Dillons. Kathy fixed many appetizing tidbits, but Don's popcorn is to die for.

Monday, another beautiful sunny day, almost spring skiing. In fact, one of our group provided a topless photo-op at the top of the mountain. (Photos will be on sale when developed).

Tuesday we awoke to continuing blue skies and brilliant sunshine. One of the many pleasures of this trip was a paucity of skiers on the mountain. In our group, we had the entire slope to ourselves (eight of us). Kathy Dillon and Eloise Strand managed to have a collision on Dewdrop, even though they were the only two skiers on the slope!

Wednesday was a very special day for our own Betty Lawrence. Although many attempted the Nastar races, only Betty was able to win a Bronze Medal, which she proudly displayed on each outfit she wore. She had a great "cheering section" who spurred her to victory. RIGHT ON BETTY! Wednesday evening was our trip dinner and not only was Betty honored, but Joan and Glade Flake announced they were new grandparents again, (very new, about an hour). Speaking of Glade, it was reported that he did some glade skiing. Good thing he wore his helmet. There were four new helmets purchased on this trip and almost a third of the attendees wore a helmet. Might be time to buy some stock in the helmet industry.

Thursday Ned Flaherty left the mountain top restaurant, put on his skies and proceeded to ski the rest of the day quite nicely. It wasn't until the next day he realized he had someone else's skies! Back to the restaurant, and there were his skies exactly where he left them. He managed to find the other owner who was disappointed that hers were returned, as she hoped to buy a new pair.

Friday many decided to spend the day in town but there were enough diehards who wanted "one last day" of terrific skiing. In addition to the beauty of the mountains and surrounding area, we were quite impressed with the friendliness and courtesy of everyone, especially the lift operators, waiters and waitresses. Telluride definitely should be visited again by our Club. Thank you Don and Kathy for introducing this great resort to us and leading such a fine trip.

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**HOW ABOUT THIS? Bob Grasley of the Census Bureau reports that they are looking for people to help with the census. You can work full or part time, and they are looking for people ages 18 to 100! Interested? Call Bob at 703-931-0415**

*inside  
or  
outside*

# THE KNEE

by

Ray McKinley



There are reasons that this column has been around for 20 years. Inertia comes most

readily to mind. But there is another great reason, so that PVS can have another "boring" event. A first ever Twentkneeth Ankneeverarknee Party. What a kick! And we discovered a lot of potential new knees lurking in the wings--or below the hips.

A new version of Joyce Kilmer's *Trees* was crafted by Karen Felker. It began "I think that I shall never see, a column as funny as the Knee..." Bette Walker wrote, in part,

A score of years is a long time really  
But, hoknee, what to me seems funknee  
Is . . . the talent we read so faithfully  
Could be making lots of moknee!  
So make puns, get off your fanknee.

Also in verse was PVS' prime songwriter Marianne Cook. "You want to know why I am here? To nominate you Knee of the Year!"

"The Knee, flexing, always fills our joint kneed for funniknees", was penned by Need (sic) and Jaclyn Flaherty. And finalknee, Mrs Knee punned "Kneedless to say, I'm kneeglected monthly when he writes maknee punknee words. It's a feloknee to subject a wife to such tyraknee."

Several of you groaned when last May's closing Knee words were repeated. Racing, Picabo Street broke her leg. She received great treatment at the hospital Intensive Care Unit. She has since made a significant contribution to the hospital. It has renamed its Emergency Room the Picabo ICU. I can now reveal the source. It was HHS Secretary Donna Shalalah--at last year's Hexagon Review.

Speaking of hexagons, Kneevadians Bill Hager and Kathy Quinden were early skiers on December 2. They skied local area Mt Rose with a foot of new powder. Right on! You missed the segue? **\*\*Snowflakes are hexagonal shaped!\*\***

You also missed seeing George Hicho on Knee Years Eve, didn't you? Well, it was also George's 60th Birthday. So a special evening was

planned. However, the evening turned out considerably less pleasant, in the Emergency Room, when George developed kidknee stones. OUCH!!

Kneeophiles would have enjoyed *Christmas at the Old Bull and Bush*. Typical lines, "What is this you're serving me? It's bean soup. I don't care what it's been, what is it now?" English beer was served at the show, including Guinness. However, Frederickians Jack Regan and Irene Farrell observed that Frederick-brewed Blue Ridge Pale Ale was also available. Stout of them! This year, Jack and Irene have devoted themselves to cross country, skinny skiing. Not stout of them. Think about it!!

January was not charged with electricity for PVSers. As a result of our ice storm, David and Rachel Abraham were in the dark for over 5 days. John Smith and Pat Tenge, and Marilyn and Dick Clark were in the dark for a day. Cool. No, cold. In other weather news, several months ago, our Atlanta contingent, Ken and Myra Evans' home was hit by a tornado. They lost the entire front of the house, but are now fully recovered. Ouch again.

A tip of the ol' Knee cap to Chris Waln. He did the great write-up of the Steamboat trip in last month's TOOT. And he neglected to include a byline. Last month the Knee kneeglected to include Chris as a past guest Knee author. *kneea culpa*.

After an early opening, Ski Liberty closed on December 21, making it their shortest season ever. (They have reopened.) Avalanche danger is low.

Dot Mills got her Christmas tree up on December 28. Just in time for ExCom. It looked great, and was really, really fresh. Betty Byrne passed up the Opera to attend the meeting--her first. There were discussions about the Millenkneum. Nancy Garrett was adamant that the planes will fly. They may not be able to land, but they will fly...

For those who believe we are getting too old, Marilyn Clark provided the info that 82% of us are active skiers (Are there passive skiers, Marilyn?) And the remaining 18% includes non-skiing spouses (spice?) Further, 70% of us have skied in the last two seasons. Right on. The Knee loves it! As we age, our foibles provide more Knee fodder. And being non-sexist, also more Knee modder!

CALENDAR

- Feb. 7 ... Pre-Cortina Party
- Feb. 10 ... Pre-Tremblant Party, p. 4
- Feb. 11 ... Midweek Skiing at Whitetail, p. 2
- Feb. 13 ... Post-Steamboat Party, p. 3
- Feb. 16 ... Monthly meeting at the Marxes, p. 1 & 2
- Feb. 23 ... ExCom at the Huggins'
- Feb. 27 ... Wine Tasting at the Copes', p. 2
- Mar. 6 ... Pre-Vail Party, p. 4
- Mar. 7 ... Post -Telluride Party
- Mar. 16 ... Monthly meeting at Pat Summers' and Al Richman's
- Mar. 18 ... Bike Ride, Glen Echo to Georgetown
- Mar. 19 ... thru 21, weekend with the Dillons at Bethany Beach, p. 2
- Mar. 23 ... ExCom at the Clarks'
- Apr. 10 ... Spring Dinner at the Colonnade
- Apr. 22 ... Bike Ride, Belle Haven to Mt. Vernon and return
- Jan. 1 ... 2000, Millennium Party
- Nov. ... 2000, PVS 35th Anniversary

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