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Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

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www.pvskiers.org

info@pvskiers.o

President's Message:

I appreciate that very few members of PVS are diehard mogul skiers. Let me suggest, nonetheless, that skiing the moguls is great fun and, for some of us, a lifetime challenge. The goal is not only to make it through the bumps in one piece, but also to ski the terrain with a semblance of elegance and grace. I have been working on my mogul technique for years.

Each year I have taken at least one mogul lesson, only to be told, to some extent, conflicting information. Often, the instructor was of the view that the class needed to go back to the groomed slopes to work on basic technique before attempting the bumps. Although I can appreciate the value of this approach, I have often found it frustrating. The only way to learn to ski the bumps is to do it, again and again.

As a compulsive Type A personality, I have diligently recorded the information that each instructor tried to impart. Over the years, my mogul technique gradually improved, although the grace that I sought eluded me (and probably always will).

Several years ago, I discovered a book by Dan DiPiro, entitled "Everything The Instructors Never Told You About Mogul Skiing." The author, who teaches mogul skiing at Cannon Mountain in New Hampshire, and was a mogul competitor, takes the view that mogul skiing requires a set of different techniques than those used on groomed terrain. He sets out the subtle differences between bump and groomed skiing in a very clear and coherent manner. I found his approach extremely helpful, and I have changed my mogul technique after reading his book.

The highlights of Dan DiPiro's approach are as follows:

1. Stand tall with your weight over the center of your skis.
2. Your torso should face the fall line, with little or no lateral movement.
3. Keep your skis fairly close together.

Continued on pg 2*



Holiday Party

December 20, 7:30 PM

Bob and Cara Jablons'

In the District

Please bring an appetizer or a dessert.

The hostess asks that those with last names beginning with A - P plan to bring an appetizer and those with last names beginning with R - Z plan to bring a dessert.

If your specialty is something in the other alphabetical category, then feel free to bring your specialty.

Drinks will be provided. The usual fee will be collected at the door. Holiday spirit and good cheer will abound. Call or email the Jablons with any questions.

rcjablon@aol.com

202-333-5332

Directions on pg 2*

***Directions:**

**Cara and Bob Jablon,
4573 Indian Rock Terrace, N.W.
Washington, D.C. 20007**



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...*

4. Your hands should be shoulder width apart and in front. Pole plants should be rhythmic; plant your pole with a flick of the wrist on the top or back of the bump.
5. Use an absorption/extension technique. Absorption requires that you bend at the ankles, knees and hips as you go up a bump; extend your legs as soon as you enter the valley. As you extend, drive your hips skyward and down the hill.
6. As you execute your turn, press the ski tips down on the snow.
7. Maintain shin to tongue of boot contact all the way down the hill.
8. Use more rotary force (twisting, steering) than on a groomed trail.
9. Control your speed with an edge set somewhere on the uphill side of the bump at the end of each turn (DiPiro claims that this happens naturally). The rest of the time, your skis should be flat in the bumps.

I will skip DiPiro's discussion of jumping and performing aerial maneuvers in the moguls.

If you have taken any bump lessons, you probably have been taught a simple pivot turn, which involves pivoting on the top of a bump and sliding down the back. This technique can be useful in certain situations. DiPiro's absorption/extension technique, however, is far more sophisticated, and will give you greater control and increase your comfort level in the bumps. If you encounter steep, deep crud, there is a useful technique that I learned from my 80-year old ski instructor last year at Steamboat. Rather than using the absorption/extension technique, stay in an upright position as you start the turn, and bend your ankles and knees as you come around the bump – this technique works well for very nasty, huge bumps.

One final pointer, courtesy of Liz Warren-Boulton - if you are skiing bumps in the woods, leaning into the turn with your shoulder can be helpful to make sure that you ski the space between the trees, rather than the alternative.

I hope that this discussion of bump technique will encourage you to take some mogul lessons, and enjoy playing in the bumps. With proper technique, and the "easy to ski on" new equipment, mogul skiing should not be intimidating or exhausting (a note – the fat skis that we learned about at the Ski Center, interesting though they are, will not cut it in the bumps). Start with some "baby bumps," and try out Dan DiPiro's technique. I look forward to skiing the bump runs at Snowmass with a group of intrepid PVS skiers.

Cara

SKI TALK

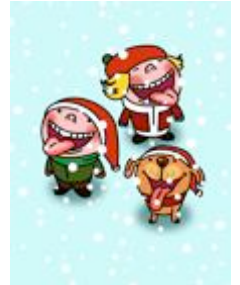


It is now December and several Western and Eastern ski resorts are open. Snowmass opened November 18, five days earlier than planned because the snow is so good. Looking forward to our January ski trip.



Local skiers let's hope we can get a day of skiing in this month. I have skied locally in December many years. The week before Christmas can be great if the snow is good since not many people are focused on skiing before the holidays. John Smith will be our local ski coordinator. He generally tries to go at least one day a week either Monday, Wednesday or Friday. For those who wish to carpool, there will be a designated meeting place in Gaithersburg. John said feel free to contact him, he normally decides on the weekend for the coming week's schedule. David Warthen will also send an email to the people on the list. You can email John Smith at johnhsmith@juno.com.

His phone number is 301-299-8376.



Ski Center is having **demo day** at Whitetail on January 4. Tickets will be \$20. You can get vouchers at Ski Center. If you want to go you can sign the list at our Holiday Party December 20 and perhaps one person can pick up the vouchers. Ski Chalet is having a Ski Appreciation Day at Whitetail on February 1 and is charging \$30.00. Last year it was \$20! Let me know if you want to get on the Local Ski list.

Please begin to think about skiing in 2013. Let me know if you have any questions about being a ski trip leader. I will be calling for proposals after the first of the year.

Wintergreen - Just for Ski Clubs! 2nd Annual Ski Club Weekend

January 7 and 8, 2012

Buy A Saturday Lift Ticket, Get Sunday-Lift Ticket FREE!

(Use Promotion Code: SkiClubWeekend2012) - www.wintergreenresort.com/January2012

There will be social activities with other clubs. RSVP rosemaryschw@gmail.com



Rosemary Schwartzbard

2012 Ski Trips:



Snowmass 2012

Wednesday to Wednesday, January 18-25, 2012

Still looking for a female to share a room



Ski four mountains for the price of one, with locked-in air pricing for the first 30 persons to sign up! Beat the galloping air fares due to rising fuel costs. The staff at our "Old Faithful" Snowmass Mountain Chalet is waiting with open arms to welcome us once again.



Snowmass offers the crème de la crème of ski-in, ski-out experience with direct access to 3,100 acres of slope-side skiing just outside the door.

The skiing terrain totals more than 5,000 acres with interchangeable lift tickets and free bus service to Aspen Highlands, Ajax Mountain, and Buttermilk ski areas.



Slope-side lodging at Snowmass Mountain Chalet includes a daily family-style hot breakfast and daily soup lunch, greatly appreciated by trip participants and other guests, many of whom return year after year. The reunions in the Hot Tub quickly refresh the memories. The spacious, welcoming lobby with oversized stone fireplace, flat screen TV and card tables for "Dave's" games offers a comfortable gathering place. The hootenanny sing-alongs will again be a popular event.



The trip will include group dinners, après-ski parties, and other activities available in the Aspen environs.

To inquire about the availability of space, email or call the trip leaders:

Carolyn DeVilbiss at 703-370-4865 (carolyn.maurer@verizon.net)

Sharon Mulholland at 301-330-2953 (shank@mris.com)



designed by Nancy Monacelli



March 1-12 or 16, 2012, join Nancy and Ray McKinley to See and Ski in Andorra!

4 Spaces Now Available--Act Soon!

See and Ski Andorra 2012

Potomac Valley Skiers is joining BRSC for a true gem of a ski trip—to one of the smallest and most mountainous countries in the world—Andorra, a skier's and tourist's paradise. And we'll visit spectacular Barcelona. There are optional trips: to Madrid and the Prado Museum, the medieval, walled city of Carcassonne, France with its winding cobbled streets, and turrets—a World Heritage Site. We'll have the opportunity to visit the fortress city, Toledo with its Christian, Jewish and Islamic heritage, and Segovia and Avila to see the 2,000 year old Roman aqueduct, the fairyland castle of Alcazar and more.

Skiing in Andorra is World Class, with 7,600 acres, a vertical of 3,575 feet, 111 lifts with a capacity of 156,390 skiers/hr, and 187 mi of runs.



Upper Lift
Restaurant

Our 12-day, 10-night trip includes: 3 nights in historic, vibrant Barcelona; 7 nights at the 5-star Crown Plaza Hotel in Andorra's capital, with two people per 2 room junior suite. We include full breakfast and a daily 5-course themed buffet dinner! Trip includes your Emergency Medical and repatriation insurance, a pre-trip party, a welcome party, a mid-week Apres Ski party, a Grand Finale Dance in the ballroom and a post-trip party. We will also offer a 4-night post-trip extension to historic scenic Madrid including three superb tours.



Crown Plaza Lobby

GREAT PRICES-\$2,560; LAND ONLY-\$1,755; SPAIN Add-\$800

Due to cancellations, we again have four spaces available for you and your friends. Please call us for information. To reserve a spot on this memorable PVS See & Ski in Andorra trip, send your check for \$1,760 per person payable to Ray McKinley, with "Andorra" in the memo line. Include your full name from your passport, and if you want the Spain add-on. Mail to 1805 Crystal Drive # 813, Arlington, VA 22202. Info at (703) 527-7126 or at raymckin@gmail.com.

Drawing by Lu Beale



Past Event

Monthly Meeting at the Ski Center

The PVS November meeting was our yearly "insiders' info line" into the ski industry presented with humor and candor by "our own" Brian Eardley. What a treat for us!

Another treat was to see the rarely-seen Bob McNeill and Jim Wingrove. (See picture with Brian.)



Well, the wider skis are here to stay for awhile. More small companies are popping up. Icelandic skis are made in Denver. Graphics business is huge. There are now versions of powder and backcountry skis for women. Brian suggested that skis for us should be 90 mm or less under foot, and mentioned the Blizzard Bushwacker for under \$600. Because of the wider skis, ski areas are rethinking their slopes by adding more glades and using less grooming. And, the sale of snowboards is declining faster than the sale of skis.



The boot industry continues to invent something better. Brian showed us cross-country and back-country boots, and showed us adjustable poles. There are features in the boots to make them easier to walk in, and to get into. One has a flip-out tongue so one is only battling the soft boot inside. Fisher has a boot for people with pronounced external rotation (duck footed). **Brian was most excited about** Fisher's revolutionary boot that custom fits the outer shell rather than the liner. The Ski Center has the machine that molds the shell to your foot. The idea is that the plastic is more stable in warm and cold weather and the flex stays constant. They are light weight but one would probably want to add heaters. The store is already sold out for this year and Brian predicts that the price will come down from this year's \$800.



Eloise, Mike, and Rosemary provided the very tasty pesto on toast, meatballs, hummus w/pita, cheese w/crackers, and beverages. Following the presentation, we found Eloise's hand made mini pumpkin pies, cookies and coffee.

It was a fun evening. Thanks, All.

...Jan Marx



Members' Corner

By J. David Warthen, Jr.
dwarthen@verizon.net



Ski Season is Almost Upon Us:

Fall has quickly come and almost gone, and winter is just around the corner. The best part of winter for all of us is looking forward to skiing, actual skiing with friends, and sharing memories of our ski adventures for the season. Winter can be very depressing for some. It is dark with short days, and can be very dreary without ample sunshine. However, when one can get outside and race down a snowy slope, spirits soar as feet fly across the white surface. Skiing just seems to go along with the upcoming holidays, with the bite of frost in the fresh air. So, plan ahead and line up your local and long ski trips. Remember to prepare physically ahead of time; otherwise, you might regret the resulting aches, pains, and possible injuries.



Since the 2011-2013 biennial dues collection process is now over, you should have received your new PVS Membership Card. Be sure to see the reverse side of the card, listing Benefits of being a PVS Member. There are 2 URL links, one for discounts and the other for ski trips in which you qualify for participation, in addition to regular local and distant PVS ski trips. If you are one of the few who do not have Internet access, you can utilize the links at a computer in your local library to investigate the possibilities.

Have a very happy holiday, and a great ski season.

TOOT Distribution to 141 Members:

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Roster Changes: (notify dwarthen@verizon.net)

Thanks to:

-TOOT Content/Proof Editor – E. Thayer

-TOOT Layout Editor – Jan Marx

-TOOT USPS – B. Leonhardt

-D. Warthen - Electronic TOOT

Did You Know?

The amount of information on the Internet is just phenomenal. We now pay our bills electronically, read news on Yahoo before the newspaper arrives, do our taxes on our computers, investigate the weather report for any place in the world, do holiday shopping electronically, research products we wish to purchase, book our flights and accommodations, map out a route to anywhere in the U.S., skype, talk via Instant Messaging about a service or product, and frequently watch news we missed on our flat screen TVs.

How many checks have you written in the last year? Do you keep track of your finances on your computer? How long ago did you read a newspaper? How long ago did you donate your children's encyclopedia because no one was using it? Do you use Wikipedia? How many books have you read on your Kindle? Do you use an actual dictionary, or do you run to the computer for a definition, a synonym, or a grammar check?

The number of tasks that are done electronically, is just unbelievable. How did we survive before the coming of the Internet? The convenience of finding instant information on a myriad of topics is miraculous. I foresee electronic libraries without books. Did you know that there is a list of linked local skiing locations on the following site:

<http://www.skicenter.com/localmountains.aspx>

We use Google searches so much that google is now considered a verb. Search for anything, and instant information pops up. Google "ski equipment," and almost instantly 'ski.com', 'Baltimoreski.com', 'skishoppingguide.com', and 'untracked.com' pop up with lightning speed. Refine your search to local distributors, and get even more specific information.

What an age we are privileged to live in! Investigate this fascinating world, and **keep learning.**



THE KNEE

by Ray McKinley
RaysKnee@gmail.com

A very special tip of the ol' Kneecap to Bob Jablon. His guest Knee, the An[g]kle, last month was another joint altogether. And it wasn't disjointed at all. Thanks so much, Bob.

Once again let me be the first to wish you Happknee Holidays and a Merrknee Christmas! I bet you are thinking "Why does he keep up those corknee jokes?" The answer is simple. You expect it of the Knee. This is why, in all the polls, and even after court-mandated recounts, the Knee remains the highest-rated TOOT column which has appeared for 30 or more years. Why, without my "corknee jokes," the Knee would be...well... shorter.

As they say on the news networks, here is breaking (albeit nonskiing) news: Silvio Berlusconi was recently removed as Italian prime minister because of financial problems rather than for all of his sexual exploits. The Knee can now report Silvio will be offered Herman Cain's old position as head of the Restaurant Association of America!

This will spark your interest: Some two weeks ago, Reno NV had a nearly perfect storm. With ferocious winds, gusting in excess of 70 mph, flames up to 100 feet tall snaked through narrow canyons and ravines. PVS' Nevada contingent, Kathy Quinden and Bill Hager, live in Reno barely 3 mi. from the conflagration. Said Bill: "We were lucky; 32 families were not and lost their homes. With steady winds, firefighters were lucky to save as many houses as they did."

Bill Hager also visited at our Oktoberfest en route to Jordan. We'll look for his report

A different kind of Turkey feast: Joe Jevcak and Liz Warren-Boulton are back from a grand driving trip through the country. Joe had a timeshare available to him there. They used it as a base to drive all over the country. And, no, they didn't get to eat any turkey.

Retired nurse into drugs! Yup, Sue Lyon took a trip to the Galapagos Islands and then to Machu Picchu in Peru. Hiking at the altitude of Machu Picchu is tough on the system. To overcome the altitude problem, guides gave Sue some coca leaves to chew on. So she was able to get high using drugs.

Everyone knows that President Obama is a basketball fan. But you, perhaps, didn't know he is also a skier. His home state of Illinois ranks 31st in the US as to the total number of ski areas and 39th in terms of total vertical. Next to the ranks of Alberto Tomba, (La Bomba) we will have to add L'Obama. By the way, Liberty Mountain, rumored as L'Obama's favorite, actually has a larger vertical than any ski area in Illinois. And you thought the Knee never said anything nice about Liberty.

Sarah Palin is also, apparently, a skier. According to Marvin Hass, when she was mayor of Wasila, Palin gathered \$15 million in subsidies from Washington, for a railroad from her town, not to Anchorage, some 40 miles south, but to Girdwood. Girdwood is the home of the ski resort Alyeska--and of the late convicted Senator Ted Stevens. Hmmmm.

Congrats to Eugenia Ufholz. She had a biopsy that showed a cancerous tumor, but it had not penetrated the uterine wall. Eugenia was able to have laparoscopic surgery, which also removed the entire tumor. So, after only a one night hospital stay, she went home and was immediately able to walk and do stairs. Thankfully, it was removed so early that she will not need chemo and expects a full recovery. Right on!

PVS is a ukneeque group. So it's fitting that we have a gaggle (a technical term) of members with sufficiently ukneeque first names to identify them. Cases in point: Gorman, Adele, Serge, Aina, Rosy, Burr, Bing, Kerry, Shahrsad, Fumiko, Myron, (which my computer's spell check always wants to correct to Moron!), Marty, Jacques (now residing in New England), Glade, Sheldon, Genee, Jessma, and Aase (now in South Carolina). We are ukneeque.

As we age (and retire) PVSers are going on longer trips to faraway places with strange sounding names. Marianne and Kerry Hines drove through the Baltics, Lithuania, Latvia and Estonia. They ferried to Helsinki, trained to St. Petersburg, and finally they bicycled home.

Bob and Louann Eadie spent October on two linked cruises through Croatia, Greece, Corsica, Turkey, and Italy. The Knee and Nancy spent the same month touring Tuscknee, Italy.

On a trip from Reagan Airport, John Smith stopped in for a beer while awaiting the flight. He was carded! And they wouldn't take his Medicare Card as proof that he was over 21!! And here's the true story. BRSC really stands for 'Cold in South Carolina.

2011 Calendar

Dec 13	Tue	ExCom Meeting, 7:30 PM (Marx, Springfield)
Dec 20	Tue	PVS Holiday Party, 7:30 PM (Jablon, DC)
Jan 7	Sat	Snowmass Pre-trip Party, 11:30 AM (Eadie, Reston)
Jan 15	SUN	Monthly Meeting, 2:00 PM (Van Nuy, Fairfax)
Feb 12	SUN	Andorra Pre-trip Party, 2:00 PM (Jablon, DC)
Feb 19	SUN	Monthly Meeting, 2:00 PM (TBA)



Ski Trips

January 18-25, 2012 Snowmass (Carolyn DeVilbiss & Sharon Mulholland)
 March 1-12 or 16, 2012 Andorra (Ray & Nancy McKinley)

Useful Ski "Links"

Potomac Valley Skiers	potomacvalleyskiers.org
Capital Golden Skiers	capitalgoldenskiers.com
BRSC Sanctioned Trips	skicouncil.com/tripsbydate.htm
DC Ski Online News	dcski.com

An INDEX of various TOOT LINKS is now present on the NEWSPAPER page of our PVS WEBSITE, courtesy of our Webmaster, David Lerner. Individual Profiles, PVS Anniversaries, Other Special Items, and Obituaries from '65 – Present are accessible; along with Ski Trip Write Ups from 2000 – Present; and Event Write Ups from 2010 – Present.

PVS Board - 2011-2012

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 Vice President – *Jan Marx*
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