

Volume 58
Number 9

Potomac Valley Skiers, Inc.
WASHINGTON MARYLAND VIRGINIA

September
2023

www.pvskiers.org

info@pvskiers.org

President's Message:



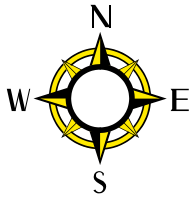
Many of us in PVS have been skiing for a long time and, sadly, are no longer “youngsters.” With aging comes unexpected and unanticipated medical issues. I recently experienced such a problem. Over the last ten years or so, I have had a number of basal cell carcinomas on my face – these were all removed by Mohs surgery, a surgical procedure performed by a specially trained dermatologist. After an initial biopsy confirming the cancer diagnosis, the Mohs surgeon removes successive skin layers and checks them under the microscope to determine if the layer is still positive. The process is continued until all the cancer is removed. In the past, only one or two “scrapes” were required to deal with my issues, and the Mohs surgeon was able to close the area with an incision that resulted in a thin scar or with a small skin graft.

Unfortunately, that was not the case this time. I noticed a translucent area on my nose and showed it to the dermatologist at my six-month check-up. She did not think there was a problem. Because I was still concerned, I went back to see the Mohs surgeon, who thought there was a 50-50 chance of a problem, and decided to do a biopsy. The biopsy was positive for a basal cell carcinoma, and I scheduled a Mohs procedure, thinking that it would be straightforward. Fourteen scrapes and nine hours later, the Mohs surgeon declared that he had removed all the cancer, but that I would need a skin graft performed by a plastic surgeon to repair the extensive removal of skin from about a quarter of my nose. He contacted a plastic surgeon who had an office in the same building, and she came up to see me. Rather than having a more elaborate procedure where a flap is taken from the forehead and left connected for three weeks, with subsequent surgery, I opted for a simpler skin graft, even though there was a chance that the graft would “not take.” The surgeon wanted to wait at least two weeks to do the skin graft in order to have a sufficient tissue base for the graft. As it turned out, I had to wait almost three weeks to get a surgery spot, since the plastic surgeon wanted to perform the graft under general anesthesia. It was a long three weeks, as I had to change the bandage twice a day and keep the area lubricated. For one with a “weak stomach,” it was not easy, but it was interesting to watch the progression of the healing process and the beginning of the filling in of the “holes” in my nose. *continued on pg 2.*

Save The Date



OCTOBER MEETING
Sunday, October 8th
at 1:00 pm
at the Home of Kal and Nur Nossuli,
Potomac, MD



Our next member meeting of Potomac Valley Skiers will be hosted by Kal and Nur Nossuli at their lovely home in Potomac, Maryland. You may remember the great hospitality shown by them to our member Peter Russell on his 100th birthday a few years ago.

8509 Warde Terrace, Potomac, MD (301-437-9619)

Directions from VA: From the beltway, I-495 N, take the River Road exit towards Potomac (west). Continue on River Road for about three miles and then take a RIGHT on Bradley Boulevard. At the next light, turn LEFT on Kentsdale Drive. At the sixth street, turn RIGHT on Warde Terrace. 8509 is the sixth house on the left.

From Chevy Chase or Bethesda: Follow the directions above from River Road or take Bradley Boulevard West, turn RIGHT on Kentsdale Drive, and follow directions above.

The hosts will provide food and beverages; members will be asked to pay \$3.00 each at the door.

PLEASE NOTE: To ensure adequate refreshments, it's important for you to let us know if you are going to attend. Please let Marianne Soponis know (Marianne.soponis@gmail.com or 202-363-5250) that you will be there - by **September 30**, please!



page 1 contined--

The open area on my nose extended down to the cartilage and almost to the tip of my nose, an area that is difficult for a skin graft. On the day of surgery, the plastic surgeon determined that the best place for taking the skin was below my neck on my left side. The night after surgery, the three-inch incision in my neck, which had been closed with surgical glue, opened up in the center, and I returned the next day to see the plastic surgeon in her office, where she put several stitches in the incision.

As I am writing this article, ten weeks after surgery, the graft did work, but my nose is still puffy and very red. According to the plastic surgeon, it will take at least another four months for the redness to start to diminish. I will probably have dermabrasion in several months to try to smooth out the graft, but I will still be left with lumpy areas in my nose.

Why am I telling you all this, apart from having to explain why my nose will probably never quite look entirely "normal." Many PVS members probably have experienced Mohs surgery and have regular skin checks by their dermatologists. However, as I learned, detecting a basal cell carcinoma is not always straightforward, and can be missed even by an experienced dermatologist. My Mohs surgeon was certainly surprised by the extent of my cancer, as he did not think it was apparent on much of the surface. I also note that a dermatologist that I had used for years missed the first two basal cell carcinomas on my face; after seeking a second opinion and getting positive biopsies, I switched dermatologists.

Here are a few key facts about basal cell carcinomas, and some advice on how to detect a basal cell carcinoma and how to minimize the risk of this form of skin cancer. The American Cancer Society (2022 data) estimates that there are 5.4 million basal and squamous cell skin cancers diagnosed each year in about 3.3 million people in the U.S. – 80% of these cancers are basal cell

carcinomas (I am not dealing here with the separate subjects of squamous cell carcinomas, which are more life-threatening than basal cell carcinomas or with melanomas, the most dangerous of all skin cancers). 85% of basal cell carcinomas occur on the face, head, scalp, and neck, the areas that are most commonly exposed to sunlight. Sun exposure causes DNA mutations, which can activate oncogenes (cancer genes) or inactivate tumor suppressor genes. Although the body can repair some DNA damage, with each successive sun exposure, the DNA damage gets worse. The latency period for basal cell carcinoma is typically 20-50 years following exposure. Not surprisingly, the likelihood of a basal cell carcinoma increases with age; the mean age of diagnosis is 64 and the median age is 67. Having one basal cell carcinoma substantially increases your risk for additional ones. If untreated, a basal cell carcinoma can become invasive and grow wide and deep into the skin and destroy skin, tissue, and bone.

Basal cell carcinomas typically look like white waxy lumps or waxy hard skin growths; lesions that do not heal within 3-4 weeks; small pearly bumps; or shiny pink or red patches that are slightly scaly; they can also be dark in color. There are many pictures online of the various kinds of basal cell carcinomas; being familiar with these pictures is the first step in finding a problematic growth. On a regular basis, we should perform a self-examination by looking at the front, back, sides and extremities of our bodies. The American Cancer Society recommends an exam by a dermatologist every year for people older than 40.

In terms of prevention, avoid sun exposure in the middle of the day when the sun is the strongest, wear a hat and other sun protective clothing, apply and reapply sunscreen every 2 hours, and more often if sweating and swimming. The American Academy of Dermatology recommends a sunscreen with a Sun Protective Factor (SPF) of at least 30. Sand, water, and snow reflect sunlight and increase the amount of UV radiation that we receive. I am sure that, despite my use of sunscreen, the cumulative days of my skiing contributed to my current issues. Of course, back when many of us started skiing, sunscreen products were not widely available.

The bottom line is that you need to be very proactive and persistent in dealing with skin issues (and other medical issues). If you have a suspicious growth, see a dermatologist and, if need be, get a second opinion. If there is any likelihood of a problem, a biopsy is a good idea. There is a “blue light” treatment that is now available to help pre-cancerous growths from becoming cancerous. My understanding is that it is best done in the winter months as the skin will blister from the treatment and sun exposure has to be avoided for a while. I suspect that I will be having this treatment sometime this winter. I also have stopped taking hydrochlorothiazide, a blood pressure medication that has been linked with an increase in basal cell carcinomas and have started taking Vitamin B3 (niacinamide) that, according to several PVS members, has some benefit in preventing basal cell carcinomas.

Cara Jablon



Membership Re-Alert – Biennial Dues Cycle

The PVS biennial dues renewal period for 2023 – 2025 began July 1, 2023.

Thanks to the many members that have sent in their renewals. If you have not done so, and still wish to renew your membership for the new biennial period, then please send in your form and your dues. E-mail reminder notices were also sent out in late August to those folks that were still outstanding.

Coming Events

We hope that you had a great summer! Now is the time to shake off that sand and jump into some fall activities. Please contact Marianne Soponis (Marianne.soponis@gmail.com or 202-363-5250) if you have interest in any of the events below,

Glenstone

The wonderful indoor and outdoor museum located in Maryland has opportunity for walking outdoors or quietly wandering the inside galleries. Glenstone has 300 acres of landscape fully integrated with architecture and art. There is opportunity for lunch or snacks. For more information, look at <https://www.Glenstone.org/plan> for your visit. For free tickets, check in with Marianne Soponis.



Thursday, September 7, 2023, at 11 a.m. – 4 tickets

Thursday, September 21 at 1:00 p.m. – 4 tickets

The Bridges of Madison County at the Signature Theatre, Arlington, VA

Saturday, September 16, 2023 at 2:00 p.m.

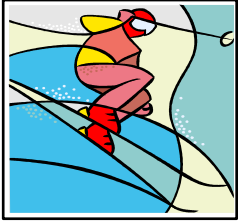
8 tickets at \$93 each, tax included, in the Dress Circle

This is a sweeping musical romance of desire and sacrifice based on the best-selling novel. You may remember the 1995 movie with Meryl Streep and Clint Eastwood. Signature Theatre has a great reputation for its productions. Nancy McKinley is a good resource about the show and the wonderful music!

Signature Theatre <https://www.sigtheatre.org> is located at 4200 Campbell Avenue, Arlington, VA 22206. There are parking garages close to the theater. Depending on interest, there are several restaurants and shops to look at after the performance.

Reservations must be made with Marianne by Friday, September 8 in order to guarantee the tickets. (Marianne.Soponis@gmail.com or 202-363-5250).





SKI TALK - *by Kathy Lake*

Potomac Valley Skiers

Snowmass, Colorado, January 10 - 17, 2024

PVS is going back to Snowmass once again! The package includes a 5-day Senior lift pass which can be used at Snowmass, Aspen Mountain, Aspen Highlands and Buttermilk. Snowmass is larger than the three other mountains combined. It offers something for everyone: steep slopes, inviting glades, and endless bumps, jumps, and groomers. The “mass” in Snowmass stands for massive terrain, massive snow and massive fun!

Aspen Mountain has opened up a new area, called Pandora’s, on the upper eastern portion consisting of 153 acres accessed by a high-speed quad. This area will include 15 chutes, 3 glade areas and 4 cut trails. Some existing runs will be extended. The area will include intermediate glades and groomed runs, in addition to lots of expert terrain. It might be worth taking a day trip to check it out.

During our trip, the annual *Wintersköl* or “toast to winter” will be taking place, Jan. 11 – 14 in Aspen. It is a 4-day long celebration of winter with various activities including snow sculptures and fireworks. Always fun to see!

Thinking of moving to a ski town? On the Snow just named Aspen as one of America’s best ski towns to live in. Of course, living near some of the best skiing in the world comes with a substantial price tag, as the average home value is nearly \$3 million.

Please see the detailed Snowmass flyer attached in this TOOT. As of this writing there are six rooms available. Send in your application and deposit if interested.

BRSC TRIPS 2024

Western Carnival: Lake Tahoe, Nevada - February 3 – 10th

Winterfest: Sunday River, Maine - March 3 – 8th

Eurofest: Kitzbühel, Austria – March 15 – 23rd



Thus far it doesn’t appear as though PVS will have a group going on the BRSC trips. However, if you are interested in any, you could possibly go with another club provided space is available.

BRSC also sanctions many other trips that all of clubs are planning. The BRSC website, skicouncil.com, has information on all of the sponsored trips. If you are interested in any, you could inquire to see if there is space available.

Ski Trip



2024 SNOWMASS, Colorado Ski Trip Wednesday - Wednesday January 10 – 17, 2024

Trip Details

Once again, we will be staying at the [Snowmass Mountain Chalet \(SMC\)](#), which offers a convenient ski in, ski out location. The “**LAND ONLY**” package includes: transportation to and from Aspen airport; 5-day Senior (65 and older) lift pass ([good for all four ski areas in the Aspen complex, free shuttle bus](#)); 7 nights lodging (double occupancy); luggage handling; buffet breakfast, soup lunch, welcome reception, pizza party and farewell group dinner to celebrate our trip. Additional nights at Snowmass are an option **based on availability**. **Trip insurance is available through www.Encompasse.com and is [highly recommended](#).**

The Basic Package price is based on 2 people per room. We have 20 rooms reserved consisting of Standard and Deluxe, King and Queen/Queen rooms. The Standard Rooms are on the 1st floor/ground level with no microwaves or coffee makers. Deluxe Rooms are on floors 2-4. See below for pricing. Room preferences will be on a first come first serve basis.

<u>Costs:</u>	<u>Standard</u>	<u>Deluxe</u>
Basic Land Only Package (65 and older)	\$2,210	\$2,311 per person
Under 65	add \$ 128	\$ 128
Single Supplement	add \$1,502	\$1,627
Extra hotel night (pending availability)	add \$ TBD	\$ TBD per room per night (varies - approx. \$425)
Non-skiers	deduct \$ 380	\$ 380
Extra ski days (65 and older)	add \$ 116	\$ 116 6 day Senior pass
	add \$ 199	\$ 199 7 day Senior pass
Under 65	add \$ 242	\$ 242 6 day pass
Silver Pass (Age 70 and older)	add \$ 279	\$ 279

Payment Schedule

Deposit of \$1,250 was due **August 15th** with Application & Signed Waiver
Final payment is due **October 1st**

Checks should be made out to **Kathy Lake** and mailed to
11677 Fox Glen Drive, Oakton VA 22124
(put PVS Snowmass 2024 on the check memo line).

Cancellation Policy: The entire cost of the trip is non-refundable after **October 31st**.

Kathy & Barry Lake are the trip leaders. Feel free to contact us at 703-625-2715 or kathylakehomes@yahoo.co

APPLICATION FORM

Potomac Valley Skiers Trip to Snowmass, Colorado

January 10-17, 2024

Name (List both names if a couple) as on your Official ID:

_____ Age 65 or older Y N

_____ Age 65 or older Y N

Address: _____

Home phone: _____ Cell phone: _____

Email: _____

Emergency Contact and Phone: _____

NOTE: Please let trip leader know of any special medical issues that may affect your trip.

Roommate (if a separate person) - Official name as on ID: _____

Bedding Preference (Pending Availability): ___ 1 King or ___ 2 Queens ___ Deluxe ___ or ___ Standard

	<u>Standard</u>	<u>Deluxe Price</u>
Basic Snowmass Package (65 and older)	\$2,210	\$2,311 per person
Under 65	add \$ 128	\$ 128
Single Supplement	add \$1,502	\$1,627
Extra hotel night (Pending Availability)	add \$ TBD	\$ TBD per room/night
Non-skiers	deduct \$ 380	\$ 380
Extra ski days (65 and older)	add \$ 116	\$ 116 6 day Senior
Under 65	add \$ 199	\$ 199 7 day Senior
Silver Pass (70 & older skiing 8 or more days)	add \$ 242	\$ 242 6 day pass
	add \$ 279	\$ 279

Please check all appropriate spaces:

Cost (will be filled in by trip leader):

___ Basic package _____

___ Single supplement _____

___ Extra hotel nights _____

___ Non-skier _____

___ Extra day(s) of skiing ___ days _____

___ Silver pass _____

Total price of trip \$ _____

Additional nights at SMC: yes ___ no ___ if yes, what dates? _____

Additional comments _____



WAIVER

RELEASE, ASSUMPTION OF RISK, AND WAIVER OF LIABILITY AGREEMENT PERTAINING TO THE JANUARY 10-17, 2024 SKI TRIP to SNOWMASS, COLORADO (Potomac Valley Skiers)

- (1) I acknowledge that there are inherent risks in the sport of skiing and other sports or activities in which I might participate during this trip, and in the process of traveling. There may be bodily injury, illness, accident, death, property loss or damage, and unanticipated additional costs or other economic losses. I fully and willingly accept the responsibility and liability for all such risks, dangers, costs, and losses.**

- (2) I agree not to sue or hold responsible the trip leader, Potomac Valley Skiers, Inc. (hereafter PVS), its officers and members of the Executive Committee, or its members for: (1) any accident, personal injury, illness, or death occurring to me or to any other trip participant, arising directly or indirectly from this trip; (2) any loss of deposit of payment, any other property or economic loss, or unanticipated additional costs, delay, or change of itinerary arising out of any action or inaction of any hotel, airline, tour operator, land transportation operator, or other entity or person providing services on this trip; and (3) any trip cancellation, delay, early termination or extension due to acts of God, forces of nature, or other force majeure events or situations. I willingly and with full knowledge assume these risks.**

- (3) I understand and agree that the trip leaders, and the tour operators or agents with whom the trip leaders have contracted, have the right to substitute accommodations of similar or better quality, to change transportation arrangements and providers, and to modify other services. In the event of such changes, no refund or credit will be provided if the accommodations, transportation, or services are of comparable or better quality and cover the same approximate time period.**

- (4) I agree that I am not entitled to a credit or refund for any included trip service that is not used by me.**

I have read and I fully understand this “Release, Assumption of Risk, and Waiver of Liability Agreement,” the final trip flyer, and the trip application, and I agree to all of the specified terms and conditions.

Signature of Participant: _____ Date: _____

Printed Name of Participant: _____

Signature of Participant: _____ Date: _____

Printed Name of Participant: _____



Members' Corner



SCANDINAVIAN ADVENTURE

May 22-June 8, 2022 - 17 Days

Submitted by Rosemary Schwartzbard

We went on Rick Steves Best of Scandinavia tour and oh, what an adventure it was, especially since we had not travelled for two years. We covered over 1200 miles by bus; three countries; four cities; two islands; seven hotels; seven ferries (one overnight from Copenhagen to Oslo); and weather ranging from 40 degrees and snow to 70 degrees!

SWEDEN

Stockholm

The trip started in Stockholm with a walking tour of the Old City, past its historic Stortorget Square to the Royal Palace. Stockholm is a stunning city of 14 islands and 54 bridges. We were able to catch the daily Changing of the Guard and Military Parade at the Palace. There is a 30-minute marching concert with the band on horses. Quite an impressive sight. Another memorable sight was visiting the Vasa Museum to see the remains of the 200-foot warship Vasa, which sank on its maiden voyage nearly 400 years ago. It was raised not long ago and is in pristine shape.



Kalmar

After a few days in Stockholm our group of 21 went by bus to the seafaring town of Kalmar to explore Sweden's most significant moat-ringed Castle and hear about Sweden's 16th century struggle for independence from the Danes. Our tour guide imparted great stories about the kings and their ventures. We also got to look into the Dungeon where unfortunate prisoners were held. Quite the opposite was the Golden Hall with its gorgeously carved gilded ceiling. After a night in this seaside resort town, we were on our way to Copenhagen, driving across the five-mile bridge tunnel connecting Sweden and Denmark.



DENMARK

Copenhagen

We checked in to the historic Hotel Bethel on the canal in the Nyhavn section of Copenhagen, and we were stunned by the energy of the city. Strolling down the lively Stroget pedestrian center and along the Canal; people of all ages were on the streets and in the squares, singing, dancing, eating and just enjoying the good weather. Nyhavn (New Harbor) is the place to hang out. Historic sailboats are welcome to moor here. Hans Christian Andersen lived and wrote his first stories here. We had our first taste of Smorrebrod here on the waterfront. We also had a seafood feast at a restaurant near the canal.

The Tour de France was going through Copenhagen on July 1 and there was lots of publicity for that. Also, I was able to do a 5K Parkrun race in Copenhagen, my first Parkrun outside of the U.S.



Roskilde

So much of our trip was about the Vikings and the maritime history. We visited at least eight maritime museums including the Viking Ship Museum in Roskilde, outside of Copenhagen, where archeologists carefully restored Viking boats found in the sea. We also visited Roskilde Cathedral, the resting place of 38 kings and queens of Denmark. This 12th century, twin-spired cathedral was the first Gothic church ever built of brick. There is even a chapel waiting to house the current queen, Margrethe II. It was quite busy the Sunday morning we visited. We were then able to sit in the square and have lunch with many of the parishioners who had just attended services. While eating lunch, Dick was blessed by one of the birds.

Aeroslobing

Our next stop (by ferry) was this delightful island with thatched cottages, windmills and farms. We celebrated Christmas in June with a traditional feast at a local restaurant. Who knew this peaceful little island was a marriage hub? People come from all over the world to get married here because there is not much red tape to go through. We enjoyed a tour with the local marriage guru and toured the house and grounds where so many weddings take place. We had a beer tasting to celebrate. From Aero Island, it was back to Copenhagen to board an overnight ferry to Oslo.

NORWAY



Our third country, Norway, with fjords, mountains and beautiful cities was a favorite. We got off the ferry in Oslo to the sight of the fantastic, white marble Opera House. The local guide met us and took us to tour the Opera House; not the inside, but to walk up to the roof. It was spectacular to be on top of the Opera House looking over the city. Next to the Opera House stands the Munch Museum, an eight-story modern building with every floor dedicated to Munch. I had seen the Scream before but did not know how prolific he was. Another unique sight is Frogner Park, home to Gustav Vigeland's whimsical, lifelike sculptures. I was not prepared for these bigger than life sculptures of naked men, women and children in all kinds of fun activities. You have to see it.



We also managed to go to three maritime museums in Oslo. A short ferry ride across the harbor takes you to a treasure trove of nautical history. The Fram Museum has Arctic/Antarctic explorer Roald Amundsen's boat. It is in perfect shape and you can go on it and below deck to see how this group of men lived during their adventures. Nearby is a modern day Maritime Museum which is not anywhere as interesting as exploring Amundsen's boat. But then across the street is the Kon-Tiki Museum with two real ocean-crossing rafts, including the famous Kon-Tiki. It's hard to believe that explorers actually sailed these rafts.

Not far from these museums is the Norwegian Holocaust Center located in the stately former home of the Nazi collaborator Quisling. This high-tech study center offers a look at racist ideologies that fueled the Holocaust.

Getting around Oslo is made easy by the buses and ferries. We were able to visit City Hall where the Nobel Peace Prize is handed out. We viewed the amazing murals in this magnificent building.



It was hard to leave Oslo but we had to get to the mountains and the fjords. On the way, we toured the beautifully situated Maihaugen Open-Air Folk Museum and 12th century stave church, constructed entirely from wood.

We slept at a rustic, creaky hotel in the Jotunheimen Mountains, where we shared the lovely common rooms with motorcyclists and cross-country skiers.

Bergen



The following day, our bus climbed the highest road in northern Europe where we viewed the snow-capped peaks, drove down the corkscrew road to sea level and hopped on a ferry to take a 2.5-hour ride between cliffs and waterfalls. What a magnificent day, which ended in the beautiful city of Bergen. It is easy to understand why this is a favorite stop for cruise ships. The Old Hanseatic wharf area, where wooden houses lean together, is a reminder of the glory days of North Atlantic trade. The funicular in the middle of town offers thrilling views of the city, islands and fjords. The day ended with a Norwegian feast as we said farewell to our very compatible tour mates and wonderful guide, Nina. Our two-week journey of Scandinavia officially ended the next morning at breakfast. It was sad, indeed, to say goodbye.

Dick and I stayed in Bergen for two more days and explored the beautiful city. We visited yet another Maritime museum, the Bryggens Archaeological Museum, the Fish Market, and the Fortress. Throughout the trip, Dick truly enjoyed sitting by the water, looking at the beautiful yachts and longing to be sailing again!



Coming Event



PVS - BYOB (Bring Your Own Book) Group

From your favorite 2023 beach read to the fascinating dive you just made into history, all kinds of books are welcome at PVS' monthly BYOB! Pick one and join us to say a few words about it. We meet virtually on Zoom to chat about a book we loved, which one we give a thumbs down, and all books in between. Join us on the second Thursday of every month at 4 pm. **See the info at the bottom to join in on Thursday, September 14th from 4 to 5 pm.**

Here's what we chatted about in July and August:

Marianne Sponis read "The People of the Book," a novel by Geraldine Brooks. Brooks takes you on a journey through history as a rare book specialist investigates the provenance of the Sarajevo Haggadah, a storied Jewish text. In August, Marianne told us about "The House of Lincoln," a historical novel by Nancy Horan. Marianne declared "fascinating" the view of life in the Lincoln household in Springfield, Illinois before Lincoln became President, as seen through the eyes of a little Portuguese girl in the family's employ.

Ellie Thayer enjoyed "The Four Winds," by Kristin Hannah, set against the backdrop of the Dust Bowl. The story focuses on a young woman whose life is upended when her husband's family farm is destroyed by drought, leading them to migrate to California and the life of downtrodden migrant workers during the Great Depression.

Jan Marx offered "Lightning Strike," by William Kent Krueger, a thriller about a death in a small town in Minnesota and how a young boy, affected by the loss, and his sheriff father look for answers about the cause.

Karen Knopes has been reading "southern noir" crime novels by S. A. Cosby (one of which is on Barack Obama's summer reading list). She focused on "Razorblade Tears" in which two men with different racial backgrounds come together to avenge their sons' deaths and confront their own prejudices in the process. Karen also brought us "River of the Gods," by Candice Millard that chronicles the hardships of the Royal Geographic Society's attempt to find the source of the Nile in the 1800s.

Bob Jablon brought "The Weight of Ink," by Rachel Kadish, historical fiction that ranges from the 1600s to present day telling the tales of two extraordinary women, one a scribe for a blind rabbi and the other a historian researching the identity of that scribe.

Nancy McKinley gave us Sue Monk Kidd's "The Book of Longings," a thoroughly different idea about how people lived during the early life of Jesus Christ. The focus is on an educated woman who becomes his wife while living her own life of intellectual and spiritual discovery. In August, Nancy offered "A Slow Fire Burning," by Paula Hawkins. Hawkins creates a series of marginalized characters and their potential involvement in the death of a young man on a houseboat in London.

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

Past Event



2023 Steak & Swim

The almost-annual event
Hosted by Marianne and Kerry Hines
August 5, 2023

It was a toasty August day when 14 PVSers and one friend converged on the estate of hosts Kerry and Marianne Hines. One change we noticed from our last visit, was that the "lower 40" pasture is now decorated with a small herd of rescued horses – who ignored us as we ascended the drive.



Jim and I had agreed to write up the event or we might not have made it. The typical two-hour drive from Lexington turned into four hours due to crashes and backups on the ever-crowded I-81. We eventually abandoned the Interstate parking lot and enjoyed US11 through innumerable small and historic towns. By the time we arrived, almost all the appetizers and most of the good stories had already been offered and consumed.



Jim and I did enjoy sharing stories of moving into "senior" living with Melissa Fitzgerald, whom we had not seen in quite a while.

Representatives of the BYOB club, Marianne Soponis, Clare Soponis, Karen Knopes, and caught up on being present rather than on Zoom.





The steamy weather invited several into the pool for a refreshing dip: the Lakes, Cara Jablon, Joe Jevcak, and his friend Ellen all partook. The rest of us enjoyed the shade with our favorite beverages while Kerry and Marianne worked in the kitchen.

And then the steak awaited, prepared by expert chef Kerry. Veggies, salads, and desserts, oh my! Swimmers and non-swimmers alike tramped upstairs to fill their plates and tummies. We munched, sipped, and enjoyed the camaraderie shared around the tables.

Thanks again to Kerry and Marianne for being the ever-gracious hosts of this long-running, but not-quite-annual event.

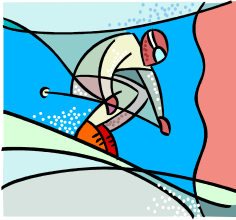
submitted by Mary Ellena Ward and Jim Slack



Calendar

Sept	07	Thurs	Glenstone – Tickets available - Call Marianne Soponis, see page 4.
Sept	14	Thurs	BYOB (Bring Your Own Book) Zoom at 4:00 p.m., N. McKinley, see pag14
Sept	16	Sat	Signature Theatre, Arlington - Call Marianne by Sept 8, see page 4.
Sept	21	Thurs	Glenstone – Tickets available – Call Marianne, see page 4.
Oct	08	Sun	Meeting – 1:00 pm, Nossuli’s home, Potomac, MD, see page 1 & 2

Ski Trips:



Snowmass January 10 -17, 2024: Kathy and Barry Lake

ExCom Officers, Board Members, and Chairpersons

<p><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 – <i>Barry Lake</i></p> <p><u>Board Members:</u> <u>First Term 2022-2024:</u> <i>Salli Diakova</i> <i>Kathy Lake</i> <i>Don Vierimaa</i> <u>Second Term 2023-2025:</u> <i>Bob Knopes</i> <i>Inge Lesjak</i> <i>Rosemary Schwartzbard</i></p>	<p><u>Chairpersons:</u> Events – <i>Marianne Soponis</i> Membership Records – <i>Barry Lake</i> Ski Trip Coordinator – <i>Kathy Lake</i></p> <p>TOOT Coordinator – <i>Ellie Thayer</i> TOOT Layout Editors – <i>Jan Marx, Kerry Hines</i> & <i>Dave Warthen</i> TOOT (E-Distribution) – <i>Barry Lake</i></p> <p>Webmaster – <i>Mary Ellena Ward</i></p> <p>Meeting Records – <i>Sue Lyon</i></p> <p>Historian – <i>Jan Marx</i></p>
--	---

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.