

LOST NATION NEWS



**Fagowees International -
Washington Branch**
www.dcfagowees.com

Fagowees have been busy these last couple of months! We have had Births, Engagements, planning Weddings, Whew! Busy, Busy, Busy...

Sometimes I sit and think about what my impact is in this world. What contributions have I made, how have I made a difference in this world, how have others have changed my life. For instance, if Dutch hadn't been so outgoing encouraging me to "just check out the scrapbook" at a ski swap while I was waiting for a hotdog and a soda, I would have never joined the club. I probably would never have raced, gone skiing in Austria, fallen in love with Hefweisen, or be inclined to learn German so when I go skiing in Europe, I would be able to buy beer in German. And because I didn't learn German, I wouldn't have gotten an assignment at work that took me around the world.

Because I would have never joined the Fagowees, I would have never met Bill and Stuperman and wouldn't have purchased the SinToo for tailgating and Fagowee events. If that didn't happen, Bill and Stup wouldn't have brought Dave to the tailgates, and therefore wouldn't have been talked into coming on the blue knob trip with Bill and Stup, where he met his fiancé Michelle McIntire. And, if we weren't tailgating, we would have never met Stephanie, who became best friends with Michelle, and would have never been asked to stand for her at their wedding, which would have never happened, because I didn't run the happy hour at Blue Knob where Dave and Michelle met. So,, Dave and Michelle have Dutch to thank for their union. And, to add to the magic, Michelle's parents also met through the Fagowees, so their wedding will mark a "second generation Fagowee Wedding"! We all touch each other's lives, sometimes starting a chain of events that drastically alter someone's future. Ray and Donna are another union that would have never happened if Dutch hadn't shown me that scrapbook which made me join. I would have never met Donna, who is a long time Fagowee, and we would have never introduced her to Ray while on the Fagowee Timberline trip, who was present when Marc and I met for the very first time shooting darts at the Sunset Grill in Annandale. And I wouldn't have been shooting darts if some guy down in Florida talked me into learning how to play while I was doing laundry next door to the bar I wondered into trying to kill time while my laundry dried. So, Marc and I probably wouldn't have met because that guy didn't teach me how to play darts, and I wouldn't have met Ray, and therefore, he wouldn't have met Donna. So, both Marc and I, as well as Ray and Donna have some guy down in Florida to thank, because if it weren't for him two couples would have never met.

Strange how all that works...

Head Bartender, Lisa Vignerot



Hot News

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Monthly Features

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Member club



March Meeting will be

WEDNESDAY

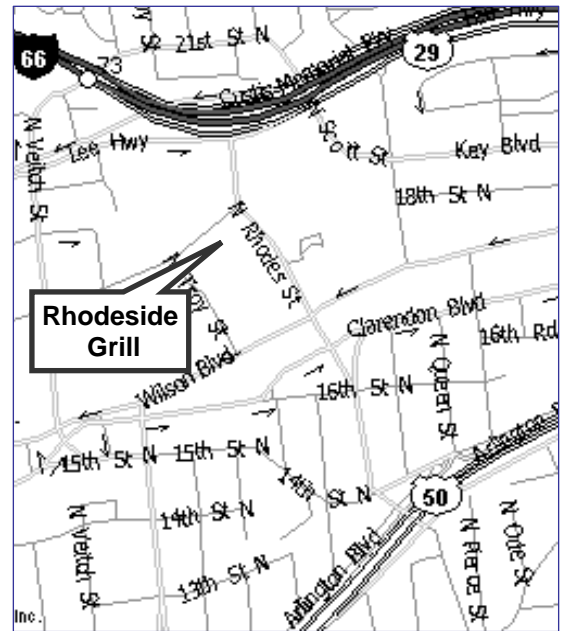
March 14th!!!!

Our Monthly meeting location is the **Rhodeside Grill, 1836 Wilson Blvd** in Arlington, just a few blocks from Orange line Courthouse Metro, on the corner of Rhodes St. & Wilson Blvd. We meet in the downstairs bar just left of the entrance. Meetings begin at 7:30 pm, arrive early enough to park close to the place. Try out their menu, have a beverage with your friends, make new friends, sign up for a trip, have another beverage, and catch up on what happened last month and what's coming up. Be sure a beverage is in hand when Dutch gets up to talk! And plan to stick around for the 50/50 raffle.

Driving Directions: Exit from the **Capital Beltway, I-495 Outer loop**, via ramp at sign reading "Exit 43-44 VA-193 to G.W. Pkwy/Georgetown Pike" go .9 miles. Continue on **GW Pkwy** 9 miles. Bear right on ramp at sign reading "I-66 E/US-50 to Roosevelt Bridge/Washington/ Rosslyn" go 0.3 miles. Bear right on **Arlington Blvd, US-50** and go 0.5 miles. Bear right on ramp at sign reading "N Queen St/Fairfax Drive to 14th Street" and go 300 feet. Turn left on **Fairfax Dr** it turns into **14th St**. Follow 14th turning right on **N Rhodes St**. Take next left on **Wilson Blvd**, just passed corner is entrance to Rhodeside on left.

Metro Directions: Upon exiting Courthouse Metro (Orange Line), head east along Clarendon Blvd, then left on Rhodes.

MEMBERS: Don't forget to wear your name tag for a free 50/50 ticket!



Members and visitors, please ask the following officers any questions regarding the club.

Board of Directors

| | |
|-----------------------|--------------|
| Lisa Vignerot – Pres | 540/720-8448 |
| Bryan Tye – Vice Pres | 703/329-5331 |
| Ralph Carder | 540/752-7111 |
| Baron von Harlow | 301/423-2008 |
| Stacy Hickman | 703/627-7552 |
| Dutch Mueller | 301/699-8114 |
| Ray Stoll | 703/343-3554 |
| Marc Vignerot | 540/720-8448 |
| Ty Williamson | 703/522-7420 |

Appointed Officials

| | |
|-----------------------------|------------------|
| Membership Chair | Open |
| Members Database | Bryan Tye |
| Trea\$urer | Marc Vignerot |
| Asst Trea\$urer | Tim Gordon |
| Pin Engraver | Marty Griffin |
| Greeting Chairs | Renée Gannon |
| Sgt. At Arms | Marty Griffin |
| Secretary | Betsy Troeder |
| Activities Chair | Bill Steinhour |
| Trip Leader Advisor | Dutch Mueller |
| List Serve Monitor | Andrea Steinhour |
| Newsletter Editor | Karen Osborne |
| Webmistress | Karen Osborne |
| Racing Coordinator | Keith Stinson |
| Fagowee Store | Stacy Hickman |
| | Jim Starr |
| | Baron von Harlow |
| | Jim Brown |
| Branch/Club Representatives | |
| Fagowees International | Rhonda Smallwood |
| BRSC Council | Ray Stoll |
| | Baron von Harlow |

Due to a large number of Fagowees going on the Utah trip, the meeting will be held on WEDNESDAY March 14th

Congratulations to the following births:

**Veronica Rose Eline,
Born on January 3rd,
6 lbs. 11 oz. and 19 3/4 inches long**

**Christopher Everett Lawson
Born on January 5th**

Jim Starr also was blessed with a new granddaughter in December

Congratulations to our newest Fagowees!

ATTENTION: In last month's article about mushrooms, titled "Deadly or Delicious", we inadvertently listed symptoms under Delicious that should have been listed under Deadly, and symptoms under Deadly that should have been listed under Delicious. We sincerely hope that this did not cause any medical problems for you or any family



Fun in the Sun Cruise

November 4-11, 2007

From Ski to Shining Sea
in the Eastern Caribbean

Join the Fagowee's as we cruise the Eastern Caribbean in November of 2007! Our week-long **Eastern Caribbean** cruise departs from Miami on the Carnival Valor and stops at Nassau, St. Thomas, and St Maarten with 3 fun days at sea. Club planned activities include one or two one-hour open bar socials, an open Bar Captain's reception and the Past Cruisers reception, will also be available. Door prizes of facials, massages, T-shirts, Lift tickets, and much more. More details on club-planned activities will be provided as the trip date approaches.

Itinerary:

| Day | Port of Call | Arrival | Departure |
|------|----------------|---------|-----------|
| Sun | Miami | | 4pm |
| Mon | Nassau Bahamas | 7 am | 2 pm |
| Tues | Fun day at sea | | |
| Wed | St. Thomas | 9 am | 8 pm |
| Thur | St Maarten | 7 am | 6 pm |
| Fri | Fun day at Sea | | |
| Sat | Fun day at Sea | | |
| Sun | Miami, FL | 8am | |

Cost*:

Inside Cabin \$570
Ocean View \$670
Balcony
(recommended) \$820

All rates are based on double occupancy. Travel to and from Miami is the responsibility of each traveler. Optional trip insurance is recommended and can be purchased individually at the discretion of the traveler. Carnival adds a gratuity of apx. \$110 pp which can be adjusted up or down by you. A \$50 pp deposit will reserve your spot now! Additional \$200 by May 1, Balance by Sept 1. Fully Refundable until Sept. 1 2006! Send a check made out to the Fagowee's to Bill Steinhour, 13406 Glen Taylor Lane, Herndon, VA 20171. Questions? Suggestions? Contact Bill at (703) 467-9779 or winglover1@yahoo.com. Check out Fagowee_cruisers at yahoogroups.com

** Prices are per person based on double occupancy and do not include travel to Miami. Trip prices will not exceed these figures and might end up a little cheaper. If you need assistance with a roommate, please state your preferences with your deposit. Smoking, non-smoking, etc. I will attempt to find you a suitable roommate, but the responsibility is still yours.*

PROFESSIONAL HELP WANTED

Need professional help or a service? Why not use a Fagowee. You may not save money, but you'll absolutely receive TLC. All listings are serious.

BUILDING CONTRACTORS

Speedy Carder 540/752-7111
Trip Carder 703/395-9693
Dennis Dorian 443/534-8404
Terry Parsons 240/375-8001

PRINTING

Jerry Dreio 703/751-3611
Carl Harlow 301/423-2008

REAL ESTATE SALES

Alan Adler 301/445-2522
Donna Campel 703/742-6900
Lisa Dwyer-Shapiro 301/509-2486
Alicia Printz 301/831-7500
Claudia Smith 301/881-1700
Ross Wiczer 240/354-3923

RUBBER STAMPS/BUSINESS CARDS

Carl Harlow 301/423-2008

SIGN PAINTING

Steve Williams 301/855-2449

PHOTOGRAPHY

Wendy McNally 540/286-1111
Jim Brown 703/518-5019

NEW & ANTIQUE WEAPONS/TOY TRAINS

Bill Printz, Sr. 301/949-4000

HOME/DECK EXTERIOR CLEANING

Greg Reveles 703/960-5041

INSURANCE

Jeff Whetstone 814/652-5519

KITCHEN REMODELING

Rusty Raines 540/850-2569

HOME INSPECTION

Jeff Adler 301/587-2896

DOG WALKER (Northern Virginia only)

Freed 703/979-4688

ANTIQUA FURNITURE RESTORATION

Chuck Randall 301/933-8362

NEW AND USED FORD FINANCING

Eileen Thawley 703/660-0412

BEADING AND CUSTOM BEADWORK JEWELRY

Richard Pavlak 540/371-5436

Job description wrong? Phone number wrong? Remove from list? Add to list? Call Dutch at 301/699-8114. If you are a Fagowee, no charge for his valuable service, which would normally cost thousands of dollars.

Spring Frolic - February 16-19, 2007



| Cost (per person): | Two Nights | Three Nights |
|---------------------|------------|--------------|
| Single | \$156 | \$217 |
| Double | \$109 | \$146 |
| Triple | \$90 | \$118 |
| Quad | \$80 | \$105 |
| Frolic Package only | | \$26 |

Children Cost 17 and under – FREE (please note - no children under 18 admitted to the after dinner Frolic activities at the firehall - it is an "adults only" party- please contact Hotel for sitting services - the children can attend dinner for a \$10 charge, but must leave the hall before the adult festivities begin)

What you get for two nights:

- Hotel Room - two nights lodging at the Bedford **Best Western** - includes all taxes (pet deposit/fee will be an additional charge).
- Full **Hot** Breakfast Buffet Saturday **and** Sunday mornings.
- Saturday Morning Bailey's and Coffee at Blue Knob from 10 am-Noon
- Dinner on Saturday at 6 p.m. at Immler Fire House - Turkey and ham with all the dressings, veggies, dessert and all you can drink soda/wine/beer.
- After dinner Frolic 8 p.m. until Midnight with DJ and frolic activities such as Mr. and Ms. Legs contests, dance contest, beer chugging, etc.
- Transportation to and from Party and Hotel Saturday night
- Fagowee Frolic memento

What you get for three Nights (including all above):

- Hotel room Sunday night
- Hot breakfast Monday morning
- Beer and Wine Sunday night+hot-tub all night

Contact Lisa to sign up!

Last Chance for Signups!

SKI CHALET DEMO DAY

- This is Dutch, your locator of good deals, and we've come across a good one. This is not yet board approved, but there is no reason that it will not be.
- Ski Chalet will hold its annual Demo Day at Wisp Ski Area on Sunday, March 4, 2007. At this time, you will have an opportunity to try several pairs of new skis and snowboards at no charge and with a FREE LIFT TICKET.
- The Fagowees will bring our famous cooker and be cooking hamburgers and hot dogs. In addition, we have secured ten rooms at the Comfort Inn, less than one mile away at a cost of \$100 per room plus \$10 tax. Room will be available for either Friday and Saturday nights or just Saturday night.
- By the time you read this article, the weekend should be board approved. If you have any suggestions or questions, please call me. I will NOT be the trip leader as I'll be busy in Utah, but Marc and Lisa feel they might be able to do the job.
- Call me at 301/699-8114.

Fagowees Ski Utah 2007 Trip – March 3-10, 2007

Utah is only 1 month away! But due to unforeseen circumstances I (Oz) will no longer be able to run the Utah trip. Dutch has graciously taken the reins in hand and will now be leading the trip for skiers as well as non-skiers, so I know that you are all in good hands and will have an awesome time. So without further ado, Here's Dutch!

This is Dutch, your Utah trip leader. Yes, Dutch. Oz had a serious, but successful medical procedure (no . . . not sex change) and is now well on her way back to perfect health. Her physician said there is no problem in leading a major ski club trip, as long as it's the FLOAT TRIP!

We now have 40 Fagowees and room for more, with cut-off date around the 20th of February. Air is gone, but still have rooms and vehicles. Even have a male looking for a roommate.

We will be staying at the excellent SHILO INN in central Salt Lake City. Each room has a microwave, refrigerator, coffeemaker, iron and ironing board, clock/radio, hair dryer, voice-mail and free internet high-speed access. That's your room. As far as your hotel, hot sit-down breakfast (tips not included) each morning, 24-hour in-door pool, spa, sauna and fitness center. Also, not that we care, full bar and restaurant.

Each four Fagowees will share an Avis 4-WD Explorer or Blazer. You may pay extra, if you wish, to obtain a vehicle for fewer Fagowees.

Complete price for rooms, vehicle and all fees and tax is:

| | |
|---------------------|-------|
| Double (per person) | \$470 |
| Triple | 363 |
| Quad | 311 |
| Single | 777 |

If you wish, you may arrive a day or days earlier and stay longer or less and you'll receive a price adjustment. Fagowees aim to please.

We have scheduled a western-style dinner at the Rendezvous Ranch on Monday night. Great food, hot drinks, Clydesdale horse-drawn sleigh. Details via e-mail (yes, you read this correctly). All information regarding flights, lodging assignments, vehicle assignments, lift rates and golfing with Jim Rule will come to you via e-mail from Joy. So far, you should have received the first one in early January. If not, we'll resend it.

Our present plans are to ski Snowbasin (38 miles) on Sunday, Park City (31) or Deer Valley (33) on Monday, as both are closest to the Rendezvous Ranch, Cottonwood Canyon (Alta (27*no snowboarding at Alta*), Brighton (29), Snowbird (23) or Solitude (27), and then Deer Valley or The Canyons (26) on Thursday. Friday will be an open day to either do what you wish, which you could actually do everyday, or to make up a missed day previously mentioned. As two-thirds of the group will be flying back at 3:00 PM on Saturday, those that wish a half day of skiing could pull-it-off in an easy manner.

By the time you read this, you should have already received e-mail #2. Also, lift ticket and Cottonwood Canyon ski pass rates. E-mails will ask you to choose which areas to ski, will show you your vehicle assignments and room assignments. No need to bore 400 Fagowees with details for 40. Have you, for some reason, not paid in full? Please send to: Dutch Mueller, 4613 Clemson Road, College park, MD 20740-3601. Questions? Call me at (301) 699-8114.

Safety Corner...

This month's safety article was chosen just after I scheduled my full ACL reconstruction surgery for February after my Kitzbuhel trip. No, I was not skiing with Lance. It happened on an innocent cat track when I hit a root and went flying. Accidents can happen anywhere to anyone, no matter how beginner the slope and how advanced the skier. I was at the wrong place at the wrong time and ended my ski season in 2.5 seconds. I completely tore up my ACL, PCL, and mangled my Meniscus. I will be in Kitzbuhel as you read this, and will not be skiing because of this accident, but I will be drinking beer with Helga and the Baron, so don't feel too sorry for me. I found this article on the internet, and thought it to be informative.

**This article is reproduced from About.Com from Elizabeth Quinn
ACL Injuries and Skiing**

What is the ACL

The ACL, or anterior cruciate ligament, is a ligament located inside the knee joint. It is a major connector of the femur and the tibia and one of the key parts of the joint for maintaining a stable, yet flexible knee.

What Causes an ACL Injury

ACL injuries are caused by several factors. The most common is a traumatic force being applied to the knee in a twisting moment, causing forceful hyperextension. Skiers are particularly susceptible to these types of strains when landing jumps, skiing moguls or during twisting falls. The injury can also occur due to a contact force such as being hit from the front or side. Finally, ACL injuries can happen during a fall by a novice skier, when the bindings do not release.

What Does it Sound and Feel Like?

The most common sound heard when there is a severe ACL injury is an audible "pop" at the moment of impact immediately followed by brief, acute pain. Swelling, pain, and instability of the knee are common. You will experience difficulty supporting your weight when standing, and the knee feels as though it will 'give out'. If you experience any of these symptoms, you should have a friend flag down the ski patrol and head to a doctor's office immediately. An MRI is usually used to diagnose an ACL tear, but arthroscopy may be the only reliable means of detecting a partial tear.

What is the Prognosis?

It is possible to function with even a complete tear, however, it will limit mobility and, even after the pain has subsided, expose one to the risk of the knee collapsing during any exercise. The injury is serious and usually requires surgical repair or reconstruction in an athletic person. Fortunately, the state-of-the-art in the 1990's is that a skier, after a properly done cruciate repair or reconstruction, can return to skiing within the year.


Can I Prevent an ACL Injury?

There are several things you can do in the preseason and off season to decrease your risk of an ACL injury.

- Do conditioning and strengthening exercises of the quadriceps and hamstring before ski season starts. This is the number one protection.
- Ski easier at the end of the day, when you are typically fatigued. Avoid difficult trails, big air, lots of moguls, and speed skiing on ice. Take it easy in the late afternoon.
- Do regular stretching exercises for the hamstrings, quadriceps, hip, back, shoulder. The more you stretch, the less likely you are to snap.
- Use gear that is fit to you and is tuned up.
- Check your bindings for release tension. Do not set them too tight!
- Don't drink and ski- your senses are not as acute to changing conditions after a few beers
- Watch the end of day skiing- the light goes flat and it is difficult to see variable terrain as well as obstructions on the trail.
- If you should fall, fall forward- don't fall backward or struggle to prevent the fall- you will often do more damage. Try to get your hands and hips forward during a fall to lessen the stress on the ACL
- For women, studies have shown that women have a significant greater tendency to sustain an ACL injury during ovulation (midphase), due to hormonal changes

Ski Safe!!!!

February 2007

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--------------------------|---|-----|------------------|-----|
| | | | | 1 | 2 | 3 |
| | | | | | ← | → |
| 4 | 5 | 6 <i>Monthly Meeting</i> | 7 | 8 | 9 | 10 |
| ← | | | <i>Kitzbuehl</i> | | | → |
| 11 | 12 | 13 <i>BOD Meeting</i> | 14 | 15 | 16 | 17 |
| | | |  | | <i>Blue Knob</i> | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| → |  | | | | | |
| 25 | 26 | 27 | 28 | | | |



Dates to Remember...

February 2-11, 2007 Kitzbühl, Austria
 February 6: Monthly Meeting
 February 13: Board of Directors Meeting
 February 16-19, 2007 Blue Knob Spring Frolic
 March 3-10, 2007 Ski UTAH
 March 4, 2007 Ski Chalet Demo Day @ Wisp
March 14th: Monthly Meeting

Are you in the Know? Stay on edge

with the latest on trips, events, and informal gatherings by joining the **Fagowee Skiers Yahoo group.**

Go to: http://groups.yahoo.com/groups/Fagowee_Skiers to sign-up or send an e-mail to oz527@yahoo.com for help signing on.

Fagowees International
Box 470
Temple Hills, MD 20757

Hotline: 301/441-8585

Web: www.dcfagowees.com

E-Mail: Fagowees@yahoo.com

Users group: http://groups.yahoo.com/groups/Fagowee_Skiers

TIME SENSITIVE MAIL

OUR BACK SIDE



The *Lost Nation News* is published monthly by the Washington branch of Fagowees International, a non-profit organization. Articles and opinions expressed within the *Lost Nation News* do not necessarily reflect the viewpoints of the branch or of Fagowees International.

The *Lost Nation News* is always looking for news or stories of topical interest.

Submission deadline is the 15th of each month.

If you would like to contribute, please send your article as an attached MS Word file.

Membership Rates

Lifetime

Individual \$200

Family \$300

Renewal

Individual \$20

Family \$25

Mail form to:

Fagowees International
Washington Branch
Box 470
Temple Hills, MD 20757

Membership Contacts

Bryan Tye 703/329-5331

Carl Harlow 301/423-2008

Lisa Vignerot 540/720-8448

Name _____

Nick Name _____

Address _____

City _____ State _____ Zip _____ Country _____

Home Phone# _____ Work Phone# _____

E-mail _____ Birthday _____

FAMILY MEMBERSHIPS: Second Adult's Name _____

Nick Name _____ Work Phone# _____

E-mail _____ Birthday _____