

LOST NATION NEWS



FAGOWEE SKI CLUB

SPECIAL POINTS OF INTEREST

www.dcfagowees.com

If you want to ski on a day when there is no scheduled trip and snow on the ground? Post to the users group: use this

http://groups.yahoo.com/group/Fagowees_Skiers

Maybe you can get someone to go with you to the slopes

Don't forget about the annual Fagowee Christmas Party
Saturday, December 12th

Time is running out to sign up! The deadline is Friday, December 4th, however for the non procrastinators in the group who **sign up and pay in full by November 30th**, you will be included in a raffle for a **free weekend stay at the Crown Plaza.**

Details on page 3

BLUE KNOB / SPRING FROLIC JANUARY 15-17 2010

This is Dutch your trip leader, and what is the problem? Cleveland is bringing a Bus load of people (52) to represent their chapter & we have only a hand full of people who have committed to coming to represent ours How can this trip be any cheaper? I need you to get a check in the mail to reserve your spot in all the fun we will be having!

Sign up: Send a check for \$50 per person (deposit) to me made payable to "Fagowees" @ Dutch Mueller 4613 Clemson Rd. College Park, Md. 20740 Any Questions Call Me 301 699-8114.


We will have **Friday Night's Party** at the fireside (formerly the Shawnee), with **TWO FREE BEERS!** You eat from the Fireside menus at your expense (I'm not buying). Cleveland will still be partying on their way down while we start with out them.

Saturday: 10 AM Fagowee Race-Nastar (2 runs) Nastar & Fagowee medals (\$5)
NOON Lunch in the lodge (included in package) Hosted by: Dutch and a helper or two.
500-600 Bus rides from hotels to Fireside
630-800 Buffet Dinner (includes **Four** Beers & wine)
830-???? Mr. & Mrs. Legs, Chugging, Mr. Buns and Dance Contests,
More dancing, partying and awarding of medals & trophies.

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	Pets	No Pets	Pets	No Pets
	Relax Inn	Shawnee Inn	Best Western	Hampton Inn
Double 2 Queens	\$109	\$109 (dbl beds)	\$130	\$198
Triple 2 Queens	---	---	\$108	---
Quad 2 Queens	---	---	\$98	---
Single Queen/king	\$146/158	\$139	\$186	\$334
	Hot Tubs	Sauna	Pool	Breakfast
Relax Inn	No	No	No	Continental
Shawnee Inn	No	No	No	No
Best Western	Yes	Yes	No	Yes (Full Brkfst)
Hampton Inn	Yes	Yes	Yes	Yes (Full Brkfst)

<p>Meeting Location Crowne Plaza Washington National Airport Hotel 1480 Crystal Dr. Arlington Va. 22202 703 / 416 1600</p>	<p>Board of Directors Lisa Vignerot-Pres. lvignerot@aol.com Bill Steinhour-V Pres. winglover1@yahoo.com Ralph Carder -540 752 7111 Baron (Carl) von Harlow-301 423 2008 Jim Starr-703 932 3126 Ray Stoll-703 343 3554 Marc Vignerot-mavignerot@aol.com Ty Williamson-703 522 7420 Tim Gordon-703 931 7795</p>	
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Those of You who have signed up for Spring Frolic/Blue Knob

Dutch Mueller, Marc & Lisa Vignerot, Sam Mantis, Billy Printz, Billy Printz Jr., Fred & Nancy Cruise, Vic Marcellus, John Webb & Trish Purcell, Helga Murdock-Niles, Greg Uhas, Carl (Baron) von Harlow, Sally Berninghausen, Don Manouelian, Keith Stinson, Travis Defibaugh, Karlene Matthews, Rachel Defibaugh, Nikki Defibaugh, 52 bus load of Clevelanders, JB Bourne, Marge Sell, Eileen Thawley, Bill Steinhour, Josh Steinhour, Dick Stenson

As you can see just one bus load of Clevelanders has our numbers out gunned! Please sign up today! There are titles, trophy's & medals on the line & we can't have Cleveland run away with them can we??

**Reno / Lake Tahoe
 March 6-13th, 2010
 This is Marc & Lisa and guess what time it is?? It's Reno Time**

So the question is are you one of the many going or not?? In order to have a good time in Reno, **YOU** need to sign up! That means send a check to Marc Vignerot for \$200 made out to "Fagowees" and mail to 1472 Mt. View Rd. Stafford Va. 225544 **Now!!** Air fare has to be turned in! If you fail to sign up you'll miss hanging out with all your Fagowee friends at the Peppermill Resort. Reno's largest gaming center where International Poker Tournaments are held and people like Chris MoneyMaker come to play. You get a party every night, able to purchase lift tickets for the next day, listening to the stories of the day, and just having a good time with your "Fagowee" friends. So you want to ski many of the resorts around the Lake Tahoe region? We plan on skiing at Homewood to start and go to Heavenly some time during the week. Dutch will have a package for you for the week and if you need to take a break just turn in your lift ticket the night before going to that Resort & you'll get a refund. How easy is that?? Well it's simple, first sign up! You ask how much is this going to cost ?

	Dulles	BWI	SR,BWI	Deduct \$456 if no air from Dulles, \$486 from BWI, and \$433 Sr. BWI
Double	\$937	\$970	\$917	Luggage costs are extra!
Triple	\$873	\$906	\$853	You are welcome to purchase your own airfare on the internet or use your
Quad	\$840	\$873	\$820	miles, just use the deductions above.
Single	\$1187	\$1220	\$1167	

What is included in the cost?

- **Air fare** from Dulles or BWI You get to the airport on time & we'll get you to Reno (**Minding your manners of course**)
- Plush **seven nights deluxe room** at the world renown **Peppermill Resort**. This is not some ordinary casino hotel but a full fledged resort with spas, pools, exercise center, the biggest gaming center and the top restaurants in Reno.
- A **4x4 SUV** rental from Avis- not some rent -a -wreck, but a spanking new fleet of cars with iPod and Bluetooth connections.
- **Party EVERY night!** This is when we cram 100 people into the presidential suite and hang out as a club! We will have plenty of finger foods, beer, wine, and the blender going full throttle! What an awesome time this is! If you haven't been to Reno, just ask someone who has about the skiing and the evening parties every night? They'll tell you about the great times to be had.

Not included in the cost but part of going to Reno!

- **Discounted lift tickets!** Every night at the party we will have discounted tickets for sale to the Mt. Resort we will be heading to the next day!

Those folks already signed up and going!

Marc & Lisa Vignerot	Dutch Mueller & Joy Melnick	Link & Jan Ebling	Webb & Carol Ellis	Ed & JoAnne
Cisneros	Freed & Kathy Friedrichsen	Billy Printz	Alicia Printz	Billy Printz Jr. Marlene Printz
& Susan Carder	Theresa Marker	John & Sandy McIntire	Charles Tackett	Carol Overman
Anne Mueller	Lance Barvard	Brian Kerrigan	John Webb & Trish Purcell	Don Manouelian
Silverman	Ray & Donna Stoll	Tim Gordon	Dianna Ziegler	Diane Micelli
Dennis Johnson	Dick & Gloria Stenson	Steve & Nancy Woods	Duane Strand	Sam Mantis
Pawlukiewicz	Alan Whitfield	Kathy & CJ Mueller	Joan Cosgrove	Sigrid Bjilland
Dorallen Davis	Jane Heaphy		Linda Steele & Ed Kirkley	

Well, I just got back from Philadelphia. I had to go see one of my sorority sisters who was waiting for a heart transplant up at University of PA. I met up with some of my sisters and we all went up to see her and spend some time with her. Although she couldn't talk, we knew she knew who we were and tried to smile when we started joking about some of the memories we had of her. We got back Sunday and she passed on Monday. 43 years old. Her name was Caroline and she left two kids and an unbelievable husband. Although it was sad to have to spend time in an ICU and see her hooked up to so many tubes and gadgets, and see her so sick, it was actually one of the best days I've had in a long time. You know why? Because I got to spend time with my sisters and reconnect. We laughed, we cried, we drank, and we freaked out the other people in the bar that overheard our stories. It was special. My friends are special. My sorority sisters are special to me. Which brings me to the Fagowees. I hope everyone realizes how much you guys mean to me and to each other. Never take that for granted. But most of all, make sure you tell them often how special they are. We are all a little "off", hell, we're Fagowees. But it's one of the most real groups I have been a part of and it makes me happy to know how many people care about me. Life is short people- don't waste time on the little things, keep up better with your friends, take the time to call them or text them a little more often. But most of all, keep living life. By the time this newsletter gets to you, I will be the proud owner of a new tattoo. Want to know what it says? "Live Life, No Fear" right on my back behind my heart. Those are the 4 little words I live by and my friends live by. Both Ned and Caroline lived life to the max and we have the memories to prove it. One of the best parts about hanging out with my sisters this past weekend was we had a lot to talk about. We had a lot of cool memories. You don't get those hanging drywall by yourself or mowing your lawn. You get them by hanging out with friends and doing things. Like renting a house at Timberline and hanging out for the weekend skiing and playing cards and drinking. You get them wandering the halls of the hotel at 3am looking for food after an awesome time at the Christmas Party and finding some stale petit fours that the boys devour (ick), it's dancing until your legs fall off. It's tasting a Rauchbiere in Bamberg Germany together and trying to tell Marc it doesn't taste like Sauerkraut, or having your friends pour you into a cab to get you home because you forgot to eat something except beer for 12 hours, and then not get crap for it! Memories are cool. It is sometimes all we have, and when I'm laying there in the hospital when I'm old and grey, you can bet your britches that I will go out with a smirky smile on my face that will totally piss off the nurses because they will have no idea what the hell is so funny. So, get out there, make some memories and live life, no fear!

Have an awesome Christmas/Hanukah/holiday and stay safe out there. Be safe on New Years Eve and go make some Fagowee Memories!

Head Bartender, Lisa

Live life in such a way so when you wake up in the morning and your feet hit the floor, Satan shutters and says "oh shit, she's awake"...

Ho Ho Ho

The 2009 Annual Christmas Party

Saturday, December 12th 2009

6:00 PM—Midnight

Crowne Plaza Hotel 1480 Crystal Drive

Arlington, Va. 22202 703 416 1600

Come join us for a great time! Even better rent a room and stay for the "after hour party" (room crawl). The cost is \$51 and includes a Gourmet buffet dinner, lots and lots of door prizes and our evening entertainment is by our own Fagowee DJ Dave Sobel. Don't miss out on this awesome event!! The actual cost of this party is about \$75 per person but since the club has Graciously offered to subsidize part of the cost you only pay \$51 per person. A special room rate of \$89 is being offered to the Fagowees so call 703 416 1600 immediately to reserve your room and tell them you're a Fagowee to get this Rate! Not much time to get in on this good time! This is limited to the first 50 people who sign up! Do so quickly!

Make your check payable to "Fagowees" and mail quickly to: Marc Vignerot 1472 Mt. View Rd. Stafford, Va.22554 Any questions Email Marc at : mavignerot@aol.com

These are some of who are going: Marc& Lisa Vignerot, Bill& Andrea Steinhour, Dutch Mueller, Joy Melnick, Tim & Kathy Gordon, John & Sandy McIntire, Ray & Donna Stoll, Sam Mantis, Brian Kerrigan, Billy Printz, Ralph & Susan Carder, Pete & Dawn Cutler, Dave & Sharon Sobel, Bill Burgess, Marl Burgess, Rich Kavanagh, and you!!??

The Busy Skier's Workout

If you have 20 minutes a day, you have no excuse. Get fit to ski in one hour a week. You Don't Have Hours to Spend at the Gym.

Try these five ski-specific exercises that target multiple muscle groups. You'll get a full-body workout, plus you'll have the strength, endurance, balance and coordination you need to make every run count this season

Walking Lunge Press

Stand and hold a dumbbell in each hand just above shoulder level. Keep your elbows bent, your upper arms parallel to the floor and your palms facing each other. Take a long step forward with your left foot, and drop into a lunge position: abs contracted, left knee directly above your left ankle, left thigh parallel to the floor, right knee bent, eyes forward.

As you lunge, press the dumbbells above your head, straightening your arms and rotating them so that your palms are facing forward. Then bring your right leg forward until your feet are next to each other and you're standing straight again. Simultaneously lower the dumbbells to the starting position. Repeat, but this time lunge with your right leg. Continue walking until you have done eight lunges with each leg.

THE PAYOFF: Strengthens quads, hamstrings, glutes, core, shoulders; develops coordination, balance, and both cardio and muscle endurance.

Burpee

Do this exercise as quickly and fluidly as possible. To start, stand with your feet shoulder-width apart. Squat to the floor and place your hands on the ground, in front and outside of your feet.

Then thrust your feet behind you so that you're in a push-up position. Keeping your back flat and your abs contracted, do a push-up. After you raise your chest, keep your hands on the ground and hop forward, bringing your feet toward your hands.

Then leap into the air, fully extending your legs and arms. Land softly, and repeat the exercise. Start with 10 reps, and work up to 20.

THE PAYOFF: Strengthens quads, hamstrings, glutes, chest, triceps; builds explosive power, agility and anaerobic endurance.

Single-Leg Side Bridge

Lying on your left side, prop your body up so that only your left forearm and the side of your left foot are touching the ground. Keep your elbow under your shoulder, your abs contracted and your body in a straight line from your ankle to the top of your head. Rest your right hand on your hip. Once you're stable, shift your right foot back slightly so that your toes are right above your left ankle; this will help keep you balanced. Then raise your right leg straight up in the air as high as you can, and hold for three seconds. Do eight reps on each side.

THE PAYOFF: Strengthens core, abductors, shoulders; boosts balance and muscle endurance.

Diagonal Lunge With Upright Row

Stand with your feet shoulder width apart and your abs and glutes contracted. Hold a dumbbell in each hand, and let your arms hang in front of you with your palms facing your body. With your left leg, step forward and to the left at a 45-degree angle.

Keep your left foot flat and bend your left knee, keeping it directly above the ankle. Smoothly drop your right knee until it almost touches the ground. Simultaneously pull your hands upward until your elbows are even with your shoulders and your upper arms are parallel with the floor. Then, as you lower your hands, use both legs to pushback up to the starting position. Do eight reps with the left leg; then eight with the right.

THE PAYOFF: Strengthens quads, hamstrings, glutes, abductors, adductors, shoulders, upper back; improves balance.

Back Extension/Isometric Squat

Stand with your feet a little more than shoulder-width apart and your toes turned out slightly. Hold a medicine ball above your head; then squat until your thighs are parallel to the floor. Keep your abs contracted and your weight on your heels.

Back Extension/Isometric Squat

With your arms by your ears and your back flat, bend at the waist and try to touch the medicine ball to the floor. Raise your upper body, but remain in the squat position. Do four more back extensions before standing up from the squat.

THE PAYOFF: Strengthens quads, lower back, glutes, hamstrings; wards off quad burn by building muscle endurance.

Costa Rica

May 1st-8th, 2010

The cost will be \$930-970 per person (double occupancy) with out air. You will need to get your own airfare and coordinate arrival times with all parties going. Check out the estate where we will be staying at www.losariescr.com. More details to come. Contact: Trip Carder @ 703

Timberline Resort
Cannan Valley West Virginia
Alpine Glow #49
January 29th, 30th, & 31st

Cost (per couple):

- Queen \$300.00

Cost (per person):

- Twin \$150.00
- Floor \$120.00

What you get:

- Three nights lodging
- This is a no frills package. All members must supply their own food and beverage, or decide at the house if they would like as a group to cook. Food & Drinks may be available included in trip price, depending on number of member sign-ups. Wireless internet, Hot tub, very close location to Lodge & Lifts, 4WD not needed for access to house.

Room Configuration:

- 2 Queens
- 4 Twins
- 2 ½ Bathrooms

Cancellation Policy:

- Up to 30 days prior: Full refund minus a \$50.00 charge
- Within 30 days of trip: No refund unless substitution is made.

How to sign up:

- All participants **MUST** be a Fagowee member.
- Send check made out to “The Fagowees”, and send to George De Atley, 9748 52nd Place, College Park, MD 20740-4626
- Reservations are first come first serve, and can be made up until December 22nd.

For questions, please call me at 301-741-3716.



Seven Springs Mt. Resort
February 5-7th, 2010

Beast Here:

If you have not signed up for this trip it is almost to late! I have been given 5 extra days to secure any last minute stragglers that want to go but Dec. 5th is the final cutoff! I know money is tight but look at what you’re getting: Two nights stay, Brkfst Sat & Sun mornings, And lift tickets for the entire weekend!

- | | | | |
|--------------------|------------------|----------------|--------------------|
| • Double Occupancy | Triple Occupancy | Quad Occupancy | Children Ages 6-11 |
| \$382.71 | \$307.50 | \$269.90 | \$172.82 |

Contact: Jim Starr At 703 932 3126 or starrman.jstarr@yahoo.com **immediately!**

SKI LIBERTY UPDATE

Liberty Mountain Resort is a great beginners' mountain with some challenging slopes in the back and we're skiing there February 20 & 21st, 2010. Learn, practice new techniques, warm up for Tahoe in March, or just ski for fun, what the heck.

Here's the programs available for us, Fagowee member price. (Non members add \$5)

Beginner Package includes rental of skis, boots and poles, beginners lesson, all day beginners area lift ticket and lunch. \$77

All Mountain Package includes rental of skis, boots and poles, lesson at your level, all day all access lift ticket and lunch. \$89

"BYOSB Package" includes all-day all-lifts lift ticket and lunch: \$61

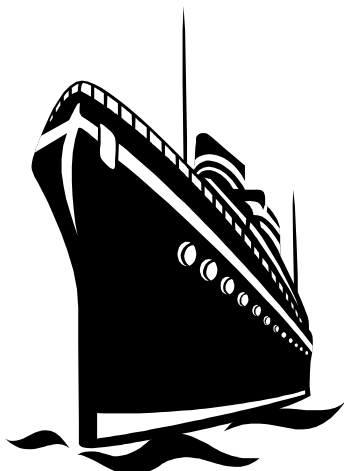
Contact: Ray or Donna Stoll at (703) 343 – 3554, yahoo us at batrantula@yahoo.com or dcampel@aol.com. Let us know you're interested in going or if you want to know more. Here's some questions we've had so far.

What is lunch?

- Lunch includes your choice of Personal Pizza, Hamburger or Hot Dog, Soup and Salad, OR Turkey or Ham Sandwich, with Chips, Drink, and your choice of Cookie or Fruit.
- Can I do lunch only, play cards and not ski? Yes, you're welcome to. Lunch package is \$10
- Can I just come by and say Hi? YES, no charge, even if you are not a club member. Come on by!
- Helmet rental? Yes, helmets are separate, rental is \$9 extra.
- Is there any ski area closer to DC? Unless DC gets 12 inches of snow there is no place closer to ski than Liberty. Its only about 90 minutes northwest of the beltway.
- Today's quiz - what was Liberty Mountain's name before it was Liberty Mountain? Answer next time!

*BYOSB Package = Bring Your Own Skis 'n Boots Package

Oh, this year Liberty has added more snow guns, improved their lifts, and added more night lighting to add to better ski enjoyment. Take a Snow Day, Ski Liberty!



Fun In The Sun Cruise

Mr. Bill your Cruise Director here, talking about next years Fun in the Sun IV Cruise which is a Mediterranean Cruise. We will be leaving from Rome and will visit Greece, Turkey, two stops in Israel, overnight in Alexandria, Egypt, Sicily, Naples, and returning to Rome on a 14 day, 13 night cruise. There is a pre cruise option in Rome before we cruise with 36 fellow Fagowees and 6 crazy Canadians. This will be THE Best Cruise we will have in our lifetime!

*Cruise Dates October 5-18, 2010
On the Celebrity Equinox*

*Mediterranean Cruise
(Holy Lands)*

Price for the 13night, 14day cruise is \$2550 for a gorgeous balcony and includes all Government and port taxes, but not tips and Airfare. Price includes a Fagowee Party and giveaways, shipboard credit. Full deposit of \$450 is due by January 5th

Email Mr. Bill @: winglover1@yahoo.com or call me @703/861 5503
Mailing address: 13406 Glen Taylor Lane Herndon Va. 20171



Future Activities

December 2009

Xmas Party-Marc Vignerot
White Tail-Day Trippers

January 2010

Spring Frolic Jan 15-17th
Dutch Mueller
White Tail – Day Trippers
Timberline-George DeAtley
Jan 29th-31st

February 2010

Whit Tail - Day Trippers
Seven Springs - Jim Starr
Feb 5-7th (maybe?)
Ski Liberty – Ray Stoll
Feb 20th-21st
Snowshoe ?? Brian Kerrigan
Wisp - Need a volunteer

March 2010

Jay Peak-Cleveland Mar 3-7
Reno/Tahoe Mar 6-13th
Marc Vignerot

May 2010

Costa Rica May 1st-8th
Trip Carder
Mother's Day Picnic

June 2010

Float Trip Jun 25-27th-Beast

August 2010

Summer Splash-Speedy

December 2009

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 Pearl Harbor Day	8	9	10	11	12 Xmas Party
13	14	15	16	17	18	19 Chanukah
20	21 Winter Begins	22	23	24	25 Christmas Day	26
27	28	29	30	31 New Years Eve	1 New Years Day	

Oktoberfest In Munich September 22nd-27th, 2010 Trip leader Jim Starr/Asst. Lisa Vignerot

Single \$2225 Double \$1710 Triple \$1550 Send \$200 deposit to Jim Starr at: 8451 Bauer Dr. Apt 23 Springfield, Va.22152

**Bahamas Cruise for A Fagowee Halloween
October 31st—November &, 2010**

This is Dutch your first mate on this cruise. The last time we had these fantastic prices, we went thru our reserved cabins quickly and by the time we tried to get more our price had gone up almost \$200. So what's the deal?

- Seven night cruise aboard the Carnival "Pride" Balcony: \$850 + * Inside Cabin: \$670 + *
- All the food you can eat/cash bar At least Two Fagowee parties
- **Departure** from Baltimore, Md. on **Sun.** Oct. 31st at 5:30 PM **Mon.** Fun Day At Sea (FDAS) **Tues.** (FDAS) **Wed.** Port Canaveral (Orlando) FL. 7:00 AM-7:00 PM **Thurs.** Nassau, Bahamas 11:00 AM-10:00 PM **Fri.** Freeport, Bahamas 7:00 AM-2:00 PM **Sat.** (FDAS)
- **Arrival** at Baltimore Md. On Sun Nov. 7th at 10:00 AM

Includes all taxes and fees. In that the "Pride" departs from Baltimore, you need no airfare unless coming from points west of the Appalachian Mts. But it does require ground transportation which will require air in the tires and gas in the tank (at least enough to get you to the port).

Deposit is \$50 to secure a reservation. Send your deposit to: Dutch Mueller 4613 Clemson Rd. College Park, MD. 20740 Phone 301/ 699-8114 Full refund if you cancel prior to Labor Day 2010. Make Check payable "Fagowees"

The following people have signed up: Dave & Michelle Hall, Dutch Mueller, Joy Melnick, Marc & Lisa Vignerot

MEETING
DECEMBER 1ST

F A G O W E E S
I N T E R N A T I O N A L
B O X 4 7 0
T E M P L E H I L L S , M D .
2 0 7 5 7

Hotline: 301/441-8585
Web: www.dcfagowees.com
E-mail: Fagowees@yahoo.com
Users Group: http://groups.yahoo.com/
Group/Fagowee_Skiers
Facebook: The Fagowees
Newsletter Editor: starrman.jstarr@yahoo.com

**The club your parents warned you about;
The drinking club with a skiing problem!!**

TIME SENSITIVE MAIL

MEMBER SHIP RATES

New member - one year*

Individual \$30

Family \$40

*Newsletter, and member pin

A member year is June –May

Renewal

Individual \$25

Family \$35

Lifetime Membership

Individual \$400

Family \$500

Mail form to:

Fagowees International
Washington Branch
Box 470
Temple Hills, Md.20757

The Lost Nation News is published 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 view points of the branch or of Fagowees International. Lost Nation News is always open to news & stories of topical interest.

Submission deadline is the 15th of each month. When you contribute an article, please e-mail as a MS Word document to: starrman.jstarr@yahoo.com or call the editor @ 703/ 932-3126

SEND THIS FORM WITH COMPLETED INFORMATION (INFO IS FOR CLUB USE ONLY AND IS NOT SHARED WITH OTHERS)

Name _____ Nick Name _____

Address _____

City _____ State _____ Zip _____

Country _____ Phone # _____ Cell # _____

Email _____ Birthday (d/m) _____

Family Memberships: Second Adult's Name _____

Nick Name _____ Cell # _____

Email _____ Birthday (d/m) _____