

Lost Nation News



F A G O W E E S S K I C L U B -
W A S H I N G T O N D . C . B R A N C H

President's Message

November 11, 2011

Greetings Fellow Fagowees!!!

Happy Thanksgiving everyone!!!

We have a lot to be thankful for. A club full of great friends, having good times!

Christmas party! Sign up NOW! Limited number of seats, once gone, they are gone! See flier inside. I will keep my message short so we can get as many tributes to Dutch in this month's issue.

Signups are open for the New Years trip to Seven Springs, Andorra, Liberty, and coming soon, Blue Knob and other local ski trips! Big Sky Cleveland is SOLD OUT! If you have a favorite local trip and want to pull a day trip together, let me, Stacy, or another Board member know and we will get it on the calendar. Post your day trips to the Yahoo group, Meetup.com and Facebook.com! Let it snow, snow, Snow!!!!

Mr. Bill



A Tribute to Dutch Mueller by Dick Stenson

Here is a memory I have of Dutch from way back in the 1960's. I had just joined the Fagowees and went on their trip to Sun Valley in Canada. I heard that Dutch was the manager of the ski shop in the old Hecht Company in downtown D.C. As I was in need of a new pair of skis, I figured as a fellow Fagowee, maybe I could get a deal from Dutch. I had my heart set on a pair of Head metal skis which were very popular at the time. Dutch, being the salesman that he was, convinced me into buying a pair of the latest technology fiberglass skis instead. They were made by a company called Yamaha out of Japan. After my second weekend trip to Blue Knob, the tails of both skis delaminated. I brought them back to Dutch at Hecht's, told him what happened, and he said "You should have bought the Head skis!" Actually, he was able to return them and they were replaced with a new pair which did last a few years.



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If you want to hike, bike, kayak, or anything else on a day when there is no scheduled trip, post to the users group: http://groups.yahoo.com/group/Fagowee_Skiers. You might find a fellow Fagowee to go with you ☺

Member club



Monthly Meeting Location:
Kilroy's Restaurant & Sports Bar
 Ravensworths Shopping Center
 5250-A Port Royal Road, Springfield, VA
 703-321-7733

We meet in the back of the Pub on the heated deck. Tuesday specials include a Seafood Buffet from 4-8pm and \$5 off any bottle of wine between 5-9pm. Other specials vary during the year. Our monthly meeting starts at 7:30 pm. Plenty of free parking both in the front and in back of Kilroy's, although the parking in back is closer to where we will be meeting.



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

Board of Directors

Bill Steinhour, Pres,	winglover1@yahoo.com
Stacy Hickman, VP	703-627-7552
Marc Vignerot	mavignerot@aol.com
Ralph Carder	540-752-7111
Andrea Steinhour	andrea.steinhour@yahoo.com
Manny Raffaele	aeraffaele@aol.com
John McIntire	jgmcintire@verizon.net
Rich Kavanagh	rem920@yahoo.com
Sandy McIntire	mainelymacs@verizon.net

Appointed Officials

Membership Chair	Open
Members Database	Andrea Steinhour
Treasurer	Marc Vignerot
Asst. Treasurer	Tim Gordon
Pin Engraver	Marty Griffin
Greeting Chairs	Open
Sgt. At Arms	Open
Secretary	Regina Meade
Activities Chair	Stacy Hickman
Asst Activities Chair	Theresa Marker
Trip Leader Advisor	Open
List Serve Monitor & Webmistress	Andrea Steinhour
Newsletter Editor	Stephanie Anderson
Racing Coordinator	Keith Stinson
Fagowee Store	Stacy Hickman Jim Starr Jim Brown
Branch/Club Representatives	
Fagowees International	Abierto, Ouvert
BRSC Council	Nancy Cruise Sam Mantis

From D.C.: Take 395 South across the 14th St. bridge toward Richmond. Take exit 1D to merge onto I-495 North. ****Take exit 54A to merge onto Braddock Rd/VA620 West.** Turn left at Port Royal Road. Kilroy's is located at 5250-A Port Royal Road in the Ravensworth Shopping Center.

From the North: Take the Capitol Beltway 495 across the Potomac River and into Virginia. Follow directions from ** above.

From the South: Take 95 North to 395 North/495 North toward Tysons Corner. Take exit 170B and merge on I-495 North. Follow directions from ** above.

From the East: Take 95 South/495 West toward Richmond. Keep left at the fork to continue towards I-495 West/I 95 South. Follow directions from ** above.

From the West: Take either 7 East, 267 East, or 66 East to I-495 South. Keep right at the fork and merge onto I-495

Possible New Trip

Lisa will be proposing that the Fagowees participate in the 2013 Blue Ridge Ski Council Euro-fest that will be going to 3-Valleys France.

The dates are February 23-March 3, 2013, and the cost will be approximately \$2,000/ person.

If you are interested in the trip, please drop Lisa a line. She needs to know if there is enough interest to propose to the BOD for the trip approval.

lvignerot@aol.com.



Fagowees Annual Christmas Party

When: Saturday, December 10, 2011
6:00 PM till Midnight

Where: Crowne Plaza,
Washington National Airport
1480 Crystal Drive
Arlington, Virginia, 22202
703-416-1600

\$50 per person



Your ski club is paying \$1,000 towards this event so that your cost is only \$50.

Price includes a gourmet buffet dinner, DJ by Marty Griffin, and lot's of door prizes.

Space is Limited so sign up now!

A special Room Rate of \$99 is being offered to the Fagowees. Call 1-800-2CROWNE (1-800-227-6963) to reserve your room and tell them you're with the "Fagowee Ski Club Holiday Party".

Make your checks payable "Fagowees", and mail to:
Marc Vignerot
1472 Mountain View Road,
Stafford, VA 22554.

Questions? E-mail Marc at mavignerot@aol.com

JOIN THE FAGOWEES AT LIBERTY MOUNTAIN, PA FEBRUARY 4-5, 2012

Liberty Mountain is a great beginner's mountain for new skiers; they offer an opportunity to learn snowboarding or skiing. Plus, you can sharpen your skiing technique and prepare for out west skiing. Fagowee Bonus – they have a bar!

Here are the options for our group with cost per day:

- ◆ Beginner Package: Cost \$81 per person includes rental of skis/or snowboard, boots, poles, Beginners' I lesson, all day beginners' area lift ticket and lunch.
- ◆ All Mountain Plan: \$94 per person includes rental of skis/or snowboard, boots, poles; lesson at your level, all day, all access lift ticket and lunch.
- ◆ Lift Ticket Plan: \$66 per person includes all day, all access lift ticket plus lunch. Bring your own skis. **Note:** rental of helmet is available for \$10.

Without a group, the prices for the ski plans are substantially higher and lunch is not included Beginner Package is normally \$87; All Mountain is \$109, plus a lesson at \$39; and Lift Ticket is \$68.

We need a minimum of 15 paying skiers to get these great ski rates. Unfortunately Season Pass Holder tickets and senior rate tickets do not apply towards the 15 person group rate. If we do not have enough skiers for group rates on Sunday, rates are at the normal Liberty daily rate.

Lunch selections:

Lunch includes your choice of Personal Pizza, Hamburger or Hot Dog, Soup & Salad, OR Turkey or Ham Sandwich, and includes chips, drink, and your choice of cookie or fruit, i.e. apple. Lunch Only Package-\$10 per person. Non-members please add \$5 to the packages above.

Signup deadline: January 24th, 2012. Please note payment in advance is due. You must pay for the first day at Liberty in advance before January 24th. Let me know which package(s) you want and make check payable to "Fagowees". Send to Ray Stoll, 12498 Fanleaf Ct, Fairfax VA 22033. Full refund up to January 24th, 2012, just let me know. No refund after Jan 24th.

What's Liberty's website– www.skiliberty.com

Where is Liberty Mountain? In Pennsylvania just north of Maryland, about 90 minutes northwest of DC. Easy to get to, see website for simple clear directions. Is there ski racing that weekend, there is no organized race event that weekend. **Dinner out after skiing?** Yes – for those that chose to do so, we gather for a dinner at the nearby Fairfield Inn after skiing and enjoy a fine repast and good conversation. **Stayover at Liberty?** Yes- Liberty has rooms. Non-slope side is \$159 + tax. Carol Valley Resort (next door) is \$179 + tax. Both hotels can be reached at 717-642-8282 option 1. Other hotels in the area are available. We'll meet at the cafeteria (second floor above the ticket booth) at 8:30 a.m. or anytime after that. You can show up at 10 or whatever time works for you. We ski all day.

Questions: Contact Ray or Donna Stoll at 703 -865-4179 or at batrantula@yahoo.com or dcampel@aol.com. Looking forward to seeing you there! - Ray



Fagowee Annual Blue Knob Spring Frolic February 17-20, 2012

Are you ready for the annual Spring Frolic at Blue Knob? For skiers and non-skiers alike, this weekend is one not to miss! Staying at the Bedford Best Western once again, we'll start the weekend off right with a party at the outdoor hot tub Friday night after an optional dinner at the Jean Bonnet Inn if you are arriving early.

Included in the package: Two nights lodging at the Best Western including all taxes (pet deposit/fee additional), full breakfast buffet Saturday and Sunday mornings, lunch at the Lodge Saturday at noon, and of course the Imler Fire Hall family-style dinner with soda/wine/beer, DJ and contests, bus transportation to and from the Best Western to the fire hall, and an after-Imler party at the hot tub again! If you are staying the optional 3rd night (2/19), full breakfast buffet is also included Monday morning.

<u>Cost person:</u>	<u>2 nights</u>	<u>3 nights</u>
Single	\$218	\$293
Double	\$144	\$182
Triple	\$125	\$154
Quad	\$116	\$140

Frolic Package alone will be \$40 and includes: bus to and from the Best Western to the Imler fire hall, dinner and unlimited beverages at the Imler, DJ music and contests. Saturday Lodge Lunch is included in the overall package price, not the Frolic price. Cost for children 17 and under- FREE (*note that no children under 18 will be admitted to the after dinner Frolic activities ; they can attend the dinner for \$10 but must leave the hall before the adult festivities begin*)

NASTAR racing will take place on Saturday, and snow tubing, playing cards, and relaxing in the lodge are all optional activities as well.

Cancellation Policy: Prior to January 1st—\$25 cancellation fee
After January 1st—no refund unless substitution is made

How to sign up: Bring your check to the December meeting, or send check for full amount made out to "The Fagowees" to Lisa and Marc Vignerot, 1472 Mountain View Rd, Stafford, VA 22554. Reservations must be received by January 1st. After January 1st, reservations will be based on availability of room at the hotel. **Any questions, email Lisa at lvignerot@aol.com or Marc at mavignerot@aol.com**

A Tribute to Dutch Mueller by Tim Gordon

Back in 1996, we celebrated the Fagowee's 30th Anniversary in a weekend at Algonkian Park. For some reason, Dutch did not attend that particular party. As the senior member of the club at that party, I was asked to speak about the early years of the club and how the club evolved from those early years. I remember to this day how I began my remarks. I said there was no possible way we would be celebrating the club's 30th birthday without the efforts of Dutch Mueller. I also suggested that the next time any of us saw Dutch to tell him thank-you for all he had done for the club! Dutch, of course, has continued his Herculean efforts in the 15 years since. He served a couple more terms as President, has been a major player on the board, and of course, has continued to run the very best trips, including Tahoe trips, a number of cruises, and weekends at Ocean City, among many others.

There are so many facets of Dutch's years with the club that we could emphasize. Today, I choose to discuss his running of the monthly meetings. With his humor and occasional well-turned insult, Dutch made the meetings a real event to be enjoyed. He would pleasantly greet each guest and then after all had been introduced to the club, he would invite the rest of us to welcome the guest and pretend that they were interesting. As far as I know, few of our guests were offended by the latter comment, and in fact, many of them joined because of Dutch's greeting. Like other Presidents before and since, he reserved time for members and guests to offer comments, questions or complaints. One of the regular questioners was our old friend, now deceased, "Doc Z" (Zevallos). Doc Z was a native of Peru who lived in this country for 30 or 40 years, but had never lost his accent. Doc Z would ask some convoluted question or make some off the wall comment. Dutch may or may not have understood anything Doc Z had just said, but the back and forth banter between them made for a very comical part of many of the meetings.

Prepare for Ski Season

With less than a few weeks until we get to Seven Springs for our first Fagowee Ski trip, you need to start preparing to get on the snow. I have picked out a few websites with some excellent exercises for you to start your training program. Remember— you don't have to spend 2 hours a day working out. 10 minutes is better than nothing, and the point is to just start moving.

So pick a couple of moves, and put in a few minutes a day, and get ready to SKI! We don't want any injuries out there this year, and most injuries occur because of lack of conditioning. JUST DO IT!!

- <http://exercise.about.com/library/blskiworkout.htm>
- http://www.youtube.com/watch?v=Hh_Hms_1tn0
- <http://ultraskier.com/ski-fitness>
- <http://www.guardian.co.uk/travel/2009/nov/04/ski-fit-exercises-warren-smith>
- <http://www.exercise.com/article/exercise-guide-for-skiers>
- http://www.nationalgeographic.com/adventure/0511/sports/bode_miller.html

Lisa

**New Year's Weekend at Seven Springs Resort
December 30, 2011-January, 2, 2012**

Over half of the rooms have been sold. Don't delay signing up for this trip. **Deadline to sign up for this trip is November 15th.** End and Start your year skiing and celebrating New Year's with the Fagowees at Seven Springs, PA. 3 nights at Seven Springs Ski Resort, staying at the hotel on the mountain in non-slopeside rooms for New Year's Weekend. Seven Springs features not only skiing on 32 trails and 9 lifts plus 5 terrain parks, snow tubing, snowshoeing, game rooms, full service spa, swimming, bowling, miniature golf, roller skating, racquetball, hot tubs and more, plus 12 restaurants, eateries and bars.

3 night lodging package:	<u>2 per room</u>	<u>3 per room</u>	<u>4 per room</u>
Queen Family Rooms	\$387 per person	\$246 per person	\$192 per person

Queen Family rooms feature 2 queen beds separated by the bathroom, and the back bedroom has a door.

Included in the package: 3 Nights lodging each night with breakfast buffet each day, 1 dinner buffet (Buffet dinner is at the Slopeside Dining room, person can choose which night to use it). Lift tickets are valid beginning at 4pm day of arrival until 7pm day of departure and all taxes and gratuities. Plus a Fagowee New Year's Eve Party and New Year's Day-Jan.1 football watching party to celebrate the weekend! This does not include any parties that the Seven Springs resort may be having during the weekend.

Non-Skiers in the group will receive Ski Bucks instead of lift tickets (a gift certificate which can be used as cash throughout the resort. 3 night package-Non-skier certificate=\$65 value).

For those needing rentals or lessons for the weekend, they are available for an extra cost and must be purchased prior to check-in. Ski Rentals (includes skis, boots & poles): 1 day-\$21 2 Day-\$52 3 Day-\$52 Group Lessons: \$30 per person Private Lessons: \$75 per hour.

Payment Schedule:

\$150 at sign up
Final Payment due by November 21, 2011.

Cancellation Policy:

Nov 8-\$50 cancellation fee plus unrecoverable losses.
After Nov 8-\$100 cancellation fee plus unrecoverable losses.

Sign up contact: Stacy Hickman 703-960-2539 or hotmail1928@hotmail.com or send checks made payable to the "Fagowees" to PO Box 1283, Alexandria, VA 22313.





BRSC Eurofest 2012
Andorra, Spain
March 3-10, 2012

Hey Fagoweels! Let's ski Europe again! We will visit 3 countries in one trip (Andorra, Spain and France) and ski the Pyrenees Mountains! Andorra has 177 miles of fresh powder in the Pyrenees between France and Spain in the ski areas known as Vallnord and Grandvalira. <http://www.skiandorra.ad>

Cost: \$1975 per person

You can add an extension to Barcelona March 10-13 for \$425 per person. Please let me know if you are interested in that option.

Included: Round-trip air from DC to Barcelona, Spain,

* All current taxes and fuel charges (subject to change),

* Round-trip transfers from hotel to airport,

* 7 nights lodging (double occupancy) at the all suite Crowne Plaza Hotel ,

<http://www.ichotelsgroup.com/h/d/cp/1/en/hotel/aroan>

* Breakfast and Dinner daily,

* Service charge, local tax and VAT are included,

* Three BRSC parties (Welcome Party, Après Ski Party and Dance Party),

* Emergency Medical and repatriation insurance is included but not trip insurance.

Lift tickets and Optional Day trips are extra.

Lift tickets are \$250 per person for 5 days.

Senior skiers 70 and older ski free and persons 65 to 69 pay just \$24 a day for lift tickets.

Optional Day trips for non-skiers:

1. Day trip to Barcelona, Spain

2. A Day at the Calderona Spa

3. A day in the Medieval town of Carcassonne, France

4. Explore the Med Coast Villages of Fiqueres/Cadaques/Besalu plus visit the Salvador Dali Museum

Payment schedule:

\$300 payment due by November 8, 2011.

\$500 payment due by December 6, 2011.

Final payment due by no later than January 3, 2012.

Cancellation Policy:

After October 11-\$100 cancellation fee plus unrecoverable losses.

After December 6-\$200 cancellation fee plus unrecoverable losses.

To sign up, contact: Stacy Hickman 703-960-2539 or hickman1928@hotmail.com and/or send a check made out to "Fagoweels" to PO Box 1283, Alexandria, VA 22313.

Signed up so far:

Stacy Hickman

Fred Cruise

Marge Sell

Brian Kerrigan

Nancy Cruise


Rich Kavanagh

JB Bourne



Ski the Alps!

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Monthly Meeting	7	8	9 	10 Christmas Party
11	12	13 BOD Meeting	14	15	16	17
18	19	20	21 Chanukah	22 Winter Solstice	23 Festivus	24 Christmas Eve
25 Christmas	26 Kwanzaa	27	28	29	30 Seven Springs NYE Weekend	31 New Years Eve

Coming Events

- December 10: Annual Christmas Party (Marc Vignerot)
- Dec. 30—Jan. 2: Seven Springs New Year's Weekend (Stacy Hickman)
- January 4: Billy Elliot at Kennedy Center (Tim Gordon)
- February 17-21: Annual Blue Knob Spring Frolic (Marc/Lisa Vignerot)
- March 3-10: BRSC Eurofest—Andorra, Spain (Stacy Hickman)
- March 17-24: Big Sky with the Cleveland Fagowees (Tom Keller)—**Sold Out**

Monthly Meetings: December 6, January 3
BOD Meetings: December 13, January 10

Don't Forget: Connect to the Fagowees on Facebook, Meetup, and Yahoo



Editor's Note: If you have any notable Fagowee member news to report—birthdays, anniversaries, etc., please send an email to the editor at smanderson99@yahoo.com to have it included in the next Fagowee newsletter (as space permits :).

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Web: www.dcfagowees.com
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Group/Fagowee_Skiers
Face book: The Fagowees
Newsletter Editor:
smanderson99@yahoo.com

TIME SENSITIVE MAIL

OUR BACK SIDE

Membership Rates

New Member-one year*

Individual \$30
Family \$40

* includes monthly Newsletter and member pin

A member year is June-May

Renewal

Individual \$25
Family \$35

Lifetime

Individual \$400
Family \$500

Mail form an check made payable to Fagowees to:

Fagowees International
Washington Branch

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. *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 email your article as an attached MS Word file to: smanderson99@yahoo.com.

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 # _____

E-mail _____ Birthday (d/m) _____

Family Memberships: Second Adult's Name _____

Nick Name _____ Cell # _____

E-mail _____ Birthday (d/m) _____