

VOLUME XXXI
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Potomac Valley Skiers, Inc.

WASHINGTON MARYLAND VIRGINIA

APRIL 1996

PRESIDENT'S MESSAGE



This ski season has been terrible with respect to ski injuries to PVS'ers, as two more PVS skiers were added to the skiing disabled list during the past month. Aina Thomas fractured her ankle at Steamboat and Gorman Young had a very serious shoulder fracture at White Tail. I think I can speak for the entire membership on this item as we wish the speediest and most complete recovery for all members injured this past season, and may they be able to enjoy the slopes next year.

Now that this ski season has phased down, we can all start thinking about the spring and summer PVS activities to get in shape for next year -- hiking, biking, boating, and partying (which I guess for PVS also includes a lot of eating). The schedule in the back of the TOOT has a good set of activities to kick off the spring season, and there will be many for all to enjoy for the next few months. It is a good time for me to thank all the members who work so hard to plan and provide us with fun and exciting events.

Don't forget the annual meeting on April 16, 1996 when we vote on Officers and new ExCOM candidates as well as new club members. Also, this is the last reminder if you want to attend the Spring Fling on April 27, 1996.

Serge Triau, President



Monthly Meeting: April 16, 1996
8: p.m.

Home of Charlotte Couture Kline
1912 Gables Lane
Vienna, VA.
703-281-9288

DIRECTIONS: From Beltway (495) take Rte. 123 toward Tyson's Corner. Turn Left on Horseshoe Drive which is after the 4th traffic light on 123. Go 1/2 around Horseshoe and turn Right on Gable's Lane. The house is located on the pipestem, but please park on Gables.

ANNUAL MEETING: April 16, 1996 8:00pm

For President : Serge Triau

For ExCom : Nat Seeman
Nancy Mc Kinley
George Hicho

IMPORTANT NOTICE



For Membership: Don Dillon
Kathy Dillon

Also to be voted on is the following proposed amendment to the POTOMAC Valley Skiers, Inc. By-Laws:

Section IV - Duties of Officers.

C. 2. The Treasurer shall submit to the membership an audited biennial report of the financial condition of the club in accordance with recognized accounting procedures.

PVS OFFICERS

President Serge Triau
Vice President ... Lu Beale
Secretary Irene Farrell
Treasurer Nancy Garrett
Membership Marilyn Clark
Program Chairman . Ray McKinley
TOOT editor Jessma Blockwick
TOOT production... Bette Walker
Ski Trip Chairman. Glade Flake
Midweek Activities Charles Huggins
Ombudsman Bill Anderson

EXCOM

First Term:
Ned Flaherty
Ray Garrett
Shirley Rettig

Se ond Term:
Jessma Blockwick
Charles Boykin
Betty Lawrence



Is anyone sponsoring this new applicant member on the following page????

NEW APPLICANT MEMBER



HOMER "BUFF" ALOE

QUALIFICATIONS:

1. Attended 3 events (all eating) without his ski mask.
2. Skied with members 3 days
 - *Two in Beaver Creek Blizzard and aftermath.
 - *One in Vail's Ghina Bowl.
3. Has demonstrated a perfect face plant.
4. Resembles 3 Full Dues-paid-Members.

COMING EVENTS

CHERRY BLOSSOM WALK THURSDAY APRIL 4th

We will meet at the mall on top of the Smithsonian Metro Station at 10:30 a.m. Lunch will follow the walk, and you can bring your lunch or purchase something to eat along Maine Ave. If the weather is nice, we will eat outdoors. Interested PVSers should contact Betty Byrne (202) 483-4048.

DINING OUT GROUP AND ART BY BOB HARMON - April 9, 1996

For those of you who missed Bob Harmon's special reception and art exhibit on March 28, we will have an encore on April 9 followed by the April Dining-Out-Group. We will view the art exhibit at NIH from 5:30 to 6:30 P.M. (See below for directions)

Dinner will be at 7:00 P.M. This month dinner is planned at O'DONNELL'S, 8301 Wisconsin Ave., Bethesda. O'DONNELL'S is a moderately priced seafood restaurant that features delicious rum buns with dinner.

Directions to the art exhibit at NIH: From the Capitol Beltway (Rt. 495) in Maryland, take the Old Georgetown Road exit South for approx. 1 mile to Center Drive at the NIH campus. Turn left on Center Drive and go 0.2 miles to the Mangusen Clinical Center (Bldg. 10 - large red brick building) on the right. Parking is available in designated lots. The exhibit is in Gallery 6. After viewing the exhibit, to go to O'Donnel's from NIH, go East on Center Drive (Opposite direction from the way you entered from Old Georgetown Rd.) and exit the NIH campus on Wisconsin Ave. Turn right (South) on Wisconsin Ave. for approximately 1.0 mile to O'Donnel's on the left.

Directions for those going directly to O'Donnel's: From the Capitol Beltway (Rt. 495) in Maryland, take the Wisconsin Ave. exit (Rt. 355) South for approx. 2 miles. O'DONNELL'S restaurant is on the left side (East) side of Wisconsin Ave. O'DONNELL'S parking lot just adjacent to the restaurant on the corner and is clearly marked. OR If coming up Wisconsin Ave. from D.C. - O'DONNELL'S is on the right about 1/2 mile beyond the intersection Wisconsin Ave. and Georgetown Road (Rt. 187) where the Bethesda METRO is located.

So that we may know how many to expect, please call Pat Tengel or John Smith at (301) 299-8376 by Sunday, April 7.

Sun Valley Post Trip Party --- Saturday, April 13, 1996 at 7:00 P.M.

Where: Home of Betty Lawrence
Great Falls, VA.
703-759-0471

Food and drinks will be supplied. Anyone wishing to bring an appetizer or dessert may do so. Please R.S.V.P. to Jack Peoples at 301-881-6220. Bring and pictures and all your fond memories.

FOURTH ANNUAL MID - WEEK BIKE RIDE, THURSDAY APRIL 18

The fourth annual bike ride down the Mt Vernon bike trail has been planned for Thursday April 18. We leave at 10 A.M. from the Belle Haven picnic area just south of Alexandria to Mt. Vernon and return for a total distance of about 14 miles. The trail is flat to rolling. For those without a bicycle, rentals are available nearby. For further information or just to let us know you're coming, call Shirley Rettig (703) 836-0147.



SPRING HIKE--in Prince William Forest Park Saturday, April 20

Meet: at the Park's Visitor's Center at 10:30 a.m. to caravan to parking at the trailhead. The hike is about 6 miles long on forest paths, with some down and up, but not real strenuous.

Bring: Golden Eagle Passport or money to pay the entrance fee (this is a National Park), hiking boots/shoes, bag lunch, drink, appropriate weather gear, and desired post-hike nourishment.

Call: Bob, Jan, or the "Marx machine" to let us know you are coming.
(Please also call if you need to cancel.) (703) 451-9158.

Directions: Take Interstate 95 South, past Dale City, to Quantico/Triangle Exit, Exit 150 B - (619 West) There will be a brown National Park Service sign for Prince William Forest Park. Take the 2nd right (about 1/4 mile), past the entrance station (may need to stop and show card or pay), and go to the Visitor's Center.



SPRING FLING SATURDAY APRIL 29th

Anyone interested in attending this event should contact Charles Huggins (301) 424-5725 for any available last minute reservations or cancellations.

Directions to the Student Union Building on the University of Maryland Campus will be in the 1996 Spring Fling book which will be mailed in a few days to all PVSers who have signed up for this event. The silent auction runs 5:30 - 7:30, banquet 7:30 - 8:45, and the live auction starts at 8:45. An alphabetical listing of all PVSers attending this event will be available at our monthly April meeting, and it can be used to form car pools.

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Music Hall at the British Embassy - May 7, 1996



Save May 7 for a fun filled evening at the British Embassy Music Hall. Your \$18 ticket includes the show, beer or wine and munchies. To make your reservation, send a check for \$18 to: Marilyn Clark, 8953 Falling Creek, Annandale, Va. 22003.

The Embassy is located at 3100 Massachusetts Avenue, N.W. in Washington. For parking, turn on the road between the Embassy and the Naval Observatory. Come at 7:00 p.m. for easy parking. The show starts at 8:00 p.m. Limited to 40 people. Call Marilyn at 703-978-9435 if you have any questions.

FIRST ANNUAL FUN WALK

Saturday May 18 at 9:00 a.m.m We've renamed our annual Fun Run to more accurately reflect reality. This event will be followed by brunch at the Clarks. Call Dick or Marilyn at 703-978-9435 to reserve your space.



P A S T E V E N T S

RECIPE FOR A PERFECT PVS EVENING

by Bill Anderson

(Wine tasting at the Copes', March 2)

Take one beautifully restored Victorian House in Alexandria
Find two great hosts like Don and Pat
Select 8 vintage wines from France and California
Compliment each wine with an array of cheeses,
Marinated beef, Salmon Mousse, Cog Au Vin and
much more.

Gather together 18 beautiful, savvy people

Blend together all of the above, mixing gently, and you have
the makings of the 10th Annual PVS Wine Tasting Event.

Top off the evening with freshly brewed coffee. (hic)

March 19 Meeting Minutes - Irene Farrell

About 25 PVSers attended the March meeting at the Yessler's lovely abode in Silver Spring. The Virginia contingent encountered accident-blocked roads, but managed to arrive in due course. Our hostess, Kay, left sunny Naples, Florida, to come to rainy, blustery Maryland for this event.



The first order of business commenced around the groaning table that was spread with many tasty hors d'oeuvres and tempting goodies. The small attendance (many off skiing) led to intimate social groupings. When Serge wanted to start the formal meeting, he found it very difficult to tear people away from the buffet and the socializing.

The President opened the formal meeting with a welcome to some old friends we haven't seen for a while - Jan Phillips, Bing Poon and Phil and Eugenia Ufholz. Serge said many complimentary things about the members present (he must be running for something!) However, all agreed it was a pleasant, non controversial crowd. (According to Anonymous, the controversial ones were at Beaver Creek)

After the meeting, we attended to the more important business of coffee and delicious desserts before hitting the road. Our thanks to Paul and Kay for their warm hospitality and a truly delightful evening.

MIDWEEK SKIING BLUE KNOB Feb. 18-21st By Charles Huggins

On Monday, nine PVSers started skiing under ideal winter conditions with light snow flurries and about 18 inches of natural snow in 28 degree weather. This was followed by a great evening in Betty's chalet with apres ski and a spaghetti supper. After supper, we heard ski stories from Norm Engelman and others that went back to the beginning of the club dealing with some of our great skiers.



Betty's new addition included a beautiful hot tub which everybody jumped into except Charles Huggins and George Hicho who was afraid the overweight tub might drop to the first floor. It didn't happen as only a little splashed out water made it to the floor below with a few drops falling on George's bed.

On the second day, warm weather, rain, and fog moved in early in the morning. Nancy Laymon, Jack Peoples, Betty Lawrence, and Charles Huggins put on plastic rain covers and headed for the slopes. After one run from top to bottom, all four headed for the chalet to dry out as heavy rain was falling. The weather report was for more rain on the third day, so everybody decided to go home in the afternoon of the second day. This proved to be difficult as Karen and Knox Felker could not get up the chalet mountain road in the soft snow, and George Hicho's truck refused to start. Betty came to our rescue, and she had the maintenance people plow out the soft snow and put down cinders. George's truck was then towed off the mountain to a garage, and George and Sue came home with Charles and Norman.

Thanks, Betty, for two great exciting days in your chalet. Maybe next time we can keep the rain away as skiing doesn't get much better than we had on our first day.

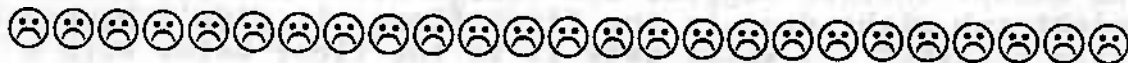


Proposed Ski Trips for 1996-97 Season

<u>Date</u>	<u>Place</u>
Dec. 7-14, 1996 (one week)	Big Sky or Winter Park/SteamBoat
Jan. 11-18, 1997 (one week)	Snowmass/Aspen or Salt Lake area
Jan. 28-Feb. 8, 1997 (one week)	Europe - Val d'Isere
Feb. 22 - Mar. 1, 1997	Heavenly Valley (BRSC)
Mar. 15 - Mar 22, 1997	Jackson Hole or Salt Lake area
Summer, 1997	Chile/ Valle Norado or Argentina/ Los Santos

SKI GROUP 96

Members interested in running a ski trip or looking for information on a ski area to ski in 96-97 should attend the free show at the Embassy Suites Hotel, Crystal City, Thursday April 25th, 5-8 P.M. Exhibitors from U.S., Canada, Europe, and S. America representing major ski areas, domestic and foreign governments tourist offices, air and ground transportation suppliers, tour wholesalers, and resort/ lodging associates are there to assist you in planning your ski trip.



BOO HOO ANNOUNCEMENTS

Gorman Young had shoulder replacement surgery on March 20, 1996. He is recuperating at his daughter's house for the next six weeks and would love to hear from you. Please send cards and good wishes to:

Gorman Young
c/o Mrs. Larry Griffith
802 St. Georges Rd.
Baltimore, MD 21210

Aina Thomas also is recovering at her home from a broken ankle.

Condolences to **Jessma Blockwick** on the death of her mother.



COOK'S CORNER

- 10 -

VEAL ROLLS STUFFED WITH SPINACH AND CHEESE

by

Nancy Garrett

The Spring Dinner was great, as usual. For you to try for friends and family, recipes are provided.

CRAB PUFFS

Mix together:

- 1 stick margarine, softened
- 3 Tablespoons mayonnaise
- 1 scant teaspoon garlic salt
- Large dash, minced dried onion, or
1 Tablespoon fresh minced onion
- 7 oz. jar Old English Kraft spread
- 6 3/4 oz. can crab meat

Spread on 1 package of 6 English muffins, split. Sprinkle lightly with paprika. Cut in quarters. Bake in 350° oven for 15-20 minutes or until toasted. May freeze prior to baking. Makes 48 appetizers.

LEMONY CHICKPEA AND TUNA SPREAD

In food processor bowl, combine and puree to a course mixture:

- 1 15-oz. can chickpeas, drained
- 1/3 cup sesame paste (tahini) stirred well
- 1 clove garlic, peeled
- 2 scallions, chopped
- 1/4 cup water
- 1/2 teaspoon sesame oil
- 1 teaspoon cumin powder
- 1/4 cup chopped fresh coriander
- 1/3 cup canned water-packed tuna, drained
- Tabasco to taste (several drops)
- Salt & freshly ground black pepper to taste

Cover and keep cool. Serve on pita chips, crackers, or toasted bread.

Spinach Filling:

In medium size skillet, combine:

- 2 Tablespoons olive oil
- 1/2 onion, chopped

Cook until onion is softened and add:

- 3/4 lb. spinach leaves, trimmed of stems
- 2 Tablespoons water

Cover and cook for 1-2 minutes, until spinach has just wilted down. Turn into bowl and chop. Stir in:

- 1/4 teaspoon freshly grated nutmeg
- 2 Tablespoon fresh chopped rosemary
- 6 oz. goat or ricotta cheese
- Salt and pepper to taste.

Using 1 lb. veal scaloppini, pound thin between sheets of waxed paper. Cut large pieces in half.

Place a layer of spinach mixture on veal, roll into a bundle securing with wooden pick or tie with kitchen safe string. Roll bundles into 1/2 cup flour spread-out on dinner plate. Brown in:

- 2 Tablespoons unsalted butter
- 1 Tablespoon olive oil

As bundles brown, remove to side dish.

To the oil in skillet, add:

- 1 cup chicken broth

Heat and stir for a moment. Then return browned bundles to the skillet. Cover and simmer gently for 10 minutes, or until veal is tenderly cooked. Uncover, raise the heat; cook until the pan juices are syrupy, about 2 minutes longer

Carefully remove wooden picks or string. Scatter 1 Tablespoon chopped fresh parsley over veal rolls. Serve with pan juices spooned over.

Serve with brown rice to which lemon zest from one lemon has been added and buttered cooked carrots.



THE KNEE

- 11 -

by

Ray McKinley

This is the time of year I should be exhorting you to plan for some late season skiing (and there's lots of it around). However, I'm not certain that there are sufficient able bodies within our club to ski.

"Annus horribilis" or "year of infamy" is the way the queen mother described the royals' mess in England. It certainly applies to PVS this year. Or the more literate way of putting it...yucko.

The winter of '94-'95 we had no ski-related problems. Not so this year. At Sun Valley, Liz Triau got tangled getting off a chair lift, fell backward and broke her left tibia. Glade Flake slipped on a marble floor in the lobby resulting in some significant contusions. Aase Berling had to leave early because of hip problems. Bette Walker injured her thumb and a week later the Knee did the same thing in Snowmass. Both thumbs required casts.

More recently, Aina Thomas came out of her binding at Steamboat, landed strangely, and broke her ankle. On the same day, Gorman Young was at Whitetail. He went airborne after hitting a soft mound of snow, landing on his shoulder and breaking it. Indeed, all 4 ligaments tore away and it was necessary to implant an artificial head on the humerus. Both Aina and Gorman are recuperating at home and taking PT (Pain and Torture as Gorman calls it) and would love to hear from PVSers. As stated earlier...yucko.

In addition to PVSers, bad things were happening to our relatives. Lu Beale's husband broke his hip and is now in a nursing home. While on the Steambeaver trip, Jessma Blockwick's mother passed away as did Malda Elrod's sister. And June Kelsay's brother took a turn for the worse in Dallas and he will have to go into a nursing home. Condolences and deepest sympathy to all.

On a more pleasant note, Liz Triau is now weight bearing on her broken leg. Right

on or is it left on?

Ubiquitous PVS--again. At the end of March, Ron Ewing extended a Colorado business trip (ahem!) to ski a few days at Keystone. At the top of the first lift, Ron entered the restaurant to plot his day's efforts and sat down next to Bob McNeill! Bob has just returned from his 4-month stint as a Colorado ski bum. And Marty McNeill said he wouldn't last a month. Right on.

For those who asked about it at the Copes wine tasting, Don selects the wines first then Pat picks appropriate food. This year's wine tasting was truly exceptional. Everyone had a ball. Indeed, this is the first PVS event in a long time where no one left before midnight. Don mused about some years earlier sticking his pole in the ground in a blizzard to find how fast he was moving. He discovered he was standing still!

PVS meets the politicians. While skiing Utah last month Roy and Malda Elrod happened to go to hear the Mormon Tabernacle Choir the same evening as Margaret Thatcher. Thereafter, they stood outside behind the rope at her reception. Dame Margaret scanned the crowd and for unknown reasons walked over to the Elrods and had a 3 minute conversation with them telling them how much she loved the West. Perhaps it was Roy's cowboy hat.

At Beaver Creek Gladie Youngblood sat next to Tipper Gore in the hot tub. Gladie knew it was Tipper because there were 6 guys in trenchcoats and earpieces surrounding her. Others, including Bill Anderson, saw Tipper at dinner. Most agree she's a big Tipper.

Dina Taylor seals her letters with a silver seal showing a skier. And Jan Marx skis wearing a small silver pin which reads "Certified Half Fast Skier."

Finalknee, returning to DC from skiing, Bette Walker was too late to use the airplane's rest room. "They said they wanted everyone to sit down. I told them I was going to the restroom to sit down."



CALENDAR:

- Apr. 4 Cherry Blossom Walk p. 4
- Apr. 9 DOGS at O'Donnells Restaurant p. 4
- Apr. 13. . . . Kreeger Museum Tour and Lunch see March Toot
- Apr. 13. . . . Post Sun Valley Trip Party p. 4
- Apr. 16. . . . Monthly Meeting at Charlotte Kline's p. 1
- Apr. 18. . . . Mt. Vernon Bike Trip p. 5
- * Apr. 20. . . . Prince William Forrest Spring Hike p. 5
- * Apr. 23. . . . ExCom at Wyckoffs' p. 5
- Charles * Apr. 27. . . . Spring Fling p. 5
- Monthly * May 7 Music Hall at British Embassy p. 6
- vs * May 11. . . . Steam/Beaver Post Trip Party 730
- Monthly * May 18. . . . Fun Walk and Brunch at Clarks' p. 6
- * May 21. . . . Monthly Meeting at the Leonhardts'
- May 28. . . . ExCom at the Huggins'

Charles
Monthly
vs
Monthly

JUNE 18 May. (Party 2 hours?)

Bette Walker
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#806
Washington, D.C. 20007

