



VOLUME XXXVIII  
NUMBER 11

# Potomac Valley Skiers, Inc.

DECEMBER, 1992

WASHINGTON MARYLAND VIRGINIA



## President's Message:

As this message is being written we are only 30 days away from Christmas, my favorite time of the year. As I wrote in my December 1991 message, I believe the Christmas season is the most beautiful time of the year. I find a great similarity between the festive traditions of Christmas and PVS events. I suppose that is why I enjoy PVS so much. Christmas means we have finally arrived at our beloved ski season. So, my wish for you is that you have the best holiday ever with lots and lots of snow.

Regrettably, just as quickly as winter has arrived so spring will soon be here and we must determine a slate of candidates, including president and 3 board members, to be voted on at the April meeting, Dorothy Mills has accepted the appointment to chair the nominating committee which will meet in the near future. Please contact Dot with any suggestions you may have for suitable candidates.

In the meantime - HAPPY HOLIDAYS!!!

Bill Anderson, President

## MONTHLY MEETING

TUESDAY, December 15th. 8:00 P.M. ANNUAL CHRISTMAS PARTY  
GLÜHWEIN SPECIAL! Hosted by Jean and Reg Heitchue

2146 Owls Cove Lane, Reston  
Tel: (703) 860-9190

Contributions of your favorite goodies welcomed!



Take #495 to Tysons Corner where take Rte 7 to Reston. Make left turn onto Rte 606 - Baron Cameron. (Before the turn there's a large Reston sign on the right side of the highway.) Take a left turn at the second light onto Whiele Avenue.\* Continue to deadend and turn left onto Sunrise Valley Dr. At top of hill turn right at 1st traffic light onto South Lakes Dr. Go past shopping center on right and turn at first left onto Ridge Heights Rd. Take first right onto Owl's Cove Lane, go to end and park in cul-de-sac. 2146 is at the bottom of steep driveway.

\* A faster way is by the Dulles Toll Road at \$1.50 round trip. For this route, take Beltway #495 to Virginia Exit 12 Dulles Toll Road, Rte 267. Pass through the toll booths, 50¢. Exit at #4, Whiele Ave, pay 25¢ toll. Turn left onto Whiele Avenue and proceed as directed above.

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## COMING EVENT



### DINING OUT GROUP - December 8, 1992

Join us for dinner on Tuesday, December 8, 1992.

NOTE: Seating for dinner is at 6:30 P.M. This month, we will meet at GADSBY'S TAVERN, 138 N. Royal St. (Corner of N. Royal St. and Cameron St.) in Old Town Alexandria. GADSBY'S TAVERN is an authentic Colonial tavern dating from the 18th century. The food, furnishing, and dress are representative of the late 18th century.

Directions: Go south on the George Washington Parkway past National Airport to Alexandria. This becomes Washington St. in Alexandria. Turn left at Queen St., go to third street (N. Royal) and turn right one block to Cameron St. Turn right to parking on Cameron St. on side of GADSBY'S TAVERN. Alternate route is to turn left at King St. and go three blocks to parking at N. Royal and King St.

So that we may know how many to expect, please call Pat Tengal or John Smith at (301) 299-8376 by Sunday December 6.

## SKI TRIPS

STEAMBOAT SPRINGS, COLORADO...Dec. 5-12,1992.Probably in progress. TONS of snow!

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Stowe, Vt. Jan. 9 - 16 '93. Opening for 1 man and 1 couple but may be filled before you read this.Call Jack Peoples (301) 881-6220.

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SKI-O-REE at BLUEKNOB - Jan 29 - 31,1993.Almost full.Call Jack Peoples (301)881-6220.

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BIG SKY, MONTANA.. Feb.17-26,1993.Full. Call leader Dina Taylor for info: (301)663-6089.

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SKI UTAH - March 16-23,1993. Call leader Shirley Rettig (703)836-0147.

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THE FOLLOWING TRIPS SANCTIONED BY BRSC ARE AVAILABLE TO PVSers:

Dec 5 - 12...Steamboat Springs .SCWDC.Call Kitty Indahl (410)997-6223.  
Cost:\$735 incl airfare,lodging,lift pass for 5 days.

Dec.6 - 13..Gray Rocks,Canada.Columbia Ski Club.Call Robin Seitz (410)997-7810.  
Cost: \$910 incl airfare,lodging ,lessons, some meals,7 day lift pass.

Jan. 24-29 ...Killington,Vt..Crabtowne Skiers, Inc. Call Bill Malicki (202)551-3529.  
Cost: \$398 incl bus trans,lodging, 5-day pass.

Feb.5 - 22 .. SKI & TOUR RUSSIA.. NASA/Goddard Ski Club.Call Geo.Livieratos (410)992-9468  
Cost:\$2,595.Airfare NY-Moscow,lodging, meals,lift tickets,tours.

Feb. 11-15 ..Mt.Tremblant. Columbia Ski Club. Call Jelinda Fletcher (410)799-7710  
Cost: \$697.Incl airfare, lodging,8 meals, 4-day lift pass.

Ap. 3 - 10 .. Summit County..Columbia Ski Club.Call Bruce Seitz (410)997-7810.  
Cost: Airfare, lodging, 4-day lift pass: \$745.

PAST EVENTS

FALL HIKE WITH DINNER AT THE MILLERS'

by Bob Harmon

On October 24, about 39 PVSers and friends participated in this year's fall hike along the scenic seven-mile (so I was told) Massanutten Ridge Trail in the George Washington National Forest. We had comfortable hiking weather, and though our group at times stretched out for quite some distance along the trail, no one got lost this year (thank heavens!), and all those who tried made it to the end in more or less good condition. The little flying bugs seemed delighted to see us back again, judging from the hearty reception they gave us at the end of the trail.

Then came the serious part of the day's outing, dinner at the Strasburg home of Jamie and Shahrsad Miller, where we all enjoyed the products of Shahrsad's superb culinary skills. This observer happened to notice that HELEN PRICE, with a guilty demeanor and words of excuse, nabbed the very, very last piece of chicken. Way to go, Helen!

Many thanks to the three shuttle people (Peggy Burns, Gorman Young, and Lu Beale) and the sweep (Irene Farrell), whose services were essential, and special thanks to Jamie and Shahrsad for their hospitality again this year.

(Editor's note: and very special thanks to leader/reporter Bob Harmon who, with Frank Shelburne, scouted the trail ahead of time and, leaving a scattering of red arrows in his wake, led the group to its triumphant conclusion on the BIG DAY.)

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NOVEMBER MEETING by Irene Farrell

Any event at the Marquardt home always draws a large crowd and the November meeting was no exception. Fifty plus members attended. While Myron tended the bar, Fumiko tempted us with a delicious assortment of appetizers: hot crab dip, olé dip, hot canapes with a cheese topping, mini-croissants filled with chicken salad, as well as cheeses, etc.

Bill Anderson opened the meeting asking for a status report from the ski trip leaders. All trips are doing exceptionally well. However, Dick Comerford is looking for a woman, Dina Taylor is looking for rooms and Jack Peoples is looking.....

Sandy Odiorne, Sales Rep for Ski Roundtop, gave us an update on that resort and Ski Liberty. Brian Eardley, Ski Center, brought a sack full of new toys.....super wide skis designed for deep powder..... personally, I thought they were designed for Big Foot...triple-duty bindings, that, with a flick of a switch, you can become an expert on ice, powder, or anything in-between.....Bob McNeill testified that they REALLY work....but....then....he's already an expert.....there were poles that attached to your gloves as if they had a life of their own. Brian informed us that foam boots are environmentally passé. Silicon is in. But he only shook his head when someone mentioned that that would require FDA approval.

Brian whetted our appetite for skiing, but Fumiko whetted our appetite for dessert with platters of nut or apple tartlets and various fruit-filled pastries. Thank you, Myron and Fumiko, for your warm and generous hospitality and a TRULY GOOD TIME!

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PAST EVENTS

GREAT TIME ON THE CHILI HIKE By Charles and Genee Boykin

On Saturday, November 14, over 30 PVSers gathered in the Great Falls Park to begin an afternoon of hiking and eating under the auspices of Ray McKinley and Nancy Sexton. Undeterred by the cool temperature, we hearty PVSers started at the Visitors Center on the traditional fall hike. Dick Clark led the way and Myron Marquardt was the sweep. We marched to the Observation Point, stopping for a spectacular view of the Falls. We trekked on down River Trail along Mather Gorge to Sandy Landing on to Ridge Trail, Difficult Run, and finally to the beach on the Potomac where we posed for a group picture snapped by Bob Harmon. After Bill Anderson fortified the hikers with trail mix, we marched back to the Matildaville Ruins, finishing up at the Visitors Center.

Exhausted from the rigorous hike, all of us eagerly headed for Chez McKinley where we were greeted by a welcoming ristra (a chili pepper arrangement) on the front door, imported from Santa Fe, New Mexico. While hostess Nancy Sexton was busily organizing the chili supper, host Ray, appropriately donned in a serape and sombrero, gave newcomers a show and tell tour of the house and the many varied and interesting collectibles. We then gathered around the table decorated with Mexican pottery and laden with a delectable array of Mexican appetizers. When Nancy suggested that the chili be served, Ray said "we're eating at six and it's not six yet." Lu Beale checking with her appetite said, "It already feels like quarter of six tomorrow." Ray relented and we went to dinner. The chili was truly excellent and left many of the feasters asking for "doggie bowls" for take home.

After the chili, the conversation turned to Ross "Perdue's" ears--whole brain or whole bran or was it all bran? Then Dick Clark and Janet Waln led the group in song with a striking rendition of "John Jacob Jingleheimer Schmidt." Marilyn Clark entertained us with "Stardust" on the piano, and the evening ended with Kirk Burns and Janet leading us in singing "Auld Lang Syne."

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Halloween Party

by Nancy Sexton

It was to be a PVS costume event - Halloween night at Arlette DeLong's elegant townhouse in upper Georgetown. Then costumes were called off. Instead, we'd celebrate Halloween with an elegant dinner party. In the end, most of us couldn't abide the idea of not dressing up for Halloween. So, taking the risk that each would be the only one there in costume, we each arrived in full regalia only to find everyone else had the same thought! We were (lucky) 13 in all - witches, a gypsy, a caballero/gypsy/gaicho, a stately Sorbonne professor, denizens of the casbah, and a thoroughly indescribable monster fashioned by John Newdorp's daughter's talented fingers. Even better as an impromptu dress-up event!

Arlette, clad in a shimmering Victorian gown, served a marvelous couscous with lamb and golden raisins, and the assorted villains and spooks brought delectable hors d'oeuvres, salads, and desserts.

After costumes were replaced by more decorous attire and dinner was devoured, we relaxed around Arlette's huge dining table, told ski stories, and started the creative process rolling for next year's disguises. Our thanks to Arlette for a terrific idea and flawless execution!

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PAST EVENT

A GALA EVENING by Liz Triau

Surely no finer group has ever graced the halls of the former home of President James Monroe ( currently the Washington Arts Club ) as was assembled there on the evening of November 20 for the PVS Autumn Dinner. About 63 PVSers elegantly attired in their finest party clothes arrived at about 7 o'clock to begin this gala evening with cocktails and hors d'oeuvres served in the upstairs drawing rooms.

The delectable dinner was served in three dining rooms on the first floor, with placecards on each beautifully set table designating our seating. We feasted on cream of mushroom soup, delicious beef, vegetables, rolls, all accompanied by white and red wines and concluded with scrumptious chocolate pecan pie. Needless to say — we consumed every morsel with great gusto, as usual!

A highlight of the evening was the announcement by George Hicho and Sue Walsh that they had just become engaged to be married. So, of course we toasted their happiness and declared that their wedding should be a PVS event!

Our delightful evening concluded back upstairs in the drawing rooms for after dinner drinks and sing-a-longs around the two grand pianos as Pat Cope and Bill Anderson played lively old tunes that some of us spiritedly attempted to sing.

What a wonderful evening in this charming old house with its period furnishings, exhibits of fine artwork, and filled with beautiful people, delicious food, and great conversation. Many thanks to Bill Anderson for arranging this superb affair for us again this year.

(And special thanks, too, to PVSer Ham Morton whose membership in the Arts Club of Washington made it possible for "our" club to use "his" club.)

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A DOCTOR'S ADVICE ON FROSTBITE from "Skinformation" of Bailey's Crossroads Dermatology.

The first symptoms of frostbite are sudden paleness and tingling in the affected areas as the body, reacting to the extreme cold, shuts down the blood flow to the exposed places.

The tip of the nose, the ears and the tips of the fingers and toes are most vulnerable to frostbite. These "tips" of your body have thin layers of insulating body fat in combination with a relatively high concentration of blood vessels near the skin's surface. When your body starts conserving energy, the "tips" are the first to have the heat shut off.

The best treatment for frostbite is to immerse the affected area in a warm bath at a temperature of 104° to 110° Fahrenheit. Be careful that the temperature is no higher since frostbitten skin lacks sensation and can be easily scalded or burned. Do not rub the affected area with crushed ice or snow. Any kind of brisk rubbing can permanently damage frozen blood vessels and tissue; rubbing with ice or snow will actually cause your body to shut off even more of the warming blood supply.

Not everyone is equally vulnerable to frostbite. Your cold tolerance is affected by your age, your general health and even how tired you are. People with poor circulation - such as diabetics or senior citizens- are most vulnerable. It's a good idea, however, for anyone to take proper precautions when venturing out in bitter weather. Mittens will protect your fingers better than gloves. A muffler or ski mask will keep your ears and nose cozy. Remember to wear warm socks, keep your feet dry...and wear a hat! There's an old saying, "If your hands and feet are cold, put on a hat." Covering your head will conserve heat all over your body.

In very cold weather, the most serious danger to the skin is frostbite. If you suspect you are suffering from frostbite which is not responding to treatment, call your doctor immediately.

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# COOK'S CORNER

by  
Nancy Garrett



For those of you who have had the opportunity to attend a meeting at the home of Fumiko and Myron Marquardt, or who have eaten foods prepared by Fumiko for after-trip parties or any of our numerous pot-luck dinners, you know that she is one of the PVS all time great cooks. For the Christmas party in 1992, Fumiko prepared a Vegetable Sushi dish. Many of you have requested the recipe and it is presented below. Fumiko also provided the recipe for her famous Shrimp Bundles.

Fumiko buys foods for her Japanese dishes at oriental grocery stores. To be sure that I knew what was needed, Fumiko brought me all the ingredients so that I would know what the articles looked like when I went to the oriental grocer. I will try to describe these for you.

Sushi vinegar comes in a bottle labeled seasoned distilled vinegar. The brand Fumiko used is MITSUKAN. I have a bottle of "rice salad vinegar" from Giant that could be substituted.

Sushi-no-Moto are oriental vegetables - the can is 8.8 oz. and contains carrots, bamboo shoots, bean curd, fried bean curd, green peas, lotus-root, soy sauce, sugar, salt and seasonings. The brand Fumiko used is EDOKKO and is called "Chirashizuski-no-Tomo". If you are unable to find an oriental grocer, you can buy cans of bean sprouts, bamboo shoots, water chestnuts, etc. and mix and match your own.

Pickled ginger root comes in a 7 oz. package and should be refrigerated after the package is opened. It is orange in color and adds tremendously to the flavor of the dish. The brand used is KKT - BENI SENGIRI. I used half the package.

Seaweed also comes in a plastic package and resembles strips of plastic. This adds a nice touch of green color. The brand used is KIZAMI NORI and is .35 oz. I used this sparingly.

When preparing this dish, if you have questions, please call me or Fumiko. We will try to give you guidance.

## VEGETABLE SUSHI

Cook as directed on package, to yield:  
- 3 cups of cooked rice

Drain and mix with hot rice:  
- 1 can Sushi-no-Moto

Sprinkle and mix well with rice mixture:  
- 1/4 cup sushi vinegar

Place rice mixture on flat serving dish.

Scramble together in 2 teaspoons butter:  
- 2 eggs  
- Dash of salt to taste

Cook in skillet to make a pancake shape and cut into strips about 1/8 inch wide.

Garnish the rice mixture with:  
- Egg strips  
- Seaweed  
- Pickled ginger root

Should serve about 8 people for dinner or many as an hors d'oeuvre.

## SHRIMP BUNDLES

- 8 oz. medium shrimp in shells

Peel and devein shrimp, leaving tails intact. Butterfly the shrimp by cutting to (but not through) the other side.

From 1 bunch of green onions, cut the onion tops about 8-10 inches long. Place in boiling water for 1 minute. Remove and cool. Cut into thin strips. Set aside.

Mix until well blended:  
- 1 Tablespoon Dijon-style mustard  
- 2 Tablespoons white wine  
- Worcestershire sauce

Clean well:  
- 20-22 small mushroom caps

For each bundle, lay one shrimp, butterflied side down, over mushroom cap, stem side down. Tie onion strip around bundle to secure shrimp. Brush bottom sides of bundles with mustard mixture. Place in a 12 X 7½ X 2 inch baking dish. Brush tops with mustard sauce. Cover and refrigerate for 2 hours.

Place bundles on broiler pan. Broil 4 inches from heat for 4-5 minutes or just till shrimp are cooked. Serve hot.



# THE KNEE

by

Ray McKinley

Finally, we can be skiers. Killington, Aspen, and Steamboat all had their earliest openings ever. And commencing December 5, many PVSers head to Steamboat with the Comerfords.

Three days sooner, Jack Peoples is off on a FAM (for familiarization) trip to Banff. FAM also stands for cheap--Jack's total cost is \$80. Nearby, Jack's daughter, Kelly, will try out for the Budweiser mogul team.

Applicant member Nat Seeman is off to the lodge of the Colorado Arlberg Club--Colorado's oldest ski club. Nat reports the lodge is sensational, on the mountain between Winter Park and Mary Jane. Right on.

From the Knee's "You can't go home again" Department--Mt. Sutton section. Rolland and Lize have left La Pampolaise. They now have their own, smaller hotel in "downtown" Sutton.

Many of us have been traveling. Carol Parmenter to Cape Cod, and a visit to Franklin Fiske. Aase Berling back from a month in Norway; Nancy Monacelli and Don and Pat Cope, from Greece. Fred and Barbara Leonhardt from what Fred describes as "a grueling time lounging in Hawaii." The Knee hates you all.

If you've noted that Bill Anderson's President's messages are a bit crisper these days, it's because he has a new typewriter.

Huey Roberts is off to spend his second year in Colorado. This year he has company. Ex-Pres. Sheldon Drews is moving there for a year. Irene Farrell, Mary Riley, and Jackie Wilson also hoped to spend the winter, but, after much searching, could not find a 3-6 month rental. Nonetheless, the Knee hates you all.

PVS' second Autumn Dinner at the Fine Arts Club remains PVS' best event! Kudos (again) to Bill

Anderson for setting it up. Elegant. The Knee told you so.

We flew in from many places to attend. Howard Hensley from South Carolina, Don Cope from Boston, Jacques Hadler from Detroit (good choice) and the Knee from Seattle.

During dinner, the Copes and the Waddicks had a discussion on removing red wine stains. Their conclusion: boiling water. Several hours later, after being bumped, John Waddick was observed with some interesting red stains on his new tuxedo shirt. Methinks he's about to be in hot water.

To make our fete exceptional, Sue Walsh and George Hicho announced their engagement.

Penguin suits were certainly in order. Serge Triau and John Newdorp each bought their first tuxes to attend. Bob McNeill bought a new, ahem, larger one. Bob Marx even managed to fit a PVS pin onto his. PVS women, as expected, were resplendent in sequins.

Alice Swalm noted that better than seeing PVS men in ski suits is seeing them in their tuxedos.

Bob Harmon has graduated from the PVS art show. His oils are now part of a joint exhibit at the Stewart Mott House. Right on.

A radiant Dorothy Mason, celebrating a recent birthday, said she was very excited about now being old enough to vote.

I asked lobbyist (my word, not his) Bob McNeill if he's out of a job with Clinton's new rules. Bob turned, looked me right in the eye, and gave the biggest Cheshire-cat grin you've ever seen.

Trekking in Kathmandu (in Kneepal, of course), Charlie Farwell reports that he often listened to the BBC. One evening, they reported a Londoner had petitioned to permit her ward to die of PVS. Charlie, an MD, had never heard of that PVS. A British colleague told him PVS stood for Persistent Vegetative State. Hmmmmmm.

**CALENDAR OF EVENTS**

- Dec. 8 ... DOGS. See page 2.
- Dec. 15 ... Annual Gluhwein Party. See page 1.
- Jan. 12 ... DOGS.
- Jan. 19 ... Monthly Meeting at June Kelsay's.
- Jan. 26 ... ExCom at the Leonhardts'. (Note change of place)
- Feb. 15 ... Monthly Meeting at the Marx home.
- Feb. 23 ... ExCom at Lu Beale's.
- Mar. 16 ... Monthly Meeting at Olga Gilloegly's Bethesda home.
- Ap. 20 ... Annual Meeting at the Leonhardts'.
- May 18 ... Monthly Meeting at Susan and Michael Wargo's Arlington home.
- June 15 ... Monthly Meeting at Betty Lawrence's home.



WINTER RENTAL

Ski Blue Knob in the middle of the week when there are no crowds!  
 Ski-in, ski-out chalet available Sunday evenings from 5 P.M. to  
 Friday 5 P.M. Chalet has 4 bedrooms, 2½ baths, sofa bed in the living  
 room. Fireplace. House can comfortably accomodate 10 people.  
 \$25 per night. Minimum 2 night rental.  
 Call Bette Lawrence (703) 759-6950.

**AS THERE WILL BE NO EXCOM MEETING THIS MONTH, TOOT CONTRIBUTORS ARE REMINDED TO HAVE THEIR MATERIAL ON THE EDITOR'S DESK (NOT IN THE MAIL!) by December 24th.**



**ROBERT & JANET MARX  
 8312 OAKFORD DR.  
 SPRINGFIELD, VA 22152**



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