



Potomac Valley Skiers, Inc.

VOLUME XXVI
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WASHINGTON

MARYLAND

VIRGINIA JUNE, 1991

PRESIDENT'S MESSAGE:

I am very pleased to announce that Mary Jane McCarthy is your new Vice President. Welcome aboard, Mary Jane ... But where were you at the great May meeting hosted by the Hensleys? The weather was so perfect we were able to hold the meeting in their beautiful garden. Thanks, Jean and Howard, for your gracious hospitality. Other new appointments are Bette Walker, TOOT Copy Editor and Dick Comerford, Chairman the newly created Trip Guideline Committee. Rosemary Soler's title of Movie Mogul has been upgraded to Video Cassette Mogul, in an effort to keep up with the times.

I am grateful that all other members of the board accepted reappointments and agreed to continue to serve. They are Irene Farrell, Recording Secretary; Margaret Wyckoff, Treasurer; Marilyn Clark, Membership; Lu Beale, TOOT Editor; Jan and Bob Marx, TOOT Production; Ray McKinley, Program Chairman.

At the request of several club members and in response to trip evaluation suggestions, the Trip Guideline Committee was formed in the hope of improving the quality of our trips. As previously said, Dick Comerford has agreed to head this committee whose purpose will be to coordinate and promote trips, report to the Executive Committee and to be available to trip leaders to help resolve specific problems. Thanks, Dick.

After reading my first President's message, the Knee quickly informed me that I was elected for a ONE year, not TWO year, term. For this I am grateful. Also Nancy Garrett pointed out that I had spelled YOU ALL wrong. This proves to me that the President's message is read.

FOOD FOR THOUGHT...Ethiopian Emperor Menelik II believed that the Bible had curative powers and he would eat a few pages of it whenever he felt sick. After a stroke in 1913 he ate the entire Book of First Kings, suffered a bowel obstruction and died. Moral, don't eat everything you read.



Summer skiing

Bill
Bill Anderson, President

IN THIS ISSUE YOU WILL FIND AN APPLICATION FOR MEMBERSHIP RENEWAL WHICH IS NOW DUE. WE URGE YOU TO RETURN THIS APPLICATION WITH YOUR CHECK PROMPTLY BECAUSE THE TRUTH IS CLUB FUNDS ARE RUNNING DANGEROUSLY LOW AND WE NEED YOUR INPUT SOONEST! IN ADDITION, YOU MAY, IF YOU WISH, MAKE A NON-TAX DEDUCTIBLE CONTRIBUTION TO THE CLUB ANY TIME YOU FEEL ESPECIALLY GENEROUS AND GRATEFUL FOR ALL THE GOOD TIMES. AND DON'T FORGET TO REMEMBER US IN YOUR WILL!!

MONTHLY MEETING

TUESDAY, JUNE 18TH. 8:00 P.M.

Where: Home of Betty Lawrence
525 Haven Lane. Great Falls, Va. Tel:(703) 759-6950

Last meeting of the summer! Don't miss it. Betty invites you to bring your bathing suit and, after the meeting, enjoy her pool if the weather is propitious.

DIRECTIONS:

From Maryland - Beltway to Northern Virginia. Exit 13. Right on Georgetown Pike (193). 2nd left at Swinks Mill to next traffic light. Right on Old Dominion (3.7 mi). Take a left at 3d traffic light on Georgetown Pike (2 mi) to next traffic light. Right on Walker Road (1.1 mi) to Squires Trail. Left on Squires Trail to end of dirt road. Left on Haven Lane to 525 (left of cul-de-sac)

From McLean - Arlington. North on Old Dominion Drive (from Charlie's Place) and continue as above on Old Dominion.

From Tysons - Route 7 West (aprox 6 mi) to Springvale Road. Right on Springvale to next traffic light. Right on Georgetown Pike to Walker Road. Left on Walker Road (1.1 mi) to Squires Trail to end of road. Left on Haven Lane to 525 (left on cul-de-sac).

From Reston - Same as Tysons except pick up Springvale Road from 606 (Baron Cameron) cross Route 7 and proceed on Springvale Road as above.

COMING EVENTS

JUNE 8 -- St Michaels Island BIKE HIKE and DINNER. (Rain date June 9.)
Call Bill Brown (301) 299-5187 or Irene Farrell (301) 695-4304.
NOON meeting time but start early - traffic will be awful!!

JUNE 14 - EVENING AT WOLF TRAP. Participants will soon receive tickets and directions by mail from coordinator Barbara Leonhardt.

JUNE 22: (Rain date: June 23) BOATING & PICNICKING WITH DEAN WORCESTER
Time: 1:00 P.M. Limited to 20.

BOATS...BOATS...BOATS...AND OTHER WATER SPORTS.PLUS PICNIC WITH FRIENDS.

Coordinator: Rosemary Soler (301-649-2155). Call Rosemary if weather is "Iffy".

DIRECTIONS TO DEAN'S AT 256 LONG POINT RD. CROWNSVILLE, MD:

Approach Annapolis on Route 50. Turn off at Annapolis and "Parole" Exit. Stay right -- road loops back under highway and becomes Route 178, General's Highway. Stay on it for about five miles. At the seventh stop light turn right onto Herald Harbor Road (Teraco and Chevron stations at intersection). At first stop sign turn left (still Herald Harbor Road). Follow winding road past Herald Harbor Mini-Mart and Fire Station. Make no unnecessary turns. A sign indicates when it becomes Long Point Road; continue for 1/4-mile to 256 on your left.

Since parking is not allowed on narrow Long Point Road and space is limited, you may have to unload your car, park it near the Mini-Mart and be shuttled back and forth. (Telephone:301-987-6017)

COMING EVENTS

- JULY 20 - STEAK & SWIM AT THE ELRODS . Margaret Wyckoff coordinating. (301)589-5532. During Margaret's absence (6/27 - 7/10) call Mary Jane McCarthy (301) 949-3703.
- JULY 27 - DINNER AFTER PHANTOM OF THE OPERA - If interested in joining other PVSers at the Brighton Grill at Watergate, call Dina Taylor (301)663-6089.
- AUG. 10 - PICNIC/SWIM/SAIL AT THE FLAKES. Limited to 30. Call Joan (H:301-762-6890 Beach 1-301-858-5345) Or leave message on answering machine. Indicate salad or dessert. Rain date - August 11.
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PAST EVENTS

A VIEW FROM THE BRIDGE by Marilyn Clark

The lines were long - for shuttles, for food, for beverages, for rest rooms. The traffic was bumper to bumper - 3 hours to Annapolis. But, once we were on the bridge all our frustrations were forgotten as, with a record 68,000 crowd, we enjoyed the annual 4.3 mile Bay Bridge Walk and Bayfest in near perfect weather.

Fifteen PVSers and friends started out at Cooper School and four were never seen again that day. Did they give up in the Route 50 traffic and go home? Or did we just miss seeing them in the crowd?

This is the second year the club has "done the bridge walk." Everyone should do it at least once, if only to appreciate the length and grace of the span - something you don't have time to enjoy when you are rushing to the beach on a summer day. Thanks to Ruth Schrider for putting the act together for this year.

A RUN FOR THE JULEPS by Liz Triau

Nancy and Ray Garrett hosted the third annual Derby Day Party on May 4 for 30 PVSers who gathered to cheer their favorite horses to victory. First order of the day was to exchange a little real money for a lot of play money. Then on to Mint Juleps, snacks and BETTING. There was a large board where bets could be placed on various horses in the derby. And, thanks to Jan Marx's creativity there were several other racing games to bet on - Steeplechase, Steamboat, Bicycle.

At 5:30, everyone gathered around one of the strategically located TV sets to watch the main event. Strike the Gold was the winner with an exciting come-from-behind dash for the finish line.

In a special event, the prize for the most beautiful hat was won by Liz Triau and the prize for the raciest tie was won by Serge Triau - sounds like a fix, doesn't it? Actually, the raciest tie was worn by Ray McKinley but was disqualified for being X-rated! From his dashing straw boater to his nifty red socks, Kirk Burns' attire easily won the award for the raciest outfit.

After much high level calculation and money tallying, the prizes were handed out with Nancy Monacelli the big winner again this year. Next year we'll check with Nancy before placing any bets!

Of course the dinner was spectacular and delicious with barbecued beef, beans, many great salads and yummy Derby Pie. PVSers will always win the award for great food! Many thanks to Ray and Nancy for another wonderful Derby Day and to Jan for the fun games.

PAST EVENTS

A RUN FOR THE FUN OF IT by Lu Beale

Four stalwarts - Ray McKinley, Kelly Hensley, Bob Harmon and Dick Clark - were the only ones who chose to actually run in the annual Clark Fun Run on May 18. (Remember when there used to be 10 or 12!) All finished safely but forgot to punch stop watches so it is not known if records were broken.

The rest of the field of 25 ambled along the 6 mile trail enjoying the somewhat overcast, relatively cool day while taking time to smell the roses (honeysuckle, in this case). All welcomed the opportunity to really chat with old and new friends including long-time-no-see-on-the-trail Alice Swalm and first-timer Nancy Sexton, plus world class walkers the Garretts, Swabys, Hensleys, Felkers, & Walns.

After the heavy workout, the group assembled for brunch at the Clark home nearby where they collapsed in the easy chairs on the deck, rising only occasionally to fill and refill their plates with Marilyn's always delectable French toast casserole, assorted home-cooked breads and fresh fruit. Plus beverages, of course! Thanks Marilyn and Dick. Somehow, it seems more enjoyable each year!

MAY MEETING

No one brought a broolly because no one was sure what a broolly was. It was okay, though, because for once, the sun shone - and set - on the Hensleys' annual May meeting and umbrellas were not needed.

It was a beautiful evening and the Hensley gardens and flower-decked patio provided a delightful setting for the 60 some PVSers and 7 guests gathered there.

Jean has an enviable talent not only for growing beautiful flowers and shrubs outdoors but for creative arrangements indoors. Members enjoyed the visual displays while socializing on the patio until it was time to sample the bountiful edible displays on the dining table. The artichoke dip, Mexican dip. Chinese egg rolls and Texas barbecues were big hits.

Bill Anderson, spotlighted on the patio, conducted a somewhat raucous meeting highlighted by reports from the treasurer and program & membership chairpersons. This was followed by coffee and 10,000 calorie desserts. Since the programmed entertainment (a video movie) had been left at home (we won't say whose) the evening ended happily enough with more socializing and snacking, of course.

Jean and Howard, we thank you. You are wonderful and we don't care whether it rains or shines we hope we can keep on coming to your house in May!

HIKING IN THE SHENANDOAH NATIONAL PARK ON MAY 25 - Irene Farrell

Despite our leaders having left the carefully printed travel directions on the kitchen table, all hikers managed to reach the trail-head on time. Three hikers, led by Bob Marx, eagerly took the high road on Cedar Run while the rest followed Jan Marx on the "blue" slopes, meandering on trails lined with mountain laurel and lavender bluebells. It was a warm, humid day (our sunglasses kept fogging up) and a few hikers peeled off as we climbed White Oak Canyon and others threatened to peel off and skinny dip in the cool waters. (Did Huey's camera deter them?)

After rendezvousing with Bob Marx at the top, Lu Beale led us to a secret "cool" luncheon spot with a beautiful view of the falls, after which the descent down for liquid refreshments would have made a mountain goat proud. Thanks, Jan and Bob, for a great hike in my favorite area.

HELMETS, PLEASE!! by John Newdorp

Last year when I arrived at the Commerford home in Leesburg for the annual bike outing on the W & OD Trail, I came in wearing my cycling helmet. As I looked around I found that I was the only one wearing a helmet. Later, on the trail, I noted several others who were also wearing helmets. Although they were very much in the minority.

One who was wearing protective headgear was Sally Finan who was pitched over her handlebars when her chain malfunctioned. She didn't hit hard and had only minor scratches but I'm certain she was happy she had been wearing the helmet.

One of the bikers commented to me that she didn't wear a helmet because she didn't "go very fast." Little did she know how slowly you can go and still get hurt.

The upcoming June bike excursion and other planned club bike trips seem a good time to emphasize the importance of safety headgear for bikers.

According to Consumer Reports, which reviewed bike helmets in its May 1990 issue, more than 75% of the more than 1,000 bicycling deaths each year are caused by head injuries. Studies indicate that bike helmets reduce that risk by 85 percent. CR found that although the use of helmets is increasing, the practice still has not caught on with most cyclists - for instance, only 9% of its cycling readers report using them.

I am not alone in my concern about the safety of fellow bikers. "What most people don't realize," says John Williams, editor of Bikecentennial's Bicycle Forum, "is that a fall, regardless of the speed you're travelling, can be fatal.

The impact of a fall from a height of just 3 feet can cause serious brain injury." Mr. Williams also points out that the vast majority of cycling deaths do not involve professional racers but recreational cyclists.

On the upside, some 2 million helmets are now sold in the U.S. each year and sales increase about 25% annually. This encouraging trend is probably due to the facts that helmets are now more attractive (definitely part of cycling's Lycra image), lighter (some as light as 6 ounces), cheaper (\$20 - \$60). And they have long since lost the "nerd" image.

Headgear is now manufactured in a variety of materials, styles and sizes. Only you can identify the helmet that is "right" for you. The "right" one is the one which protects you, is comfortable to wear and easy to put on so you will not be tempted to leave it behind. A helmet at home does you no good on the road.

For a complete review of CR's test results see the May 90 issue at your library. Should you buy without consulting the ratings, cycling experts advise that you buy a helmet approved by the National Standards Institute or the Snell Memorial Foundation both of which test helmets for protection and efficiency.

THE CLUB EXECUTIVE BOARD REMINDS MEMBERS THAT MONTHLY MEETINGS ARE MEANT PRIMARILY TO KEEP PVSERS INFORMED REGARDING CLUB BUSINESS, TRIPS AND EVENTS AND TO PROVIDE THE OPPORTUNITY FOR SOCIALIZING WITH FELLOW SKIERS WHILE PARTAKING OF LIGHT REFRESHMENTS.

"LIGHT REFRESHMENTS" DOES NOT MEAN DINNER!

MEETING HOSTS ARE REINBURSED A MAXIMUM OF \$100 FOR THEIR EXPENSES. ANYTHING OVER THAT THEY ARE OBLIGED TO PAY THEMSELVES.

AND, WITH ATTENDANCE INCREASING, THIS EXPENSE CAN BE CONSIDERABLE.

SO LET'S ALL LIGHTEN UP. AND JUST THINK HOW OUR FIGURES WILL IMPROVE!!



MEMBERSHIP RENEWAL

It's membership renewal time. A quick response (no later than October 31) will assure your membership in PVS for **TWO YEARS**. **Dues are now bi-annual.**

Please fill in all the information requested on the form so that it can be used to keep our records up to date. Send the form with your check made payable to Potomac Valley Skiers, Inc. to:

Marilyn Clark
8953 Falling Creek
Annandale, Va. 22003

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POTOMAC VALLEY SKIERS, INC.

Membership Renewal

7/1/91 - 6/30/93

Memberships starting after July/92 to be prorated. Date _____

NAME(S)	REGULAR		APPLICANT		Absentee/ Junior \$20
	Single \$40	Couple \$70	Single \$50	Couple \$90	

Junior - under 18 as of 6/30/92.

MAILING ADDRESS: _____
Number and Street City State ZIP

PHONE NUMBERS: _____
Home Office-Him Office-Her

The club needs your assistance. Please check the appropriate spaces if you are willing to:

- coordinate an event
- host an event for Toot
- run a local ski trip
- occasionally write up an event for TOOT

If you are interested in signing up for a ski trip during the following season, what area would you prefer?

1. _____ 2. _____ 3. _____

THE KNEE

by

Ray McKinley



We are now only six months away from a momentous skiing event. That's right. December 5 will mark the 200th anniversary of the death of Wolfgang Amadeus Mozart and the Viennese are making a big thing of it. From what I have read, WAM (as I am wont to call him) wasn't much of a skier. However that hasn't stood in the way of the Austrians who are refranchising everything. Come December, in Austria, you will be able to buy a new line of Mozart skis, with WAM's profile right there on the tip.

They must have Liszt of tie-ins. The beginner's version will be Bach to basics. It's dizzying. The concept gives me Verdi go!

Enuf. With summer upon us, lots of PVSers are packing up. The Browns, the Clarks, the Heitchues and Betty Lawrence are all opening summer houses. And the Walns and the Garretts have been getting boats ready.

Earlier, chief cook Nancy Garrett observed how pleased she was to have the Kentucky Derby party at her house because "it forced me to get my spring cleaning finished."

By the way, never bet against Nancy Monacelli. She won the Kentucky Derby sweepstakes for the second consecutive year. This year she finished with twice the winnings of the second placer.

Now that we've modified our by-laws with the dues increase, Jan Marx asked if it was necessary to send an updated copy to the D.C. government where we are incorporated. D.C. resident Lu Beale begged us not to do anything to add to the District's paperwork problems.

The new change in by-laws will raise our dues a bit. Coupled with paying dues every two years, we will all have to come up with a heavy chunk of change. The good news is that it will remain under \$1,000 a couple.

The bad (?) news is that despite much urging because of the aging of the club membership, we have not instituted a special lifetime membership which is less than the normal 2-year membership.

Getting to the Bay Bridge for the annual May bridge walk was definitely not half (or a quarter or even 5 percent) of the fun. Shirley Rettig spent some two hours on the road shifting into and out of first gear before giving up and turning back.

John Newdorp, traveling from the Baltimore area, didn't have the 3 hour trip. He waited for the Washington group for over 45 minutes before giving up and doing the walk on his own. (If being with 68,000 other walkers was "on his own".) John took it slowly using a Dick Tracy-type wrist-mounted heart monitor. He has developed atrial fibrillation (before it became presidential and "in") and was keeping a close check.

In his message on page 1, Pres (and club wit) Bill Anderson announces a gaggle (assuming 3 is a gaggle) of new appointments. Our new veep is Mary Jane McCarthy - a unique choice since Mary Jane is completely without vice. Bette Walker as TOOT Copy Reader will henceforth insure that the Knee is completely without mistakes. (Another title for Bette: Scapegoat.)

The appointment of a Ski Trip Coordinator is long overdue (25 years) and ex-pres Dick Comerford is a great choice for the job, especially when he's not in Albuquerque.

I'm not saying it was hot and humid on the day of the hike up White Oak Canyon on May 25 but Myron Marquardt (whose wife Fumiko is still missing in Japan) noted it was a good thing the hike was on Saturday because it was bath night.

Finally, a few quotes without comment: From next year's potential Austrian ski trip leader Gorman Young - "You have to be a bit unbalanced to run a ski trip."

From club secretary Irene Farrell - "I spread myself around."

And from recent Texas immigrant Charlie Gordon - "If Texans were meant to ski, they would have made manure white."

!! SKI TRIPS !! - Q PREVIEW

Believe it or not, now is the time to begin planning for the next ski season. We have received tentative plans for the following '91 - '92 trips:

1. Steamboat Springs, Colorado - A December 7 - 15 return engagement of Wedel Week, Airfare NOT included
Leader: Dick Comerford (703) 777-9374
2. Mont Sutton, Canada - January 12 - 19 is a renewal of PVS's most popular outing (still waiting on info. about Canada's General Service Tax)
Leader: Jack Peoples (301) 840-2213
3. Lech & St. Anton, Austria - 17 days from January 24 to February 9, 3 star hotels, breakfast and dinners and a last night in Munich
Leader: Gorman Young (202) 244-2319
4. Aspen & Keystone, Colorado - 2 weeks February 15 - 29, three packages available, explore the OUTBACK, Keystone's new mountain
Leader: Dina Taylor (301) 663-6089

SUGGESTION: A \$25 deposit, refundable until trip fliers appear will hold spaces for you on these exciting trips.

If you have any suggestions, or want to lead a trip call Dick Comerford (703) 777-9374.

NOTE TO SENIOR SUTTONITES DUE LIFT TICKET REFUNDS:

Jack Peoples has been in constant and often frustrating communication with the Canadian government in an effort to regain taxes paid during the Sutton trip of 1991. Progress is being made, but slowly, as he deals with the bureaucracy. Suttonites hang in there and someday your ship will come in!

PVS OFFICERS

President ... Bill Anderson
 Vice President ... Mary Jane McCarthy
 Secretary ... Irene Farrell
 Treasurer ... Margaret Wyckoff
 Membership ... Marilyn Clark
 Program Chairman ... Ray McKinley
 TOOT Editor ... Lu Beale
 TOOT Production... Jan & Bob Marx
 TOOT Copy Editor ... Bette Walker
 PVS Answering Service ... The Marxes
 (703-451-9158)

EXCOM

Second Term:
 Bill Brown
 Howard Hensley
 June Kelsay

First Term:
 Joan Flake
 Bob McNeill
 Jack Peoples

- 9 -

COOK'S CORNER



by

Nancy Garrett

The annual meeting always draws a big crowd and when that is combined with the goodies that we know

Barbara Leonhardt will prepare, the number increases. Barbara agreed to share many of her recipes with us. Presented are three appetizers and one dessert. The dessert recipe was requested by many at the meeting. Prepare and enjoy.

SALMON SPREAD

Mix together:

- 1 (15½ oz.) can salmon
(remove skin and bones)
- 1 (8 oz.) cream cheese, softened
- 1 Tablespoon lemon juice
- 2 teaspoons grated onion (may use dried)
- 1 teaspoon prepared horseradish
- ¼ teaspoon salt
- ¼ teaspoon liquid smoke

Form into two balls or loaves and roll in:

- ½ cup chopped pecans
- 3 Tablespoons minced parsley

Refrigerate for several hours and serve with crackers.

BRAUNSWEIGER ASPIC

In medium saucepan, mix and simmer for 5 minutes:

- 1 can (10-3/4 oz.) beef consommé
- 1 package unflavored Knox gelatin

Pour half of consommé into ring mold and refrigerate for one hour.

Mix together:

- 1 small package liver sausage
- 1 teaspoon lemon juice
- 2 green onions, chopped
- 2 Tablespoons minced parsley

Spread over consommé in mold. Add remaining consommé. Refrigerate. Unmold onto plate lined with lettuce leaves. Serve with crackers.

CHEESE BALL

Mix together until well blended:

- 2 (8 oz.) packages cream cheese
- 2 Tablespoons seasoned salt
- 2 Tablespoons minced onion
- ¼ cup finely chopped green pepper
- 1 (8 oz.) can crushed pineapple
(drained)

Form into large ball and roll in:

- 1 cup crushed pecans

Refrigerate several hours. Serve with crackers.

CHOCOLATE CHIP CHEESE BARS

- 2 packages Pillsbury Slice & Bake
Chocolate Chip Cookie Mix (i.e., rolls)
- Place one roll in freezer. Press the warmer Slice & Bake cookie mix into a 9" X 16" pan to cover bottom of pan.

Mix together:

- 1 (6 oz.) bag chocolate chips
- 2 eggs
- 2 (8 oz.) packages cream cheese
- 1 cup sugar
- 1 teaspoon vanilla flavoring

Spread over cookie mix in pan.

Slice the frozen cookie mix and place over top of cheese mixture. Sprinkle with:

- ½ cup pecans

Bake at 350° for 50 minutes. Chill well or freeze. Cut into bars when cold. Makes approximately 24 cookies.

An extra from Barbara for the Bar-B-Q
MARINADE FOR FLANK STEAK

Mix together:

- ½ cup honey
- ½ cup soy sauce
- 2 beef bouillon cubes dissolved in
1 cup hot water
- ½ cup ketchup
- 2 teaspoons worcestershire sauce

Poke lots of holes in both sides of flank steak with fork. Marinate 1-2 days turning several times.

CALENDAR

- June 8 ... Eastern Shore Bike Hike. Call Bill Brown (301-299-5187)
- June 14 ... Evening at Wolf Trap. See page 2.
- June 18 ... Monthly Meeting at home of Betty Lawrence.
- June 22 ... Boating weekend with Dean Worcester. Limited. Call Rosy Soler(301-649-2155).
- June 25 ... ExCom at the Clarks.
- June 29/30 ... Rafting on the Youghiogeny. Call Dina Taylor(301-663-6089.) -
- July 20 ... Steak & Swim at the Elrods. Limited. See page 3
- July 23 ... ExCom at the Evans' home.
- July 27 ... "Phantom of the Opera" and dinner afterwards. See page 3.
- Aug. 10 (Rain date: Aug. 11) ... Afternoon at the Flakes. See page 3.
- Aug. 31 ... Bike/Sup with the Comerfords in Leesburg.
- Aug. 27 ... ExCom at the Garretts.



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