



Potomac Valley Skiers, Inc.

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PRESIDENT'S MESSAGE

I would like to reiterate on a topic I talked about at the May general monthly meeting, pertaining to PVS ski trips for the 1995-96 season. The trip committee and the trip leaders have worked very hard to seek out and plan trips which should appeal to the membership, including trips to Colorado, Sun Valley, and Europe. I believe that there is at least one trip suitable for any member who is planning a trip for the coming year. So, I want to thank the trip committee and trip leaders for their fine effort, and encourage members to participate in this PVS activity. It is always helpful to select which trip(s) you are going to take as early as possible, so it will assist the trip leaders in their activity and also to make sure you get the trip you want before it fills up.

I also want to report that PVS hosted the Spring meeting for the Blue Ridge Ski Council on April 30, 1995, and thank Dina Taylor for handling this activity for PVS. Because I have received some questions from members about the BRSC activity and our participation in it, I have included a brief article in this Toot with general information about the BRSC.

You will probably be glad to hear that I am retiring the K2 Cow Bell from future monthly meetings. It didn't work anyway and I will just rely on my vocal cords to keep the meeting moving.

Serge Triau, President



MONTHLY MEETING AND WELCOME TO SUMMER
JUNE 20, 1995 - 8 p.m. BYOBS*

Home of Betty Lawrence, . 525 Haven Lane, Great Falls,
Virginia. Tel: 703-759-0471.

Directions: Take Beltway Exit 13 onto Route 193
(Georgetown Pike) toward Great Falls. Drive 6.3 miles
to Great Falls where you turn right on Walker Road. Go 1.1
miles to left on Squires Trail. At the end of the road, turn
left onto Haven Lane and proceed to #525 on the left.

*Bring your own bathing suit.

-COMING EVENTS-

CATOCTIN MOUNTAIN HIKE, JUNE 10 (Rain or Shine)



The annual spring hike will include a one-hour private tour through a micro brewery (The beer tasting is free.) and dinner at 5:30 at Tauraso's, a nearby restaurant.

Nat Seeman will lead a 5-6 mile hike and Lu Beale will lead a 2½ mile hike to Cunningham Falls.

Call Nat Seeman at 703-461-0859 by June 3 so that reservations can be made. (If you can't be sure by that date, call and there will probably be room.) You may sign up for any one or all events.

Nat will coordinate 10:30 carpooling from Fair Lanes Bowling Avenue on Shady Grove Road. If you plan to drive directly to the Park, see May TOOT.

BRITISH EMBASSY MUSIC HALL, June 13, 1995.

Forty-five PVSers have now paid for the Music Hall, filling this event. Call Marilyn Clark (703-978-9435) to check on cancellations if interested.

The Embassy is located at 3100 Massachusetts Avenue, NW, in Washington. For parking, turn on the road between the Embassy and the Naval Observatory. COME EARLY - by 7 - to find space. Marilyn will be inside to distribute the tickets. The show starts at 8.

MID-WEEK BIKE TRIP, THURSDAY JUNE 15, 10:30 A.M.

A mid-week bike trip around Bethesda, Kensington, and Rockville has been planned for Thursday June 15th on flat to rolling terrain, mostly bike trails, over a distance of approximately 15 miles. Lunch, while in route, will probably be at the Kensington Tea Room. For further information or just to let us know your coming, call Betty Byrne, (202) 483-4048 or Marvin Hass, (703) 751-4737.

Directions: Meet at Candy Cane City (Across the foot bridge from Beach Drive Parking Lot) at 10:30 A.M. Connecticut Ave exit south (MD 185) from beltway (App. 1 mile) to East-West Highway (MD 410), left for one mile to Beach Drive. Turn right on Beach Drive for 1/2 mile and park on left.

HOT AUGUST DAYS

They will soon be upon us. We've a great solution for one of them. On August 19, join PVS for a cool, relaxing day of tubing. This is not white water. This is floating, floating slowly down a meandering river. Within minutes your cares and worries, as well as the heat and humidity will disappear as you unwind on the cool refreshing water. Please call Shirley Rettig now at (703) 836-0147 to sign up. Because like it or not, those hot, humid dog days are almost here.

P A S T E V E N T S

OENOLOGY, HISTORY AND ALL THAT by Lu Beale

Kudos to Charles Huggins who organized and led 7 PVSers on a hugely successful Lingamore Winecellar and Eisenhower Farm tour on May 18th.

Undeterred by lowering skies and storm weather forecasts, the 8 adventurers drove 40 scenic miles to the Berrywine Plantation in Frederick County. We were cordially greeted by proprietress Lucille Greco-Aellen who, for the next hour or two, plied us with samples of wine (28 in all!) while simultaneously instructing us on the mysteries of oenology, telling us all we ever wanted to know about wine but never thought to ask.

As Lucille lectured, we politely sampled the proffered Seyval, Nouvelle, Cayuga, Tickled Pink, etc. After a time, we persuaded Lucille to abbreviate her dissertation and quicken the sampling. After that, samples of Vidal, Apple, Chancellor, Skipjack, etc. were thrown down the hatch in fairly quick order. There were still about ten bottles to sample when Lucille finally gave up the instruction bit and put all the remaining bottles on the counter where, willy-nilly, we had at it before proceeding to the sales room to buy bottles of all we had sampled.

There followed a relaxed picnic lunch at outdoor tables in a truly sylvan setting before finally saying farewell to Lucille and setting out for Gettysburg and the second half of the day's program.

At the Eisenhower farm - now a national historic site - we enjoyed a self-guided tour which included a glimpse of Mamie's pink dressing gowns; the porch where Ike painted while Mamie watched "As The World Turns"; the outdoor barbecue where Ike grilled the steaks; and, of course, Ike's private putting green.

Then it was back to the Visitors' Center and a hearty thanks to our leader, Charles Huggins, and a cheerful farewell to our fellow oenologists before heading home with the bottles of wine we had purchased for those unfortunate ones who had to miss so festive an occasion.

MAY MEETING

by Shirley Rettig

Forty PVSers, more or less, gathered at the Springfield home of Charlotte Couture for the May meeting. For once the rain jinx skipped a month, and we had a beautiful spring evening to enjoy Charlotte's deck and her lovely garden complete with pool and goldfish. She provided a great spread of food and drink, assisted by her fiance and her spry nonagenarian father.

President Serge Triau convened the business meeting, and called on Ray McKinley, now graduated from wheelchair to crutches, to give us a rundown on coming events. Trip leaders gave us updates on plans for next winter's ski trips. Plans are not yet complete, but they are shaping up nicely.

After the business meeting, there was dessert and coffee for the road. Thanks for the great hospitality, Charlotte, and invite us back to the new house in Vienna!

THE ANNUAL FUN RUN WAS FUN!

Over 25 PVSers thought they had surely been living virtuous lives when they were greeted with perfect weather for the annual fun run with the Clarks. A small amount of mud underfoot could not mar the pleasure of the deep blue skies overhead and sparkling waters to one side. The hikers (no runners spotted) kept up a pretty good pace until they encountered a row of cardboard boats assembled at one end of Lake Accotink for a regatta later in the day. They were so imaginative all had to stop and admire the creativity--tho all were not sure they wanted to take sail in the paper craft.

The six-mile circumnavigation gave every one a tremendous appetite so the now PVS&Eers piled into the fruit bowl, sausage bake, egg and cheese soufflé, poppy seed and walnut breads, and assorted libations so enthusiastically that when hostess Marilyn was ready to eat she found only crumbs left. Sorry, Marilyn--we couldn't restrain ourselves! Thanks and kudos to Marilyn and Dick for a super event.

ABOUT THE BLUE RIDGE SKI COUNCIL (BRSC) By S. Triau

The BRSC is currently made up of 15 ski clubs which represents over ten thousand (10,000) skiers from Maryland, Virginia, and Washington, DC areas. It's charter also includes the State of West Virginia, but presently there are not any clubs from WV. Each of the clubs has three delegates assigned to the BRSC (presently PVS's are Nat Seeman, Dina Taylor, and the president), and it elects a slate of officers from these representatives for two year periods (the president is Kitty Imdahl, from the Columbia Ski Club- at one time she was a member of PVS). They have general meetings twice a year in the Spring and Fall; the last meeting was April 30, 1995 at Gaithersburg and the next one is on September 24, 1995 to be hosted by the Arlington Hall Ski Club.

The BRSC has two major ski trips every year: the winter carnival which this year is at Steamboat, CO on February 3-10, 1996; and the Ski-O-Ree trip which will be at Killington, VT in January 1996 (exact dates not yet pinned down). The organization promotes all ski activity with an emphasis on safety, ski patrol activities, and contributes funding to such organizations as the National Handicapped Sports (now called Disabled Sports USA), and the Regional Ski Patrol. The BRSC is a key sponsor of the Spring Fling, which just raised \$40,000.00 (net) on April 29, 1995 for Disabled Sports USA.

I would summarize by noting the three major areas of benefits to PVS from being a member of the BRSC:

1. A vehicle for giving back to the skiing community via charity and general support for skiing activities.
2. The benefits from being part of an organization that represents over 10,000 skiers.
3. Networking with the other clubs, sharing common problems/solutions.

If anyone is interested in some of the history of the BRSC, there was an article published in the January 1993 Toot, written by Bill Anderson. If you have any further questions about the BRSC please bring them to the general meeting or call me.



!! SKI TRIPS !!

Sun Valley



SUN VALLEY, IDAHO - JANUARY 27 to FEBRUARY 3, 1996.

Best cruising mountain in the U.S. according to Snow Country Magazine. There are two mountains: Dollar is beginner/lower intermediate; Baldy is 36% lower intermediate, 42% intermediate; 22% expert.

We will be staying in world-famous Sun Valley Lodge with perhaps a few people in elegant condominiums.

Please send a deposit of \$100 as soon as possible to Jack Peoples, 12405 Village Square Terrace, #102, Rockville, MD, 20852-1946.

SKIING THE ROMANTIC ALPS - FEBRUARY 16 to MARCH 2, 1996. Dina Taylor, leading.

Gateway: Zurich, with skiing at St. Anton, Austria and St. Moritz, Switzerland.

Experience charmingly historic Zurich (Friday) before returning to the U.S. Trip is limited to one bus. Details are awaiting confirmation.

To secure a space on this fabulous adventure, send a check for \$50 (fully refundable if not pleased) payable to Dina Taylor. Mail to 8403 Stonehouse Road, Frederick, Md. 21702.

For information call Dina: Home: 301-663-6089;
Office: 301-427-3240.



DECEMBER 5TH TO THE 12TH '95

Enjoy 7 nights at the Four Star Iron Horse Resort located on the slopes of Colorado's famous Winter Park Ski Resort!!.

Accommodations at the Iron Horse are the Sports Suites¹ which include a kitchen, microwave, complimentary firewood, and cable TV. Also at the Resort are outdoor hot tubs, and a outdoor heated pool.

Winter Park's 9100 foot (2774 meters) base assures great early snow!!

INCLUDED IN THE SKI PACKAGE:

Flight from Washington on December 5th to Denver's new airport with return on the 12th. Air fare of \$265 and airport transfer taxes are included in the price below!

Transportation from Denver airport to Resort at Winter Park.

Wine and cheese party upon arrival at Resort.

Five day lift tickets.

Two dinners at local restaurants (Being negotiated).

A buffet lunch on the slope.

Famous PVS Apres-ski's.

ALL FOR THE PER PERSON PRICE OF:

	<u>Less than 62 YOA</u>	<u>62 to 69 YOA</u>	<u>Over 70 YOA</u>
W.T.P. Air:	885	834	760
Land:	620	569	495

Interested??? Then please send your \$50 deposit to:

George E. Hicho
7404 Cliffbourne Ct.,
Derwood, MD 20855-1101
301-963-1836

Or For More Info: Call Co-Leader
Ray McKinley
@ 703-527-7126.

(Please make the check out to George E. Hicho, and in the memo space please write, "Winter Park, '95").

1) Two (2) per room.



COOK'S CORNER

by
Nancy Garrett

As promised, the balance of the recipes used for the Spring Dinner are provided. The recipes came tested from the kitchens of the 3 planners, Genee Boykin, Marilyn Clark and Nancy Garrett. If you have a question about the recipes, call any of us.

PECAN WILD RICE PILAF

In a medium saucepan, bring to boil:
- 4 cups chicken broth

Add:

- 1 cup wild rice, well rinsed

Bring back to a boil, reduce heat to medium-low and cook, covered for 50 minutes, or until rice is tender. DO NOT OVERCOOK. Place rice in a large bowl.

In another saucepan, bring to boil:

- 2 1/4 cups water

Add:

- 1 3/4 cups wheat pilaf

Stir well. Cover and bring back to a boil.

Reduce heat to low; simmer 15 minutes, until pilaf is tender. Remove from heat; let rest for 15 minutes and add to wild rice.

Add to wild rice mixture:

- 1 cup pecan halves
- 1 cup dried currants
- 1 bunch scallions, thinly sliced
- 1/2 cup chopped Italian parsley
- 1/2 cup chopped fresh mint leaves
- Grated zest of 2 oranges
- 2 Tablespoons olive oil
- 1 Tablespoon orange juice
- Freshly ground black pepper

Toss well and serve at room temperature.

GREEN PEPPERCORN SAUCE was made following McCormick mix directions. Serves 8.

STEAMED ASPARAGUS

One pound of asparagus will serve 4 to 6 people. There are various ways to prepare.

STEAMER: Follow directions for your particular steamer - takes 15 - 20 minutes.

STOVE TOP: Place small amount of water in bottom of large skillet. Add rinsed asparagus. Cover and cook 5 - 8 minutes until crisp tender.

MICROWAVE: Rinse asparagus generously, do not shake water off. Place in flat dish - large pieplate or oblong microwave dish. Cover with plastic wrap, folding back one corner for venting. Cook 1 minute for each 5 stalks of asparagus. After 2 minutes, rearrange stalks, and turn dish. Let stand for 2 minutes.

Sprinkle cooked asparagus with any of the following: lemon juice, butter or butter flavored PAM, sesame seeds, parmesan cheese, orange juice, chopped egg, cracked black pepper.

CHOCOLATE DELIGHT

Mix together and press in 9 X 13-inch pan:

- 1 stick margarine, softened
- 1 cup flour
- 1 cup chopped pecans or walnuts

Mix together and spread on flour mixture:

- 1 8 oz. package cream cheese, softened
- 1 cup confectioner's sugar
- 1 cup Cool Whip

Mix together and spread on cream cheese layer:

- 1 large or 2 small packages instant chocolate pudding mix
- 2 1/2 cups milk (Use 3 cups with large mix)

Cover chocolate layer with Cool Whip. Sprinkle with 1/2 cup chopped nuts. Can also use mint chocolate curls for topping. This is a very rich dessert. Serves 12 -16 small servings.

CAESAR SALAD DRESSING was Ken's Lite Caesar Salad Dressing.



THE KNEE - 9 -

by

Ray McKinley

It's a strange time of year.

Summer is upon us, I have last winter's pictures in the camera, and now, it's time to think of 1996 ski trips. 1996—I'm still writing 1994 on checks! Time certainly flies.

So do PVSers. John Newdorp and Audrey Conner are off for a month in Alaska and British Columbia. Later this summer Knox and Karen Felker will visit Santa Fe and Taos. Karen will be singing in Santa Fe and both expect to check out Taos and Angel Fire ski areas. I hate to break this to you, Felkers, but August is not optimum ski time in Knee Mexico. But rates are down.

While not skiing in Knee Hampshire earlier this year, Myron Marquardt and Bob Harmon were playing ping pong (or ponging your ping). They were challenged by two muscular thirty-year-olds. Myron and Bob clobbered them (pinged their pong). Final score 15-6. Pong on.

The Knee didn't attend Jack Peoples' post trip party. To get some hot gossip I recruited a stringer, our ex-Toot Editor and current Veep (I promised not to use Lu Beale's name in the column for a while. Whoops). Ankneeway, my stringer failed. She was too busy eating Ruth Schrider's great munchies to collect gossip! Ping on.

On leaving the party Mary Jane Harper made a mistake. She asked to follow Bill Anderson to the beltway. Kneedless to say, Bill got lost. About seventy minutes after leaving Ruth's upper Silver Spring abode he arrived in Chevy Chase—without ever sighting the beltway. Mary Jane hasn't been seen since.

At the Aspen post trip party, hostess Dina Taylor greeted participants with small, elegant looking figures on each of her fingernails. Dina had them applied by someone at work. Clearly a case of digital imagery.

New ExComer Ned Flaherty wants to run a late season trip to Crested Butte. He just discovered that on the last day of their season, the locals all ski naked. I can, ahem, barely comment. I'm a-buff such reporting. However, it does make the 6 o'clock nudes. Ahem.

This summer Aina Thomas and Glady Youngblood will wing it to Maine where they will work with the Audubon Society on one of the coastal

islands. Despite thinking the idea is for the birds, I won't take any cheep shots.

It's been a strange year. For the first time in memory, PVS has suffered no major injuries on any of our ski trips. But that's certainly not the case since. Our two newest: Carol Parmenter injured her back while gardening. It may delay her going to Cape Cod. And club secretary Irene Farrell broke a bone at her left elbow in a biking accident. We should stick to skiing.

After a lengthy zoning battle, Reg and Jean Heitchue finally persevered. They have just started construction in Annapolis. The Knee still thinks 12 stories on a 50-foot lot is a bit much.

Dot Mason is back from a tour of Australia. She apparently had rendezvous down under with this guy named Sydney because on return she crowed "I love Sydney!"

Closer to home, Jan Marx is back from Las Vegas. She drove son Brian out there for his summer job. Coincidentally Bob Marx went to Switzerland for meetings. And now for a real Knee scoop—this could make the National Enquirer—Bob loves Sydney, too.

This, of course, leads to Bette Walker. While having oriental food in Canada, Bette's fortune was "you'll find love in odd places." Later, she almost skied over a fallen skier, noting "he wasn't very good looking." It was Sydney.

PVS had a lovely May meeting at Charlotte Couture's. Aside from preparing all the great edibles, earlier in the day Charlotte signed a contract to sell her house. She and fiance Jim also just bought a new home (likely PVS-sized as they have a total of 10 kids), and are planning a July wedding. A quiet summer.

Mary Jane McCarthy missed the meeting. She was on vacation at home. Her first non-PVS Tuesday in two years. Right on.

The meeting was quite lengthy as we had to await Glade Flake finding a seat. Eventually (that means after a long, long time) Glade found one next to Aina. Almost immediately Aina got up and left noting "He's too hot." Golly gee, this column has real gossip!

Marilyn Clark now calls our Pres. "Slick Serge." Prior to the Fun Run, Sally Finan locked her keys in her car. Quicker than you could say "break and enter" Serge found a hanger, slipped it through the window and voila! Right on.

CALENDAR

- June 10 ... Catoctin Hike. Page 2.
- June 13 ... British Embassy Music Hall. Page 2.
- June 15 ... Midweek Bike Trip. Page 2.
- June 20 ... Monthly Meeting at Betty Lawrence's. Page 1.
- June 24 ... Whistler Post Trip party at the Heitchues'.
7:30 p.m. Call McKinleys for more information.
- June 27 ... ExCom at Bette Walker's.
- July 13 ... Midweek bike trip along the Canal from Great Falls to Seneca.
- July 22 ... Second Annual Pre-Ski-Trip Party at the Clarks.
- July 25 ... ExCom at the Flahertys'.
- Aug. 12 ... Boating party at the Flakes' in Annapolis.
- Aug. 19 ... Tubing on the Antietam. Page 3.
- Sept. 2 ... Crab Feast at Betty Lawrence's.
- Oct. 7 ... PVS 30th Anniversary Party.

Oct MTH McNeill

Corrected telephone number: Marvin Hass - 703-751-4737.



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