

VOLUME XXIII *Potomac Valley Skiers, Inc.* DECEMBER, 1988
NUMBER 11 WASHINGTON MARYLAND VIRGINIA

PRESIDENT'S MESSAGE:

Gail Pease is the Nominating Committee Chairwomen for the 1989 PVS elections. The committee will present nominees for President and three members of the Executive Committee which will be published in the February Foot. Nominees must agree beforehand to serve if elected. If you are interested in a position on EXCOM or if you want to suggest someone, give Gail a call; 620-4573, 248-2100 (w).

SAFETY UPDATE: Salomon bindings S127 Mini or S137 (manufactured during 1985 through 1988 ski seasons) are being recalled due to Salomon not being "satisfied with the overall quality of the bindings". They have not received any complaints on the performance. These have red heel housings and white heel caps. Any authorized Salomon dealer will replace these models for free.

Janet Janet Marx, President



TUESDAY DECEMBER 20, 1988
8 P.M.
ANNUAL GLÜHWEIN PARTY
AT THE HEITCHUES
2146 Owls Cove Lane, Reston
Telephone: 860-9190

DON'T MISS THIS ANNUAL HOLIDAY PARTY HOSTED BY REG AND JEAN

Donations of your special holiday goodies will be welcome!

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 first light onto Whiele Avenue.*Continue to deadend, 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*

DIRECTIONS

FORECAST OF CLUB EVENTS

SATURDAY, DECEMBER 3rd. 7 P.M. WINTERFEST DINNER
Call Coordinator Rosemary Soler 649-2155

SATURDAY MARCH 4th GOURMET WINE TASTING AT THE COPES

Limited attendance. Call Don Cope to reserve your space. Telephone: 836-5436.
Start getting in shape for this one! Ray McKinley reminds us that it an occasion for the elite. No picas allowed.

A REMINDER: OUR CLUB POLICY IS THAT IF YOU CANCEL FROM AN EVENT AFTER THE DEADLINE AND THERE IS NO ONE WAIT-LISTED TO TAKE YOUR PLACE YOU ARE RESPONSIBLE FOR PAYING YOUR SHARE OF THE EXPENSES EXCEPT, OF COURSE, IN THE EVENT OF UNFORESEEN EMERGENCIES.

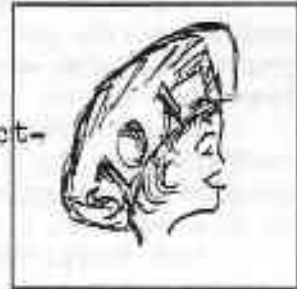
CALENDAR

- DEC. 3 ... Winterfest Dinner
- Dec. 20 ... Glühwein Party at the Heitchues. See Page 1.
- Dec. 27 ... ExCom at Marilyn Clark's. (978-9435)
- Jan. 17 ... Monthly Meeting as Paul Yessler's. 8 P.M.
- Jan. 24 ... ExCom at Rosemary Soler's. (649-2155).
- Feb. 21 ... Monthly Meeting at the Marx home. 8 P.M.
- Feb. 28 ... ExCom at Bette Walker's. 7:30 P.M. (333-0766)
- Mar. 21 ... Monthly Meeting at the Ufholz home. 8 P.M.
- Mar. 28 ... ExCom at the Wyckoffs'. 7:30 P.M. (589-0942).
- Apr. 18 ... Annual Meeting at Adele Waggaman's.

MARCH 4 - WINE TASTING AT THE COPES. DETAILS LATER.
BUT RESERVE NOW!

THE RAY MCKINLEY ANNUAL CHILI HIKE by Nancy Garrett

At 1:30 p.m. on November 19, 21 stalwart, properly attired people began the Annual Chili Hike. The attire consisted of ponchos, raincoats, parkas, and an especially chic hat worn by Myra Evans which was fashioned from the lower third of an Erol's bag (see picture).



For the hiking portion of the day, Lu Beale reversed the direction we would hike. It was interesting to see the area from a different perspective. Mother Nature kept us cool with a drenching rain. Irene Ferrell was heard to remark, "Now I know why we call this a 'chilly' hike!" Suzanna Swaby promptly agreed.

The most enervating experience of the day was scaling the hill we have heretofore descended. Myra made slow progress, descending 7 feet for each 5 feet gained. If not for Ray Garrett and Dick Clark assisting, some of us might still be on that hill, even as you read (me included). We finally reached known terrain and familiar markings. Knox Felker observed, "Here's Lu telling us to go to blazes!", blue in this case.

The Federal Register, October 6, 1988, set the standard for Chili Con Carne - ". . .Head meat, cheek meat, and heart meat exclusive of the heart cap may be used to the extent of 25 percent of the meat ingredients. . ." Ray guaranteed that none of the above was used. In fact, Ray starts with 18 pounds of beef round which far exceeds the standard.

The less hearty (smarter?) came for dinner to sample the ample appetizers, salads, and desserts. While we tried to convince ourselves that the hike had burned sufficient calories for us to eat as we wished, the vast array of palatable potables was too much to resist, and we all left sufficiently sated. A huge thanks to Ray for again hosting this super fun and food filled event or as Ray has been known to say, "Another boring PVS event!!"

NOVEMBER MEETING by Here Sey

On November 15th, 36 PVSers found their way (some more easily than others) to the Fairfax home of Janet and Chris Waln for the monthly meeting that traditionally features a demonstration of the latest in ski equipment.

First (as always!) the food: Fantastic! By some magic, Janet produced a variety of international hors d'oeuvres that included Hummus (a mid-eastern dish with garlic and chick peas); Piroshki (a Russian pastry with mushroom filling); and two exotic patés. A card at each dish gave the name and contents of each delicacy.

After considerable munching, guests settled down to the business meeting conducted by Prez Jan Marx and the equipment demonstration presented by Brian Eardley of the Ski Center.

Of special interest was the emphasis placed on establishing the correct "balancing point" on the skis for the individual - a point that can be determined and corrected, if need be. The Ski Center is one of only two places in the East able to provide this testing (\$15) and correction (\$16).

Among boot improvements, Brian demonstrated the Lange which is equipped with a "very good" rechargeable heater and the Salamon which not only has a "good fit" but a very easy rear entry.

Following the demonstration guests regathered around the dining table for desserts -determined to leave no dish in need of the dish washer. It wasn't until after 11 P.M. that the last guest departed and so concluded another wonderful evening at the Walns. The Walns will be leaving the area this spring. We shall miss them and hope they will be reassigned here someday. In the meantime, thanks, Janet and Chris, for your good company and generous hospitality.

WASHINGTON SKI SHOW by Jan Marx

The show was declared a success and the PVS Reluctant Dragons showed firey determination. Your Prez persisted along the bicycle course as she watched experienced, thick thighed, and younger bikers pass her by on their 37 speed precision machines.

Larry Pease reported that the ski deck "wasn't hard", but then ANYTHING to do with skiing "isn't hard" for Larry. He staved off the boredom of executing consecutive turns for an hour by watching himself in the mirror...and the aerobics class in the next room.

PVS distinguished itself by being the only club to enter the 5-runner team race! Management cancelled that event. However, we had 3 runners and a 2 woman cheering section for the 10K race. Dick Clark, our Flying Dragon won a 3rd place medal in his age group and was 6th out of the 9 team runners. The Knee loped his knee along with 1st time 10Ker Bob Marx on that pretty, sunny morning.

TRI-ATHOLON RESULTS

- 1- SCWDC, White Lightening 288 points
- 2- SCWDC, Blue Blazers
- 3- Pentagon, Guts
- 4- SCWDC, Redskins 286 points
- 5- Fagowess, 275 points
- 6- Fredericksburg, 253 points
- 7- PVS, Reluctant Dragons.* 246 points
- 8- Pentagon, 193 points
- 9- Wash Ski International Racers 97

10K RESULTS

- Dick 47:19:924 /7:37 minute mile.
- Ray 55:23:478 /8:53 minute mile.
- Bob 55:23:754 /8:55 minute mile.

Willing PVS volunteers came Sat afternoon to hand out pamphlets and man the office; Sheldon, Ginny, Maggie, Bob and Ray. Warren Miller's film was exhilarating and Slade's dinner was thoroughly enjoyable for the Walns, Marxes, Clarks, Ray and Sheldon. (Ask Chris when he last had a milk shake "like they were made in the good old days".)

A special thanks to all PVS participants who supported our club and thus supported the recipients of the Ski Show.

It's That Time Again !! !! SKI TRIPS !!

BLUE KNOB - (Mon. & Tues) or (Thurs. & Fri) Dec. Before The Holidays
Pre-Sutton warm ups. Approximate cost of two days skiing, one night lodging at the Best Western Motel in Bedford, and breakfast \$56. Senior citizens (over 65) \$46. Departure will be from the Peoples' home early in the morning and car pool to Blue Knob. Each car pool will share their own transportation cost.

Contact Charles Huggins (424-5725) or Jack Peoples (840-2213) regarding reservations and weather conditions.

!! SKI TRIPS !!

MONT SUTTON January 8 - 15, 1989

Leader Jack Peoples (840-2213) reminds all participants that final payment was due on November 25th. \$136 for drivers. \$285 for all others.

PVS SKI THE ALPS IN TYROL January 20 - February 5, 1989

Leaders Bob and Margaret Wyckoff (589-5532) might still be able to accomodate late sign-ons. Call for information.

COPPER MOUNTAIN, COLORADO January 26-30, 1989.

Leader: Jim Wingrove. Home: 762-4887. Office: 653-6922.

BRSC SKI WEEKEND AT CANAAN VALLEY January 27 - 29, 1989

One room left. If interested, call Coordinator Dina Taylor NQW. Office: 427-3227. Home: 301-663-6089

COLORADO ADVENTURE February 11 - 25, 1989

There are still a few places available for Keystone and one double-occupancy room available in Aspen. If interested, call Leader Dina Taylor as soon as possible. Office: 427-3227. Home 301-663-6089.

BANFF CANADA February 19 - 26, 1989

Leader: Jack Peoples (301) 840-2213
5 days skiing at Mt. Norquay, Sunshine and Lake Louise
First Class lodging at Banff Springs Hotel.
Cost: \$869
If interested, call Jack for more information.

SALT LAKE CITY AREA - March 2 - 9, 1989

Anyone interested in a budget trip to Utah the first week in March should contact Shirley Rettig at 836-0147. Plans are to stay at Motel 6 in downtown Salt Lake City and rent cars enabling skiers to ski at seven different areas.

The trip is tentatively set for Thursday March 2 to Thursday March 9 to take advantage of off-peak airline rates and also avoid the weekend crush at the airports. The cost of this week of skiing some of the best areas in the world should not exceed \$600 excluding meals and incidentals.

THE KNEE

by

Ray McKinley



This is the Knee's ninth holiday season (March will mark my 10th ankneeverarknee). Once again I wish all of you a Merrknee Christmas and a Happy Chankneeka.

Dear readers, I don't want to appear overly maudlin (underly maudlin or even Bill Maudlin is okay) but I am particularly grateful for you this year, without your support, readership and - of course - foibles, there would be no Knee. I wish you whiteness.

Have you noticed PVS's association with local ski shops? In barely a month we had Marilyn Clark and her splendid fashions from Alpine Ski Shop, PVS extensive support of Ski Chalet's Ballston Ski Show and Ski Center's Brian Eardley and his wonderful ski equipment report.

Brian almost didn't show this year. When he learned the meeting was to be "far out" in Virginia he hesitated. Lu Beale, who was making the arrangements, said that was okay we had someone from Ski Chalet lined up as a replacement. Brian quickly decided he had no problem. Turns out Lu doesn't know anyone at the Ski Chalet from Adam. Don't play poker with her!

Did you know I'm part Ukrankneeian? My knee.

The Ski Show was fun. You should try to participate next year. The Knee did this year. With Bob Marx and Dick Clark I ran in the 10K. This was my first 10K after knee problems. My knee is now fine.

If you think my reporting on my knee is excessive (I've only mentioned Betty Comerford's and Vivian Barry's similar problems twice) tough. It's my column! If you want to suffer through all those boring PVS events just to report happenings then you can write about your knee. Ankneeway, after

our "hard" work at the Ski Show, a few of us got together for dinner. Included were the Clarks, the Marxes, Sheldon Drews, the Wahns and, of course, the Knee. (It was, of course, boring - but that's my albatross.)

Among the desserts offered was Mango Mousse. Dick Clark decided not to have mangy moose. Janet Waln noted that a ski accident likely resulted in the mangled moose. Immediately hubby Chris asserted that he was responsible for his wife's debts but not her behavior. Just think you could have been there and taken part in this extremely witty (?) repartee.

It's not too early to think skiing. Killington was open, as usual, by early November. Copper Mtn. opened November 18 and most places in the West were open by Turkey Day. Brian Eardley skied at Mt Snow in mid-November. In Europe, Bob Barry skied Zermatt before returning to D.C. in November and Veep Dick Comerford opted to come on the soggy Great Falls Chili Hike rather than stay in Colorado and ski on November 19th. That was dumb, Dick.

Bob Grasley is back from Europe where he has set up an intensive, live-in language-learning program.

Charles Farwell has an important letter to the Editor in the November issue of Skiing. He will discuss it at our December meeting.

While in Moscow I visited two of my favorite tombs - those of Kneekita Khrushchev and Lekneein.

It was a special pleasure to see Jean Heitchue at our last meeting. She is recovering from surgery. See you on the slopes soon, Jean!

At the equipment meeting at the Walns, Brian showed the latest in heated boots with an on-off switch on the outside of the boot. Dina Taylor wanted to know if it came with remote control. Dina, incidentally, spent the weekend before Thanksgiving at Canaan Valley in preparation for our ski weekend there in January for Ski-o-Ree.

Brian selected hostess Janet Waln to demonstrate his new ski-centering device (a great idea - especially for women). She got to try on the new Salomon boots in part because she was wearing kneekers.

Susannah Swaby lost her expensive sunglasses after last year's fall hike. After months of searching for them without luck, Don finally brought her another pair. Then, while Susannah was getting dressed for this year's hike she found the glasses in her boots. So now she's bifocaled.

COOK'S CORNER



by

Nancy Garrett

CHRISTMAS IS COOKIES

The recipe provided by Rosemary Solar is her version of an old favorite!!

RUM & BRANDY OR BOURBON BALLS

Mix together well:

- 2 boxes vanilla wafers, crushed
- 1/4 cup brandy
- 1/4 cup rum
- 1/2 cup strained honey
- 1 pound ground walnuts

Using a level tablespoon for each, form into balls. Roll in powdered sugar. Store in tightly covered container.

To vary, use 1/2 cup bourbon in place of rum and brandy. Use ground pecans in place of walnuts. Follow same procedure. Makes approximately 4 dozen cookies.

One of Marilyn Clark's favorite recipes is:

VANILLA COOKIES

Cream until very light and fluffy:

- 8 Tablespoons butter or oleo
- 1/2 cup vegetable shortening

Add and beat for about 2 minutes:

- 3/4 cup sugar

Add and beat after each:

- 2 eggs,
- 2 teaspoons vanilla

Sift:

- 2 1/2 cups flour

Add flour to mixture very slowly. Mix until well blended. Drop rounded teaspoons on to greased cookie sheet. Bake at 375* for 8-10 minutes. To vary, add 1 Tablespoon cocoa.

My favorite is a fruitcake cookie called:

HOLIDAY LIZZIES

Cream together:

- 1/2 cup sugar
- 1/3 cup butter or oleo
- 2 eggs, well beaten

Sift together and add to egg mixture:

- 1 1/2 cups flour
- 1 1/2 teaspoons soda

Stir in:

- 1 1/2 Tablespoons milk

Add and mix well:

- 1 pound candied cherries, chopped
- 1 pound dates, chopped
- 1 pound candied pineapple, chopped
- 1/4 cup Whiskey

Drop by spoonfuls onto greased sheet. Bake at 325* for 12-15 minutes.

Yield: 80-90 cookies. Freeze beautifully.

CHRISTMAS IS CHEESE BALLS

For you blue cheese lovers, from Irene Farrell's kitchen:

IRENE'S BLUE CHEESE BALL

Soften and cream together:

- 1 8-oz package cream cheese
- 1 8-oz package blue cheese
- 1/4 cup butter or oleo

Roll ball in 1/3 cup chopped walnuts.

Decorate with green olives and red peppers.

For those who like it hot:

JALAPENO ROLL

With sharp blade in food processor, chop:

- 1-2 large garlic buds
- 4-5 canned, seeded jalapeno peppers

Using grater blade, add to above:

- 1 pound extra sharp cheddar cheese

Using mixing blade, add to above:

- 1 8-oz package cream cheese
- 1 Tablespoon jalapeno juice

Form into 3 long rolls. Roll in paprika until covered. Freeze nicely!!

A MERRY, MERRY Christmas
and a Happy New Year To all
from the officers of PVS

President Janet Marx
Vice President .. Dick Comerford
Secretary Irene Farrell
Treasurer Margaret Wyckoff
Membership Marilyn Clark
Program Chairman. Ray McKinley
TCOT Editor Lu Beale
TCOT Production . Jan & Bob Marx
BRSC Reps Sheldon Drews
Gail Pease
Bob Wyckoff
Answering Service The Marxes
(451-9158)
Movie Mogul Rosemary Soler

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Huey Roberts
Rosemary Soler
Phil Ufholz

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