

VOLUME XXV111 *Potomac Valley Skiers, Inc.*
NUMBER 6 WASHINGTON MARYLAND VIRGINIA

JUNE, 1993

President's Message:

Four PVS ski trips for next season are now in the works plus the McKinley/Sexton New Zealand trip in August. See page 7 for a brief listing of these trips and plan to make choices when the flyers appear in future TOOTS.

Besides ski trips we have a smorgasbord of activities planned for the summer: hiking, biking, tubing, picnics, swimming, Wolf Trap, dry land skiing and DOGS.

I am always impressed by members' hospitality and our many volunteers. Isn't this a unique club!

Here's to a good summer!

Mary Jane

Mary Jane McCarthy, President

MONTHLY MEETING

TUESDAY, JUNE 15th. 8:00 P.M.

WHAT: Last meeting of the year.

WHERE: Home of Betty Lawrence
525 Haven Lane, Great Falls, Va.

Tel: (703) 759-6950

Once again super hostess Betty welcomes us to her super home in Great Falls and invites you to enjoy the pool if weather permits.



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



DINING OUT GROUP - June 8, 1993

Join us for dinner on Tuesday, June 8, 1993. Meeting and greeting at 6:30, Dinner at 7:00 P.M. This month dinner is planned at THE CARLYLE GRANDE CAFE, 4000 South 28th Street, Shirlington, VA. (In the Village at Shirlington). We will meet for dinner at 7:00 P.M. THE CARLYLE GRANDE CAFE is an art deco cafe featuring many interesting pasta and seafood dishes.

Directions: From Maryland - take the Beltway (Rt. 495) across the American Legion Bridge to Virginia, go South on the George Washington Parkway to Rt. 395 South (Right lane). Exit at the Shirlington Exit (Exit No. 7). Left turn at the traffic light, next left turn onto Quincy St. to the Shirlington Village complex. Parking is available in the garage or in the lot behind the restaurant.

From Virginia- Take Rte. 395 N. to Shirlington Exit (No. 6 from this direction). Then follow directions shown above.

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

SPRING HIKE - June 5 - White Oak Canyon in Shenandoah Park.(Rain date-June 6) Meet at 8 A.M. at Cooper School(one block inside beltway on Rte 193)for carpooling. Call the Marxes (703)451-9158 to tell 'em you're coming. See May TOOT for all details.

HIKE AND PICNIC LUNCH AT BLACK HILL REGIONAL PARK WEDNESDAY, JUNE 9, 1993

We will meet at the Visitors Center in the Park at 9:30 A.M. and hike approximately six miles. Hikers should bring picnic lunch. Charcoal and grill will be provided for cooking.

Directions: Take interstate 270 north from the beltway to the Clarksburg exit (Route 121) and proceed to the traffic light in Clarksburg. Make a right turn onto route 355 and go south approximately 2 miles to West Old Baltimore Road. Turn right on West Old Baltimore Road and follow to the Park Entrance. Park Entrance off West Old Baltimore road is just after passing under interstate 270 on the left side of the road. Interested mid week hikers should call Charles Huggins (301-424-5725)

SKI BRYCE, (GRASS SKIING) TUESDAY, JUNE 29, 1993

The lift cost is \$9, and ski rental is \$9. Grass skiing is from 10 A.M. until 12:45 P.M. Swimming and mountain biking are available for those who wish for some more afternoon exercise.

Directions: District and Maryland skiers will depart promptly at 7 A.M. from the home of Norman and Mary Engelman at 10450 Democracy Blvd. in Potomac, Md. and carpool to Bryce. Virginia skiers can form separate carpools or be picked up on the way. Interested skiers call Charles Huggins (301-424-5725)

COMING EVENTS

TIDEWATER PICNIC & BARBECUE AT THE MCGRATHS - JUNE 26. 11:30 A.M.

Limited to 30, this event is waitlisted. Be sure and call coordinator Karen Felker (703)931 - 6843 if you must cancel and to check on what to bring . Directions :



For Virginia/DC residents. Take Interstate 95 South just past Fredericksburg to the Massaponax Rte 1 and 17 Exit.(Old exit 44). At the exit lane traffic light take a right, go to next traffic light and take a left onto VSH 17 to Tappahannock. 47 miles later, on mostly four lane highway, take a left at the first traffic light in Tappahannock onto VSH 360 to Warsaw. (You'll be crossing over the Rappahannock River). Go through Warsaw. Just past a 7-11 store the highway splits, VSH 360 to the left towards Callao and VSH 3 to the right towards Kilmarnock and White Stone. Go right on VSH 3 towards Kilmarnock. Go 16 miles to a right turn onto VSH 354. Proceed 14 miles to THE END OF THE HIGHWAY. When you see water in front and to the right, proceed left onto VSH 1050 (watch for marker with our name on it) for 200 yards then turn right into a culdesac. Our home is on the left. Total mileage is about 125 with an elapsed time of about 2 and 1/2 hours.

For Maryland/DC residents. Leave the Beltway at the Branch Avenue South Exit (Route 5) towards Waldorf. Join Route 301 South through La Plata and over the Potomac River to a left onto VSH 3. Proceed through Oak Grove and Montross to Warsaw. (About 33 miles) As you're coming into Warsaw, you'll pass a lumber yard and a Levi Strauss plant on your right. Take the very next left for about 1/4 mile to a STOP sign. Take a left onto VSH 360, proceed just past a 7-11 store to where the highway splits, VSH 360 to the left to Callao and VSH 3 to the right towards Kilmarnock and White Stone. Go right on VSH 3 towards Kilmarnock. Go 16 miles to a right turn onto VSH 354. . . and then proceed as above. (Mileage and time as above).

EVENING AT WOLF TRAP - Friday, July 9.

Bring your own picnic supper. Coordinator Barbara Leonhardt will supply beverages and dessert. Directions will be mailed.

SECOND EVENING AT WOLF TRAP - Thursday, September 2.

Jesus Christ Superstar. Don't miss it. \$25 per person includes dessert, drinks and seat in the center rear orchestra. Call Barbara Leonhardt (301) 279- 9056 NOW to reserve a place.

STEAK & SWIM AT THE ELRODS - July 17th - 2:00 P.M.

Limited to 50 , this always popular event is fast filling. Call coordinators Nancy Sexton and Ray McKinley to reserve a place and to check on what to bring. Best steaks in town! Y'all come! Tel: (703)527-7126.

PICNIC/SWIM/ SAIL AT THE FLAKES - August 7. RAIN OR SHINE.

Limited to 30, this event is already waitlisted. Call Joan (301) 762-6890 for info and suggestions on what to bring. Details in July TOOT.

COOK'S CORNER

by

Nancy Garrett

The Spring Dinner was planned by Marilyn Clark and Karen Felker, both outstanding cooks. Their recipes are provided for

you to try. Most can be prepared ahead of time and reheated just prior to serving. Dessert served at the dinner was CHARLOTTE RUSSE, found on page 4 of the PVS Cookbook.

PITA CHIPS

Preheat oven to slow (300°). Lightly coat 2 or 3 baking sheets with nonstick vegetable oil cooking spray.

- 1 package (8 oz.) small whole-wheat pita breads per topping

Cut each pita into 4 wedges. Gently cut or pull each wedge apart to form a total of 64 triangles per package. Reserve.

GARLIC TOPPING:

In small bowl, combine:

- 1/2 cup chopped fresh parsley
- 2 egg whites, lightly beaten
- 1/4 cup olive oil
- 3 small cloves garlic, finely chopped
- 1/2 teaspoon coarse salt

CHEESE TOPPING

In small bowl, combine:

- 1 cup grated parmesan cheese
- 2 egg whites, lightly beaten
- 1/4 cup olive oil

Spoon some of the topping onto the rough side of each triangle. Place triangles topping-side up, in single layer on baking sheets. Bake 15-18 minutes or until edges of triangles are toasted and topping is set. Cool chips on baking sheets on wire racks.

Both kinds of chips can be prepared up to 8 hours in advance. To re crisp, place in a very slow oven (250°) for 10-15 minutes.

BAKED CHICKEN MARSALA

-6 whole boneless, skinless chicken breasts

Pound flat between waxed paper to produce 12 pieces chicken scallopine.

Roll chicken in Italian bread crumbs. Place chicken in greased shallow ovenproof dish. Pour 1/2 cup Marsala wine over all. Cover and bake 45 min. to 1 hour at 350°.

SUNSHINE CARROTS

- 6 medium carrots, sliced on the bias, about 1-inch thick

Cook until tender and drain.

In small saucepan, combine:

- 1 Tablespoon sugar
- 1 teaspoon cornstarch
- 1/4 teaspoon ginger
- 1/4 cup orange juice

Cook, stirring constantly until mixture thickens and bubbles. Boil 1 minute.

Stir in:

- 2 Tablespoons butter or margarine

Pour mixture over hot carrots, tossing gently to coat evenly. Can be made day ahead and gently reheated.

CURRIED POTATOES

Bring medium-size saucepan of water to boiling. Add:

- 3 large (2 lbs.) potatoes, pared and cut into 3/4-inch cubes

Cook about 6 minutes. Drain potatoes.

Heat large nonstick skillet over medium heat. Add:

- 1 teaspoon cumin seeds
- Cook until toasted, about 4 minutes. Remove from skillet and reserve.

In same skillet, heat:

- 1 teaspoon vegetable oil
- Add and saute until browned, about 3 min.:

- 1 small onion, finely chopped

Add:

- 1 clove garlic, finely chopped
- 1 teaspoon finely chopped, pared fresh ginger
- 1 teaspoon curry powder
- 1/3 cup frozen peas
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Drained potatoes
- Reserved cumin seeds

Saute, turning potatoes gently for about 3 minutes or until heated through. Can be prepared a day ahead and refrigerated, covered. Serve at room temperature, or gently reheated.



THE KNEE

by
Ray McKinley

What a year for skiing! Here it is summer and it's still not over. Jim Slack and Mary Ward hope to ski at Alpine Meadows on June 15. They will be in California for a family reunion at Mary's family's vineyard--nothing to whine or grape about.

Dick Comerford's back in Colorado to ski with Huey Roberts. Arapaho Basin will be open at least through June. Huey had given serious thought to going back to school for his Ph.D. He dropped the idea when he discovered winter attendance was mandatorknee.

In other June events, Aina Thomas is going back to Latvia for the election. Coincidentally, her neighbor is also going to Latvia--but to work for the opposition candidate.

Marianne Cook will spend the month in England--jolly good, what?

The Knee will not comment on rumors of June matrimonknee. Well, maybe next month.

Carol Parmenter is retiring. She'll spend the summer on Cape Cod and then think seriously about doing nothing for a while.

Jan and Bob Marx's son Eric has attended several recent PVS events. He's just graduated college and is back in town for a bit.

Gail Pease's daughter, Angie, graduated last year and has just completed her first year of veterinary school. Here's a hint, Angie; horses do not get the flu, but they often have colts. Don't say neigh to that one.

On a recent plane trip club secretary Irene Farrell was asked for ID when she ordered a drink--perhaps because her feet don't touch the floor. The Knee isn't supposed to tell you that information is from PVS's Mainiac Bahb Hahman. Oops.

Don and Marijane Harper just returned from a sailing trip in the

British Virgin Islands. And this time Don didn't break anything--except maybe his wallet.

Knox and Karen Felker are now back from a western vacation and believe Utah's Zion National Park one of the U.S.'s most beautiful sights. They're now converted Zionists.

After a very successful, and very crowded, annual meeting, Barbara and Fred Leonhardt have just sold their Potomac house. Congratulations, I hope you take the brass elephant bar ornaments with you.

For those of you who remember Monty Python's "In Search of the Holy Grail," my favorite group was the Knights Who Say Knee.

Two PVSers who moved to ski country for the winter were at Charlotte Eddy's great May meeting. Sheldon Drews spent the winter in Dillon, Colorado where he skied "120 or 125 days--who's counting anymore?"

Jim Arnold was also briefly back from spending the winter in New Hampshire. He was packing up things to move there permanently.

Aina Thomas's slides of Riga, Latvia were spectacular. Some have appeared in Equinox, the Canadian equivalent of National Geographic.

This years' Luau was just plain fun. The Burns were properly dressed, Peggy in a vividly flowered dress, Kirk in a standard Navy hat, old shirt, and grass skirt. When they stopped enroute, some teenagers told them they looked 'awesome'.

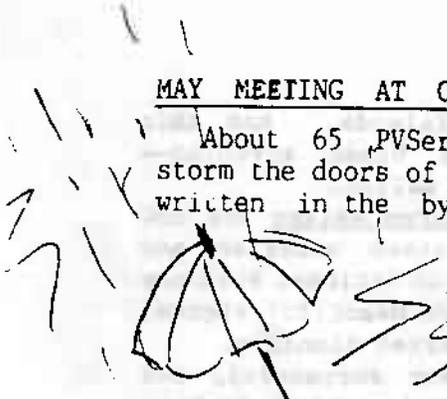
It was Dick Clark who noted in discussions with Ray Garrett, "A man can tell when he's getting older because only the wrong things are getting hard!"

Finalknee, our TOOT Editor, Lu Beale, recently intercepted a hard-hit tennis ball with her eye. (And I thought you were supposed to return the ball with a racket.) At the Luau, she was sporting new shades and, underkneeth, a kneet shiner. And no, Lu, Janet Waln's blue flowers aren't named after you. They are lobelia.

It was that kind of a Luau.

PAST EVENTS

MAY MEETING AT CHARLOTTE EDDY'S by Lu Seale



About 65 PVSers braved fierce electric storms on May 18 to themselves storm the doors of Charlotte Eddy's inimitable 4-story home in Fairfax. Is it written in the bylaws that it must rain on at least one half of club meeting nights? No matter, Charlotte greeted us with her usual calm good cheer and trays and trays of goodies too varied to be enumerated but all incredibly delicious.

While sipping and snacking, guests roamed the fabulous house admiring the many decorative touches, especially Charlotte's paintings.

President Mary Jane McCarthy conducted a brief business meeting before turning the podium (?) over to Aina Thomas, special speaker of the evening. Latvian-born Aina did indeed make the evening special with a presentation of beautiful photographs taken on recent trips to Riga, Latvian capital city. She accompanied the slides with explanatory commentary and even supplied ethnic musical background during the annual Song Festival slides.

Many thanks, Aina for making the evening memorable for all of us. And endless thanks to Charlotte for her endless efforts to make us all feel so at home.

(PS: Aina says the Latvian Election Committee thanks you for donations made to the cause.)

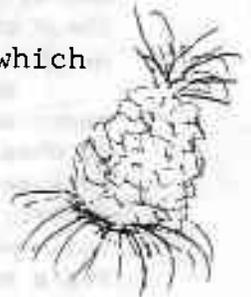
HAWAII COMES TO SPRINGFIELD (VIRGINIA) by Bill Anderson

Yes, our fiftieth state was transplanted to the home of Chris and Janet Waln on May 22 where 36 PVSers gathered for a real honest-to-goodness LUAU. The only thing missing was King Kamehameha himself - but, if he had attended, he would have felt right at home. As we entered the front door we were greeted by Janet who presented each of us with a silk lei and a genuine, honest-to-goodness welcoming Kiss. Chris was there to snap pictures of his wife kissing us all under the palms.

The aroma of assorted Pu Pus and the strains of Hawaiian music lured us to the garden terrace level with its abundance of blooming spring flowers. The PuPus---Beef Teriaki Satés, Bacon wrapped baked dates, a variety of authentic Hawaiian dips and large platters of fresh fruit. There was also the famous Volcano In Paradise Rum Punch as well as soda, beer and wine. But that's not all, as we talked and admired the well attired get-ups of the guests we were summoned upstairs to partake of a full course Hawaiian meal. There was Sumi and Hukilau Salad, Hawaiian Rolls, Oven Kalua Pork, Teriyaki Chicken and Hawaiian style rice, what else. For dessert we were served Honolulu Cream Cake and Hawaiian Shortbread cookies with Royal Kona Blend Coffee.

The following limerick was composed by hostess Janet which I will share with you:

THERE WAS A YOUNG GIRL FROM HONALE'I
 WHO HAD A GRASS SKIRT AND UKELELE.
 TO KIRK BURNS SHE LOANED THEM;
 HE THEN THOUGHT HE OWNED THEM,
 AND WAS SEEN AT ALL LUAUS DRESSED GAILY.



All too soon we departed with door prizes in hand. There were fresh pineapples, coconuts, flower seeds, scented candles, and more. Yes, another great PVS event and a big big thank you to Chris and Janet.

PAST EVENT

FUN RUN/BRUNCH AT THE CLARKS by Irene Farrell

The weather on the day of the Fun Run had to be rated a ten plus. It just could not have been nicer. Knox Felker, Bob Harmon, Ray McKinley and Shahrsad Miller joined Dick Clark for the run. The rest of us followed the trail around Lake Accotink at our own pace of biped locomotion ... except for your reporter who got lost in the woods for the second year in a row. Speaking of getting lost, Pat Tengel, following Bill Anderson's directions to the Clarks, didn't make it for brunch and, for all we know, may still be wandering around the countryside.

It was great to see Ray Garrett, who amiably took a lot of teasing for his very attractive "hospital tan"....said it was included in the \$150 per day fee.

With 28 hiker/runners to feed, the Clarks had a "full House" on their deck...a terrible pun...but one step up from Ray McKinley's utterance when he hit the deck, "Iran and Iraq'd" Marilyn's famous brunch, consisting of egg casserole, fresh fruit, sausage, quick breads and beverages lived up to our expectations and we left the Clarks very happy campers.

Thanks, Marilyn and Dick, for a great outing, wonderful food and your gracious hospitality.

!! SKI TRIPS !!

AT A SKI TRIP LEADERS MEETING MAY 23 THE FOLLOWING TRIPS WERE FORMALLY SANCTIONED BY PVS. TAKE YOUR PICK - OR PICK ALL!! WATCH FOR UPCOMING FLYERS.

1. Steamboat Springs, CO. 12/4/93 - 12/11/93. Leader Dick Comerford (703)777-9374
Approximate cost: \$ 445 to \$859
2. Winter Park, CO. - 1/13/94 - 1/23/94. Leader Dina Taylor. (301)427-3240
Approximate cost: \$1100.
3. Banff, Canada 2/5/94 - 2/12/94. Leader Jack Peoples (301)881-6220
Approximate cost: \$1000
4. Sun Valley, ID. 3/5/94 - 3/15/94. Leader Nancy Laymon (703) 476-4262
Approximate cost: To be determined.
5. South America - Summer 1994. PLANS BEING DEVELOPED.

AND DON'T FORGET - NEW ZEALAND'S SOUTHERN ALPS PLUS TWO DAYS IN HAWAII!!!

AUGUST 13 - AUGUST 31, 1993 . Leaders: Ray McKinley & Nancy Sexton (703)527-7126
Fourteen nights in New Zealand, called by James Michener the most beautiful place in the world. Ray says "We'll have ample time to ski in this intermediate skiers' paradise and to sightsee. We'll stay in three luxury hotels throughout the South Island and sample seven ski areas. For experts (and, often, intermediates) heliskiing will be available on 5 days. All will enjoy the 13 km run down the Tasman Glacier.

There will be lots of time for sightseeing, too. We have 8 nights in a 4-star Queenstown hotel overlooking the lake. A lake cruise, sightseeing tours of historic Arrowtown, a sheep station visit and barbecue are all included. Optional tours to Milford Sound for white water boating, for bungee jumping, and return via Australia are available. We'll end with 2 glorious days in Hawaii."

CALENDAR OF COMING EVENTS

- June 5 ... Spring Hike in Shenandoah Park. It's not too late to make your plans! See page 2 and call Bob Marx or Nat Seeman for directions.
- June 8 ... DOGS. See page 2.
- June 9 ... Mid-week hike in Black Hill Regional Park. See page 2.
- June 15 ... Monthly Meeting at Betty Lawrence's. See page 1.
- June 22 ... ExCom at Bob Harmon's. 7:30 P.M.
- June 26 ... Picnic at the McGraths. See page 3.
- June 29 ... Dry Land Skiing. See page 2.
- July 9 ... Evening at Wolf Trap. See page 3.
- July 17 ... Steak & Swim at the Elrods. See page 3.
- July 25 ... Tubing on the Shenandoah. Shirley Rettig coordinating. Details: July TOOT.
- July 27 ... ExCom at the Browns. 7:30 P.M.
- Aug. 7 ... A Grand Day at the Flakes. See page 3.
- Aug 13 - 31 - New Zealand Ski Trip. See page 7.
- Aug. 24 ... ExCom
- Sept. 2 ... Another Evening at Wolf Trap. See page 3.
- Sept. 21 ... Monthly Meeting at the Harpers. 8:00 P.M.
- Oct. 2 ... Oktoberfest at the Ward/Slack home.
- Oct. 23 ... Evening at Blob's Park. Myron Marquardt coordinating.
- Nov. 5 ... Dinner at the Fine Arts Club. Bill Anderson coordinating.
- Nov. 13 ... Chili Hike with Ray and Nancy.

Crab fest Sept 4



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