

VOLUME XXV  
NUMBER 3

**Potomac Valley Skiers, Inc.** MARCH, 1990  
WASHINGTON MARYLAND VIRGINIA

PRESIDENT'S MESSAGE:

According to our bylaws, sponsors of our applicant members must present their candidates to Marilyn Clark one month prior to the April annual meeting when full membership is voted on by the general membership. Requirements are as follows:

1. Attend at least three club meetings or events.
2. Ski at least three days with a club member or members.
3. Pass the USSA Uniform Basic Ski Test or display equivalent skiing ability.

Call Marilyn (978-9435) if you have any questions.

ALL SPONSORS TAKE NOTICE  
AND CHECK OUT YOUR  
CANDIDATE'S QUALIFICATIONS!!

*Dick*  
Dick Comerford, President

— \*\*\*\*\*

**MONTHLY MEETING**

TUESDAY, MARCH 20, 1990  
8:00 P.M.

Where: Home of  
Helen McMahon  
6839-B Washington Blvd.  
Arlington, Va,  
Tel: 532-3921 (unlisted)

Most of us will be back from our big ski trips and it's time to tell stories and swap pictures.

Come and enjoy!

SEE NEXT PAGE FOR DIRECTIONS



THANK  
TO BRSC

DIRECTIONS TO MONTHLY MEETING MARCH 20,1990:

Helen McMahon--6839-B Washington Blvd--Arlington, VA 22213--532-3921  
(unlisted phone #)  
6839-B is a garage unit

NOTE: THERE IS NO PARKING IN THE COMPLEX. PARK ON THE STREET OR IN 1ST VIRGINIA BANK PARKING LOT.

495 TO 66 EAST

Washington Blvd/Lee Highway Exit #22  
LEFT at first light onto Lee Highway  
LEFT at next light onto Washington Blvd. (a one-way street)

[Washington Blvd/Lee Highway intersection= Exxon Station/1st Virginia Bank]

**\*\*Go 1/3 block; Washington Courts Townhouse Complex on RIGHT--townhouses are up a ramp off the street.  
[1st Virginia Bank, small apartment building, Washington Ct townhouses]**

LEE HIGHWAY/GLEBE ROAD

Lee Highway towards Falls Church.  
2 miles from Glebe/Lee Highway intersection to Washington Blvd.  
RIGHT at light onto Washington Blvd.  
--Follow above directions \*\*.

66 WEST FROM WDC

Sycamore exit.  
Stay right on ramp; turning RIGHT onto Sycamore.  
LEFT at light onto Washington Blvd (go up hill to Lee Highway).  
Cross Lee Highway at light.  
--Follow above directions \*\*.

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———— **COMING EVENTS** ————



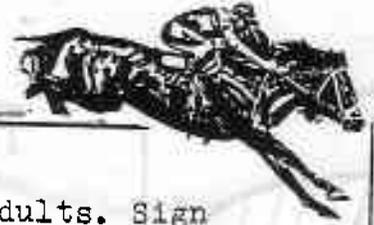
Saturday March 24,1990 - 7 P.M.  
GOURMET WINE TASTING AT THE COPEs

Limited to 20, this event is now full. Call the Copes if you wish to be wait-listed.  
Telephone: 836 - 5436

DIRECTIONS: Take the George Washington Parkway past the sailing marina to the first right turn which is marked Slaters Lane, to the parallel service road. At first signal, make a right turn onto Slaters Lane. Follow Slaters Lane through an angled left past the warehouses and make the first right turn. Go over railroad bridge and turn left onto Monroe Ave. (The Monroe Ave bridge is before the 2 signals and the Cope home is the big, white house on the right before the 3rd signal.

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### COMING EVENTS



#### Special

#### DERBY DAY - MAY 5, 1990

This event is a winner! Limited to 50 adults. Sign up early so you won't be left at the gate.

The Kentucky Derby is run on May 5 at 5:00 or 5:30. Festivities will begin at the Burke, Va. home of Nancy and Ray Garrett at 3:00. There will be balloon races, bicycle races, steamboat races & several options on THE RACE itself. Winners will receive special prizes. Ticket price of \$17 entitles you to a marvelous dinner of Bar-B-Q Beef Sandwiches, Ranch Beans, Cole Slaw, Salad, and Derby Pie - PLUS - an afternoon of appetizers with Mint Juleps, Wine, Beer and your favorite "gentle" beverage - PLUS - Play money so that you may participate in all the races.

Bar-B-Q will be prepared by Nancy Garrett, Beans by Ken Evans, all other by YOU. When you make reservations, be prepared to indicate your choice of preparing - appetizer OR a salad or Derby Pie (recipe for pie furnished by Janet Marx). Keep record of expenses for reimbursement.

Reservations may be made with Nancy Garrett, (O) 267-9068 (H) 323-6535, or Janet Marx 451-9158. Deadline: May 1st.

### CALENDAR

- Mar. 20 ... Monthly Meeting at Helen McMahon's. See page 1.
- Mar. 24 ... Winetasting at the Copes. See page 2.
- Mar. 27 ... ExCom at Barbara Leonhardt's. Dinner included. 7:30 P.M.
- Ap. 14 ... Sutton p/t party at McKinely's. 6:30 P.M. Call M. Clark: 978-9435
- Ap. 17 ... Annual Meeting at the Marquardts. 8:00 P.M.
- Ap. 21 ... Annual Billy Goat Trail hike. Details next month.
- Ap. 24 ... ExCom at Bette Walker's. 7:30 P.M.
- May 5 ... Derby Party at the Garretts. See above.
- May 12 ... Annual Fun Run/Brunch with the Clarks. Limited to 24. Call Marilyn (978-9435). Deadline: May 8th.
- May 15 ... Monthly Meeting at the Hensleys. 8:00 P.M.
- May 19 ... International Dinner at the Copes. Details later but already waitlisted. Call Coordinator Marilyn Clark (978-9435). Cancellation deadline: May 15.
- May 22 ... Ex Com at the Marxes. 7:30 P.M.
- May 26 ... Annual spring hike. Led by Lu Beale. Details later but will be strenuous. Stay in shape!
- May 27 ... Montgomery Playhouse matinee theatre party. 2:30 P.M. Play is "Quilters", a musical depicting women in pioneer days. Patches of the quilt are made for different major events in their lives. Following the performance, there will be dinner at the Huggins. Play tickets will be \$5.00 (regular rate is \$10.00). There will also be a charge for beverages and entree. Participants will bring salad or dessert. Call Sara Huggins (424-5725).
- June 19 ... Monthly Meeting at June Read's.



# THE KNEE

by

Ray McKinley

That old saw "old news is no news" does not apply to PVS. We

are old news.

The biggest piece of publicity in our 25 year history occurred Feb. 5 when Lu Beale, celebrating her 25 years of skiing, wrote a half page article for the Washington Post on senior skiing. Specifically, PVS seniors skiing on Jack Peoples' Mont Sutton trip.

The article noted that 28 of the 49 PVSers at Sutton were over 60 and 5 were over 75! (The Knee's count of young whippersnappers showed that there were only 7 of us under 50.) The article hit a very positive chord in the DC area. We have received some 35 calls requesting information. The callers included a 72 year old couple who now want to learn to ski, a 49 year old who asked if he was "too young" and several who were PVSers 15-20 years ago.

It was nice to see so many new faces at Jack Peoples' house for the Feb. 20 meeting. And so much white hair. Should we change our name to PGS - for Potomac Geriatric Skiers?

The Knee truly welcomes all new readers, or, in this case, old readers. In case you've not surmised, the Knee is PVS's gossip column - and, with all due modesty, the best one in this newsletter. All of you new Knee readers are called kneephytes.

Speaking of old, it's wonderful to have old friends and charter members Dick and Julie King back in town.

Still speaking of old, Dean Worcester, who is 74, recently visited his doctor. He mentioned a few "minor aches and pains." The doctor said these were to be expected for someone in Dean's age group. Dean responded indignantly "But, I'm not in my age group."

Dean, none of us in PVS is.

Except possibly Jean Strickland. Returning from a recent ski trip on a very bumpy flight, Jean dumped a glass of club soda into her lap soaking her slacks in a most unfortunate

area. One wag made a comment about age and incontinence.

By the way, Jean, pouring red wine on club soda helps remove the stain.

Aina Thomas, discussing retirement after 40 years work, says "It is like a dream and now I'm awake. It's in the distant past." Aina retired less than 2 months ago.

From my "Now you know the rest of the story" department: in 1959 Mary Jane McCarthy worked in a local hospital admissions office. She was beguiled by the soft-spoken voice of a frequent doctor caller. Twenty years later, through PVS, she got to meet the voice in person: Charlie Farwell.

Jack Peoples skiing at Mont Tremblant and favoring a bad knee, did a head plant on a mogul and ended up with a bloody nose, broken rib and slight concussion. Jack, they were referring to a brand name when they said Head Skis.

Well, we all know a skier is someone who pays an arm and a leg for the opportunity to break one.

A bit more "old" news from Sutton: Jean Heitchue busted her Visa credit card scraping the ice off her ski bottoms one morning. For the rest of the week hubby Reg was grinning like a Cheshire cat.

Karen Felker described the flu lots of us came down with as "ma\_laise la Paimpolaise."

Eleanor Peterson is raring to try skiing on her new titankneem knee - the newest thing in rehab surgerknee.

Ubiquitous PVS part 12: Ginny Larson, skiing out of Salt Lake City, ran into Alice Swalm, Norm Engleman and Jack Hadler also, skiing the area while visiting Ted Cardwell. They engaged in Salt Talks.

June Kelsay is recently back from skiing in Aspen (where, by the way, the referendum banning fur sales was defeated -so my fur knee cap is safe).

Also, Glade and Joan Flake are back from SugarLoaf, Maine. They probably wouldn't have approved Vail's ad campaign in the Denver area. It read "Ski Vail early - before the flakes arrive."

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# COOK'S CORNER

by

Nancy Garrett



While the month of March does not actually mark the end of winter, there are still enough cool days to enjoy a hot pot of soup.

Bette Walker brought a Black Bean Vegetable Chili to the chili cook-off, but would not enter it into the judging. All of us enjoyed it and many have requested the recipe.

## BLACK BEAN VEGETABLE CHILI

Bette Walker

Use a big crock pot, or large casserole dish for cooking.

Place in colander, toss together and let sit for 1 hour to remove moisture:

- 1 medium-sized eggplant, cut into 1/2 inch cubes
- 1 TABLESPOON COARSE (KOSHER) SALT

In large skillet, saute for 10 minutes:

- 1/4 cup hot olive oil
- 2 medium yellow onions, diced
- 2 zucchini, diced
- 1 red bell pepper, seeded, cored, diced
- 1 yellow pepper, seeded, cored, diced
- 4 large cloves garlic, coarsely chopped

Remove vegetables to crock pot or casserole dish.

Add to skillet, cook on medium heat for about 10 minutes, just until tender:

- 1/4 cup olive oil
- Eggplant from above, patted dry

Remove with slotted spoon to crock pot.

Add:

- 8 ripe plum tomatoes, cut in 1" cubes
- 1 cup vegetable broth (use a vegetable bouillon cube)
- 1/2 cup chopped parsley
- 1/2 cup slivered fresh basil leaves (Or substitute 1 teaspoon dried basil)
- 3 Tablespoons chili powder

- 1 1/2 Tablespoons ground cumin
- 1 Tablespoon dried oregano
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon crushed red pepper
- Salt to taste

Cook over low heat for 30 minutes, stirring occasionally in casserole. If using crock pot, turn on high heat for 30-45 minutes, stirring once or twice.

Add:

- 2 cups cooked black beans
- 1 1/2 cups fresh corn kernels (Or substitute frozen corn)
- 1/2 cup chopped fresh dill (Or substitute 1 teaspoon dried)
- 1/4 cup lemon juice

In casserole, cook an additional 15 minutes. In crock pot, turn to low and simmer at least 30 minutes or until ready to serve.

Serve hot, garnished with a generous dollop of sour cream and/or grated Monterey Jack cheese and sliced scallions. Serves 8 generously.

For a touch of sweet and spice to go along with the chili, try - - -

## KAHLUA SPICED PEACHES

Helen McMahon

Drain and reserve liquid from:

- 2 (29 oz.) cans cling peach halves

In saucepan, combine:

- 1 1/2 cups syrup from peaches
- 1/2 cup Kahlua
- 1/2 cup brown sugar (packed in cup)
- 1/4 cup tarragon white wine vinegar
- 2 sticks cinnamon
- 3 (4-inch) strips of orange peel and lemon peel

Simmer 5 minutes. Pour over peaches. Chill. Refrigerated, peaches will keep for several weeks. You can continue to add peaches to mixture as you serve. When new additions are made, marinate at least 24 hours before serving.

These are wonderful served with ham, chicken, and beef. ALSO CHILI!!!



SUTTON DIARY - January 14-21, 1990

by Dean Worcester

MONDAY: All skiers out early. On the slopes, groups forming, dissolving and re-forming with a different mix. Sort of a Brownian movement on the mountain. Skiing good.

TUESDAY: Skiing even better. With help from arm bands you could ski in a crowd of PVSers or remove the band for a solo glide through the glades.

Evening activities orchestrated by Barbara Leonhardt who had come equipped with an amalgam of skiing cross word puzzles ("get outta my way, dammit!") and brain-bruizers (fill-in-the-blanks and get a ski resort: S--T-n, Qu-.) Prizes from ski stores, participants and dentists were yours for the winning.

WEDNESDAY: Slopes freshly groomed just in time for the obligatory Sutton/PVS rain, enuf to send many into town where the Knee's kneeds filled Huey's truck.

The evening provided more excitement - it was Fumiko's 21st (?) birthday ushered in by a parade of La Paimpolaisians with a sparkler-studded birthday cake (bet you can't blow that one out, Fumiko!) and ushered out by host Roland's Paimpolaisean pajama party which included the great legs contests and the Yes, yes - Quack, quack dance. There was much wild Big Band jitterbugging with awards to Kirk Burns as the farthest partner-tosser and to Helen Price as the farthest tossee.

Judged most likely to bring the walls down was the Cuban Walk as delicately trampled by Jack Peoples and Biddy Esher. All male "Great Leg" participants (or was it particilesspants?) had to reveal same, whether bowed, knocked, or chippendaled. Finalists were Dick Clark, Bill Anderson, John Newdorp, Reg Heitchue and Mike Hager. Bill Anderson's got special attention, perhaps because they were the hairiest, thanks to 10 or 12 rabbits who donated their fur to his pjs. Huey got a 3B rating for the biggest, blackest and bluest leg bruise.

After many interim attempts at unscrambling tangos, waltzes, cha cha chas, polkas and jittery bugs, it was ladies turn to provide gam glimpses. Bette Walker, Fumiko, Peggy Burns, Marilyn Clark and Joan Herrity presented a high kicking chorus line. Bette, who started from the lowest altitude, won by kicking highest as well as most follies-fully.

THURSDAY: Summer is here. Two carloads off to Montreal. Those who stuck it out found good skiing including a run on the NASTAR course. Best time made by Dick Clark. Most poles knocked down by Lu Beale.

Evening brought a Leonhardt-equipped Bingo game, the winner becoming the caller for the next one. Best caller kudos went to Myron Marquardt who must have worked his way through medical school as a patent snake oil salesman. Aina Thomas might have out sold him but she insisted on calling out the numbers in Latvian. Viva Glasnost!

(Continued on next page)

SUTTON DIARY by Dean Worcester (Continued)

FRIDAY: Four inches - oops! - 10.16 cms of new snow looked inviting and exciting but some of the hot ski contingent found they could walk straight up - or down - the hill since the powder turned to ice bonded to their hot bottoms - ski bottoms. Once the ice was scraped off it was a fine skiing day, followed by another evening session of ego erasing a la BaBa (compatriot of Ah Boo Ben Adams).

SATURDAY: Last chance to damage that certain leg joint and get your name in that infamous column (Ray was taking notes). Many of us kneeveau publicity seekers managed it (ref: TOOT 2/1/90) but we were all out done by Ruth Schrider who dared to bruise both knees even though she had never skied before. By the end of the week she was skiing with the top hot dogs - Kirk, Dick, Reg, etc., but not Huey who was demoted for bad timing when he missed his knee and technicolored his thigh, which didn't count.

SUNDAY: We were all upset about leaving and many of us expressed our unhappiness by giving in to the P.V.S.F.L.U., departing in a shower of chuckolit cookies instead of ticker tape and continuing same all the way home and into the next day. Great trip nevertheless. Many thanks, oh Great Father Jack from Gaithersburg!

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SKI-O-REE AT CANAAN VALLEY, 1990 by Janet Marx

They came from Annapolis and from Morgantown to join the rest of us diehards for a chance to ski in the rain. The snow conditions were better than we had expected and there were no lift lines!! Luckily, the rain held off until lunch time and the four Marxes had a chance to represent PVS in the interclub race. The rain did effect the sogginess of our delicious tailgate lunch, though. Nancy Garrett and friend, Shirley Miller brought outstanding treats which you may look for soon in the Cook's Corner.

Canaan Valley Resort provided us again with an extremely good buffet dinner. Later, Bob, Jan, Charlie Huggins and John Smith played night owls to enjoy the good, danceable music of the Kingpins from Richmond.

Pouring rain Sunday morning deterred all ten of us from putting on the boards and we headed home.

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TREMBLANT TREMORS - February 11 - 16, 1990 by Mary Jane McCarthy

Sixteen skiers (8 PVSers) took off for Mont Tremblant with high hopes to ski a fabled mountain with good snow cover. We were not disappointed.

We stayed at the base lodge near 2 chair lifts. Most of us attended ski school and so were able to ski nearly all the slopes. The school class motto seemed to be "Bend ze knee, weight on the downhill ski/ Ass to the hill, and you won't take a spill."

Among those skiing the he-man slopes were Huey Roberts who won the season's first gold medal racing award, and Charlie Huggins, who won a bronze. Congratulations to both!

Charlie was most helpful to leader Big Daddy Peoples who sustained a concussion, a fractured rib and a bloody nose while skiing moguls. June Kelsay was equally helpful to Rachael Smith who, after a fall, was transported to Montreal for hip surgery.

That episode sent chills through this writer who had been thinking she was a mite precipitous in buying nursing home insurance, but changed her mind -who knows what'll happen to a crazy skier?

Irene Farrell enjoyed her ski class so much she did a 360' turn on the hill without falling, Wish that caper had been videotaped! Ginny Larson was backpacking when she wasn't skiing - an independent lady at ease anywhere in the world.

On our last day, as we readied to be videotaped, who showed up but ubiquitous Frank Shelburne, just arrived with another group. Small world!

After missing our plane connection in Philly, we were sent to BWI Airport in vans. During that ride, around 3 A.M., miles away from home yet, a voice was heard asking plaintively "Is this what is meant by apres ski?"

All's well that ends well. It was a wonderful mountain, good conditions, good food and good friends. Aren't we the lucky ones! Thanks, Jack!

\*\*\*\*\*  
PAST EVENT

FEBRUARY MEETING by Lu Beale

Twice in this issue of TOOT, Jack Peoples has been thanked for his special brand of trip leadership. Here's a third "thank you, Jack" this time for your special brand of hospitality.

In real pain from injuries suffered at Mont Tremblant, Jack nevertheless hosted the February meeting attended by a record number - seventy plus including 19 visitors drawn by recent publicity in the Post.

It was a first-time meeting at Jack's home and we hope it won't be the last. It was super.

The visitors were warmly greeted by club members who with name tapes in place and hands outstretched spent the evening trying to memorize the new names and faces. Hope we'll remember 'em all next time!

Besides being a welcome party it was an aloha for many. The Prez, Veep, Secretary, Knee, and all 6 ExComers were departing for ski trips in Europe and the West. Good ski, all!

And thanks again, Jack. And again. And again.....

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On February 19th, Harold B. Wiese, a former member of PVS, died at Suburban Hospital after a long illness. Harold, a retired auditor in the U.S. Postal Service, and his wife, Helen, were ardent cross-country skiers and during their years in the club eagerly shared their enthusiasm with those PVSERS who could be wooed from downhill.

The club sends its deepest sympathy to Helen. Though we had not seen much of Harold in recent years, we share her loss.

## HELP

### SINGERS NEEDED

All you shower singers who would like to be heard, join The PVS Chorale. Special songs to familiar tunes are being written for performance at the PVS 25th Anniversary Dinner on November 3, 1990.

Call Marilyn Clark (978-9435) if you would like to join this select group. There will be two or three rehearsals in the fall and one performance.



### WORKING HOSE

Here are two warm and comfortable ways to use knee-high nylon stockings:

\* If you have trouble getting in and out of ski boots, slip the knee-highs over your regular ski socks to create a friction-free surface that won't cling to the boot lining and will keep your socks from bunching up in your boots.

\* If your bare skin is sensitive to wool socks, put a pair of knee-highs on your feet first. Then nylons will insulate your foot from itchy wool as well as provide a smooth surface to keep damp socks from sticking to your skin.

### PROTECT SKIS FROM RUST AND DAMAGE

When you travel and when they're stored for the summer, skis and bindings are exposed to mechanical damage and to corrosive humid air. When travelling, protect skis by wrapping them tightly in a waterproof bag. In summer storage, hang skis unbagged in a cool, dry room with good air circulation.

Tune your skis at home before you travel and before storing them. After hotwaxing the skis, leave the wax thick on the base and edges to seal the running surfaces from oxidation. Store skis this way for the summer and you won't have to retune them in the fall.

**BEFORE YOU SKI AGAIN...** scrape down the wax with a plastic scraper. And check your bindings for any damage they may have suffered in transit.

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.

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PVS OFFICIERS

President ..... Dick Comerford  
Vice President.. Nancy Garrett  
Secretary ..... Irene Farrell  
Treasurer ..... Margaret Wyckoff  
Membership..... Marilyn Clark  
Program Chairman .. Ray McKinley  
TOOT Editor .. Lu Beale  
TOOT Production .. Jan & Bob Marx  
Movie Mogul ... Rosemary Soler  
Answering Service. The Marxes (451-9158)

EXCOM

SECOND TERM

Knox Felker  
Nancy Garrett  
Barbara Leonhardt

FIRST TERM

Bill Anderson  
Myra Evans  
Dina Taylor

\*\*\*\*\*

Bob and Janet Marx  
8312 Oakford Dr.  
Springfield, Va. 22152

