

VOLUME XIII

# Potomac Valley Skiers, Inc.

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## PRESIDENT'S MESSAGE

THIS COULD BE YOUR LAST ISSUE OF TOOT ! ? ! That it will be — if you have not renewed your P V S membership! With the next issue, we will be using our 1977-1978 membership address listing. NOW is the last chance for YOU to renew. Only then will you be able to take advantage of all of our many fall activities and winter ski trips. ALSO: it is not too late to tell your friends about P V S. After all, it's our GREATEST year ever! Just check the calendar and the ski trips. Then call Membership Chairlady (924-5000 evenings) for extra membership applications.

November is not too early to sign up for any or all of our ski trips. All of the trip leaders need commitments soon or, some trips could be cancelled. So, scan the trip list, call the trip leaders, AND SIGN UP NOW.

October is one of our busiest months ever. We certainly hope to see all of you at some, OR ALL, of the events.

*Ray McKinley*

Ray McKinley  
President, P V S

## OCTOBER MEETING

### A Wine and Cheese Party

When: Oct. 18th at 8:00 P.M.

Where: The Art Club of Wash. D.C.  
2017 "Eye" Street N.W.  
(just north of Pennsylvania Ave, between 20th and 21st Sts)  
This was the home of President James Monroe. It is a unique and interesting locale. RESERVATIONS are REQUIRED - by October 12th.

How to Reserve: Call Marilyn Clark at home after 4 P.M. (978-9435).

How Much: \$4.75 per person (this is an increase due to the higher cost of renting the Art Club.)

### And Dinner (before the W & C Party)

When: Oct 18th at 6:30 P.M. (if we get fifteen or more to sign up.) RESERVATIONS MUST BE MADE BY OCT 12th. Call Marilyn Clark to reserve. The choice is Roast Veal or Roast Lamb. (Cost will be \$6.50 per person)

How To Get

There:



EXCOM REPORT

EXCOM met on September 27th at the home of Dick and Vice President Marilyn Clark to conduct the business of the Club. Attending were: President Ray McKinley, V P Marilyn Clark, EXCOM members Bill Hager, Julie King and Bob Marx, Program Chairlady Sandie Deighton, Membership Chairlady Gail Gell, TOOT Editor Dick King, Safety Director Larry Pease, and Malle McKinley.

While working their way thru the very good hors D'oeuvres, the Club officers discussed and moved on the following matters:

1. The Blue Ridge Ski Council meeting for this fall will meet at Bryce Mountain on October 15th. P V S delegate Bob Wychoff will attend and is looking to car pool with other P V Sers. Call Bob (589-5532) if you are going.

2. A discussion on the merits of remaining within the Pennsylvania Ski Federation took place. After considering this, EXCOM voted to remain in P S F.

3. The matter of the Eastern Ski Association dues increase was discussed. A P V S vote will be necessary in March 1978 and, in order to meet that schedule, a motion to change the Club By-Laws will be necessary in January or February. **BE READY TO VOTE ON THIS ONE.**

4. Upcoming Club events schedule and Ski Trip schedule was discussed at length.

5. The next site for the EXCOM meeting was discussed. In October, the meeting will be held at Art Topping's house. In November, it will be at Gerry and Sandie Deighton's (again!).

\* \* \* \* \*  
IMPORTANT NOTICE # 1

One red barn, sixteen bales of hay, twenty hanging ghosts and twenty-one skeletons; UNLIMITED beer and wine spirits, a live square dance caller (with music), one full moon and a pleasant October evening ALL topped off by a midnight feed! That's the formula for: THE P V S HALLOWEEN-COSTUME AND SQUARE DANCE PARTY. Mix in the participants (20 signed up so far) and you will make a grand evening GREAT! Costumes MAKE the party. Please wear one. Reservations will be accepted UNTIL October 24th. Red Barn capacity is between 40 & 50 bodies. It is NOT heated; so have a WARM costume! Cost is \$5.00 per couple (this covers costs). WHEN: Friday night - October 28th, 8:00 P.M. Simple to find. Take I-270 north; exit at Route 28 Rockville exit; turn left toward Rockville on West Montgomery; two stoplights plus two blocks brings you to the Red Barn (behind # 402 West Montgomery); park your broomsticks on West Montgomery (south side), Wall, Thomas or Williams Streets. Follow the eerie sounds. Call Gerry/Sandie Deighton NOW to add your bodies to the list! Tel 424-5707.

IMPORTANT NOTICES

IMPORTANT NOTICE # 1

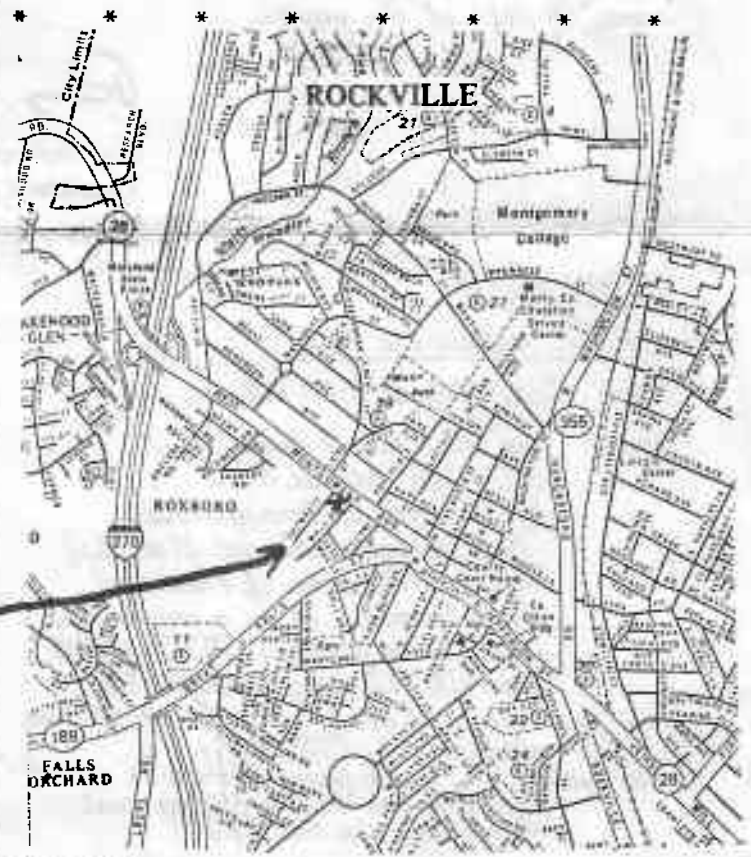
MEMBERSHIP. Our renewal deadline is October 31st. Thus, THIS IS THE LAST TOOT you will receive. TOOT will not be sent to you unless you are paid up - so, fill out the enclosed reminder and send in your check TODAY! Eighty-nine members are signed up as of this month. We have eight new applicants and three new junior members. For those who have renewed, Membership cards and current address listings will be sent out in November.

IMPORTANT NOTICE # 2

Trip Leader Bob Wychoff reports that his "Ski The Riviera" trip is already more than half full. Although November 30th is the cut-off date for signing up; Bob reports that space on the plane is already approaching stand-by status. So, you are urged to contact Bob right away if YOU are planning to enjoy another fine trip with the Wychoffs.

IMPORTANT NOTICE # 3

Another October Event (on the 15th). Join other P V Sers at the Antique Car Show at the Civic Center, Rockville, Md. Bring your own picnic and meet in front of the Mansion at 11:30 A.M. The organizer is John Gable who has a car entered. John can be reached on: home: 525-3595, or Office: 426-3338 for any additional information you might need or want.



IMPORTANT NOTICE # 4

In the COMING EVENTS section, you will note there are two activities scheduled in November. The regular meeting will be announced in the November TOOT. The earlier activity, the Maryland GOLD MINE HUNT, may occur before TOOT reaches you. Thus, the following paragraph from GOLD HUNT leader: Jim Slack.

There's Gold In Them Thar Hills! Sure, buddy, but that's out west! Well, -- Would you believe: in the Hills of Great Falls, Maryland? Five Thousand ounces worth? About \$ 7 Million worth - at today's prices? INDEED, I say: Between 1861 - 1951, gold was mined at Great Falls, Maryland. The structures built during the last "rush" of 1936 - 1940 can still be seen standing, leaning, and collapsing before your very eyes. And, for the more adventuresome, at no extra charge, we provide diggings, shafts, and tunnels caving in under your own two feet. So, shake a leg and get the cobwebs out -- join us for a crisp hike thru the woods in search of the yellow dust. It may prove WORTH YOUR WHILE, besides being good outdoor fun. And, when we're tired and hungry, we can repair to a famous old restaurant, the Old Angler's Inn nearby (a favorite watering hole since 1860) for necessary sustenance. HOW, WHEN, and WHERE? November 12th, a Saturday, meet at 10:00 A.M. at the Great Falls Tavern (take Exit 15 from the Beltway west along the Maryland side of the Potomac River to the Tavern at the end of Mac Arthur Boulevard). Excellent maps and pamphlets available there for a fee. From the gathering point, we will car pool the short distance to the Maryland Gold Mine for exploration and exploitation! Sturdy footwear and sturdy outer clothing are a must. Dress warmly, too. It should be a real FLIN day. Call Trip Leader Jim Slack or Mary Ward (860-0011) in the evenings if you plan to go. We hope to see YOU'ALL there!

IMPORTANT NOTICE # 5

The November 1977 Monthly P V S meeting. At a new locale: At Shakey's Pizza Parlor, 1471 Rockville Pike (one block north of the Congressional Shopping Plaza). From 6 to 8 p.m. - "All you can eat - chicken and Pizza night". Cost: \$2.68 per adult tax included; children under 9 even less; \$2.65 per pitcher of beer. Beginning at 8:30 p.m. we will have a dedicated private room. Movies will then be shown. COME, and FILL UP, and then SIT DOWN, and WATCH SKI MOVIES. See you all THERE.

SEPTEMBER MEETING REPORT

Some twenty-eight hardy souls (members and guests) wended their way, along with their ski equipment, to the New Mark Commons Rec Hall where an interesting equipment clinic was held. Conducted by Safety Director Larry Pease and Ski Patroller Dick Clark, most interesting comments and recommendations were presented verbally, and, in actual performance. Many present had their bindings checked by Dick to the everlasting satisfaction of the thankful owners (which included Dick's happy wife, Marilyn).

Also, while the clinic was in full swing, a most interesting open discussion was held on the merits of P V S remaining in the Eastern Ski Association as a 100% ESA Club. As moderators for this discussion, P V S was fortunate to have present the two ESA Southern area Directors, Gene King and Whitey Willauer. These gentlemen presented the positive advantages to the question while the adversary position was upheld by recent returnee and former P V S President Keith Lyon (TOOT warmly welcomes Keith and Sue back into the fold of P V S!). No conclusion was reached, of course. By February, we must face this issue in the form of a By-Law change recommendation. So, be ready to vote on the issue early next year. TOOT will be happy to print members' opinions in a Letters To The Editor format. We MUST vote on this early in 1978.

SEPTEMBER SKI SWAP AND SALE

TOOT Editors were not able to attend the Ski Swap and Sale at the Alpine Ski Shop but the report is: AN OUTSTANDING SUCCESS. First of all, the sale benefitted the Ski Patrol to the tune of several hundred dollars! Secondly, the attendance was overwhelming. TOOT understands that Dick Clark went early intending to stay only until noontime; the crowd was so heavy he stayed on 'til 5:00 p.m. to help with the work. That's the true spirit of the volunteer Patrol, Dick. Congratulations to both the sponson, the Alpine Ski Shop; and the beneficiary - the National Ski Patrol.

8th Annual  
OKTOBERFEST  
Friday  
NOVEMBER 4, 1977  
7 p.m.  
SHERATON  
PARK  
HOTEL



COMING EVENTS

- Oct 15 - Antique Car Show. See IMPORTANT NOTICE # 3.
- Oct 16 - Blue Ridge Ski Council Meeting at Bryce Mountain, Virginia. Contact P V S BRSC delegate Bob Wyckoff for details and car pool plans.
- Oct 16 - Pennsylvania Ski Federation Meeting. At the Holiday Inn in King of Prussia, Pennsylvania. Anyone interested in going shud contact Ray McKinley.
- Oct 18 - P V S October Wine & Cheese Meeting. See Notice on page 1.
- Oct 25 - EXCOM Meeting. At Art Topping's new home. 2320 South Quincy Street, in Arlington, Va. Tel. 521-6215 for details on how to get there. Time: 7:30 P.M. to start.
- Oct 29 - Halloween Costume Party. See IMPORTANT NOTICE # 1/2 for details.
- Nov 4 - OCTOBERFEST. See separate flyer for details on this Event which supports the USSA Ski Team.
- Nov 6 - Another Ski Swap & Sale. Again, in support of the National Ski Patrol. Sponsor and locale: Adam Kahane's Ski Center, 4300 Fordham Road N.W. (just behind Garfinchel's on Mass. Ave above American University.) Time is estimated by TOOT to be 10:00 A.M. to 5:00 P.M. Contact the Ski Center for further details.
- Nov 12 - The Gold Mine Hunt. See IMPORTANT NOTICE # 4 for details.
- Nov 15 - The November P V S Meeting. See IMPORTANT NOTICE # 5.
- Nov 22 - EXCOM Meeting. At Gerry and Sandie Deighton's house. Just come to the Halloween Costume Party - and stay on 'til the 22nd! We MAY even conduct some business - beginning at 7:30 PM.
- Dec 3 - The Dance Factory, a DISCO Dance at the New Mark Commons Rec Hall (we were just there for the September meeting!) A pot luck supper with some active after supper dancing. A full notice will appear next month; but call the coordinator now (Marilyn Clark, after 4:00 P.M. at 978-9435) to help and to reserve your admission to this event.
- Dec 20 - Christmas Party, at Wiederhold's. Details to follow.

INTERNATIONAL DINNER RECIPES

Recipe # 12

From Ginny Larson

Tomali Pie - Spanish

Pour 3 cups of milk over 1 cup of cornmeal and let stand. Fry together 2 lbs ground beef, 1 clove garlic minced, 2 chopped onions, 1 chopped green pepper. Then add 1 cup whole kernel corn drained, 1 cup green chili sauce (can buy in Giant in Spanish food section - Jalipena), 2 1/2 cups tomato sauce or 2 cans plus water to make 2 1/2 cups.

Add 1 can chopped ripe olives, 3 tablespoons Chili powder and 2 teaspoons salt

Put together with milk mixture. Bake 1 hour at 375°. After 1/2 hour stir in 1 can whole-ripe olives. Last 20 minutes top with Longhorn cheese. Serves 15-20.

ENJOY YOURSELVES!

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SKI SAFETY AND PHYSICAL FITNESS

contributed by: Larry Pease

Skiing CAN be fun, if you approach it correctly. Physical fitness is one of the two top factors in ski safety. Common Sense is the other. If your BODY is out of condition, it gets tired quickly and won't react in a crisis when you need it most. Muscles and ligaments that are well exercised are less apt to give out or strain. Dynamic exercises like jogging, hiking, and biking coupled with a good program of daily exercises is a good program. If you can't find time for a disciplined program, follow these recommended activities: WALK everywhere you can, upstairs, downstairs and on the level; sit erect at all times applying isometric stretching on your backbone and other muscles of your BODY; lose weight and trim up so that your muscles and heart are NOT supporting that extra UNNECESSARY strain; and jog, jumprope and run, run, run! Your stamina and your wind can't help but improve!

TOOT TIDBITS

TOOT is happy to report that Brooke Armat has arrived home from a hospital examination which showed Brooke free of serious illness. TOOT wishes Brooke a rapid recovery from his ailment and we look forward to seeing him and Mary at our next event. TOOT suspects that Aase Berling must now be back from Norway and we're looking forward to a report of that fine trip. What's that we heard? Dick Clark was sailing on the Courageous in the America Cup race?? No, not on it, but watched it! Good Sailing, Dick!

Extract From the ESA Newsletter ALERT:

DISCOUNT TICKETS NOW AVAILABLE

USSA-Eastern's phone has been ringing off the hook with inquiries regarding the status of our lift ticket program for the 1977-78 season.

Don't worry! This program is alive and well, and we will keep you up to date on what is available every month. In the meantime, the following list of tickets is available NOW. All are valid for the 1977-78 season only. The prices, as always, are subject to change without notice.

<u>AREA</u>	<u>NO. AVAILABLE</u>	<u>OUR PRICE</u>
Ascutney	246	\$6.00
Black Mt.	176	\$5.00
Bolton Valley	79	\$5.50
Crotched	8	\$4.50
Glen Ellen	405	\$8.80
Mittersill	57	\$5.50
Tyrol	126	\$4.30

These tickets are offered on a no-recourse basis, and members who buy them are urged to use them promptly. While some tickets may claim validity for one or more seasons, changes in ownership of areas, foreclosures, and other unforeseen events may affect the usefulness of the lift tickets after they are issued or sold.

The tickets are available by telephone through the Eastern Division office; but the Eastern office is NOT a ticket office. Skiers on their way north are welcome to visit the offices in Brattleboro, Vt., but they will not be able to buy discount lift tickets across the counter there. Order by telephone: 802-254-6077.

Tickets will be mailed to buyers upon receipt of payment, or persons ordering tickets may do so by use of their Master Charge or BankAmericard charge numbers. Because of the cost of handling orders, a fee of \$3 will be charged on all ticket orders of under \$50.

Tickets are available on a first come-first served arrangement, so come first and don't be disappointed.

\* \* \* \* \*

*P V S President's Note: The above extract is provided to P V S members for their benefit as a direct and tangible benefit from ESA. This is all to the good. BUT, I am disappointed to report that a review of the minutes of the August 6, 1977 ESA Board of Directors <sup>meeting</sup> revealed NO discussion, much less movement, in support of the floor motion made at the ESA Convention in May 1977 by Ms Dania Bandia to reconsider ESA goals to be more directly supportive of recreational skier interests. This is a serious void on the part of ESA and impacts most directly on the P V S consideration whether or not to remain as a 100% ESA club. I ask our membership to consider the ESA Board of Directors' action (or lack of same) as a serious reflection of lack of genuine concern for the ESA member recreational skier.*

SKI TRIPS

- Jan 13 - 15 A Wisp carpool trip. Trip Leader Gail Gell. At our old happy stamping grounds, the Timberlake Lodge. Timberlake holds about 18 skiers. The cost will be somewhere around \$25.00 per adult. This will include Friday night snack, Saturday breakfast, lunch fixings, Saturday dinner (including wine), Sunday breakfast and lunch fixin's. Lift tickets not included in the estimated price. Last year, we had GREAT snow at Wisp. Let's hope we do this year, too. It's a real fun weekend.
- Jan 19 - Feb 5 Ski The Riviera! A deluxe skiing trip to Isola and Auron in the maritime Alps in Southern France. Thirteen ski days, plus one day in Nice on the French Riviera, and two days in famous Monte Carlo. See and ski the powder snow over one mile high in a new corner of the world. All 3 and 4 star hotels. November 30th is the cut-off date. Call Trip Leader Bob (& Margaret) Wyckoff at home, 301/589-5532.
- Sometime in Feb A weekend carpool trip to Blue Knob. Date depends upon accomodations. Trip Leader Bill Hager is arranging accomadations to suit P V S schedules and space availability. More on this as it firms up.
- Feb 11 - 12 BRSC Ski-O-Ree at Caanan Valley, West Virginia. This is a fun event; P V S needs a coordinator to arrange details in relation with BRSC. Any interested trip leader would be welcomed.
- Feb 23 - 25 A P V S bus trip to Killington, Vermont. Trip Leader is Ray McKinley. The dates are changed since the last notice. We now leave Thursday evening and return Sunday night. This is P V S's first bus trip in more than five years, and it is a FIRST CLASS trip. Round Trip total cost will be about \$140.00. This equates easly to other BRSC club trips to the same area for the same amount of time. And, the FIRST CLASS nature of our trip makes it a good one. PLUS, the fun of the bus trip. If you haven't been on one for a long time, come and join us. It's a most memorable trip which you will remember for many years to come. All you have to do: is GO!
- March 2 - 17 Ski In Spain! A Ski trip for true adventurers! To distant and different places with Trip Leader Bob Crasley. You will ski three different areas in this lovely country. And, you will save \$, too. The Spanish "coin of the realm" has recently been devalued - to the real advantage of the U. S. treveler. So, call Bob at 301/460-3167 if you are interested in this one.
- March 5 - 11 A carpool trip to Mount Sutton, Canada. Trip Leader is Gerry Deighton. This is a proven successful and very economical trip. It is already nearly fully subscribed. If you are interested, call Gerry at 301/424-5707 for further details concerning available space.

CLUB OFFICERS

- President : Ray McKinley
- Vice President : Marilyn Clark
- Secretary : Geoff' Wadey
- Treasurer : Margaret Wyckoff
- Membership : Gail Gell
- Programs : Sandie Deighton and Penny Wiederhold
- TOOT Editors : Dick & Julie King
- Answering Service : Brooke and Mary Armat

- EXCOM (Second Term):
- Pat Cope
- Gerry Deighton
- Penny Richards
- (First Term):
- Bill Hager
- Julie King
- Bob Marx
- (Ex-Officio):
- Geoff' Wadey