

VOLUME XXIV  
NUMBER 9

# Potomac Valley Skiers, Inc.

SEPTEMBER  
1989

WASHINGTON

MARYLAND

VIRGINIA

## PRESIDENT'S MESSAGE:

Hear ye! Hear ye! Hear ye!

A new ski season is almost here and some of us are not ready.

We have a number of great ski trips planned for the upcoming season which we will enjoy more if we are in proper condition.

So, join us in PVS hiking and boating events scheduled before the first snowfall.

See events listed in this issue and sign up and shape up!

*Dick*

Dick Comerford, President

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## MEMBERSHIP *Alert!!*

**HURRY!**

DON'T MISS OUT - dues are due NOW. If you have questions or need an application, call Marilyn Clark (978-9435).

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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, OR IF YOU ARE A "NO-SHOW" AT AN EVENT FOR WHICH YOU HAVE MADE A RESERVATION, YOU ARE RESPONSIBLE FOR PAYING YOUR SHARE OF THE EXPENSES EXCEPT, OF COURSE, IN THE EVENT OF EMERGENCIES.

## MONTHLY MEETING TUESDAY, SEPTEMBER 19th. 8:00 P.M.

Where: Home of Robert McNeil  
2 Hitching Post Place  
Rockville, Md. 20852  
Telephone: 881-6558



BACK TO SCHOOL...BACK TO SKIING...BACK TO MONTHLY MEETINGS

Don't miss the season opener at the Rockville home of first-time PVS hosts - the McNeils. Entertainment..Refreshments ..

Directions: Take the Beltway to 270N. Take exit at Montrose Road. Go east about one block to first traffic light. Turn right into WALNUT WOODS on Hitching Post LANE. Travel 6/10ths of a mile to Hitching Post PLACE. The McNeils are in #2 - the corner house.

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# Coming Events

September

## Special Event CHILI COOK-OFF AT THE EVANS

**WHEN** SUNDAY September 24. 4 P.M.

**What:** Ken Evans matches his chili against all challengers. Come with your own entry - (about 1/2 cup per person for a tasting committee of 40 or 50). Or just come with an appetite and be one of the tasting judges.

**COST:** About \$10.

**Reservations:** Call the Evans to reserve your place and let Myra know whether you'll bring salad or dessert. (620-0545).

**DIRECTIONS:**

From the Beltway take I-66 WEST toward Front Royal. Take the **THIRD EXIT** (Winchester/Dulles) onto Rt 50 (Fair Oaks Mall will be on your left). At the first traffic light, turn **RIGHT** onto WEST OX ROAD. Go about 3/4 mile and turn **RIGHT** onto PENDERWOOD DR. Go to the end of the street and turn **LEFT** onto WAPLES MILL ROAD. Go about 1/4 mile and turn **RIGHT** onto VALE ROAD. Go 1 mile and turn **LEFT** onto COBB HILL LANE. We are the second house on the left (3140).  
From Fairfax, take Rt. 50 to West Ox and from Vienna or Oakton, use Vale Road. If you get lost, call 620-0545.



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*also*

**DON'T FORGET - Bike/Hike in Leesburg - September 3rd 1 P.M.**  
(Rain date: September 4)

**Coordinator:** Irene Farrell (921-0590).

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*also*

### PICNICKING and BOATING WITH DEAN WORCESTER.

**When:** September 9th. (Rain date, September 10).

For your pleasure, this event was moved from its original August date. So grab your bathing suit and boating hat and come join in the fun.

Call new coordinator Irene Farrell (921-0590) to arrange salad or dessert.

**DIRECTIONS TO 256 Long Point Rd., Crownsville, Md. (Tel:301-987-6017).**

Approach Annapolis on Route 50. Turn off at first Annapolis exit (also labelled "Parole"). Stay right--road loops back under highway and becomes Route 178, General's Highway. Stay on it for about five miles. At the seventh stop light turn right onto Herald Harbor Road (Texaco and Gulf stations at intersection). At first stop sign turn left (still Herald Harbor Road). Follow winding street past Herald Harbor Mini-Mart and Fire Station, make no unnecessary turns. A sign indicates when it becomes Long Point Road; continue for 1/4 mile to 256, on your left.

Since parking is not allowed on narrow Long Point Road and space is limited, you'll have to unload your car, park it near the Mini-Mart, and be shuttled back. And forth.

# Oktoberfest



Rain

WHEN: SUNDAY, October 1st. 3:00 P.M. or Shine!

WHAT: Annual Oktober merrymaking a la P.V.S.

Barbara and Fred Leonhardt will host this popular event at their beautiful Potomac home while the Wyckoffs are taking a well-earned sabbatical in South America.

Sausage...Chicken... potato salads... pflaumen kuchen ... plus potables and other Leonhardt socialities.

Utensils, including plates and beer mugs, provided. Also, Tyrolean ompah, ompah to stomp to.

Cost: Approximately \$9 - \$10

Reservations limited to 50. Call Myra Evans (620-0545) by Tuesday, September 26 to reserve a place. (Use answering machine, if necessary.) See club policy regarding cancellations on page 1.

DIRECTIONS: From Maryland, take #270 north to first exit (Old Georgetown Rd.). Bear right and go to first traffic light (Tuckerman Lane). Turn left and proceed 3.8 miles to Falls Rd. (Rt 189). Turn left at light and then take first right onto Winterset Dr. Go 2 blocks to end of street, go right onto Winterset Terrace and then right onto Jongroner Court. Second house on left is 9419. Enter there.

From Virginia, take beltway to River Rd. exit. Go north to Potomac Village (about 3.5 miles). Right onto Falls Rd. (Rte 189). Go 2.5 miles to Winterset Dr. (1 block after light at Glen Rd.). Turn left and proceed as above.

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## Special Event

FALL HIKE WITH DINNER AT THE STRASBURG HOME OF SHAHR SAD AND JAMIE MILLER

WHEN: October 14, 1989. RAIN OR SHINE !!

Limited to 40. Cost: approximately \$9 per person.

The hike will be 8 miles on the same Massanutten Ridge trail as last year. Grand views. Lots of ups and downs.

Dinner afterwards at the Millers' historic home in Strasburg prepared by the talented Shahr sad who always surprises and always pleases. Call the Millers by October 10 to reserve a place (533-7651).

Directions: We will meet at the Cooper School just inside the beltway at Exit 13, Rte 193 (Georgetown Pike). The school is on the right side of #193 (going towards town) on Balls Hill Rd. You can arrange your carpooling here.

Time: 9:00 A.M.

Bring: Lunch, including beverage and spare drinking water; warm clothing in case it gets cold after dark; rain gear insurance.

P.S. If you do not plan to meet at Cooper School, please call hike leader, Lu Beale (363-3521).

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# THE KNEE

by

Ray McKinley



It's time for a Knee multiple choice question: In this otherwise lackluster world, you can always depend on (a) Stein Erickson (2) the Knee (3) Art Buchwald (d) all of the above. The answer is one paragraph below. Don't peek. A special tip of the ol' Knee Cap to Lu Beale. This issue marks her 10th Annkneeverary as TOOT editor. In that time she has missed only two issues of TOOT. By contrast, the Knee has missed three issues.

The correct answer to the question is (c) Art Buchwald. I saw Stein Erickson crash and bloody his nose on "Single Jack" trail at Park City in February 1980 and the Knee was lackluster in November 1983.

Pre Dick Comerford is really wowing ExCom. We've even had typed agendas! He also has some great ideas for safety and conditioning programs at upcoming meetings. And at the next club meeting he plans to unveil his choice for club veep.

At a recent ExCom meeting, Bill Anderson looked only slightly less dapper than usual. He was sporting seven stitches (and a concussion) from a water skiing accident. You are safer on frozen water, Bill. It's softer.

Charlie Gordon, in town recently en route home after a trip to Wimbleton, provided a brief report on summer in Texas: "Hot and dry." Is that worse than Washington's "Hot and wet?"

Dick and Marilyn Clark's son, Cam, is off for a stay in Africa.

Knox and Karen Felker are in Denmark. They will return via London where they plan to finalize arrangements for the PVS European ski trip they plan for 1990.

Reg and Jean Heitchue are off to Hawaii, Reg on business, Jean on a well-deserved vacation.

Please don't you forget to send in your dues. I kneed all the readers I can get.

A special thanks to club secretary Irene Farrell who did a bang-up job as acting TOOT editor last month. She even managed to translate my chicken scratchings. (If only we could do something about your ExCom notes, Irene!)

Don Cope says PVS by-laws have a major failing. We have skiing requirements for membership but none for eating and drinking. This will be essential if we become PVS and E (for eaters).

Before Fred and Barbara Leonhardt volunteered to hold this year's Oktoberfest at their home, ExCom was contemplating holding it at Blob's Park in Jessup, Md. As a result, Ken and Myra Evans and Hank and Aina Thomas independently visited there. They loved it! Lots of beer, inexpensive German food, and a live band (much better than a dead band) playing mostly polkas. Watch for a PVS event there.

Somewhat personal: On a recent business trip to California, I hoped to visit Jim Slack and Mary Ward. I called Mary and suggested Thursday evening. She said that wasn't possible as Thursday morning they were leaving for Washington D.C. to attend the Elrods' Steak & Swim. Right on!

Ski fact 1. the highest skier's lift in North America is at Arapahoe Basin where you can ride to 12,450 feet. A real high!

Last winter, Jan Marx became the owner of the Boy Scout ski merit badge. This report is tardy, but not as tardy as Jan's award.

At a recent ExCom meeting Dick Comerford noted he had released the tension from his bindings for the summer. Although all agreed this was a good safety idea, only 2 others of the 20 present had done it. Have you?

At the same meeting, Knox Felker asked Aase Berling to identify her favorite Scandinavian folk heroes. Her answer: the Vikings. No, no, Aase. The Vikings are from Minnesota.

Marilyn Clark has a new job as an interior decorator. In her previous job as ski clothes buyer for the Alpine Ski Shop, she was an exterior decorator.

Ski Fact 2. There has never been a death caused by an avalanche at Ski Liberty.



# SKI TRIP

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## POTOMAC VALLEY SKI CLUB PRESENTS A NEW TRIP MONT-TREMBLANT, QUEBEC, CANADA

Feb. 11-16 1990  
Sunday to Friday

Reservations will soon be confirmed at Station Mont Tremblant Lodge, Quebec, Canada. Maximum number of skiers will be limited to 40.

### TRIP INCLUDES ALL THE FOLLOWING:

1. Round trip airfare, Washington, D.C. to Montreal, Canada.
2. Round trip bus, Montreal to Mont-Tremblant.
3. Five nights lodging slopeside.
4. Five full breakfast.
5. Five gourmet dinners.
6. Six day lift ticket.
7. Four day ski school program.
8. Welcome party Monday night.
9. Open hospitality in trip leader's cottage.

All of the above for only \$675.00 per person, double occupancy. If you do not want the four day ski school program, there will be a \$43.00 deduction, however, I recommend the ski school for learning the mountain and improving your skiing.  
Seniors, 70 and over can deduct also \$43.00.,.

~~Please send a deposit of \$100.00 per person by Oct. 1, to Jack Peoples.~~  
A second payment of \$300.00 will be due by Dec. 1, with a final payment of \$275.00 due by January 10, 1990.

Mont Tremblant is one of the most famous ski areas in Canada with a 2250 foot vertical, nine lifts, and one high speed quad chair to the top of the mountain. This mountain was made famous by Lowell Thomas and other ski pioneers in the early nineteen fifties.

Please complete the form below and mail along with your \$100.00 per person deposit to JACK PEOPLES, 8907 EDGEWOOD DRIVE, GAITHERSBURG, MD. 20877. Make your check out to PVS-MONT TREMBLANT.

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ Non Smoker \_\_\_\_\_ Smoker \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Office \_\_\_\_\_ Roommate Pref. \_\_\_\_\_


I ACKNOWLEDGE THAT PVS, THEIR OFFICERS AND TRIP LEADERS ARE ACTING AS AGENTS IN MAKING THESE ARRANGEMENTS AND ASSUME NO RESPONSIBILITY FOR ANY INJURIES, NOR FOR ADDITIONAL EXPENSES CAUSED BY WEATHER OR ADVENTS BEYOND THEIR CONTROL.

Date \_\_\_\_\_ Signature \_\_\_\_\_

# COOK'S CORNER

by

Nancy Garrett



"Oh, It's a long, long time from May to December, but the days grow short when you reach September."

Shorter days, cooler nights, snow before long, parties and apres ski: a time to try new recipes from the areas best cooks - those in PVS. As promised in July, more recipes from the International Dinner are provided for you to prepare.

## PORT-LINGONBERRY SAUCE FOR PORK ROAST

Pat Cope

In frying pan, brown pork tenderloin. Set aside for later. In pan drippings, saute:

- 1 Tablespoon olive oil
- 3 chopped shallots

Deglaze pan over high heat by cooking until reduced by half:

- 1/2 cup port wine
- 1/2 cup veal stock (available fresh at Giant Gourmet)

Scrape all meat from bottom of pan.

Add and boil 5 minutes:

- 1/2 cup veal stock
- 1/2 teaspoon thyme

Add and simmer until flavors are well blended, approximately 10-15 minutes:

- 1/2 cup lingonberry preserves
  - 2 Tablespoons red wine vinegar
  - 1 1/2 teaspoons fresh grated orange peel
- Salt and Pepper to taste

Mix together and add to above mixture to thicken:

- 1 teaspoon cornstarch
- 1 Tablespoon water

Serve with roast pork.

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## CONFIT OF ONIONS

Pat Cope

Rinse and drain 3 times; set aside:

- 1 jar (1 lb) small onions

In medium saucepan, simmer gently for 15 minutes:

- 1 1/2 cup water
- 3 Tablespoons red wine vinegar
- 3 Tablespoons olive oil
- 3 Tablespoons golden raisins
- 2 Tablespoons brown sugar
- 2 Tablespoons tomato paste
- 4-6 chopped garlic cloves

Add drained onions and boil until nearly all liquid has evaporated. Remove onions. Skim off oil. Return onions to "glaze".

Can prepare ahead of time and reheat in microwave oven for 3 minutes at medium power.

## BLUE TRIANGLES

Karen Felker

Into blender or food processor using plastic blade, blend until creamy:

- 4 ounces blue cheese
- 4 ounces cream cheese
- 1 egg yolk

Add, and blend finely chopped:

- 1 pear, peeled, cored and cut in chunks
- 2 Tablespoons walnuts, coarsely chopped

For wrapper:

- 10-12 sheets phyllo dough
- 1/2 pound butter, melted and cooled

Keep phyllo covered with a damp towel while working. Lay 2 sheets flat and cut into 3-inch strips. Place all but 2-3 strips under towel. Work quickly. Butter each strip with pastry brush. Place a teaspoon of filling in lower left corner; fold lower right corner over filling to the left edge. Continue folding left to right, using flag fold. Place triangle on cookie sheet, seam-side down. (If freezing, place pan in freezer. When frozen, remove to plastic bag for storage.) Brush with butter when ready to cook, allowing 5 minutes more if frozen. (Do not defrost prior to cooking.) Bake in 375\* oven for 20-25 minutes until golden brown.

# SKI TRIP

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## POTOMAC VALLEY SKI CLUB PRESENTS A NEW MARCH TRIP KILLINGTON, VERMONT, USA

March 11-16, 1990  
Sunday to Friday

Reservations are now being taken for KILLINGTON, Vermont, America's 6 Mountain Ski Resort. Maximum number of skiers will be limited to 40.

### TRIP INCLUDES THE FOLLOWING:

1. Round trip airfare, Washington, D.C. to Burlington, Vt.
2. Round trip bus from Burlington to Killington.
3. Five nights lodging slopeside.
4. Five full breakfasts.
5. Five dinners.
6. Five day lift ticket
7. Welcome party with live entertainment.

All of the above for only \$660.00 per person, double occupancy. A deduction for airfare will be made for those driving. Skiers will be staying at THE LUXURY MOUNTAIN INN, which features live entertainment, fireside lounge, sauna, steam bath, whirlpool, and game room.

Please send a deposit of \$100.00 per person by Oct. 20, to Jack Peoples. A second payment of \$300.00 will be due by Jan. 1, with a final payment of \$260.00 due by Feb. 1, 1990.

Killington has the largest snow making capacity in the east, and usually opens the middle of October and runs until June 1. Killington has a 3000 foot vertical drop, eighteen lifts, which includes two high speed quads, and one gondola.

Please complete the form below and mail along with your \$100.00 per person deposit to JACK PEOPLES, 8907 EDGEWOOD DRIVE. GAITHERSBURG, MD. 20877. Make your check payable to PVS-KILLINGTON.

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Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ Non Smoker \_\_\_\_\_ Smoker \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: Home \_\_\_\_\_ Office \_\_\_\_\_ Roommate Pref. \_\_\_\_\_

If driving, please indicate when and how many \_\_\_\_\_

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Date \_\_\_\_\_ Signature \_\_\_\_\_

### CALENDAR

- Sept. 3 ..(Rain date 9/4) 1 P.M. Leesburg Bike/Hike-Supper with the Comerfords. Call Irene Farrell (921-0590).
- Sept. 9 ..Water Sports at Dean Worcester's. See page 2.
- Sept. 19 ... Monthly Meeting at Bob McNeil's. See page 1.
- Sept. 24 ... Sunday Chili Cook-off at the Evans. See page 2.
- Sept. 26 ... Ex Com at Dina Taylor's Frederick home. 7:30 p.m.
- Oct. 1 ... Oktoberfest at the Leonhardts. See page 3.
- Oct. 14 ... Fall Foliage Hike/Dinner with the Millers. See page 3.
- Oct. 17 ... October Meeting at Sally Finan's home. 8 P.M.
- Oct. 24 ... ExCom at Lu Beale's home. 7:30 P.M.
- Nov. 18 ... Hike and Chili with Ray McKinley. Limited to 25. More on this in next TOOT but, to make early reservations, call Ray now (527-7126).
- Nov. 21 ... November Meeting at the Evans. 8:00 P.M. New ski equipment discussed and demonstrated.
- Nov. 28 ... ExCom
- Dec. 19 ... Annual Glühwein party/meeting at the Heitchues. 8 P.M.

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## !! SKI TRIPS !!

1. Mt Sutton (1/14-1/21) Spaces still available. Call Jack Peoples (840-2213)
2. Canaan Valley (2/2-2/4) Ski-O-Ree. Nancy Laymon leading. (476-4262).
3. ~~Mont Tremblant (Feb 11-17)~~ Jack Peoples leading (840-2213)
4. Val d'Isere & Courmayeur (Feb 24 - Mar 11) Felkers leading (931-6843).
5. Killington (Mar 18-24) Jack Peoples leading (840-2213).

\*\*\*\*\*

Bob & Jan Marx  
 8312 Oakford Dr.  
 Springfield, Va. 22152

