



VOLUME XXVIII  
NUMBER 8

# Potomac Valley Skiers, Inc.

WASHINGTON MARYLAND VIRGINIA

AUGUST, 1993

### President's Message:

Looks like summer is here to stay and aren't we fortunate to have so many more summer activities still to come? Check TOOT'S calendar for an updated listing. Sad to say, the Elrods hosted their last Steak & Swim on July 17th. Their hospitality is legendary and will be missed. Many thanks, Malda and Roy! It's time to look ahead now and sign up for ski trips. Don't delay!

*Mary Jane*

Mary Jane McCarthy, President



## ANNUAL CRAB FEAST

### Special Event

AT BETTY LAWRENCE'S HOUSE IN GREAT FALLS, VA.

Saturday, September 4, 1992 - 3:00 P.M. RAIN OR SHINE!!

Limited to 50. Reservations must be made by August 30. Cancellations must also be made by that date or you will be responsible for the cost of your crabs. Cost will be approximately \$15. Less for those non-crabbers who bring their own burger/weenie to grill. Crabs and beverages and utensils will be provided. Call coordinator Jack Peoples (301) 881-6220 to reserve a place and to say whether you will bring dessert, salad or hors d'oeuvre. Also whether or not you are a crabber. Also, your choice of beer or wine.

Directions to 525 Haven Lane: Take Beltway Exit 13 onto Rte 193 (Georgetown Pike) towards Great Falls. Drive 6.3 miles to Great Falls where turn right on Walker Road. Go 1.1 mile to left on Squires Trail. At end of road turn left onto Haven Lane and proceed to 525 on the left. Telephone: 703-759-0471.



# Coming Events

## AUGUST 4 - INFORMAL GET-TOGETHER AT STRATHMORE HALL

Brooks Tegler's Sextet (Swing from 30's to 50's) will perform preceded by picnicking on the lawn. Delicious meals at low cost: available. Or bring your own. Those interested will meet near the grandstand at 6:30 p.m. Strathmore Hall Arts Center is 10701 Rockville Pk just north of Tuckerman Lane.

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AUGUST 7 - A DAY WITH THE FLAKES Anytime after 1 p.m. Supper around 5 p.m. THIS IS A FAIR WEATHER EVENT. IF RAIN, EVENT WILL BE CANCELED. Call Joan Flake (301) 858-5345 if conditions iffy. See July TOOT for details.

Directions: Take Rte 50 to Exit 22 at Annapolis. Sign reads #665. Aris T Allen Blvd. Follow this road to end of bypass which becomes Forest Drive and then Bay Ridge Rd. and then Farragut Ave. Enter gates for BAY RIDGE and bear right and continue around lake to #40 - the Flakes!



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## MID-WEEK BIKE TRIP - Tuesday August 17, 10 A.M.

Because of extremely hot weather, the July bike trip has been rescheduled for August along the C & O canal from the Snack Bar at Great Falls, Maryland, to Seneca and return for a total distance of about 15 miles. Biking should be easy as the trail is quite flat along the side of the canal. For further information or to let us know you're coming, call Shirley Rettig, (703) 836-0147.

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## 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.



## SOARING - September 18, 1993.

Come to Woodbine, Maryland for a sailplane ride from 3000 feet. Experience what it is like going off a high ski jump into thin air, but the descent will be much slower so you can enjoy the surrounding scenery. The cost is \$75.00 per person for an average 25 minute ride. For lightweights, two may ride together for \$40.00 each or \$80.00 total. A deposit for 1/2 the cost must be received by Serge Triaux, 301-8401128 by August 28. Make checks payable to: Bay Soaring. No limit for participants. We will meet at the gliderport at 10:00 A. M. Bring a lunch. For more information, call Myron Marquardt, 301-4603269 or Mary Jane McCarthy, 301-9493703. In case of inclement weather, a later date will be scheduled. No deposit refund.

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**BIKING!! THE GREAT PEANUT TOUR** in Emporia, Va. Sept 9,10,11,12 (Any or all of these days!) A choice of 25,50, or 100 mile rides each day. The whole country turns out to provide hospitality and activities: nature walks, campfires, dinners. Highlight is the 13 mile Peanut Tour during which you learn how to grow, harvest (and eat) peanuts. For information and directions, call Jan Marx (703) 451-9158

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## COMING EVENTS

ANNUAL BIKE/HIKE/SUP WITH THE COMERFORDS IN LEESBURG - September 25th. 1 P.M.

Rain date: September 26. See September TOOT for complete details on this delightful and fairly strenuous event (22 mile round trip to Purcellville). Meantime, please get in shape, and Betty Comerford continue to take note.



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OKTOBERFEST AT THE WARD & SLACK'S - Saturday, October 2<sup>nd</sup> at 3:00 p.m. Rain or Shine. 15<sup>th</sup> annual ingesting of beer, sausages, sauerkraut, pretzels, potato salad, pflaumen kuchen, & Oompah music. Call coordinators Margaret & Bob Wyckoff at 301-589-5532 to reserve your place (limited to 60) and to check on what to bring. Details in the September TOOT.



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BLOB'S PARK - October 9, 1993.

For a day just right  
It's Blob's park at night.  
Call Myron just now,  
He will tell you how  
To get there with ease.  
Directions to please.

Polkas, fox trots too,  
A mixture for you.  
Food to be eaten,  
Drinks can't be beaten.  
Let's have a big crowd.  
We all will be proud.

Road directions, costs, times, etc. will be in next month's TOOT.



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WEEKEND AT THE BEACH - October 15 - 17, 1993. There's still room. Call now!

The Barrys, the Browns and Sue Walsh are offering their beach residences for a repeat of the annual super weekend at Rehoboth.

Event is limited (no children, please!). Cost of \$80 a person will include room, Friday night cocktails (please bring a favorite hors d'oeuvre), Saturday breakfast, Saturday lobster dinner, brunch on Sunday.

Call chief hostess Vivian Barry for info and to reserve (302)227-7000. (Vivian says, if you wish you can come early and stay later.)

Barry Address: 442 Spring Lake. Rehoboth Beach, DE 19971-1725

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FALL HIKE/DINNER WITH THE MILLERS - October 23, 1993

View the fall foliage. Dine with Shahrsad and Jamie at their historic home in Strasburg. Limited to 40. Call coordinator Bob Harmon (703)820-6561 to reserve a place and see upcoming TOOTS for details.

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CHILI HIKE - November 13, 1993. This event hosted by Nancy and Ray You-Know-Who, is limited and is already filling. Call the hosts now (703) 527-7126.

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PAST EVENTS

A SUMMER EVENT by Lu Beale

PVs has a new event and, if program chairman Ray McKinley has his persuasive way, it will be the first of many. "It" is the Summer Barbecue at Charles and Alexa McGrath's lovely waterfront home on the Rappahannock. Here, on June 26, 34 lucky PVSers gathered to enjoy an incomparable day with incomparable hosts. Participants travelled 125 miles to an area new to most of us - tidewater Virginia's northern neck. The trip alone was worth the effort and some elected to stay over at local B&Bs to enjoy another day along the waterways.

We arrived around noon and after a guided tour of the very modern house (which has to be seen to be believed) sat at tables on the screened verandas and open decks and began immediately attacking bucketfuls of small sweet crabs accompanied by appropriate liquid refreshments.

To protect guests from the sun, the hosts, by some sleight of hand, hoisted a giant tarpaulin over much of the deck. That done, they proceeded to serve platters of chicken (barbecued to order by Charles), beans, slaw and salads to the delighted guests.

To make room for dessert, exercise was prescribed. Swimming, pool volley ball, croquet, paddle boating were there for the taking and no one refused. Meanwhile, Charles took groups of 6 for 20 minute sightseeing trips in his power boat.

Exercise out of the way, it was back to the serving table for a variety of desserts and coffee. Finally, after a sort of laid-back, Lord, what could be finer! relaxation period, it was time to go. Even then, Alexa refused to let us go away empty-handed and insisted we take the leftovers home for late night snacks. ~~What a day! How do you say enough thanks for it all?~~



CRUISIN' DOWN THE RIVER by Shirley Rettig

"On a Sunday Afternoon" was the theme song for 14 PVSers who spent July 25 tubing on the Shenandoah River's South Fork where the current is leisurely, the rapids just exciting enough and the scenery peaceful. While stay-at-homes endured fierce electric storms and cloud bursts, it was a wonderful day weatherwise for the river rats who for the second year lucked out and had a much needed escape from Washington's awful month of heat and humidity.

After a strong start we broke our journey at Compton Rapids for lunch where the tubers snatched the chance to stretch cramped arms and legs and ride through the class III rapids several times.

Prize for those making the greatest effort to attend went to Chris and Janet Waln who arrived home from a California trip at 11 o'clock the night before but were all ready and willing at tube time on the river. Ray and Nancy McSex, with Nancy's daughter and son-in-law, constituted a formidable armada all by themselves, especially at the end when, in order to make an evening appointment, they raced for shore, if not under full sail, at least under full hand paddle power.

It was a wonderful day and everyone survived with no more than minimal sunburn and a few bottom bruises.

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A word from the participants: It was indeed a splendid adventure and we thank Shirley Rettig for her coordinating what is now an annual event.



PVS DOES WOLF TRAP by Jean & Howard Hensley

PVSers have encountered many types of weather conditions. On July 9, at Wolf Trap we did HOT! Barbara Leonhardt (with the help of hubby Fred) did an outstanding job as facilitator of the event. The Leonhardts and the Triaus arrived early to arrange and reserve enough tables for the 29 hardy souls who straggled in from the parking lots. Along with the appetizers and potables supplied by Barbara, there was a surprise birthday cake for Charles Boykin's 50th. He also received a small flashlight to help him find the potty for his increasing trips during the night - all in fun of course. After polishing off all the food we proceeded to our reserved orchestra seats to enjoy the performance. Getting back to HOT - most of the evening was spent fanning with whatever material was handy. Most people made fans out of their programs, others had the foresight to bring fans.

Dina Taylor arrived late. Someone commented that she must have parked quite a distance away and she retorted "Yes, that's true but I will be the first one out!" How true. The traffic was the usual mess. Fortunately the authors of this article had Lu "Full Steam Ahead" Beale as our navigator which resulted in our exiting the area in record time.

Getting back to HOT, Ray McKinley was the only one dressed for the weather, a tank top, but he said it did not help. (Speaking of Ray, he and Nancy were still being congratulated on their recent marriage.) The smartest person in the group may have been Glade Flake who left at intermission to sit in his air-conditioned car.

Oh yes - about the program we all came to enjoy. It was an All-Tchaikovsky program in honor of the centenary of the composer, performed by the National Symphony Orchestra and conducted by Zdenek Macal. The program was well done with two special highlights - pianist Shu-Ching Chen and the famous 1812 Overture with cannons booming in the grand finale.

Thanks again to Barbara and Fred for a job well done!



STEAK AND SWIM AT THE ELRODS' by Bette Walker

On a steamy July 17 thirty-some lucky PVS and Ers set out to enjoy a respite from the area's 100° weather - a swim in the Elrods' scenically located pool. A small contingent, thinking to escape the usual traffic jam on I95, headed at 9 A.M. for Prince William Forest in nearby Quantico to hike away the guilt that was anticipated, and so familiar from past Steak & Swim events. Picture enticing hors d'oeuvres, Roy's mammoth steaks, Malda's baked potatoes (this year stuffed and topped with cheese) crisp summer salads and mouth-watering desserts. Few could resist; after all, it was Saturday and diets begin on Mondays!

Before, during and after feasting, the pool was a joy, although, Jack, the Elrods' pup, was determined to rescue all who jumped or dove in. He especially worried about Dina and Mary Jane, the only board divers in the group, and was kept busy frantically rushing from one to the other.

As twilight approached and the exodus began, all agreed it had been a super Saturday and we thanked Malda and Roy for making it possible.



# THE KNEE

by  
Ray McKinley

It's summer and time for some sincere statements of scintillating significance (and several silly sayings) from your staunch supporter of sleet, snow, skiing and sauvignon from Sebastiani.

"Is he sick?" you're asking. Certainly not. It's just that I'm only permitted one "complain-about-the-heat" column per year and that was last month, so I had to start with something 'specially super.

The Knee certainly isn't into astrologknee. (That's hard to pronounce!) However, dreams may be telling. On a recent hot, muggy night (woops) the Knee was schussing down a long, steep sun-drenched slope covered with a foot of fresh, unskied powder. I was "sehr relaxed," coming over a crest, knees bent well into the hill. Dip, unweight, turn, dip, unweight, turn. I was skiing superbly, really getting into the motion. It was beautiful. Then on a slight bump, I crossed my damn skis, fell, and rolled unceremoniously to the bottom. Even in my dreams I can't ski powder!

All of my Knee socks, of course, come from Kneeman Marcus.

The June ExCom, admirably hosted by Bob Harmon, with support from Irene Farrell, was the first in memory with all 6 ExComers and all officers present. Skiing is sparse in June.

At that meeting, Bill Anderson was "roasted" on the occasion of his 65th birthday by Lu Beale. Lu was going to bestow on Bill the Russ Limburger Big Cheese Award to PVS's best-loved right-wing bigot - a man who never met a tory he didn't love. Unfortunately, the Limburger cheese didn't show.

Lu successfully did give Bill the Find Your Way Out of a Paper Bag Award. Riding with Bill, PVS'ers

have explored more unknown areas than Christopher Columbus. It's possible the Lost Generation was named for the Anderson Riders. But, it's a heck of a cheap way to see the world. Lu presented Bill with the perfect gift to avoid getting lost--a compass. Unfortunately, Bill lost the compass.

What with all the dinosaur furor, they now have Kneolithic dinosaurs--those with stone knees.

Reg Heitchue is just back from a week's non-ski trip to Russia. He discussed the environment with the KGB. Really.

PVS has been swimming in events for the last two months. Our first ever McGrath pool party and the Elrod 27th Steak and Swim were both blessed with great weather.

McGrath was quite a haul so some of us were a bit (sic) tardy. However, the Wyckoff and the Leonhardt really did it. They left at 9:30 am for the event, got stuck on a beltway blockage, and didn't arrive until 2:30 pm--ouch.

In an apparent PVS first, the McGrath became grandparents during their event. Later, Nat Seeman discovered the pool deserted during dessert, proving again that we are PVS & E (that's for Eaters).

The following is a quote from the June 1969 TOOT. "Malda and Roy Elrod are hosting an outdoor charcoal-grill party at their Triangle, VA home. Delmonico steaks will be awaiting those who care to order them. Also available will be baked potatoes and salad...bring your plates, utensils, etc." With all that experience, no wonder PVS has a great time and great steaks!

To avoid potential traffic problems, Bob and Jan Marx, Lu Beale, and Bette Walker left home early and had an invigorating hike in Prince William Forest before steaking and swimming.

In a discussion of pools, some preferred those by Anthony, others those by Sylvan. Bill Anderson said his pool was by Cess!



POTOMAC VALLEY SKIERS ARE HAPPENING TO SUN VALLEY ON MARCH 1-10, 1994

Trip Coordinator Nancy Laymon (703) 379-7323

WONDERFUL GLORIOUS SKIING IN BEAUTIFUL ROMANTIC SUN VALLEY We will be staying at the elegant Sun Valley Lodge. A full service hotel in the heart of Sun Valley Village. There is a game room with bowling alley, glass-enclosed swimming pool, massage, sauna, and a ski room. Across from the Lodge Terrace is a skating rink.

Horse drawn sleighs carry skiers to Trail Creek Inn for hearty fare in front of a roaring fire. The Nordic Center has 40 kilometers of trails for classical and freestyle cross country skiing. Weekdays the Master's Race Clinic is available.

Over for Additional Ski Info.

Restaurants: Lodge Dining Room (French & Continental plus Sunday's Lavish Brunch), Gretchen's Restaurant, Trail Creek Inn, The Ram Restaurant & Bar, Konditorei (breakfast lunch dinner-pasteries), Continental Cafeteria, Ore House and the Duchin Bar & Lounge (dancing/cocktails/entertainment). Just a sampling.

The Package Includes:

- Roundtrip air on United Airlines Dulles to Boise
Roundtrip transfers from Boise to Sun Valley
10 night accommodations including tax)
SKI CLUB WEEK beginning March 5 includes Mountain Tour, NASTAR Race/Awards/Dance, and Parties.
FREE Ketchum Area Rapid Transit
Pre-party and Post-party

Lift Tickets to be negotiated for Senior and Group Rates

COST: \$1099.00 per person dbl.occ.

PAYMENT SCHEDULE:

Table with 2 columns: Payment Date and Amount. Includes entries for November 15, 1993 (\$400.00) and October 1, 1993 (\$400.00).

Make your check out to Nancy Laymon PVS Sun Valley
Mail your \$100.00 deposit check to Nancy Laymon
4201 South 31st Street Apt.710
Arlington, VA 22206

NAME \_\_\_\_\_ F / M Smoking/Non-Smoking

ADDRESS \_\_\_\_\_
Street City State Zip
TELEPHONE HOME WORK ROOMATE 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 OR ADDITIONAL EXPENSES CAUSED BY WEATHER OR ADVENTS BEYOND THEIR CONTROL.

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



# SUN VALLEY SKIING

Sun Valley . . . the ultimate ski experience boasts two fabulous mountains, Baldy, considered by serious skiers as this country's single best ski mountain, and Dollar, a beginner's paradise with gentle, sunny slopes, groomed to perfection.

Sixteen lifts provide access to more than 70 ski runs, or 2,000 skiable acres. With the addition of six new high-speed detachable quad chairlifts Sun Valley's lift capacity reaches 26,380 skiers per hour servicing 38 percent "easiest," 45 percent "more difficult," and 17 percent "most difficult" terrain.

Baldy is actually three mountains in one, making it a snap to ski in the Sun Valley sunshine all day long on runs groomed to perfection nightly.

Dollar Mountain quickly builds confidence in beginning skiers. About 130 acres of smooth, treeless terrain is served by four chairlifts operating at a slower speed for easy access by beginners.

## LIFTS

Sun Valley simply means more skiing, and, with the addition of six high-speed quads, Sun Valley offers more vertical skiing in less time than any resort in North America. This unique experience in the history of skiing is made possible with the installation of the "Challenger," a high-speed, detachable quad which climbs 3,144 feet, giving the greatest vertical of any lift of its kind in North America.

Two other detachables are "Greyhawk," beginning at the base of Warm Springs, traveling to the top of Greyhawk run, and "Christmas," carrying skiers from the Roundhouse Restaurant to the top of Baldy.

New for 1994 is speedy access to the top from River Run, 11.3 minutes, via two lifts, River Run #1

and Lookout Xpress #5. The new Seattle Ridge Lodge will be easily accessed with a new quad, a 4 minute ride to the top of Seattle Ridge, accessing over 100 acres of automated snowmaking, skiing and 1,360 feet of vertical intermediate slopes. Last but not least — The new River Run Lodge facilities will be under construction.

You'll also find other little extras . . . adjustment tools, tissues and bulletin boards with the latest mountain information, including the day's best skiing, groomed runs, closed runs, temperature and weather forecast. These and little extras remind you you're skiing Sun Valley!

## SNOWMAKING

New this season is a \$16 million snowmaking system which in-

creases our coverage on Bald Mountain to over 499 acres and 29 runs—that's over half of Sun Valley's groomable terrain. Dry climate combined with this new state-of-the-art computerized and automated system provides great snow conditions beginning on Thanksgiving.

## RESTAURANTS

For skiers' convenience, we provide five comfortable, cafeteria-style mountain restaurants and one sit-down dining room all featuring soup, salads, hot and cold sandwiches, desserts, beer and wine.

**Lookout** - Perched at the top of Baldy.

**Roundhouse** - On the River Run side of Baldy at the 8,000-foot level

**Averell's** - Located in the Roundhouse providing waited table service with a fine wine selection

**Warm Springs Lodge** - Located at the bottom of Baldy's Warm Springs side, a spacious new facility, serving gourmet food.

**Dollar Cabin** - Serves skiers from the base of Dollar Mountain.

**Seattle Ridge** - An elegant new lodge, serving gourmet food at the top of Seattle Ridge.

**River Run Base Facilities** - Under construction.

BALD MTN					DOLLAR MTN					
12 Lifts 60 Runs 3400 Vertical Feet 9150 Summit Elevation					4 Lifts 13 Runs 1628 Vertical Feet 6610 Summit Elevation					
		Manu- facturer	Vertical Rise	Capacity*		Manu- facturer	Vertical Rise	Capacity*		
River Run	1	Quad	Yan	604	2,400	Quarter Dollar	Double	Hall	153	1,200
Exhibition	2	Triple	Yan	1,322	1,500	Half Dollar	Double	Yan	186	1,000
Christmas	3	Det. Quad	Yan	1,353	2,400	Dollar	Double	Yan	637	1,200
Coldsprings	4	Double	Riblet	1,069	1,200	Elkhorn	Triple	Thiokol	550	1,400
Lookout Xpress	5	Quad	Yan	2,691	1,800	Dollar Mountain Totals . . . . . 1,536 ft. . . . . 4,800				
Sunnyside	6	Triple	Yan	1,844	1,500					
Greyhawk	7	Det. Quad	Yan	1,488	2,400	Total Sun Valley Lifts . . . . . 16 6 Quads, 5 Triples and 5 Doubles Total Sun Valley Lift Capacity per hour . . . . . 26,380				
Flying Squirrel	9	Double	Stadeli	1,611	1,080					
Challenger	10	Det. Quad	Yan	3,144	1,500	*Passengers per hour (PPH)				
Lookout	11	Triple	Thiokol	170	1,800					
Seattle Ridge	12	Quad	Yan	1,360	2,400	Bald Mtn. Totals . . . . . 10,315 ft. . . . . 21,580 Sun Valley Totals . . . . . 19,841 ft. . . . . 26,380				
Mayday	14	Triple	Yan	1,659	1,600					

Skiable Acreage . . . . .	2,000
Total Runs . . . . .	73
Groomable Acreage . . . . .	750
38% Easiest	
45% More Difficult	
17% Most Difficult	
Average Skier Day . . . . .	3,500

Snowmaking Acreage . . . . .	499
Snowmaking Vertical . . . . .	3,140
Longest Run . . . . .	3 miles
Lift Operating Hours:	
9:00 a.m. - 4:00 p.m.	
(Check Mountain Bulletin Boards)	



# COOK'S CORNER



by

Nancy Garrett

The recipes that I told you about last month are provided along with a recipe for Lasagna that was served at the June meeting. All are fairly easy to prepare and will help to keep you out of a hot kitchen during the last of the summer.

## LAWRENCE'S LASAGNA

Betty Lawrence

- 1 package lasagna noodles (uncooked)
- 1 large jar Ragu spaghetti sauce

Mix together:

- 1 large cottage cheese (2 cups)
- 1 large bag shredded mozzarella (2 cups)
- 1 egg

In large lasagna dish, layer noodles, cheese mixture, Ragu at least twice or until all ingredients are used.

Top with monterey jack cheese. Pour 1 cup water around edges. Cover tightly with foil. Bake at 350° for 1 hour 15 minutes.

Adding about 1/2 cup of minced fresh parsley to the cheese mixture adds a nice touch. A little fresh basil is good too.

## BAKED PINEAPPLE

Genee Boykin

Beat well:

- 3 eggs

Add and mix well:

- 1/2 cup sugar
- 3 Tablespoons flour

Stir in:

- 1 (16 oz.) can crushed pineapple  
(DO NOT DRAIN)

Pour in greased 8" square baking dish.

Place on top of mixture:

- 4 slices bread, diced

Pour evenly over bread:

- 1/4 pound melted butter

Bake 350° for approximately 45 minutes or until knife inserted in center comes out clean.

Can prepare day before serving.

Refrigerate. Add bread and melted butter just before baking. GREAT served with ham.

## HAWAIIAN SHORTBREAD COOKIES

Janet Waln

Cream together:

- 1/2 pound butter
- 3 Tablespoons sugar

Add and mix well:

- 1 teaspoon vanilla extract
- 2 cups flour

Add and mix well:

- 1 cup shredded coconut

Form into 2 or 3 rolls 1 1/2-inch in diameter. Roll in wax paper and freeze or refrigerate. Slice into 1/4-inch slices and place on ungreased baking sheet close together, but not touching. Bake at 300° for approximately 25 minutes or until lightly browned or golden color. Allow to cool 5 minutes. Gently toss in powdered sugar in a plastic bag. Makes 4-5 dozen. (Janet doubled for the Luau.)

## CHICKEN SALAD

Nancy Garrett

Blend together:

- 1/2 cup Hellman's mayonnaise  
(I use Hellman's Light)
- 1 clove fresh garlic, pressed or minced
- 1 small onion, chopped fine
- 6 green onions, sliced thinly
- 1/2 cup diced celery
- 1/8 teaspoon dry mustard

Add:

- 2 cooked chicken breasts, cut into bite-size pieces

Mix well. Cover and chill several hours before serving.

Serve on lettuce leaf with bunch of red seedless grapes and crackers.

## CALENDAR OF COMING EVENTS

- Aug. 4 ... Get Together at Strathmore Hall.No DOGS this month.See page 2.
- Aug. 7 ... A Day at the Flakes'.See page 2.
- Aug. 17 ... Mid-Week Bike Trip. See page 2.
- Aug. 24 ... ExCom at Carol Bridgers'.
- Sept. 2 ... Evening at Wolf Trap. See page 2.
- Sept. 4 ... Crabfest. See page 1.
- Sept. 9 - 11.Great PeanutBike Tour in Emporia,Va. See page 2.
- Sept.14 ... DOGS
- Sept.18 ... Soaring: a new and thrilling event.See page 2.
- Sept.21 ... Monthly Meeting at the Harpers'.
- Sept.25 ... Bike/Sup with the Comerfords in Leesburg. See Page 3.
- Sept.28 ... ExCom at the Garretts'. Note change of venue.
- Oct. 2 ... Oktoberfest. See page 3.
- Oct. 9 ... Blob's Park. Note change of date. See page 3.
- Oct. 15-17. Autumn Weekend at Rehoboth. See page 3.
- Oct. 19 ... Monthly Meeting at the Flahertys'.
- Oct. 23 ... Fall Hike/Dinner with the Millers. See page 3.
- Oct. 26 ... ExCom at the Clarks'.
- Nov. 5 ... Dinner at the Fine Arts Club. Bill Anderson coordinating.
- Nov. 13 ... Chili Hike with Ray and Nancy . See page 3.



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