

VOLUME XXIX  
NUMBER 5

*Potomac Valley Skiers, Inc.* MAY, 1994  
WASHINGTON MARYLAND VIRGINIA

**President's Message**

I would like to officially welcome Suzanne Boisclair, Carol Bridgers, and Jackie Wilson who were elected to PVS membership at our April meeting.

I would like also to express our appreciation to Bob Harmon, Karen Felker and Janet Waln, the three out-going ExCom members, for the work they performed during their two year term in office. At the same time, I welcome Jessma Blockwick, Charles Boykin and Betty Lawrence, our new ExComers, to the challenges of the next two years.

I would also like to express my appreciation to the club for the confidence shown in me by my reelection and I renew my dedication to improve and support the club.

We sponsored some wonderful ski trips this season and I have every reason to believe there will be great ones coming up for the next year's season.

*Mary Jane*

Mary Jane McCarthy, President

**MONTHLY MEETING**

TUESDAY, MAY 17, 1994. 8 P.M.

WHERE: Home of Eugenia and Phil Ufholz  
8611 Long Acre Court, Bethesda, Md.  
If lost, call 301-469-6135

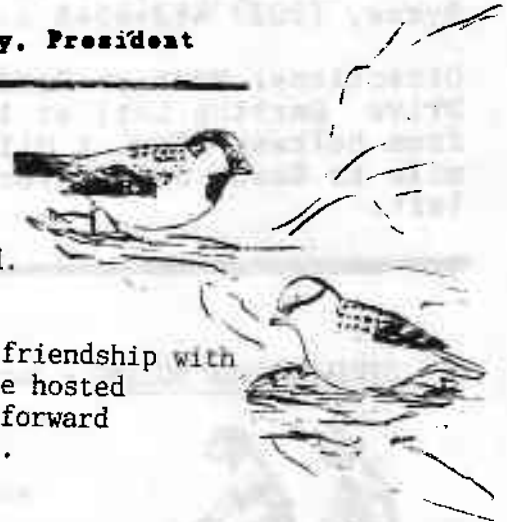
WHAT: Celebration of spring plus a renewal of friendship with Eugenia and Phil, long lost PVSers who have hosted memorable club meeting in the past. Look forward to a pleasant evening and a welcome reunion.

**from D.C.:**

Proceed North on Wisconsin Avenue into Bethesda until you reach the intersection of Wisconsin Avenue and Bradley Blvd. Turn left onto Bradley and proceed through 7 traffic lights (approximately 2-3 miles). After passing the light at Huntington Pkwy., proceed approximately 1/2 mile to Hillmead subdivision sign and turn right onto Valley Rd. (if you reach the light at Fernwood, you've gone too far). Then take first right on Ridge Rd. The house is at the top of the hill.

**from Virginia:**

Come across Cabin John Bridge on the beltway into Maryland. Take River Rd. exit toward Washington. As you come off the exit at River Rd. move left immediately and take first left onto Burdette (at Bloomin Newman's Nursery). Follow Burdette through 2 stop signs until you reach Bradley Blvd. and make a right. Proceed approximately 1 mile, pass light at Fernwood and Bradley Presbyterian Church. Turn left onto Valley Rd. (if you reach the light at Huntington Pkwy., you've gone too far). Then take first right on Ridge Rd. The house is at the top of the hill.



— COMING EVENTS —



DINING OUT GROUP - May 10, 1994

Join us for dinner on Tuesday, May 10, 1994. Meeting and greeting at 6:30, Dinner at 7:00 P.M. This month's dinner is planned at the PISTONE'S INN restaurant at 6320 Arlington Blvd. (Seven Corners), Arlington, Virginia. PISTONE'S INN is a neighborly Italian restaurant where the pasta is fresh and is cooked as well as in the real Italy.

Directions: From the Capitol Beltway (Rt. 495) in Virginia, take exit 8, Arlington Blvd. (Rt. 50) East for approx. 2.0 miles to the Seven Corners area (where Rt. 7 - Leesburg Pike and Rt. 50 meet). PISTONE'S INN is on the left at this intersection and is well marked. Ample parking is available beside the restaurant.

So that we may know how many to expect, please call Pat Tengel or John Smith at (301) 299-8376 by Monday May 9

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MID-WEEK BIKE TRIP, THURSDAY MAY 12, 10:30 A.M.

A mid-week bike trip around Bethesda, Kensington, and Rockville has been planned for Thursday May 12th, twenty (20) miles (less if the group prefers) on flat to rolling terrain, mostly on bike trails. Lunch en route. For further information or just to let us know you're coming, call Betty Byrne, (202) 483-4048 or Marvin Hass, (703) 751-4737.

Directions: Meet at Candy Cane City (Across the foot bridge from Beach Drive Parking Lot) at 10:30 A.M. Connecticut Ave exit south (MD 185) from beltway (Appx 1 Mile) to East-West Highway (MD 410), left for one mile to Beach Drive. Turn right on Beach Drive for 1/2 mile and park on left.

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SPRING BIKE OUTING - Saturday, May 28 - High Noon. (Rain Date - Sunday.)



Route: St. Michaels to Tilghman Island (13 miles) a stop at the outdoor patio at the Bridge Restaurant for refueling (?) and return. Flat terrain.

Après: Reservations will be made at the Town Dock Restaurant for five o'clock.

Directions: Rt. 50 to Bay Bridge, continue 28 miles, right on Rt. 322 for 2 miles, right on Rt. 33 for 9 miles to St. Michaels, right on Mill Street, immediate left into parking area.

Call Myron Marquardt (301 460-3269) to let him know you are coming.

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COMING EVENTS

ANNUAL SPRING HIKE - Saturday, June 4, 1994. 10:00 A.M.

Rain Date: Sunday, June 5.

This is a 5 - 8 mile hike in Catoctin Mountain Park, Thurmont, Md. Trip Leader Nat Seeman (703-461-0859) is trying to organize a short and long hike and will also try to arrange for an après hike lunch/dinner at Shamrock Restaurant in Thurmont. (We have a "sort of" invitation from the owner who was with us in Banff.) If this doesn't work out, we can try the Mountain Gate Restaurant.

Wear sturdy shoes. Bring gorp and beverage.

Car poolers meet at 9:00 A.M. at Fair Lane Bowling area, Shady Grove Rd. just off route 270 at Gaithersburg. ALL participants meet at the Park Visitors' Center at 10 A.M.

Directions: Beltway to I-270 north to U.S. 15 near Frederick. Take 15 north to MD 77 near Thurmont where take 77 west about 3 miles to Park Visitors' Center on the right. (NOT Park headquarters!)

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June 18, 1994 - TIDEWATER SUMMER PICNIC AND BARBECUE (LIMITED)

For the second year, Charles and Alexa McGrath will welcome a limited number of PVSers to their lovely Lancaster County waterfront home for a day's outing. Come at 11:30 for a 2 P.M. lunch. Eat all the crabs and barbecued chicken you can hold for under \$10. Plates and utensils will be provided but bring a salad, dessert or snack as assigned. And don't forget your bathing suit.

The McGraths have a swimming pool, a power fishing boat for 6, and a pedal boat. If it rains, we move into the spacious indoors.

Please make reservations with coordinator Marilyn Clark (703-978-9435). Van drivers and others please let Marilyn know if you would be willing to carpool for the 2½ hour drive. Directions in June TOOT.

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BIRTHDAY GALA - August 6, 1994

It's time to reserve your place at the gala dinner at the famed Cosmos Club in downtown Washington for the celebration of Lu Beale's 80th birthday and 15 years as TOOT editor. Black tie optional. No gifts!

Please send your check, made out to PVS DINNER, for \$59 per person to Marilyn Clark, 8953 Falling Creek Court, Annandale, Va. 22003.

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**BOWLING WEDNESDAY JUNE 22**

The new 48 lane Bowl America on Clopper Road, Gaithersburg, is scheduled to open in June. Anybody interested in bowling Wednesday evenings 7:30 - 9:30 should contact Myron Marquardt (301) 460-3269.

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# COOK'S CORNER



by

Nancy Garrett

Marilyn Clark and I seem to have chosen well on the recipes for the March dinner at the lovely party room at Bette Walkers.

The cooks took home very few left-overs and many of you have requested recipes. A couple of appetizers were printed last month and the cheese puffs the month before. Enjoy with family and friends.

## VEAL LOAF

Mix together well:

- 2 pounds chopped (ground) veal
- 1 medium onion, finely chopped
- 1/2 teaspoon freshly ground pepper
- 1 teaspoon salt
- 1/2 cup bread crumbs
- 1 teaspoon tarragon
- 1/2 cup stock or bouillon
- 1 egg
- 1/3 cup melted butter

Butter a 2-1/2 pint loaf pan and put in veal mixture. Dot the top with 1/2 stick butter and bake in 350° oven for approximately 1 hour. Weight it down slightly while it cools. Remove from pan when cool. Cut into 8-9 slices just before serving. May be served warm or cool - delicious either way.

Best if made the night before so flavors can mingle.

## BAKED RICE

Mix together:

- 2 cups uncooked long grain rice
- 2 cans beef consommé, undiluted
- 2 cups cold water
- 2 medium onions, chopped

Place in greased 11" X 14" casserole. Cut into small pieces and dot across top of casserole:

- 1 stick butter or margarine

Bake at 350° for 1-1/2 hours. (At 45 minutes, stir well.)

For the party, there were variations - some added mushrooms, another added chopped red pepper. All were delicious. This serves 8-10. May be halved for smaller group.

## SQUASH CASSEROLE

Mix together in 2 quart casserole:

- 2-3 medium zucchini, cut in 1-inch chunks
- 2-3 medium yellow squash, cut in 1-inch chunks
- 2 medium onions, sliced and separated
- 2-3 large tomatoes, cut in wedges  
(or use 8-9 cherry tomatoes, halved)
- 15-20 mushrooms, halved or quartered if very large

Mix together and toss well with above mixture:

- 1 Tablespoon beef bouillon crystals, or 3 cubes crushed
- 3 Tablespoons light brown sugar
- 1-2 teaspoons salt
- 1 Tablespoon dried basil
- 1 teaspoon black pepper

Dot top of vegies with:

- 3/4 stick butter or margarine, cut into small pieces

Cover casserole tightly with aluminum foil. Bake in 350° oven for 30-40 minutes. Serves 6-8 generously.

(In the summer, I use a doubled sheet of aluminum foil and wrap vegies. Will cook over hot fire in about 30 minutes.)

## BROCCOLI CASSEROLE

Cook and drain:

- 2 (10 oz.) packages frozen chopped broccoli

Add and mix well:

- 3/4 cup chopped pecans
- 2 can<sup>s</sup> water chestnuts, slivered

Place in 2 quart greased baking dish.

Sprinkle across the top of the mixture:

- 1 package onion soup mix

Drizzle over all:

- 1 stick melted butter or margarine

Cover with:

- 1-2 cups buttered bread crumbs

Bake in 350° oven for 20-30 minutes.

COMING IN JUNE - - MOLDED CHOCOLATE CREAM WITH RASPBERRY SAUCE



## THE KNEE

by

Ray McKinley

As you read this, Ski Liberty patroller Jim Wingrove reports that, sadly, Ski Liberty is probably closed. "Certainly by June 1," states Jim, "except for possibly a few pockets of powder off-piste."

But it's not too late to ski. On a flight out of Denver at the end of April, the Knee flew directly over Keystone, Breckenridge, and Copper Mt. All were totally and gloriously snow-covered. Mammoth, Killington, Arapaho Basin, and Whistler/Blackcomb will be open through June. So get out and ski. And please inform the Knee.

So far our latest skiers are Tom Aguilar, Dick Comerford, and Bob McNeill (or Aguilar, Bob and Comerford, Dick--ABCD) who were at Copper Mt. through April 17. Bob finally got to ski on his new wide powder skis. Joan and Glade Flake skied through April 21 at Squaw Valley where Glade was attending, ahem, "a business meeting."

In case you couldn't tell by their accents, Dean Worcester and Dot Mason both attended the same New England high school and both graduated the same year.

Just after the March ExCom meeting, Pres. Mary Jane McCarthy flew to Greece, John Smith to Japan and the Knee to Aspen to collect ski stories.

Aspen is always ahead of the pack. I saw my first-ever Ski Patrollers on a ski board and on cross country skis. Aspen also leads in another area. \$46 lift tickets. \$46 a day! Or a bargain, 2 of 3 days for only \$92. Ouch.

Preplanned ubiquitous PVS. The Knee, enroute to Aspen, spent an evening with Bob McNeill in Summit County. The following day Bob skied with now local PVSer (and soon to be member of the Copper Mt. Ski Patrol--right on) Huey Roberts. At Aspen I skied with PVS' Santa Feans Paddy and Shirley Frucht. Later we dined with Reg and Jean

Heitchue.

Unplanned ubiquitous PVS. On the shuttle bus from Aspen to Snowmass, Reg said to Jean "the guy in the aisle looks like Larry Pease." "It is Larry Pease," said Gail, from the next row. Sure is fun being in a ski club of skiers!

Charles Boykin became the first PVS ExCom nomiknee to attend a meeting. He visited the February ExCom at Lu Beale's. Charles spent most of the evening demonstrating his wine removal techniques on Lu's carpet.

Bad News/Good News. Recently Ginny Larsen fell while ice skating and broke her femur. She's doing fine and is now in Rehab at Suburban Hospital. Also Gorman Young's wife Caroline is recovering from a seriously broken hip.

Nancy Sexton believes when PVSers discuss the F-word, they mean Food.

It happened in Sun Valley, again. On a lift, Marianne Cook met a skier from the village of Westendorf, Austria. Marianne lived there for 6 years.

And again. Bill Anderson received a beautiful Sun Valley postcard. However, it had no message and no signature. Based on the handwriting, Bill correctly assumed it was from our Pres. Mary Jane McCarthy.

Frequent skier Charlie Farwell's new, favorite ski area is Brighton, near Salt Lake City. They've made major improvements and yet are still unknown, notes Charlie. Not anymore.

Speaking of Utah, on a recent trip, both Charlie Huggins and Norm Engelman demo'ed and bought new, top-of-the-line Rossignol skis.

From my new old car department. Dick and Marilyn Clark just got a new (for them) Jaguar, which they showed off at Betty Lawrence's Banff Post Trip Party. Ray Garrett just retired from government service (and US govt at that). Wife Nancy's gift to him was a vintage 1977 white Corvette. Zowie!

Finalknee, David and Rachel Abraham won the grand prize in a Swiss National Tourist Bureau contest, a free trip to Switzerland. They're going in September to scout out a PVS spring trip. Right on.

## PAST EVENTS

### A SPRINGTIME JOY by Jessma Blockwick



In spite of their elegant attire at the spring dinner, PVSers had no trouble recognizing their skiing buddies, so there was a happy buzz of conversation re the joys of the various winter trips now that it is all over and spring is here.

The elegance of the members was matched by the attractive party room at Bette Walker's apartment house and by the lovely spring centerpieces of magnolia leaves and daffodils created by Dorothy Mills

The party planners - Marilyn Clark and Nancy Garrett - offered a feast for the lucky attendees: cheese balls, shrimp canapes and pate to go with the abundant champagne; veal loaf, squash veggies, broccoli casserole and rice pilaf; all culminating with chocolate mousse topped with raspberry sauce. It was all so good, George Hicko was accused of having three helpings of everything. And another table was gasping over the fact that "skinny" Dina Taylor had scraped the three bowls of mousse clean and then licked the spoons!

Your reporter circled the room to see what interesting items were producing such a lively hum around the tables. When she asked one group which was engulfed in laughter what the joke was, as one they pointed at Bill Anderson. Another table was wondering how newly retired Serge Triau had ended up in the company of five women. Jack People's ski tie was much admired by another group as friend Elaine Leininger told of being surprised when the dog sled she was to ride in Banff showed up with scruffy, mangy looking dogs instead of the matched Malamutes with blue eyes she had expected. The ride, however, was magnificent.

At another stop, Nancy and Ray Garrett were describing their boat trip on the Potomac that day. They were stopped by a river patrolman who wanted to know who was driving. Since the driver was wearing a ski mask, he might well have wondered what was going on. The Garretts were so gracious about his questions that he finally just waved them on.

As another memorable spring dinner ended, PVSers went home happily stuffed with good food and the joys of conviviality.

### ANNUAL MEETING ON APRIL 19th by Bob Marx

**WINNERS ALL!** This was THE big night for PVS -- the chance for each member to express her or his concerns about the leadership of the club. Approximately 60 loyal supporters of incumbent President Mary Jane McCarthy showed up in the party room at June Kelsay's abode to make their feelings known by exercising their right to vote. All candidates were elected/re-elected with overwhelming majorities. (See the full report in the President's Message.) More importantly, for the many PVSers who indulge in the "big 4-letter F-word" activity on every possible occasion (see the Knee for proper decoding of this term), it was an event well worth attending. Hostess June did an exemplary job of feeding the hungry hordes, keeping a steady stream of food flowing to the tables. Not satisfied with this major accomplishment, she topped her early-evening success with a wide selection of sumptuous desserts and Toasted Almond coffee to cap the evening and celebrate the election results. In addition to exercising our right to elect representatives of our choosing, Charlie Huggins offered each attendee a choice of PVS T-shirts in all the "in colors." (See notice about availability and cost on page 8.) Thanks June; thanks Charlie; and thanks to everyone who makes PVS such a great organization!

## PAST EVENT

### BILLY GOAT TRAIL HIKE by Frank Shelburne



On Saturday, April 16, the day chosen for the Billy Goat Trail hike, it was raining and an ominous black cloud hung overhead. A switch to "rain day" was clearly indicated but no sooner were participants notified than the sun broke through and a beautiful day followed. No matter. Sunday was just as nice and ten PVSers showed up for the adventure.

We began downstream from Angler's Inn at the middle section of the Billy Goat. The trail was all above water this year and had been recently blazed. There was the usual profusion of wild flowers - bluebells, spring beauties, toothwort, violets, blue phlox, redbud and, overhead, honking Canada geese.

Coming back to the canal, we turned upstream, passed the upper Billy Goat, and returned to it further on by a path through the woods. Myron Marquardt complained that we had missed all the good rocks that gave character to the trail. I said I didn't like to climb a lot of rocks.

We had lunch on the rocks overlooking the river and watched the rock climbers on the other side. Afterward, we followed the Billy Goat to its end and then pushed through the Sunday strollers to view the raging torrent at the overlook. Back at the parking lot again, six of us decided to seek refreshments. After being turned down at the Angler's Inn, we drove to the Cafe Royal in Potomac where we enjoyed excellent après-hike food and drink.

ADDENDUM by reporter Bette Walker: Many thanks to Frank for introducing the new and less taxing version of the traditional Billy Goat hike and, especially, for setting a pace unusual for him but fortunate for the rest of us.

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### NEW SKI TRIP COMMITTEE APPOINTED

President McCarthy has appointed a new ski trip committee consisting of Glade Flake, chairman, Bill Anderson and Nat Seeman.

The function of this committee includes, but is not limited to, reviewing proposals of prospective trip leaders, setting trip guidelines, addressing complaints of trip participants, and insuring that the required trip reports (including financial statements) be submitted in a timely fashion.

In accepting the chairmanship, Glade pointed out that his primary reason for accepting the position was to address past and recent leadership infractions and to take steps to insure such problems do not recur.

A May 16th meeting will be held at 7 p.m. at Glade's house to work out a trip schedule for next year. All interested parties are welcome.

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### T-SHIRTS

Charles Huggins says that our T-shirts have been ordered and should be available at the May Meeting. S to XL are \$7, XXL \$9 and XXXL \$10. Bring your wallet!

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SKIDDING WITH CLIF TAYLOR by George Devorshak and Karen Felker

During a recent trip to Silver Creek and Winter Park, Colorado, Knox and Karen Felker and George and Karen Devorshak witnessed a group of skidding (explanation follows) students seemingly skiing downhill on their boots (no skis). They were all parallel skidding and looked great, despite being in a beginners class. We caught up with their PSIA instructor and found out that they were using skis only about 18 inches long. When we asked if we could "demo" the skis, the PSIA instructor introduced us to Clif Taylor, a pro-ski Hall-of-Famer who has written several books on skiing (or skidding, as Clif talks about it), is credited with developing the "GLM Method" of ski instruction, and designed the small skis that were being used. Clif not only gave the four of us "demo" skis for the day, he also spent about the next eight hours skidding with us, giving us one-on-one instruction and just having fun. The cost; 2 Vodka martinis, each with 3 olives, and dinner at our apartment.

Clif advocates what many consider a radical approach to beginning and intermediate ski instruction based upon the GLM Method, and we found ourselves skidding classic parallel turning on his short skis within minutes. In fact, we were parallel skidding downhill, side-by-side, holding hands, doing the "cha-cha" on our second run with him. When we transitioned back to our "big" skis, we all felt a significant improvement.

For those spending any time in the Silver Creek/Winter Park area, Clif leads a free Monday night seminar at the Inn at Silver Creek during skiing season. Clif is now 71 years old, and skis (or skids as he would call it) as beautifully as anyone we've ever seen. He advocates and demonstrates his 2 second ski lesson (bend your knees and turn your feet) as an alternative to the current dogma of plant your pole, unweigh, shift your weight, etc., etc., etc., and it works great for those who don't want to or can't process and perform all the mental and physical dynamics of skiing turns in less than one second.

Aside from the great skiing conditions we encountered in the area, meeting and skiing with Clif Taylor was a pleasant highlight of our most recent trip to Colorado.

PVS OFFICERS

President ... Mary Jane McCarthy  
Vice President ... Serge Triau  
Secretary ... Irene Farrell  
Treasurer ... Nancy Garrett  
Membership ... Marilyn Clark  
Program Chairman ... Ray McKinley  
TOOT Editor ... Lu Beale  
TOOT Production... Janet & Bob Marx  
TOOT Copy Editor ... Bette Walker  
Ski Trip Chairman ... Glade Flake

EXCOM

Second Term:

Myron Marquardt  
John Smith  
Liz Triau

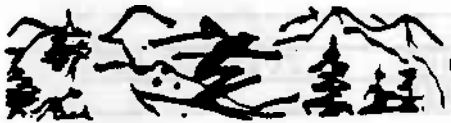
First Term:

Jessma Blockwick  
Charles Boykin  
Betty Lawrence



# CALENDAR

- May 7 ... Fun Run/Brunch with the Clarks.
- May 10 ... DOGS. See page 2.
- May 12 ... Mid-Week Bike Trip. See page 2.
- May 17 ... May Meeting at the Ufholz home.
- May 24 ... May ExCom at Susan and Bill Brown's. 7:30 P.M.
- May 28 ... Annual Bike Trip on St Michaels. See page 2.
- June 4 ... Spring Hike in the Catoctins. See page 3.
- June 14 ... DOGS
- June 18 ... Picnic/Barbecue with the McGraths. See page 3.
- June 21 ... June Meeting at Betty Lawrence's.
- June 23 ... Bike & Splash. Details later.
- June 26 ... Montgomery Playhouse presents British Farce "Two Into One."  
Details and directions in June TOOT.
- June 28 ... ExCom at the Garretts'.
- July 16 ... Steak & Swim at the Elrods'. Limited. The McSexes coordinating.
- Aug. 6 ... Lu Beale's Birthday Dinner at the Cosmos Club. See page 3.
- Aug. 13 ... Tubing on the Shenandoah. Shirley Rettig leading. Details later.
- Aug. 20 ... A Day at the Flakes' in Annapolis. Margaret Wyckoff coordinating.
- Sept. 3 ... Crabfest at Betty Lawrence's.
- Sept. 20 ... Fall Meeting/Talent Show. 23 Excu
- Sept. 30 ... Weekend at the Barrys' in Rehoboth.



ROBERT & JANET MARX  
8312 OAKFORD DR.  
SPRINGFIELD, VA 22151



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