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# Potomac Valley Skiers, Inc.

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PRESIDENT'S MESSAGE

"SUMMERTIME"

Summertime and PVS is busy. My non-PVS friends always wonder what you do with a ski club during the summer. Little do they know that we have as much fun, well almost, in summer as we do during the skinning season.

This summer season got off to a good start with the best ever International Dinner in May, followed by a hike in the Shenandoah National Park, followed by a great day at Jacques Hadler's beach house on Kent Island. There's lots more to come, so don't miss out! Renew your membership soon!

Excom is already working on some fun times for Fall. And we have four super trips scheduled for the 1980 ski season. Hope to see lots of you many times in the coming months.

*Marilyn J. Clark*

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JULY EVENT

The Elrod's Steak and Swim

**What:** Steak cookout and swimming pool swim, at Roy and Malda Elrod's in Triangle, Virginia. Bring your swim suits, your PLATES AND UTENSILS, your towels, and your appetites!

**When:** From 2:00 p.m. until dark Saturday, July 21. (Rain date is July 22nd).

**How Much:** A nominal charge will be charged to cover cost of food and drinks. This cost will likely be about \$7.00 per person, minus cost of the salad or dessert brought. This charge will cover steaks, potatoes, salads, desserts, beer and wine.

**Where:** Take Route 95 south toward Richmond. Take the Dumfries/Manassas exit from Route I-95. Go left on Route 234, south on old Route #1, to Virginia Route 1107 at the Triangle Plaza sign, follow 1107 to a T type dead end, bear right on Cabin Road to the third left which is RIVERVIEW DRIVE. Proceed to 3213 Riverview Drive and you are there! Come early and enjoy a full day outdoors with your PVS friends and guests. This is a good event for meeting and making new friends for yourselves and for PVS.

Reservations are required. Please call Malle McKinley at 790-8812. We have over 50 people signed up already, but still have some more room.

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AUGUST EVENT

"Fun And Frolic At The Wingrove's"

Set aside Saturday, August 18 for a family fun day -- filled with activities for the "super athletes" (tennis, volleyball, water polo, beer drinking); the "not-so-super" athletes (croquet, badmitten, an occasional swim across the pool, soda slurping); and the "what's an athlete" (sun bathing, wine sipping, toe dunking). The place is just a short car rally away at the Wingrove's -- see accompanying directions. The time is 11:00 a.m. or later. The rain date (God forbid!) will be Sunday, August 19. The cost will be \$1.00 per person for beer, wine and soft drinks. Bring your own picnic, the kids, bathing suits, new games, new members. And please, no glass containers. YOU'ALL COME!!!

Please call Barbara Wingrove for reservations. 762-4887.

Directions: Go north on Route 270 to the Rockville exit, Route 28. Exit on Route 28 west toward Darnestown. Go 1.4 miles to a left on Glen Mill Road. Go .8 of a mile to left on Viers Drive at the end of the fence surrounding Lakewood CC. (Sign points left to Robert Frost Junior High School). Go .5 of a mile on Viers to Scott, bear right on Scott, go .3 of a mile to Overlea, turn right to first driveway on left, the Wingrove's. You're There!

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"SKI THE FRENCH ALPS"

Preliminary Announcement #2

Bob and Margaret Wyckoff have just returned from scouting LaPlagne and Val Thorens for next winter's January 25 to February 9 trip. They are ecstatic about the skiing opportunities, particularly at La Plagne. What a smorgasbord for skiers! 65 lifts and a 6 to 7,000' vertical. A telecabine takes you right from our hotel for 6 km (over 3 miles) up on the Glacier de Bellecote. We found ample good snow and skiing on June 19th. And the view -- from the top you see Mount Blanc, the Grand Motte Glacier at Tigne, Courchevel, Val Thorens, and Les Deux Alps near Grenoble. F-A-N-T-A-S-T-I-C! -- Seemingly endless skiing opportunities. Also outstanding accomodations -- with each "room" for either single or double including a sitting room, balcony, bedroom, bath, and kitchenette. The week at Val Thorens at the head of "The Three Valleys", where we've skied before, with 135 lifts and 300 km of marked trails, is also a paradise for skiers.

The \$995 target cost still appears reasonable. Watch for a detailed flyer and application form in the August "TOOT"

Bob & Margaret Wyckoff

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EXCOM REPORT by Alice Swalm

SHEMANDOAH HIKE REPORT by Dorothy Mason

Attending the June 27 Excom meeting at the home of Mary Ward and Jim Slack were: Bing Poon, Barbara Wingrove, Gail Gell, Judy Mealey, Mary Ward, Jim Slack, Geoff Wadey, Larry Pease, Alice Swalm, Bob Marx and Keith Lyon. Ray McKinley presided in the absence of President Marilyn Clark.

1. The August PVS event will be on Aug. 18 at the home of Barbara and Jim Wingrove. It will be a pot luck picnic with beer, wine and soft drinks provided by PVS. There will be a \$1.00 fee for adults. See separate announcement.
2. The September event will be a wine and cheese party at the home of Mary and Norm Engelman on September 21. Alice Swalm will be coordinator.
3. Ray McKinley reported on the subject of having a PVS telephone number listed in the area directories. After discussion Excom decided that it would be too costly and not very beneficial.
4. Further discussion followed regarding placing cards with PVS information on the areas ski shops bulletin boards. Geoff will have further information on this subject at the next meeting.
5. Gail Gell reminded Excom that July is membership renewal month. See separate notice.
6. The July 24 Excom meeting will be at the home of Margaret and Bob Wyckoff at 7:30. 8100 Park Crest Drive, Silver Spring, Md. 589-5532. Call for directions.
7. The August Excom meeting will be at the home of Alice Swalm on August 21.
8. For the first time in Excom meeting history a movie was shown. The movie was about the U.S. ski team and was shown courtesy of Jim Slack and Keith Lyon.

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The day was hot,  
The air was sticky,  
The trail was rough,  
The woods were ticky.

Twenty PVSers ignored all that to hike along the nettle filled bluff trail, up The Peak, which is nothing more than a mass of stones, and toiled four miles up the Marshall Fire Road. (Some with ESP rolled over and went back to sleep that morning.)

There was a chance to lop two miles off the 10 mile route and less than half elected to do it in spite of a vivid discription of what was ahead on The Peak by co-leader Dot Mason. Jenckes obviously had more taking ways and PVSers never do things the easy way if there is a hard one.

Shirley and Paddy Frucht were the first ones back to the Skyline drives and Shirley took the prize for the most ticks, 22. Poor Shirley. We hope she has recovered! Larry Pease took the short hike because his legs were tired he said, but he really wanted to pick wild strawberries which we had found on the drive. He greeted everyone with handfuls of strawberries!

Bob Grasley and Ray McKinley saved the long hikers by going ahead and bringing cold beer back down the trail. It was most refreshing at the trail head and at the Masons afterward where everyone went for dinner and a birthday celebration for Gail Gell and Hank Thomas complete with cakes and sparkling burgundy thanks to Aina Thomas.

Masons Eggplant with English Walnuts

Saute 2 tsp. minced garlic & one medium chopped onion in 1 TBS olive oil. Add 1/2 lb. mushrooms, sliced. Cook covered 3-4 minutes. Add 1 1/4 lb. eggplant, pared & coarsly diced, salt to taste, 2 tsp. curry, 1/2 tsp. ground cardamon. Simmer 5-10 minutes. Stir in 3 large tomatoes or 1 1/2 cups canned. Heat, add 2 TBS lemon juice, 3 TBS olive oil, 3/4 cup chopped walnuts and 4 TBS chopped parsley. May be served hot or cold as an hors d'oeuvres or a main dish.

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THE KNEE



It's the start of PVS's new membership drive so the Knee is implementing an exciting (?) new feature. I think I'll call the new feature Irving. No, this is to be serious. I'll call it Question From The Archives. Here's this months. Who is Pat Calef? and what was the name of the guest that this PVS'er brought to the very first PVS meeting? The answer is at the end of the Knee (the toe?)

ASSASSINATION - - it's an ugly word. However, in todays world of great political unrest, with political splinter groups of every type, a leader of any group must be constantly aware of the possibility. Up until recently, the middle-of-the-road leadership of PVS had thought themselves immune to such plots but now our pristine image has been shattered. Recently one of the most blatant of assassination plots was tried against our President, Marilyn Clark. Luckily it failed. This attempted assassination occurred on June 17 of this year at Jacques Hadler's Kent Island cottage. In front of the very eyes of many horrified PVSers at this otherwise calm event it happened. Reg Heitchue attempted to drown both Marilyn and ex-president Ray McKinley by turning over his catamaran on them. It was awful, but it foiled. Later the same day, Reg again unsuccessfully attempted to drown Ray by the same method. This time Charlotte Reith was also on the hit list. Who will be the next target of this insidious rebel?

On that same day, June 17, we understand that Dick King was in town for a day on business. He visited Hank and

Aina Thomas and had dinner with Bill and Elke Stecher. Yet he chose not to come to the PVS picnic. Could he also have been part of the assassination plot?

Perhaps what worried most PVSers at the Hadlers was not the attempted murders, but the real possibility of our first dry meeting---it shows you where our hearts are. Don McBride who was to bring the beer and Bill Anderson who was to supply the wine had other problems and couldn't come. No Booze? How Awful! Luckily, our event coordinator Gail Gell was able to save the day by sending Mort Kuff and Sinny Larson out to the local liquor store.

The Kuffs showed up at the meeting in their canary yellow convertible Morgan sports car. The interior and the engine were impeccably clean---even to the shiny, chrome engine parts. Mort pulled out his bright yellow feather duster to do some more cleaning. But we know what that feather duster was really for don't we Mort? Speaking of colors, about half way through the meeting, Geoff Wadey who by that time had a rather crimson face noted that "I sunburn readily". Red - ily Geoff?

Personal to Charlotte Reith and others who were on the Wyckoffs 1978 trip to southern France. The June issue of Smithsonian Magazine has an excellent article on the Maeght Foundation---the art center outside Nice that Charlotte led a side trip to.

Personal to Larry Pease. I need your help to make a great pun. I can think of the pun line but not the rest of the story. It's "Five Easy Peases".

Our Kneedle of the Month goes to the Eastern Ski Association. After all of the publicity they refused to raise our dues at the Washington, D. C. convention. What a pity. I was looking forward to an exciting fight to get PVS out of Eastern.

Here's the answer to our Question From The Archives. Pat Calef's guest at the first PVS meeting was Don Cope, and Pat later became Mrs. Cope.

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SAILING SKIERS By Rosemary Soler

PYSers Dean & Doris Worcester set sail from their picturesque home and dock at Long Point-on-the-Severn and headed south to Norfolk for the annual '79 Harborfest, where their 60 ft. 3-masted schooner REBEL was participating in the festivities and Mayor's Cup Race to Baltimore. The trip down was leisurly with favorable winds allowing 6-7 knot hull speeds as REBEL sailed toward the big harbor, anchoring at night in quiet coves. Skipper Dean, Doris, and Tony Soler made a good team as they alternately trimmed sail, manned the helm, plotted the course, with my contribution being mainly in the galley department. Don't knock it - it's necessary! We were joined by two more able seamen in Norfolk for the race.

Shades of the 1976 Bicentennial Parade of Tall Ships greeted us as we entered the harbor where the Coast Guard training ship, Barque EAGLE, barkentine GAZELA PRIMEIRO, the Portuguese square rigger, now owned by the Philadelphia Maritime Museum, YOUNG AMERICA, another square rigger, plus countless lesser sailing ships and boats were congregated. The Harborfest went on at a frantic pace for 3 days, and activities ranged from such varied things as a Pirate Battle Regatta (mock battle complete with cannons, and water balloons), sky diving, hang gliding, Tommy Gwaltney and his Dixie Land All Stars, steel drum bands, the Norfolk Symphony's rendition of the 1812 Overture, followed by a gigantic fireworks display, parties, seafood, etc.

On Monday June 18 marshalling off Ft. Monroe the race for Baltimore was on! REBEL and many boats in her class encountered a no wind condition getting over the starting line and were severely set back. When the doldrums finally quit that evening and we were on course, 30 knot head winds out of the NE hit us hard making the benign Bay look and act like "something else" as the sailor's lament laid most of us low. Needless to say we did not win! A few boats like the Naval Academy's pristine MISTRAL and the DOLPHIN managed to get over the starting line before the calm settled in, and were well into the Baltimore Harbor by Wednesday afternoon. We anchored in the harbor on Thursday after having spent the night in the Magothy River.

The festivities for the Baltimore Maritime Festival were every bit as grand as Norfolk's, with a particularly sumptuous Captains Party held on the 21st floor of the World Trade Center, where the view of the harbor is gorgeous. A crab feast and dance was held the next night followed on Sunday by a parade of ships, concert on the dunes Harbor stage, closing with fireworks. Dean is the founder of the Chesapeake Traditional Sailboat Association, an affiliate of the American Schooner Association, and as most of us know, charters out on the Bay all during sailing season.

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INTERNATIONAL DINNER RECEIPES

Fraises aux Cremes Chantilly by Carol Parmenter

- 1 Quart fresh whole strawberries, washed and hulled
- 3 TBS Grand Marnier or Cointreau
- Little Sugar to taste

Puncture whole strawberries with fork so they will absorb the liquid. Toss in the liquid and refrigerate. May be made a day ahead. Top with whipped cream before serving.

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Lemon Dessert By Alice Swalm

Mix together 1 cup flour, 1/2 cup walnuts, and 1 cube of butter melted. Put in a 9 x 13 pan and pat down. Bake 15 minutes at 350° until light brown. Cool.

Mix 1 cup powdered sugar & 8 oz. of cream cheese. Add 2 TBS lemon juice & 2 cups of frozen cool whip. Fold together and layer onto the walnut crust. Set in refrigerator. Mix two 3 1/2 oz. instant lemon pudding mix and 3 cups milk. Beat. Pour onto the layers and cool in refrigerator for several hours. Top with 1/2 pint cream, whipped & sweetened.

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Chicken Kiev By Barbara Wingrove

Herb Butter:

- 3/4 cup soft butter
- dash salt
- freshly ground pepper
- 1 Tbsp chopped parsley
- pinch of Rosemary
- 1 tsp tarragon
- 1/2 tsp garlic powder

- 6 whole chicken breasts, skinned & boned
- About 1 cup flour
- 3 well beaten eggs
- 1 cup dry bread crumbs (or herb stuffing run through a blender)
- oil and butter for frying

In a small bowl cream butter and spices to make herb butter. Place herb butter on wax paper and shape into a 6" square. Wrap and freeze until firm.

Wash and dry chicken pieces well. Cut each breast in half and flatten by placing each piece between 2 sheets of wax paper and pounding with a mallet until 1/4" thick. Try not to break up the meat.

Remove herb butter and cut into small pieces, about 1" x 1/4". Place 1 piece in the middle of each breast, bring sides of breast over, fold ends over and secure with toothpicks. Make sure no butter shows. Roll the breast in flour, then dip in beaten eggs, and roll in bread crumbs. When all the pieces are coated, refrigerate, covered until chilled, about 1 hour.

In a heavy pan heat the shortening or oil and butter to 375°. Add chicken and fry until golden brown. Drain well on paper towels. Do not pierce chicken so butter can get out.

To freeze, let chicken cool completely after cooking and then wrap individually in freezer wrap or foil. To serve, preheat oven to 350°, remove desired number of servings, unwrap and place in shallow pan and bake uncovered for 35-40 minutes or until well heated. Serves 6.

Report on Hadler's Picnic by Malle McKinley

The picnic at Jacques Hadler's on June 17 was blessed by sun, warm breezes, and good food. About 35 PVSers and their families gathered on the sands of Kent Island. The kids built glorious sand castles while the adults never gave the two catamarans any rest. One crew spent more time in the water than on top. As usual, we had gourmet eating with marvelous salads to accompany hamburgers and hotdogs. Then there were the desserts! We all made room and finished them off before the evening was over. All in all, it was a relaxing get-away-from-it-all day. Thanks especially to Jacques and to Gail Gell for doing a great job as event coordinator.

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TOOT Needs A New Editor

It is with regret that Judy Mealey must resign her exalted position as TOOT Editor. An unexpected job opportunity for Mike, too good to refuse, will lure the Mealey's from McLean, Virginia to Edgemont, Pennsylvania. (that's in the Southeastern part of the state close to Philadelphia), hopefully by the end of the summer. We have mixed feelings about leaving and will sincerely regret giving up PVS and the many friends we have made. But, since we will only be two hours away and still intend to ski, we plan to be in Utah with Norm Engelman and PVS next February, and continue to try to participate in the trips and activities.

At the time that this TOOT went to the printer President Marilyn Clark was uninformed of our plans as the Clarks were out of town. On behalf of Marilyn I am sure she would like to invite all prospective TOOT Editors to get in touch with her at the earliest opportunity!

Don't be reluctant to volunteer. It is honestly a fun job. Many, many people submit information and Jan and Bob Marx do the hard part of collating and mailing. Please let Marilyn know if you would like to help out your club in this way. I would like to work with the new Editor for the August issue so please call and volunteer your typing skills.

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SCHEDULE OF EVENTS

- July 21 - Elrod's Steak and Swim at Roy and Malda Elrod's home in Triangle, Va. Ray and Malle McKinley coordinating. For reservations call 790-8812. See separate notice for directions.
- July 24 - Excom Monthly Meeting at the home of Margaret and Bob Wyckoff, 8100 Park Crest Drive, Silver Spring, Md. at 7:30 p.m. Call 589-5532 for directions.
- Aug. 18 - "Fun and Frolic At The Wingrove's". A family picnic, swim and sports day. See separate notice and call Barbara Wingrove for reservations, 762-4887.
- Aug. 21 - Excom Monthly Meeting at the home of Alice Swalm, 2218 S. Randolph St., Arlington, Va. at 7:30, call 979-6756 for directions.
- Sept. 21 - Wine & Cheese Party at Norm and Mary Engelman's home. This is a Friday evening event this year instead of Tuesday evening. More details in August issue of TOOT. Alice Swalm coordinating.
- Jan. 12 '80 Wisp Weekend Ski Trip. Gail Gell coordinating.
- Jan. 25 -  
Feb. 9 - Ski The French Alps with Margaret and Bob Wyckoff at La Plagne and Val Thorens. See separate notice.
- Feb. 21 -  
March 3 - Ski Salt Lake City / Alta / Park City with Norman Engelman. Application flyer attached to this issue.
- Feb. 23 -  
March 8 - Ski Cervinia / Zermatt and Chamonix with Marylee and Bob Grasley. More information in next issue of TOOT.

The deadline for the August issue of TOOT will be July 27. Please submit any information by telephone or by mail by that time to Judy Mealey, 1457 Waggaman Circle, McLean, Va. 22101. 790-8227.