



VOLUME XXVI
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Potomac Valley Skiers, Inc.

WASHINGTON

MARYLAND

VIRGINIA

FEBRUARY, 1991

PRESIDENT'S MESSAGE

I wish to thank the nominating committee for their work preparing an excellent list of candidates for the Executive Committee and for Club President. These nominees are listed on page 3. and will be offered for club consideration at the April meeting.

On a more sobering note, I have some bad news. It now appears that we will need to raise our annual dues. It seems that with postage increases and enjoying the good life at our monthly meetings, our financial outgo is happening faster than our income. When we have worked out the details I'll let you know.

Dick Comerford, President



MONTHLY MEETING

WHEN - Tuesday, February 19, 1991
8:00 P.M.

WHERE - Home of Kathy Quinden
11941 Sentinel Point Ct.
Reston, VA 22091
Telephone: (703) 860-2883

WHAT - A mixture of business and fun,
eating and chatting,
with first-time hostess Kathy Quinden.

DIRECTIONS: FROM 495, take Exit 12 to the Dulles toll road, 267 West. Follow 267 to Exit 5, Hunter Mill Road. Turn left at light (Hunter Mill Road), go under the toll road and at the 2d light turn right on Sunrise Valley Drive; at next light turn left on South Lakes Drive; at next light turn left on Twin Branches Road; turn left on Sentinel Point Ct. (5th street on your left) into a townhouse development and bear right to the 3d unit of houses on your right - 11941 is an end unit farthest from the parking lot. Park in unnumbered spaces, along the curbs, or along Twin Branches.

From Rt. 123 in Vienna: Turn onto Lawyers Road (near Magruders). Follow Lawyers Rd. all the way to Twin Branches Road 3.7 miles. Turn right onto Twin Branches Road (1.2 miles from light where Lawyers crosses Hunter Mill Rd.) and go about half a mile. Sentinel Point Ct. is the first right after the lake.

COMING EVENTS

MARCH 9 - BEER-TASTING AT THE SWABYS'

7 P.M. Limited to 20. Call Susannah for reservation (703) 281-0510 .

Directions to Swaby home at 9924 Coach Rd. in Vienna. Take Beltway to 123 West (at Tyson's Corner). Proceed to City of Vienna to right on Lawyers Road. Proceed 1.8 miles to Carr Hill Rd. (Sign for Community of Carriage Hill on right.) Go right on Carr Hill and then take second right onto Coach Rd. The Swabys are in the first house on the left, next to orchard.

MARCH 23 - GOURMET WINE -TASTING AT THE COPES'

Limited! Call the Copes for reservation. (703) 836-5436 Cost of approximately \$25 includes gourmet appetizers.

JUNE 29/30 - RAFTING ON THE YOUGHIOGHENY

PVS is planning a June 29/30 weekend highlighted by white water rafting on the beautiful and well-tested Youghiogheny in Pennsylvania. Dina Taylor is leading. For information or to reserve a place, call her (301) 663-6089. Watch for more in upcoming TOOTS.

JUNE 1ST - LUAU AT THE WALNS'

This brand new event promises to be a winner with exotic Hawaiian/ Polynesian dishes served while traditional hula music plays in the background. Mu-mus and Hawaiian shirts de rigueur. Cost: approximately \$12 -14 per. Limited to 25 members. Call The Walns. (703)912-7289.

SKI

TRIP

CRESTED BUTTE AND TELURIDE - February 17- Mar. 3, 1991

Call Jack Peoples(301-840-2213)

STOWE, VERMONT - March 17-22, 1991.

Call Jack Peoples (301-840-2213)

SKI UTAH - MARCH 1991

Join Shirley Rettig who is organizing a third annual trip to the Salt Lake City area to ski the world's greatest powder.

Shirley plans to leave on Tuesday, March 19th, and stay for about a week, using rented cars to visit a different area every day. Lodging will be at SLC Motel 6 - simple but clean comfortable rooms for about \$35 a night double occupancy.

Airfare at present time ranges from \$338 (Continental) to \$388 (Delta) through Any Mountain Tours. Seniors over 62 are eligible for bargain rates.

If you are interested, call Shirley (703) 836-0147 by March 1st. Five rooms are presently reserved but group can probably get more with a few days, notice.

NOMINATING COMMITTEE REPORT:

In accordance with PVS bylaws, a nominating committee appointed by President Dick Comerford met in December to select candidates for President and three executive committee positions for the 1991-92 year.

The committee, chaired by Lu Beale, consisted of Myra Evans, Steve Grenleski, Charlie Huggins, Barbara Leonhardt, Jan Marx and Ray McKinley. They offer the following slate of officers to be presented at the Annual Meeting in April:

President ... Bill Anderson

Two-year term on the Executive Committee ... Joan Flake
Bob McNeil
Jack Peoples

Additional nominations may be made by the signatures of any five active members in good standing presented at a business meeting at least one month prior to the April election.

PAST EVENTS

WINTER STEAK AND SWIM AT THE ELRODS' by Bette Walker

The January 5th annual Winter Steak & Swim at the Elrods' handsome home in Triangle, Va., got off to a delayed start as die-hard fans positioned themselves around the TV to watch the Redskins' playoff game against the Eagles and refused to move until their marvelous victory was assured.

That business attended to, there was a mad rush to change into swim suits and head for the jacuzzi with its limited seating. Only a few stalwart ones braved the 72° pool water and it was necessary to provide a little nectar of the grape to ward off the chill. From the raucous laughter and conversational din emanating from the bubble, it was clear the group had warmed up.

Meanwhile, Malda and Roy began preparations for the feast: giant steaks cooked to order, baked potatoes, refreshing salads and luscious desserts. Attractive tables had been set up throughout the house, so dinner was enjoyed in style and elegance.

Many thanks, Malda and Roy, for your hospitality which turned a cold winter day into a warm festival!

JANUARY MEETING by Shirley Rettig

Winter chill didn't stop PVSers from gathering at the home of Chris and Janet Waln for the January meeting. The meeting took place a week later than usual - a delay that allowed those who had gone on the Sutton trip to attend. The Sutton returnees reported their trip had been a great success with the best skiing conditions in several years.

President Dick Comerford conducted the usual short business meeting which included announcements of coming ski trips and a review of upcoming social events presented by Knee KcKinley. After business was concluded, Serge Triau showed the videotape he had taken during the Sutton trip including footage of the famous bingo games and infamous pajama party.

Our thanks to Chris and, especially, Janet, for providing a lovely setting for the meeting and a wonderful assortment of goodies to accompany the drinks which included an excellent amaretto-flavored coffee.

COOK'S CORNER



by

Nancy Garrett

February will see PVS'ers skiing in Europe, Colorado, and locally in Maryland, West Virginia, and even perhaps Virginia and Pennsylvania. Eating goodies

seems to go hand in hand with skiing and this month's recipes present two snack type goodies and one very rich dessert.

SPINACH BALLS

Cook, drain, and cool:

- 4 (10 oz.) packages frozen chopped spinach

Mix together and chill for 2 hours:

- 4 cups Pepperidge Farm Herbal stuffing
- 2 large onion, chopped
- 8 eggs, beaten
- 1 cup grated Parmesan cheese
- 1 1/2 cup melted butter or margarine
- 1 teaspoon Thyme
- 2 cloves garlic, chopped
- Dash pepper

Mix with spinach. Shape into bite-sized balls. Freeze until needed. Bake frozen at 300* for 25 to 30 minutes. Will serve a PVS crowd.

VEGGIE BARS

Preheat oven to 350*. On ungreased baking sheet, place:

- 2 packages (8 oz.) refrigerated crescent rolls

Press separations together to make 2 sheets of dough. Bake 10 minutes. Let cool.

Mix together:

- 1 package original ranch dressing mix (choose package that flavors 1 pint dressing)
- 2 (8 oz.) package cream cheese, softened

Slowly stir in until mixture is of frosting consistency:

- 1/2 cup milk

Spread on roll dough.

Sprinkle top with:

- 1/2 cup chopped green onion
- 1 large carrot grated
- 1/2 cup snipped broccoli florets
- 1 cup shredded cheddar cheese

Chill. Cut in small squares. Makes a sheet approximately 8 X 16 inches which will cut into 128 one-inch square pieces.

ITALIAN CREAM CAKE

Cream together:

- 1 stick (4 oz.) butter or margarine
- 1/2 cup shortening

Add, beating until mixture is smooth:

- 2 cups sugar

Add, beating well:

- 5 egg yolks (reserve egg whites)

Combine:

- 2 cups flour
- 1 teaspoon soda

Add to creamed mixture alternating with dry ingredients:

- 1 cup buttermilk

Stir in:

- 1 teaspoon vanilla

Add:

- 1 small can coconut
- 1 cup chopped nuts

Fold in:

- 5 egg whites beaten stiff

Pour batter into 3 greased and floured pans. Bake at 350* for 25 minutes.

FROSTING

Beat until smooth:

- 1 (8 oz.) package cream cheese, softened
- 1/2 stick (2 oz.) butter or margarine

Add, mixing well:

- 1 box confectioners sugar

Add, beating until smooth:

- 1 teaspoon vanilla

Spread between layers and on top of cake. Sprinkle top with chopped pecans.

HAPPY SKIING!!!!!! HAPPY EATING!!!!!!



THE KNEE

by

Ray McKinley

Lots of news to share with you this month but first I kneed to get something off my knee -er- chest.

PVSers are getting older. (how's that for a bit of astute observation!) and so is the rest of the skiing population. While this is happening, ski advertisers are putting such puerile rubbish in their ads that the only possible effect is to turn off any reader-skier out of his/her teens. Here are a couple of examples from a recent SKI Magazine.

Two comely young ladies in extremely tight ski pants are shown looking back over their shoulders while riding a chair-lift and one says, "I just saw what I want for Christmas and I bet he drinks Johnnie Walker Red."

Another pictures a trio of silly looking chickens captioned "Pas Rossignol" while a cocky rooster is captioned "Rossiginol."

And, worst of all, there's the new Salomon Ski Boots ad with the headline "To Kick Some Butt Put Our Boots On."

Do they really believe we'll respond to such drivel? (The Knee, by the way, has always drunk Johnnie Walker Red.)

From my Ghost Writers on the Slopes Department: We've had short meetings and even one-minute meetings. We've also had some short presidential messages but I thought last month's nine word message would put Dick Comerford in the Guinness Book of Short Writers. But, alas, no. Just before deadline Dick called the editor to say, "I can't think of a thing to say this month."

So the column (actually it was a slope!) was ghost written. Perhaps that's why PVS changes presidents every two years. The pressure finally gets to you.

Vail has helped the environmental effort by using grey water recycled from sewage for snow making. It gives new meaning to the old saws "Don't eat the yellow snow" and "Crappy skiing."

Marilyn Clark notes that instead of New Age Music PVSers need Old Age Music.

Speak for yourself, Marilyn. I can still enjoy a ditty by Vaughn Monroe

The Swabys' upcoming beer-tasting bash still has a few vacancies. This is partly because we put their 3-year old telephone number in TOOT. A character named Tom Cummings (who is not a skier) now owns the old Swaby number. When I called, he told me he had a lot of unusual messages from unknown people on his machine recently. Tom does like beer, by the way.

The Knee will not divulge the name of the PVSer who turned into the wrong side of the island on a divided highway en route to the January meeting at the Walns'. Nor the one who, during a ski break, set the tails of her skis into a snow bank and upon retrieving them found the tails covered by frozen "brown stuff" previously deposited by a dog.

As you read this, Carol Parmenter is off to England for six months in a teaching rotation. Cheerio, Carol!

Recently back from skiing are Shirley Rettig from Crystal Mt. in Washington State; the Flakes from Sugarloaf, Maine; and Nancy and Joe Lewis from Steamboat.

The Knee has a kneet idea for solving the PVS budget crunch without raising everyone's (ie my) dues. We should institute a new class of Senior Membership and charge them more. After all, everywhere else, Senior Skiers are subsidized!

And, finally, my first Kneedle of the Month in over a year goes to my favorite ghost writer Dick Comerford. It's subtitled "What you didn't read in Ruth Schrider's excellent report on the December Steamboat Springs ski trip."

At the last moment, Jackie and Ned Flaherty had to cancel due to illness. Dick thoughtfully purchased a get-well card which we all signed. The card sat on the Comerfords' dresser without a stamp all week. Finally, on the last day, Betty left it and a quarter for a stamp with the desk clerk to mail. Only after we were back in Denver did Dick remember he had also omitted the Flahertys' address!

SENIOR AIRLINE DISCOUNT FARES by Charles W. Huggins

All the major airlines use 62 as the minimum age for senior discount fares, and they give a 10 percent discount for passengers who qualify as seniors. Most also give the same discount to a companion of any age.

The coupon books which are sold in books of four or eight are popular for western ski trips as well as summer vacations. Two coupons each way are required by airlines for trips to Hawaii and Alaska. American continues to have a 2000 miles limit per coupon, and TWA also has the same limit on summer travel May 15th to Sept. 15th. All skiers should be aware of holiday blackouts, and to purchase coupons from airlines that fly to the major western ski destinations. The following is an airline listing for coupons and telephone information numbers:

America West	4 for \$399	Eastern	4 for \$420
800-247-5692	8 for \$598	800-327-8376	8 for \$704
American	4 for \$464	Northwest	4 for \$424
800-433-7300	8 for \$776	800-225-2525	8 for \$712
Continental	4 for \$384	TWA	4 for \$396
800-248-8996	8 for \$640	800-221-2000	4 for \$420
Delta	4 for \$464	United	8 for \$704
800-221-1212	8 for \$776	800-633-6563	
		USAir	4 for \$473
		800-428-4322	8 for \$790

Coupon books are good for 1 year and can be purchased from travel agents or airlines.

Plant Identification in Great Falls Park

While trekking through Great Falls Park on "Ray's Chili Hike" a number of hikers noticed an unusual plant growing amongst the ferns and along the trails edge. It appeared to be akin to a very small pine tree. Approximately 4 inches in height, bright green and fuzzy. My employer, Mortensen, Lewis and Scully, is fortunate to have horticulturist Kelly Koontz on staff. I took a sample to Kelly whereupon she immediately identified the plant as Lycopodium, commonly known as Ground Pine, Club Moss, or Running Pine. It is related to ferns in that it reproduces by spores. It was on Maryland's endangered plant list because people picked it for wreaths at Christmas. It is comforting to see that such a beautiful plant is flourishing again.

(I only picked one for strictly scientific purposes!!) —

Susannah Swaby

MORE SONGS FROM THE PVS 25TH ANNIVERSARY CELEBRATION

Tune: "The Happy Wanderer."
Words by Ray McKinley

We are the skiers from PVS
We eat, we drink, we ski
We ski abroad and in the West
And live in Potomac Vall-ee
Chorus: Val-de ri, val-de ra, etc.

- Watch us eat and watch us drink
And watch us ski-i-i
We have our caps, we have our Toot
We have our very own Knee
Chorus: -

We are the skiers from PVS
We're pleased with our own Toot
We read Lu's ev'ry word with glee
The Prez and Cook's Corner to boot
Chorus: -

We are the skiers from PVS
Our club is now twenty-five
Since some of us are older than that
We're glad we're still alive
Chorus: -

Tune: "Schooldays."
Words by Mort Kuff

SKI DAYS, SKI DAYS,
WAITING FOR THOSE SKI DAYS,
EDGES ARE SHARPENED,
AND BINDINGS SET.
LAST PAYMENT'S MADE
OBLIGATIONS MET,
EXCITEMENT BUILDING
IN OUR CHEST,
YOUR SKI GLOVES ARE HOOKED
ONTO YOUR VEST,
ALL THE GOODIES ARE PACKED,
WE'RE HEADING WEST,
WE ACT LIKE A BIG BUNCH OF
KIDS.

ski Etiquette

At the International Ski Federation (FIS) Congress in Montreux last May, a new set of rules of conduct were approved. These are important to skiers as they, like a highway code, help to reduce accidents on the slopes - they may also act as guidelines in court cases to decide who is responsible for an accident.

THE RULES

1 Respect for others

A skier must behave in such a way that he does not endanger or prejudice others.

2 Control of speed and skiing

A skier must ski in control. He must adapt his speed and manner of skiing to his personal ability and to the prevailing conditions of terrain, snow and weather as well as to the density of traffic.

3 Choice of route

A skier coming from behind must choose his route in such a way that he does not endanger skiers ahead.

4 Overtaking

A skier may overtake another skier above or below and to the right or to the left provided that he leaves enough space for the overtaken skier to make any voluntary or involuntary movement.

5 Entering and starting

A skier entering a marked run or

starting again after stopping must look up and down the run to make sure that he can do so without endangering himself or others.

6 Stopping on the piste

Unless absolutely necessary, a skier must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall in such a place, a skier must move clear of the piste as soon as possible.

7 Climbing and descending on foot

Whether climbing or descending on foot a skier must keep to the side of the piste.

8 Respect for signs and markings

A skier must respect all signs and markings.

9 Assistance

At accidents, every skier is dutybound to assist.

10 Identification

Every skier and witness, whether a responsible party or not, must exchange names and addresses following an accident.



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CALENDAR

- Feb. 19 ...Monthly Meeting at Kathy Quinden's. See page 1.
- Feb. 26 ...ExCom at Bette Walker's. 7:30 P.M.
- Mar. 9 ...Beer - Tasting at the Swabys'. See page 2.
- Mar. 19 ...March Meeting at the Leonhardts'. 8:00 P.M.
- Mar. 23 ...Gourmet Wine-Tasting at the Copes'. See page 2.
- Mar. 26 ...ExCom at the Wyckoffs'. 7:30 P.M.
- Ap. 16 ...Annual Meeting at Adele Waggaman's. 8 :00 P.M.
- Ap. 20 ...Annual Hike on Billy Goat Trail.
- Ap. 23...ExCom at June Kelsay's. 7:30 P.M.
- May 4 ...Derby Day at the Garretts'.
- May 5 ...Bay Bridge Walk.
- May 18 ...Brunch/Fun Run with the Clarks.
- May 21 ...Monthly Meeting at the Hensleys'. 8:00 P.M.
- May 25 ...Spring Hike.
- May 28 ...ExCom at the Browns'. 7:30 P.M.
- June 1 ...Luau at the Walns'. See page 2.
- June 29/30 ... Rafting on the Youghiogheny. See page 2.
- July 27 ... "Phantom of the Opera" at the KenGen.



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