

VOLUME XXX  
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# Potomac Valley Skiers, Inc.

WASHINGTON

MARYLAND

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JANUARY, 1995

## President's Message

As the end of 1994 comes with promises of new beginnings we can look back with pride and pleasure at our many sponsored activities. I extend special thanks to all who helped make PVS such a great club in 1994. A prosperous and healthy New Year to all!!

A nominating committee of 7, chaired by Bette Walker, met in December and selected the following slate of officers to be presented at the April meeting:

President ... Serge Triau

2-year terms on the Executive Committee ...

Ned Flaherty. Ray Garrett. Shirley Rettig.

Additional nominations may be made at the request of any five club members who make their presentation at a business meeting at least one month prior to the April meeting.

*Mary Jane*

Mary Jane McCarthy, President

# HAPPY

## MONTHLY MEETING

Tuesday, January 17, 1995. 8 P.M.

**NEW YEAR**

Ruth Schrider invites us to begin the new year with a meeting in her new Silver Spring abode. The usual fun and camaraderie will prevail (with a soupçon of business thrown in).



**DIRECTIONS TO 2014 Aquamarine Tr. Silver Spring, Md. (Tel:301-989-4606)**

From Beltway across Cabin John bridge (inner loop), take exit #30A Route 29 North. Stay on Rt. #29 for 4.6 miles to East Randolph Rd then go left. \*You will cross light at Old Columbia Pike, take your next right onto Serpentine (.4 mile). Continue on Serpentine for .5 mile, go right at Aquamarine. My townhouse is in the first group on the left at 2014 Aquamarine. Please do not park in the numbered spaces. There is plenty of parking on Serpentine or across the street on Mica.

If you are coming from the other direction on the outer loop of 495 take exit 25(A) Route #1 south toward College Park. You will have two quick lights. At the second light go right onto Cherryhill. Cherryhill becomes East Randolph Rd at Rt #29. The distance from Rt 1 to Rt 29 & East Randolph Rd. is 4.5 miles. \*Follow directions above.

**COMING EVENTS**

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**JANUARY MIDWEEK SKIING**

No midweek skiing has been scheduled for January because of the mild weather leading into January. Later in the month (Jan. 13-24) nearly all the regular midweek skiers are headed for Aspen.

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**PRE MARDIGRAS COSTUME PARTY - January 21. 8 P.M. Limited to 25.**

Come to Arlette DeLong's Georgetown house for this fun costume/dessert party. Dress up. Dress down. Dress in one of Arlette's fabulous collection of hats. Anything goes. Call Arlette (202-337-4664) to reserve a place. There will be a small prorated charge for drinks, etc. Please bring a dessert.

Directions: 2234 Hall Place. N.W. in upper Georgetown off Wisconsin Ave. 0.7 miles south of the intersection of Massachusetts and Wisconsin Avenues. Hall Place is a short street with a dogleg and is one way going south to north. (By the way, although the street is the same, the number is different than the last time we visited Arlene so don't go astray!)

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**SPRING DINNER AT THE COLONNADE - April 8, 1995. 7 P.M.**

This always popular event will be in the party room at the Colonnade, 2801 New Mexico Avenue, N.W., Washington, D.C. Limited to 40. Menu recipes will be assigned when plans are completed. In the meantime, reserve a place by calling coordinator Marilyn Clark (703-978-9435)

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**WINE TASTING AT THE COPE'S - April 22, 1995**

Limited to 20 and already filling. Call the Copes to reserve. (703-836-5436)

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**PAST EVENT**



**RECIPE FOR A SPECIAL EVENING**

Take one festively decorated house  
Add approximately 70 PVSers and guests

Sprinkle with ski talk and other good conversation

Top with assorted libations and a generous amount of PVS food

**MAKES ONE PERFECT PARTY!!!**

Added fillips were the presence of several seldom seen PVSers - Shirley and Paddy Frucht, Huey Roberts, John Pulos, Kathy Quinden and Bill Hager.

Thanks to Jean and Reg Heitchue for once again cooking up our very special Christmas celebration.

... by Marilyn Clark

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# THE KNEE

by

Ray McKinley

Happy Knee Year. A new year, a new mandate, and a Newt Congress. Change is rampant.

Thus, the Knee proposes a new "Contract with PVS." Here are my tenets (and another chance to use italics).

*A middle-aged dues cut.* Everyone under 70 should get a 15% dues cut to help with outrageous lift prices.

*A moment of silence before our meetings.* Any silence will be welcome.

*Family values.* Those members with children in college should just not ski. Education is more expensive than lifts.

*Rules applying to ExCom should also apply to the rest of PVS.* Thus, we should have more long-winded, boring regular meetings.

Read my lips: *No new Texans.* Old Texans are OK.

*And finally, we must eliminate centralized skiing.* This is the crux of the "Contract with PVS". I propose that not only should PVS eliminate DC ski trips, we should not sponsor trips anywhere inside the beltway.

There, my chance to be the Newt Knee--or maybe musically Newt RockKnee.

Good news. Jessma Blockwick sold her house and has moved. She never even had to unpack from her aborted first attempt to move. Right on.

Now for the late version of my earliest skiers of the year. PVS had no November skiers. Bob McNeill skied Okemo on December 3. And, strangely, San Diegan Jerry Clapp skied at Big Bear (some 20 miles from Palm Springs) Dec. 2, "on fresh made powder."

Ubiquitous PVS--again. For a club of 190, with 544 ski areas, some over 10 sq. mi., and a ski season of 5 months, the chances of meeting another PVSer while skiing are zero. Yet here are the unplanned meetings and only those in the first half of December. You explain it.

At Steamboat, during the first week of December Liz and Serge Triau ran into Dick and Betty Comerford and

Huey Roberts. At the same time Charles and Genee Boykin were flying to Denver to ski at Vail with Jim Wingrove and the Heitchues. Kirk Burns was on the same airplane. A week later the Knee was in Winter Park and Steamboat doing homework for a '96 ski trip. While touring one hotel, there in the lobby was Adele Waggaman. The following day, lunching at the next table, was Nat Seeman. All of us were there independently.

Incidentally, except for Adele all of us--along with about 60 others--were at the Heitchues' smashing December PVS Christmas Party.

At the party, Bob McNeill, who had already skied 6 days, was chatting with unexpected visitor, Huey Roberts. I'm having a bad year, said Huey, I've only skied 26 days.

The Knee finds a bit of early season skiing really useful. Before putting on skis, I can never remember if it's left right left or the opposite.

One final bit of ubiquitosthknée. While bicycling in Italy this fall, Ruth Schrider almost rode into applicants Marvin Haas and Betty Byrne.

At her 80th Birthday Bash, excerpts (those things that used to be cerpts) of Lu Beale's Christmas stories were read. These stories were written between 1942 (the year of the Knee's birth) and 1969 (the year of the Knee's 27th birthday). The stories are back in newspapers, and without recompense. (The Knee is also without recompense.)

Jeanne Strickland is really excited about her new computer. It's putting out some "exquisite" numbers. (My personal favorite is 37.)

Charlotte Reith is in Burma. She is researching a book on Burmese Tribal Pot--make that Pottery.

In October, Myron Marquardt was in the Galapagos Islands. The Knee received a postcard on Dec.6. It apparently arrived via turtle back.

PVS' first midweek ski trip before Christmas to Ski Liberty was not overwhelming. Leader Jack Peoples fell on his first run and stopped. Both other attendees, the Triaus, skied two runs on the slush and quit. Right off.

# P R O F I L E S

TOOT IS PLEASED TO PRESENT BRIEF PROFILES OF THE 1995 NOMINEES FOR CLUB PRESIDENT AND THE EXECUTIVE COMMITTEE. ADDITIONAL BIOS WILL APPEAR IN LATER TOOTS.

SHIRLEY RETTIG grew up in Cleveland, Ohio. After graduating from Ohio Wesleyan with a degree in chemistry, she worked in private industry until 1958 when she went to work in Columbus District Lab of the US Geological Survey and within six months was transferred to Washington. She bought a house in Old Town, Alexandria, because it was convenient to her work in the Old Post Office, and she has been an Old Towner ever since.

Shirley's first ski experience took place when a skiing co-worker took her on a Friday night excursion on a SCWDC bus to Charnita (now Ski Liberty). In spite of a disastrous encounter with the rope tow, she determined to become a skier and the next winter (1972) joined SCWDC and went on a 2-week European trip to Val Gardena and Solden. That clinched it. She was hooked and never recovered.

After going on a Bob Grasley trip to Spain and several Wyckoff European trips, Shirley joined PVS. Since then and, especially since her retirement in '89, she has skied most of the major ski areas in Europe, the west and New England. Her favorite area is the Arlberg and her favorite runs, among many, are the Big Burn at Snowmass, the bowl under the Little Cloud lift at Snowbird and the Grand Motte at Tigne, France. She averages about 30 ski days a year.

Shirley's contributions to PVS are legion. She organizes bicycle trips, leads hikes, arranges tubing trips on the Shenandoah and ski trips in Utah. She hosts monthly meetings, writes for TOOT and, when in town, attends virtually all club events.

Thanks, Shirley, for all your enthusiastic club participation in the past and, we hope, future. ... by Lu Beale

SERGE TRIAU, PVS Veep for the past two years and now the club's sole nominee for president, is renowned for his unfailing good humor and his dead pan story telling (remember his skit with Knox Felker at the talent show?).

Born and raised in upstate NY, Serge got a degree in electrical engineering through SUNY and Union College. After a stint in the army in Germany he joined IBM and moved, moved, moved until finally settling in the Washington area. After more than 20 years in IBM engineering management, he retired in 1993 and hasn't had a dull moment since.

He and Liz met in college, married in 1956 and now have 3 children and 7 7/8 grandchildren (maybe 8 by presstime). They live in Derwood, Md, near Gaithersburg. The Triaus' first ski experience was at Canaan Valley in 1986 where they went to Xcountry ski but, because of lack of snow on the trail, were persuaded to try downhill on man-made snow. They had a ball and the rest is history.

They joined PVS in 1990 after reading a story about the club in the Washington Post and deciding we were their kind of people. (We decided, early on, that they were our kind of people!) Since joining they have missed hardly a club ski trip. When not skiing with the club they take off on their own and have skied most of the well known U.S. areas. Their favorite is Steamboat where they have had an early December "warm-up" for the past 3 years. Their true love used to be Keystone where they had their first western ski experience and treasure the memories.

Last year they discovered slalom skiing and, in a Nastar race at Blue Knob, Serge took a silver and Liz a bronze to become the fastest lady skier her age in Maryland!

In the off-season, Serge pursues many interests including travel, financial planning, gardening, hiking, working out at the health club, tinkering with his computer. And, especially, PVS. ... by Lu Beale



# COOK'S CORNER

by

Nancy Garrett

## HAPPY NEW YEAR

The cook took a long break at the end of 1994 and didn't give you all the good recipes that

folks have sent. The recipes below are from the Crabfest, the Talent Show, an EXCOM at Bette Walkers, and a Healthy Lasagna from Dina Taylor for those who will start the new year trying to lose a pound.

### SPINACH BALLS

Monique Pudding

(friend of Betty Lawrence at the Crabfest)

Cook and drain well:

- 2 (10 oz.) packages chopped spinach

Mix spinach with the following:

- 2 cups stuffing mix
- 2 large onions, finely chopped
- 4 eggs, beaten
- 3/4 cup melted butter
- 1/2 cup Parmesan cheese
- 2 Tablespoons garlic salt
- 1/2 teaspoon thyme
- 1 Tablespoon black pepper

Form mixture into small balls. Bake in 350° oven for approximately 20 minutes.

To freeze, form into balls; lay on cookie sheets and put into freezer. When frozen, place in baggies. Thaw 20 minutes before baking.

Makes approximately 70 spinach balls.

### COCKTAIL SPREAD

Jeannette Albersheim

Mix together:

- 1 (8 oz.) package cream cheese
- 1/2 cup mayonnaise
- 1/2 cup pecans
- 1 cup drained chopped green olives
- 2 Tablespoons olive juice
- dash of black pepper

Serve on chips or crackers. Yummy on anything!

### CAVIAR DIP

Bette Walker

Beat together until well mixed and fluffy:

- 1 cup sour cream
- 4 oz. softened cream cheese
- 1 Tablespoon grated onion
- 1 Tablespoon lemon or lime juice

Carefully add, mixing gently so as not to break eggs:

- 1 jar red caviar

Chill. Serve with unsalted crackers or unsalted melba toast.

### HEALTHY LASAGNA

Dina Taylor

- 1 (16oz.) packages lasagna (UNCOOKED)

Mix together:

- 1 (16 oz.) container FAT FREE cottage cheese
- 1 (10 oz.) package frozen, chopped spinach
- 1 teaspoon prepared, crushed garlic
- 1 Tablespoon basil
- 1 1/2 teaspoon oregano (increase to taste)
- dash black pepper

Mix together:

- 1 (16 oz.) jar FAT FREE spaghetti sauce or salsa
- 1 (8 oz.) package shredded FAT FREE mozzarella cheese
- 8 oz. fresh, sliced mushrooms (optional)
- 1/2 cup water (Make sure you have enough room at the top of the pan to add the water.)
- Parmesan cheese to sprinkle on top.

Grease a large, oblong casserole dish with NO FAT (or LOW FAT) margarine. (Can also use vegetable spray.) layer bottom with uncooked lasagna pasta side by side. Next layer: cottage cheese mixture, followed by layers of mozzarella cheese, spaghetti sauce or salsa, mushrooms. Continue layering to desired height. Pour water on top and sprinkle with Parmesan cheese. Seal dish TIGHTLY with foil Bake at 350° for 1 hour. Serves 8 - 10.

### CHILI CON QUESO

Bette Walker

In medium pan, heat:

- 3-4 Tablespoons olive oil

Add, frying until translucent:

- 4 medium onions, chopped

Add:

- 2 large cloves garlic, chopped fine or put through garlic press
- 2 small cans peeled green chili peppers, chopped (juice included)
- 1 (No. 2) can tomatoes, chopped

Simmer until thoroughly blended. Fifteen minutes before serving, add:

- 2 cups grated cheese (Sharp cheddar, best)

If mixture is too thin, add cornstarch and water paste, small bit at a time. Keep mixture hot in chafing dish. Serve with Fritos, Tortilla chips, or crackers.

# ACTIVITIES

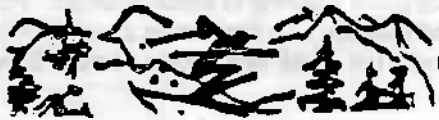
- January ... NO DOGS THIS MONTH.
- Jan. 17 ... January Meeting at Ruth Schrider's. See page 1.
- Jan. 21 ... Pre-Mardigras Party at Arlette DeLong's See page 2.
- Jan. 24 ... EcCom at Lu Beale's.
- Feb. 21 ... NO MEETING. MEMBERSHIP GONE SKIING.
- Feb. 28 ... ExCom at the Wyckoffs'.
- Mar. 28 ... ExCom at the Triaus'.
- Apr. 8 ... Spring Dinner at the Colonnade. See page 2.
- Apr. 18 ... Annual Meeting at the Leonhardts'.
- Apr. 22 ... Winetasting at the Copes'. See page 2.

## !! SKI TRIPS !!

Jan. 13 - 24,1995: Aspen,CO.One space left for a male. Participants will receive final instructions by mail.Questions? Call Dina Taylor  
0:301-427-3240. H:301-663-6089.

Feb. 18 - 26,1995 : Whistler/Blackcomb.Full. Pre-trip party January 28. 7 P.M. at the McKinleys'.Questions? Call the Mckinleys (703-527-7126).

Mar. 19 - 26,1995: Waterville, N.H.Still room.Call Jack Peoples (301-881-6220).



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