



MCLEAN HIGH SCHOOL CREW CLUB

Weekly News, January 6, 2010

Dates to Note:

January 12: General Meeting, 7:30, MHS Cafeteria

January 16: Ergathon, 9AM – 5PM, MHS

NEW FUNDRAISER THIS FRIDAY NIGHT!!!

Edge Cuisine, Exclusively in McLean, Presents

A Culinary Crew Fundraiser

Tasting & Private Sale In the Bertholon's Epic Kitchen

Friday, January 8, 2010, 5 – 8 PM

1617 Kirby Road, McLean, VA

Reservations on the hour, specify 5, 6 or 7pm, edgecuisineteam@gmail.com

Hosted by the Bertholon & Assaadi Crew Families

20% of Sales go to McLean's Crew Program, (Pre-Order & Pick up on January 8 also available.)

Schedule an hour this Friday to sample and purchase from a **gourmet menu of fully cooked, flash frozen entrees and side dishes available onsite.** Our in-house chef will guide your culinary adventure.

MENU & Prices – for January event only, while supplies last

1. Beef Top Blade w Bordelaise Sauce 10.5 oz, \$6.00 per piece
2. Bordelaise Sauce, classic red wine sauce, 2pnd pouch, \$8.50
3. Chicken Marsala, seared boneless, skinless breast w. mushroom & marsala wine sauce, 6 oz., \$4.75 per piece
4. Cheese Sauce, 2lb bag \$8.50
5. Corn Creamy Soup, 2lb pouch, touch of jalepeno \$15
6. Cream of Spinach & Artichoke, 2lb pouch \$10.75
7. Eggplant Confit 2lbs. \$12.00
8. Lentil Chili (2lb bag) \$12.50
9. Pork Shank w. Apricot /Cranberry Sauce (large portion) \$8.50 per piece

10. Prime Seared Beef Short Rib, 72 hr
(Each piece 1.5 to 2.5 pounds. Wait to subtotal.) \$12.50 pound
11. Rosti Potato Cake, shredded potato, 3 oz. \$1.50
12. Salmon en Croute, 8 oz. skinless boneless salmon stuffed herb cheese in a puff pastry
\$4.75
13. Scallop Sancerre, Bay scallops in a cream, white wine sauce 8.5 oz \$6.50
14. Shrimp in Tasso Ham Sauce w/ creamy polenta 12.5 oz. \$10.50
15. Smoked Salmon (2.5 lb approx) \$35.00
16. Striped Cheese Tortellini w. pesto cream (3 lb bag) \$18.00
17. Thai Red Curry Sauce (1lb bag) \$8

Join us to “eat on the Edge.” Prepared by the Sous-vide method, you are guaranteed a fully cooked, moist and deliciously flavorful meal. Products are prepared locally at Cuisine Solutions headquarters in Alexandria, Va. All items are flash frozen and fully cooked, ready to serve and available only in McLean.

Questions? 703 609 3666 Edge Cuisine Team: Elizabeth Bertholon & Annalisa Assaadi

ERGATHON NEWS!!!

THE ERGATHON IS RAPIDLY APPROACHING ON JANUARY 16TH. HOPEFULLY, THE WEATHER WILL BE A LITTLE MORE COOPERATIVE THAN 45 MPH WINDS! EVERYONE SHOULD BE COLLECTING THEIR PLEDGES AND REACHING THEIR \$200 GOAL. SIGNUPS ARE IN THE TRAILERS WITH THE COACHES AND THE KIDS CAN SIGN UP AS THEY REACH THEIR GOAL. PARENT VOLUNTEERS ARE ALSO NEEDED TO HELP RECORD THE NUMBERS FROM THE ERGS AND WIPE THEM DOWN BETWEEN EACH ROWER. WE NEED 2 PARENT VOLUNTEERS EACH HOUR FROM 9-5. PLEASE EMAIL PATTY FREEMAN AT FREEMPW@AOL.COM TO SIGN UP. PLEASE NOTE THAT THESE HOURS ARE NOT FOR POINTS, BUT WE NEED PARENTS THERE ANYWAY!!!



PRESENT PERFECT BOOK STILL AVAILABLE!!!

As shown at our last meeting, the book *Present Perfect*, written by a fellow high school rower of Coach Bobby, is still available. The book gives great suggestions and actual stores and websites for the perfect gift. Even though it's past Christmas, think about the birthdays, anniversaries, graduations and other events throughout the year. The cost is \$15 and we receive \$10 for each book sold. They will be available at the January 12th meeting.

ECO TOTE BAGS!!!

Have you made a New Year's resolution to be more eco-friendly? The Highlander tote can help you do that - and save you a nickel off of each bag every time you use it at most grocery stores! The \$4 price tag can be redeemed throughout the year. These will also be available at the January 12th meeting.

MULCH SALE INFORMATION STARTING AT THE JANUARY 12TH MEETING!!!

Come hear about the biggest fundraiser of the year!!!

Thanks to everyone who provided input for this newsletter. Please contact me at ptapscott@mathematica-mpr.com or at (571) 243-2663 if you have information for next Monday's newsletter.