



**Torrey Pines
Ski Club**

YEAR ROUND SPORTS & SOCIAL CLUB

We Live Mid-Life to the Max!

Find us on the web at www.tpscsd.org

APRIL 2008

**46th ANNIVERSARY
1962-2008**

President's Corner



HI EVERYONE

The March meeting was a great success and one of our most highly attended this year, so thanks to all

of you! The step dance performance was terrific and seemed to be enjoyed by everyone that night.

The Mammoth trip has just returned and we want to thank **Bela Kozak** and **Don Piller** for leading the trip and giving their time. Some members have expressed an interest in several Mammoth trips for next year so we will need leaders to come forward to make it all possible for next year.

We have several new events for April – Art Alive on April 11 and a play at the Old Town Theatre on April 25. Many thanks to **Janet Tremaine** for leading these events and the details are in this newsletter. **Barbara Shramek** will be leading a group for the new Pompeii exhibit at the Natural History Museum on May 8. All of these events will fill up quickly so be sure to send in your checks ASAP!

The Bocce Ball in Borrego Springs on April 5 will be a great time and it is a beautiful time of year to visit the desert. See the article inside or contact **Tom Rothenburg** directly for details.

Again, I would like to mention we can always use more volunteers and individuals to be willing to give their time and efforts for the club. Please contact any board member if you are interested or available. See you at the April meeting!

Debbie

Old Town Theatre

CYGNET THEATRE GROUP

"A LITTLE NIGHT MUSIC"

FRIDAY, APRIL 25, 2008

8:00 PM

\$29.00/MEMBERS \$32.00/NON-MEMBERS

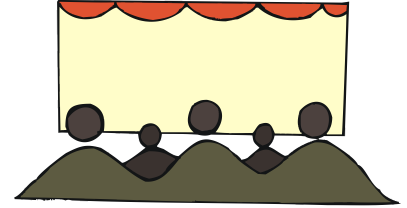
CUT-OFF DATE - APRIL 8

SEND YOUR CHECK NOW!

Theatre is back! Join us for this fun evening as we see this production at the Old Town Theatre. One of Broadway's seldom produced masterpieces, *A Little Night Music* is sophisticated, literate and stylish, but also disarmingly warm, funny, charming and very human. Stephen Sondheim's most romantic and achingly beautiful score is written entirely in Ravel-inspired variations on the waltz and includes Sondheim's most popular song to date, the haunting "Send in the Clowns." We will try to organize a pre-theatre group dinner in Old Town. Details to follow.

Send your check ASAP made out to TPSC and indicate if you are interested in a group dinner. Please include a SASE also and mail to:

**Janet Tremaine 1301 Fort Stockton Drive San Diego, CA 92103
619-297-0937**



Bocce Ball and Potluck in Borrego Springs

THE ROADRUNNER CLUB

1010 PALM CANYON DRIVE

SATURDAY, APRIL 5, 2008 AND

SUNDAY, APRIL 6, 2008

MEET AT 12:00 NOON

\$2.00 PER PERSON CHARGE FOR NON-RESIDENTS.

RSVP A MUST!

Join us for a weekend of fun at the Roadrunner Club for "springtime in the desert". The flowers are in bloom. Tom has reserved the Clubhouse, which has full kitchen facilities and BBQs.

We will meet at noon at the **Sports Complex behind Roadrunner** (directions follow). After Bocce Ball we will have Happy Hour (BYOB) and a Potluck by the pool. Bring your potluck dish and also your bike, if you like. There are hotels, motels, RV parks or free camping in the desert if you wish to stay over and continue bocce on Sunday the 6th. This is an active time in Borrego Springs so it would be wise to make your overnight reservations now. Some enjoyed their stay last time at the Borrego Springs Resort (760-767-5700). When you RSVP to Tom, he will be happy to give you phone numbers for local hotels and motels. (Hacienda Del Sol, Palm Canyon Resort, etc.)

DIRECTIONS: From Christmas Circle in Borrego Springs go East on S-22 past DiGiorgio Road and turn left into **The Roadrunner Club** (TG 1058 B2). Bear right and go past the Clubhouse to the far side of the property. Past the stop sign you will see tennis courts on your right. The Bocce Ball courts are located next to them.

RSVP is a MUST! Call Tom Rothenburg (cell 619-990-0472)



JUST FOR FUN

Spring Fling
PARAGON JAZZ BAND
BALBOA PARK CLUB
IN BALBOA PARK
 (PRESIDENT'S WAY OFF PARK BLVD.)
THURSDAY, MARCH 27, 2008
1:00 -3:30 PM
\$3.00 ADMISSION (INCLUDES
REFRESHMENTS)



The San Diego Parks and Recreation sponsors Thursday afternoon dances twice a month at the big Balboa Park Club. (Located near the Auto Museum, International houses, etc. - TG 1289 B1) On Thursday, March 27, **Diane Mensch's Paragon Jazz Band** will be playing. Before the dance there will be cha cha lessons...12:00 - 12:45 PM. Many will turn out because this is a daytime activity. There is plenty of parking and it is a nice excuse to visit Balboa Park. You might like to have lunch first or visit one of the many museums. This will be lots of fun. For details call:

Diane Mensch 619-435-3931 dpierreuse@aol.com

Bocce Ball and Potluck
in Borrego Springs
THE ROADRUNNER CLUB
1010 PALM CANYON DRIVE
SATURDAY, APRIL 5, 2008 AND
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Senior Monday at the
Reuben Fleet Science
Center
BALBOA PARK
MONDAY, APRIL 7, 2008
12:00 – 2:00 PM
\$5.00 ENTRANCE FEE (FOR
SENIORS ABOVE 65)



Join scientists from around the country to learn about a variety of topics as they share the latest information in a friendly and exciting environment. Come early (or stay after the talk) to enjoy complimentary refreshments. Each lecture takes place in the Grayson Boehm Lecture Hall from **12:30 - 2:00 PM**. The entrance fee of only **\$5.00** includes the lecture at 12:30 PM on *Future of Water*.

You may also enjoy all current exhibits and the 2:00 PM IMAX movie – *Dolphins*.

APRIL 7 – FUTURE OF WATER

The 2:00 PM movie will be *Dolphins*. Come view *Dolphins* narrated by Pierce Brosnan. You will see the dazzling coral reefs of the Bahamas and the wind-swept seas of Patagonia. This is an adventure with Atlantic spotted dolphins, acrobatic dusky dolphins and the more familiar bottlenose dolphin. Dr. Kathleen Dudzinski and her colleagues set out to learn more about how dolphins communicate and their foraging and social behaviors.

***Programs are subject to change.**
Barbara Shramek 619-286-1250

Art Alive
PARIS IN THE PARK
FRIDAY, APRIL 11, 2008
10:30 AM
\$10.00 MEMBERS
\$12.00 GUESTS

Run! Don't walk! with your \$10.00 (\$12.00 non-members) to the nearest post office. Tickets are going fast for the Friday, April 11 Art Alive.

What could be more exciting than the pairing of art and flowers at the Museum of Art's "Art Alive"? For the event, meet at 10:30 AM on the steps of the Museum (in Balboa Park). Tickets will be distributed then. With your payment please specify if you would like to luncheon with the group as reservations must be made. **Please make your checks payable to TPSC and mail to event leader:**



Janet Tremaine 1301 Fort Stockton Drive San Diego, CA 92103
619-297-0937

Antique Thai
3373 ROSECRANS (AND
MIDWAY)
TUESDAY, APRIL 15, 2008
6:30 PM



Sharpen your chop sticks! We haven't enjoyed Asian food in a long time.

Let's return to my favorite Thai restaurant, located behind The Sizzler, in the shopping center with TJ Maxx and Henry's. Delicious, inexpensive foods are always a winner. Call for reservations.

Janet Spiro 619-291-1935 jspiro@webtv.net

JUST FOR FUN

**Walk with
Janet & Louise**
CORONADO FERRY LANDING
FRIDAY, APRIL 18, 2008
9:30 AM



This was to have been our walk in February; however the weather did not cooperate with us... so we will do it in April. By ferry or by automobile, meet us at the base of the Coronado Ferry landing (TG 1288 J5) at 9:30 AM. We will be exploring the charm of Coronado which is Spanish for Crown City. There is plenty of free parking. Breakfast/Lunch will follow. Join us and bring a friend. Rain cancels (let's hope not!)

Janet Hanson 858-278-9581 (cell 858-336-8396) dublbunny@aol.com
Louise Oliverio 858-569-9999 (cell 858-220-2336) louiseolive@sbcglobal.net

**Stuart Anderson's Black
Angus Steak House**
3340 SPORTS ARENA BLVD.
619-223-5604
FRIDAY, APRIL 18, 2008
5:00 - 7:00 PM

Thanks to Rich Sandvig who suggested Stuart Anderson's Happy Hour. I appreciate all the help I can get. One half price on drinks, wine, beer, margaritas, and appetizers. This is a good spot if you want to stay for dinner. Free parking available. Hope you will join us and bring along a friend.



Janet Hanson 858-278-9581 (cell 858-336-8396) dublbunny@aol.com

**Hike with Rich and
Janet**

THERE WILL BE NO HIKE WITH RICH AND JANET IN APRIL.
We will get back to hikes in June.



Old Town Theatre
CYGNET THEATRE GROUP
"A LITTLE NIGHT MUSIC"
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Janet Tremaine 1301 Fort Stockton Drive San Diego, CA 92103 619-297-0937

Pompeii
SD NATURAL HISTORY MUSEUM
BALBOA PARK
THURSDAY, MAY 8, 2008
12:45 PM
\$16.00/TPSC MEMBER (\$19.00
NON TPSC MEMBER)
\$8.00 NATURAL HISTORY
MUSEUM MEMBER
1:00 PM MOVIE 2:00 PM
EXHIBIT
CUT OFF DATE FOR THE GROUP
RATE IS WEDNESDAY, APRIL 30.

Gather at the Museum (enter through the North entrance of the museum which is the door closets to the giant fig tree) at 12:30 PM. With our group tickets there is a 10% discount at the Dinosaur Café, located in the atrium on level 1 of the museum. (Fruit cups, salads, sandwiches, soup, beverages, etc.) We will go into the Charmaine and Maurice Kaplan Theater for the 1:00 PM movie *Pompeii: The Last Day*. After the film we will take the free audio self-guided tour of the *A Day in Pompeii* exhibition. There will be more than 250 artifacts uncovered from beneath 30 feet of volcanic material. Also be sure to go to the second level and view the beautiful photographs of volcanoes and exhibits.



The San Diego Natural History Museum is only the fifth city in the United States to host this exclusive exhibition that includes authentic artifacts, stunning frescos, and computer-generated reconstructions. There are eight body casts, examples of everyday items and even food that was preserved, jewelry, cosmetic items, gold coins and more.

Please send a SELF ADDRESSED STAMPED ENVELOPE for your tickets. (If you are a museum member please write your membership number on your check. This will make it easier for the museum to check your membership.) **Make checks out to TPSC and mail to:**

**Barbara Shramek 7940 Forrester Road San Diego, CA 92120
619-286-1250 (cell 619-876-1850)**

Padres Game
PETCO PARK
SATURDAY, JUNE 21, 2008
TAILGATE 3:30-6:00 PM
\$17.00



The price has been reduced to \$17.00. Those that have already sent in their check for \$18.00 will receive a \$1.00 rebate.

San Diego Padres vs. Detroit Tigers. (Section 229; Right field Upper Box; Rows 5 and 6) We had such a good time last year we are going to join in the fun and do it again. The usual tail gate party at Qualcomm Stadium will be held from 3:30-6:00 PM. There were approximately 200 people from other ski clubs last year and we expect that many again. Tickets to the game are \$17.00. The game starts at 7:05 PM. We will meet at Qualcomm Stadium, Section J2-J3 in the parking lot under the trolley. Parking is free at Qualcomm Stadium. We will take the 6:00 PM trolley to Petco Park. Send your check EARLY. **Make your check out to TPSC and mail to Susan O'Connell. We have a limited number of tickets. Don't forget a (SASE) Self Addressed Stamped Envelope so your tickets can be mailed to you.**

Susan O'Connell 5869 Menorca Drive San Diego, CA 92124 (cell 858-205-8414)

2008 Ski Trips



Far West Convention

JUNE 5-8, 2008 – BELLEVUE, WA

It's not too late to sign up for the upcoming Far West Convention in Bellevue, Washington (outside of Seattle). There will be many fun and exciting events to attend such as the Silent Auction, Travel Expo, Celebrity Speaker Presentations, Awards Luncheon and Saturday Night Dinner/Dance with Awards. Optional fun activities include Pub Crawl, Golf Tournament, Kayaking, Space Needle Tour, Pike's Market Tour, etc. Book your own hotel and airfare or train ticket. Many of us will be staying at the Westin so you might want to check there for room availability. Details are available at www.fwsa.org/ Be sure to let Sue Sprouse or Debbie Schroeder know if you are planning to attend the Convention.

FAR WEST TRAVEL:

- Greek Isles Tour – October 1-17, 2008. \$3250 per person but there is a great deal included in the price. Islands visited are Rhodes, Crete, Santorini and Mykonos plus a two-day tour of Athens. There is an optional add-on to Istanbul.
- Les Trois Vallees, France – March 7-15, 2008 at \$1300 per person.
- San Juan Cruise-fall 2008 or late April/May 2009. Airfare to San Jose not included: \$560 inside, \$630 outside, \$760 balcony.

Go to FWSA Website for details at <http://www.fwsa.org/>

If you have any questions contact Council Rep. Sue Sprouse at s.sprouse@sbcglobal.net



San Diego Council Of Ski Clubs

Ski plans for 2008-2009 are being made. The December Council trip will again be held in Aspen but will be a 6-day trip. The Far West trip will be January 24-31, 2009 in Big Sky, Montana. The cost will be \$1350-\$1750. More news as time draws closer, however, deposits are being taken to reserve your spot and is fully refundable until July 1. **Send a check for \$300 made payable to San Diego Council of Ski Clubs to:**

Susan Shaffer 12384 Sardina Cove San Diego, CA 92130

THE BOARD HAS ADOPTED A TRIP POLICY WHEREIN AN INCREASE OF UP TO 10% CAN BE ADDED AND WILL NOT CONSTITUTE GROUNDS FOR CANCELLATION WITHOUT PENALTY. THIS IS DUE TO FLUCTUATING AIRLINE COSTS.

Hiking with Torrey Pines



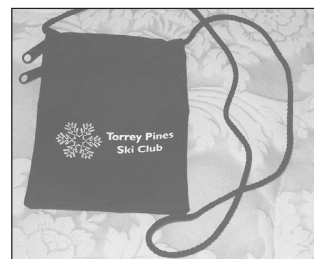
General Meeting By the Fearon O'Connor School of Irish Dancing



Neck Wallets and TPSC Golf Shirts

We have neck wallets with the Torrey Pines logo. They are black with white lettering and have two separate zippered compartments. They are light weight, waterproof and only cost \$5.00. The TP golf shirts are green with the Torrey Pines logo and are \$15.00. Call or see Tom Rothenburg at the general meetings to buy yours. Please make checks payable to TPSC.

Tom Rothenburg 619-435-0662 crothen1@san.rr.com



APRIL BIKE RIDES

DAY/TIME	LEVEL	LUNCH	WHERE TO MEET	LEADER
Sat. April 5 10:00 AM	A 12	Hodad's	Bay to Beach Quivira Rd Mission Bay Front of seafood restaurant (TG 1268 A3)	Eileen Frame 858-569-0962
Sat. April 12 10:00 AM	A 12	Group choice	Bay Loop Parking lot across from Bahia Hotel (TG 1267 J2)	Group choice
Sat. April 19 10:00 AM	A 12	Group choice	Bay Loop Parking lot across from Bahia Hotel (TG 1267 J2)	Group choice
Sat. April 26 10:00 AM	A 12	Hudson Bay Seafood	Bay to Broadway Bali Hai parking lot N. Shelter Island (TG 1288 C3)	Mary Coates 858-453-5376



Bike Coordinator: Eileen Frame 858-569-0962 e.j.frame@sbcglobal.net

Although helmets are not usually required, they are strongly recommended for all our bike rides. We are always looking for volunteer leaders for the A and B rides. Please call Eileen Frame, chairman, if you are interested. 858-569-0962.

Saturday A rides - mostly flat

Sunday B rides - gentle hills

All Star Rides A and B are offered TBG = Thomas Bros. Guide followed by coordinates.

Please note in case of rain, call your bike leader listed above. Also the ride will depart 15 minutes after the meeting time.

Federal Reserve



Health and Safety

PROBLEMS WITH DIETING WITHOUT EXERCISE

- Loss of lean muscle tissue
- Loss of body fluid
- Increase in appetite
- Increase in biochemical depression
- Slows down metabolism rate
- Increases body's effort to store fat
- Reduces energy level
- Greater chance of "yo-yo"
- Lower success rate, which results in: sense of failure/reduced self esteem

Research shows that dieting without exercise will most likely fail. Chances are that all weight lost will be regained, plus an additional two pounds. Fat cells slitting results.



Jerry Seifert



TORREY PINES SKI CLUB A CALIFORNIA NON-PROFIT CORPORATION

Newsletter Staff

Editor: Barbara Shramek
Editors Assistant Jerry Seifert
Printing: Fletcher Hills Printing
Newsletter Mailing: Barbara Shramek

GENERAL INFORMATION

CALL 619/583-8832

Organization: Torrey Pines Ski Club is a non-profit California Corporation. Membership: Annual dues of \$35 are payable in full with the application for membership. Applications are available at any time at the General Meetings of the Club. Any donations made to Torrey Pines Ski Club for raffle tickets or other fund-raising events are not tax deductible.

OFFICERS AND BOARD MEMBERS

President	Debbie Schroeder*	858-551-9651
Vice President	Laura Meldrum*	858-483-7290
Corporate Secretary	Fred Blecksmith*	619-233-4149
Recording Secretary	Susan O'Connell*	858-205-8414
Treasurer	Joe Goldhammer*	619-286-0624
Membership	Barbara Shramek*	619-286-1250
Newsletter Editor	Barbara Shramek	619-286-1250
Newsletter Assistant	Jerry Seifert	619-561-7627
Co-Meetings	Hobe Schroeder*	858-551-9651
Co Meetings	Larry Benthien	619-602-0925
Racing/Web	Laura Meldrum	858-483-7290
SD Council	Sue Sprouse*	858-274-8130
Marketing	Tom Rothenburg*	619-435-0662
Biking	Eileen Frame	858-569-0962
Bocce Ball	Tom Rothenburg	619-435-0662
Co-Reception	Vicky Hansen	858-268-7919
Co-Reception	Susan O'Connell	858-205-8414
Co-Reception	Nancy Thielen	858-695-0269
Co-Reception	Melanie Traci	858-375-7966
Just For Fun	Debbie Schroeder	858-551-9651
Ethnic Dining	Janet Spiro	619-291-1935
Happy Hour	Janet Hansen	858-278-9581
Equipment	Joe Goldhammer	619-286-0624
Past President	Sue Sprouse	858-274-8130

* Denotes Voting Board Member

Ski Committee: Chairman- Joe Goldhammer, Fred Blecksmith,
Debbie Schroeder, Sue Sprouse

TRIP RULES

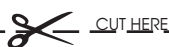
- 1. RESERVATIONS.** A check for the full amount required, received by the trip captain, is a request for a reservation. The trip captain will make the initial count five days after the flyer postmark. Directors of the board and Officers will be given priority if they inform the trip captain before the initial count. If there are more checks than seats available, checks will be drawn at random until the trip is filled. The trip captain will strive to reach a 50-50 male-to-female ratio. Couples should send their checks in together and they will be drawn as a pair. All participants must sign a release before departure.
- 2. CANCELLATIONS & REFUNDS.** In the event of your cancellation, a refund will be made only if the seat vacancy is filled or if monies are recovered by the club. There also will be a non-refundable cancellation fee for all cancellations whether or not your spot is filled as follows: \$10 for trips up to \$100; \$20 for trips \$100 - \$300; \$30 for trips above \$300. **There will be an additional \$20 charge for any returned checks.** All departure times, locations, lodging, and other travel arrangements are subject to change without notice.
- 3. WAITING LIST.** On ski trips, those on the waiting list due to the lottery will be accorded priority seating on the trip announced in the following flyer if they inform the trip captain before reservations are confirmed, i.e., the fifth day after the mailing of that flyer.
- 4. CHECKS.** Checks will be destroyed from those not going on that trip due to being on the waiting list.
- 5. CONFIRMATIONS.** You **MUST** call and confirm your status with the trip captain **UNLESS** a SASE (self-addressed stamped envelope) is requested in the trip write up. You **MUST** include your work and home telephone numbers with your check.
- 6. GUESTS.** Guests who are sponsored by a member are allowed on trips. TPSC members have 5 days priority after the newsletter announcement to sign up for a trip. After 5 days, members may sign up one guest by including an additional amount on their check as follows (unless otherwise noted): for trips under \$50, there will be either member priority or a guest fee; \$10 for trips costing \$50-\$100; \$35 (cost of membership dues) for trips costing over \$100. Guests, like members of TPSC, must be at least 21 years of age and agree to the club "General Release and Waiver."
- 7. EVENT GUESTS:** Members and guests not on the event/trip and who join a happy hour and/or dinner will be charged \$8.00 per person per occurrence for the happy hour; \$20.00 per person per occurrence for the dinner or combo happy hour/dinner.

SASE = (Self Addressed Stamped Envelope)

Find us on the web at www.tpscsd.org

Editor's e-mail: bjshramek@aol.com

Torrey Pines e-mail: torreypinesski@aol.com



CUT HERE



Torrey Pines Ski Club

A California Non-Profit Corporation

Sign this application, with your dues check, to
Torrey Pines Ski Club, P.O. Box 82087, San Diego, CA 92138

Membership Application

Membership begins upon receipt of dues and approval of application and ends July 31st. **Full year dues are \$35. New members joining after April 1st pay \$15 for April-July 31st membership.** For more information, call 619-583-8832.

New Membership ☐

Renewal ☐

PRINT FIRST NAME

MIDDLE INITIAL

LAST NAME

AREA CODE

TELEPHONE: HOME

NUMBER

STREET

UNIT NUMBER

CITY

STATE

ZIP

E-MAIL

CHECK INTERESTS:

() SKIING () GOLF

() BIKING () TENNIS

() VOLUNTEER

() OTHER _____

I hereby apply for membership in the TORREY PINES SKI CLUB. GENERAL RELEASE AND WAIVER - I release TPSC, its directors, officers, members and representatives from any and all claims or liability that may arise from participation in any of its activities and indemnify and hold them harmless from any claim by, or liability to, any guest of mine at club activities. I further waive my rights under California Civil Code Section 1542 which reads, "A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor."

SIGNATURE

DATE



TPSC General Meeting

Tuesday, April 1, 2008

The Handlery Hotel in Mission Valley
950 Hotel Circle North - 619-298-0511



Social 6:00 PM - Announcements 6:45 PM - Meeting 7:00 PM

We are not fooling you - (our meeting is April 1)
Our Guest Speaker will be TERI SAFFON
from the San Diego Museum of Man in Balboa Park.
Teri will provide information about the museum in general
and also the new CHINA exhibit.

The Handlery Hotel in Mission Valley
950 Hotel Circle North - 619-298-0511

TWO HOUR PARKING IS VALIDATED - \$3.00 PER HOUR AFTER 2 HOURS
*PLEASE MARK YOUR CALENDAR FOR THE MAY 6, 2008 GENERAL MEETING.



Torrey Pines Ski Club

P.O. Box 82087
San Diego, CA 92138-2087
619-583-8832

UPCOMING EVENTS-DETAILS INSIDE

March 27	Spring Fling
April 1	General Meeting-China
April 5-6	Bocce in Borrego
April 7	Reuben Fleet Museum
April 11	Art Alive
April 15	Ethnic Dining
April 18	Walk with Janet and Louise
April 18	Happy Hour
April 25	Old Town Theatre
May 5	Reuben Fleet Museum
May 8	Pompeii Exhibit
June 5-8	Far West Convention
June 21	Padre Baseball

FIRST CLASS

April 2008