

YEAR ROUND SPORTS & SOCIAL CLUB

We Live Mid-Life to the Max!
Find us on the web at www.tpscsd.org

46th ANNIVERSARY 1962-2008

President's Corner



HI EVERYONE

We certainly had a great turn out and interesting speaker for the January Meeting. Many of you let us know and we appreciate the feedback. Our February

meeting will be lots of fun – we are celebrating Mardi Gras because our meeting is on February 5, Fat Tuesday. We hope you will come with your mask and/or costume. Beads will be distributed so come ready for a great time.

To all of our **cross country skiers**—did you know that cross country skiing is available at Mammoth? As we all know, the ski season at Mammoth is lining up to be a great one so contact **Bela Kozak** ASAP if you are interested. All of this information is in the article on this page for Mammoth. Breckenridge is full but no wait list, so if you are interested be sure to send your check to **Marilyn Roland** in case she has a cancellation.

We want to thank **Laura Meldrum** for her recent updates to our wonderful website. There are several new and exciting additions—the membership application is available and the newsletter is also on the website in case you misplace your copy or need to check something. The web address is at the top of this newsletter — check it out.

The January Senior Monday event at the Reuben Fleet Science Center was such a success that we are going to make it a monthly event. We will list the date and movie selection and whoever is interested can just meet in the lobby. We have between 8–10 people already signed up to attend the Far West Convention in Seattle which sounds like a lot of fun. See the article inside but also feel free to contact **Sue Sprouse** or myself if you are planning to attend or have questions. Our annual Padres game is set and tickets are available now - this always sells out quickly so be sure to send your check soon.

Looking forward to seeing you at the Mardi Gras celebration on February 5th.





Mammoth Mountain Trip

SUNDAY, MARCH 9 TO FRIDAY, MARCH 14, 2008

PRICE: \$450.00

FINAL PAYMENT IS DUE NOW.

ATTENTION: CROSS COUNTRY SKIING IS AVAILABLE

Join us on our annual pilgrimage to Mammoth Mountain. Mammoth gets an average of 373 inches of snow annually and the weather tends to be a bit warmer in March than in January. We will be staying at the 1849 Condo's which

everyone seems to enjoy with its short walk over to the Canyon Lift and access to the Village and downtown via the gondola.

We will depart San Diego on Sunday morning, March 9, by bus, with a pick up at the Sears Essentials parking lot at Convoy and Clairemont Mesa Blvd. as well as a pick up in North County at the Via Rancho Park and Ride. We should be settled into the condos in Mammoth just in time for a happy hour. The trip leaders are attempting to spark up our 45th Anniversary trip with a 1960's party. Please contact the leader if you might have any ideas for the party...old photos, memorabilia or anything else you might have from that era.

Lift tickets are not included in the price since many of you already have Mammoth passes. New this year is the "Cloud Nine Express" a high speed six person detachable chair opening up the old Chair 9 area. We will be skiing from Monday morning until around noon on Friday when we will again load up the bus for our return that evening to San Diego. **Please send your check made out to TPSC and mail to:**

Bela Kozak 650 Columbia Street # 414, San Diego, CA 92101 (858-526-9214 - day) (619-235-8528 - evening) bkozak@ucsd.edu Co-leader: Don Piller 760-796-4007 dpiller@cox.net

Tower After Hours

MUSEUM OF MAN- BALBOA PARK
THE COUNTRY CELEBRATED THIS MONTH IS IRELAND
THURSDAY, FEBRUARY 28, 2008
6:00 -8:00 PM
\$20.00 ADMISSION
\$15.00 ADMISSION IF YOU BRING YOUR TPSC JANUARY
NEWSLETTER



The Tower After Hours Portuguese Program at the Museum of Man has been changed again. The Museum is making a very nice offer to compensate for this. If you bring your **JANUARY TPSC NEWSLETTER- SHOWING YOUR ADDRESS LABEL** to the Museum of Man on Thursday, **FEBRUARY 28** (the country is Ireland), you will be able to enter for \$15.00 rather than the \$20.00 fee. Your admission includes two drinks, food and entertainment. I know that there will be lots of beer available. This offer is good this one time and only on **Thursday, February 28.You must have your TPSC January Newsletter with the article about the Tower After Hours event mentioned.**

Barbara Shramek 619-286-1250 bjshramek@aol.com

Did vou know??

Please check out our updated website. Note that a membership application is now available. Also, let your friends know. The newsletter will also be attached each month in case you misplace your copy — check it all out at the link.www.tpscsd.org. Many thanks to **Laura Meldrum** for all of her efforts on the TPSC website each month. Job well done, Laura!

JUST FOR FUN

Senior Monday at the Reuben Fleet Science Center

BALBOA PARK MONDAY, FEBRUARY 4, 2008 12:00 – 2:00 PM \$ 5.00 ENTRANCE FEE (FOR SENIORS ABOVE 65)



Join us for Senior Monday at the Reuben H. Fleet Science Center in Balboa Park. The entrance fee of only \$ 5.00 includes a lecture at 12:30 PM on **Exploring Mars**. You may also enjoy all current exhibits and an Imax movie. Mars has always fascinated us, even though it is so far away compared to our Moon. In this lecture

Dr. Philip Blanco will show you how technology is helping us answer some long-standing questions about the Red Planet. Was Mars once more "Earth-like"? Did it once support life, and can it today? What plans do we have for exploring, or even living, working and retiring on Mars in humanity's future?

The 2:00 PM movie will be **Antarctica**. The mysterious icy expanse of the highest, driest and coldest continent, home to penguins, seals and other exotic life forms, is explored in this 39 minute film.

*Programs are subject to change.

Barbara Shramek 619-286-1250

Bocce Ball

SUNSET POINT ON MISSION BAY SUNDAY, FEBRUARY 10, 2008 2:00 PM Join us at **Sunset Point on Mission Bay** for an informal afternoon of Bocce Ball. We will be meeting at 2:00 PM at **The Dana on Mission Bay Drive** (on Dana Landing Road...TG 1268 A3). Novice players are welcome. Bring a chair, drinks, and snacks. If you have a set of Bocce Balls, please bring them also. Spectators are welcome and afterwards we will see if anyone wants to do a group dinner.



Tom Rothenburg 619-435-0662 (cell 619-990-0472)

Happy Hour

ROCKIN' BAJA LOBSTER 3892 TWIGGS STREET (IN OLD TOWN) FRIDAY, FEBRUARY 15, 2008 4:30 PM - 6:00 PM



Come and join your friends for Happy Hour at the Rockin' Baja Grill located in Old Town. Take Twiggs Street all the way to the end and through the gates into the restaurant. There are Happy Hour prices and plenty of free parking. This will be our first Happy Hour in this location and we look forward to seeing you. Bring along a friend!

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

Ethnic Dining Vagabond 3210 30TH Street (South Park, Near Juniper St.) Tuesday, February 19, 2008 6:30 PM

After reading many fantastic reviews of this charming new restaurant, I thought we should give it a try. They call themselves "Kitchen of the World" and their menu includes dishes from France, Morocco, Indonesia and more! If we have enough diners, they will offer us a Prix fixe menu. Don't miss this one?



Call or email Janet Spiro 619-291-1935 ispiro@webtv.net

Walk with Janet & Louise

CORONADO FERRY LANDING FRIDAY, FEBRUARY 22, 2008 9:30 AM



By ferry or by automobile...meet us at the base of the Coronado Ferry Landing (TG 1288 J5) at 9:30 AM, Friday, February 22, 2008. 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.

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

Hike With Rich & Janet DEL MAR CLIFFS AND SHORE SATURDAY, FEBRUARY 23, 2008 FOUR MILES 9:30 AM

This month we will diversify. We will do a hike/walk. We will start on the Del Mar Cliffs and drop down to the beach. This is a beautiful area. It is approximately four miles in length, no big hills on this one. If four miles is ok for you, please join us. Approximately half way through the hike we will stop and have breakfast/lunch at the Poseidon Restaurant on the beach. We will return along the street where we will enjoy the homes, flowers, landscape, etc. We hope to see you there. Bring along a friend. Rain cancels.



Take I-5 North to Del Mar Heights Exit. Left off the exit ramp and go all the way to the end of the road. There is parking on the streets. We will meet you at the very end of the street. If you have never done this you will enjoy!

Rich Sandvig 619-226-2330 (cell 619-994-6889) Janet Hanson 858-278-9581 (cell 858-336-8396)

JUST FOR FUN

Visit To Federal Reserve Bank AND LOS ANGELES FARMER'S MARKET MONEY, MONEY, MONEY

MONEY, MONEY, MONEY TOUR WITH DAYTRIPPER TOURS WEDNESDAY, FEBRUARY 27, 2008 CUT OFF DATE...JANUARY 5, 2008 7:45 AM - LIMITED SEATING MEMBERS \$59.00 GUESTS \$64.00



They say money makes the world go round-don't miss this chance to take a fascinating behind-the-scenes private guided tour of the Los Angeles branch of the Federal Reserve Pank, where millions of dollars in cash, checks and coins are processing operation area; you will see millions of dollars stacked high in the vault, see historic currency and enjoy a fun interactive

experience. Your tour includes transportation and a stop for lunch (on your own) at the famous Farmers Market in LA and a fun little surprise gift from the Federal Reserve. **YOU MUST BRING A DRIVER'S LICENSE OR PASSPORT FOR ID.** Snacks and drinks will be served on the bus but you are welcome to bring along some of your own. Pick up location will be at 7:45 AM in University City at 4633 Governor Drive, street parking available. We will return home at approximately 7:00 PM. Sign up early-we have limited seating.

Make your check out to TPSC with a SASE envelope and send to:

Debbie Schroeder 2331 Darlington Row La Jolla, CA 92037

858-551-9651 debbieschro@aol.com

Janet Hanson - 858-278-9581

Tower After Hours
MUSEUM OF MAN-BALBOA PARK
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Barbara Shramek 619-286-1250 bjshramek@aol.com

Padres Game PETCO PARK SATURDAY, JUNE 21, 2008 TAILGATE 3:30-6:00 PM \$18.00

NEWSLETTER



San Diego Padres vs. Detroit Tigers. 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 \$18.00, which is a \$1.00 discount from last year. The game starts at 7:05 PM. We will meet at Qualcomm Stadium, Section J2-J3 in the parking lot under the trolley.

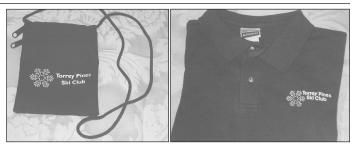
Parking is free at Qualcomm Stadium. We will take the 6:00 PM trolley to Petco Park. Send your check EARLY. Make your check out to TPSC and mail to Susan O'Connell. We have a limited number of tickets. Don't forget a (SASE) Self Addressed Stamped Envelope so your tickets can be mailed to you.

Susan O'Connell 5869 Menorca Drive San Diego, CA 92124 858-309-8373



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

2008 Ski Trips



SUNDAY, FEBRUARY 10-FRIDAY, **FEBRUARY 15, 2008** PRICE: \$1,045.00 PER PERSON BRECKENRIDGE FINAL PAYMENT DUE NOW!

Although the trip is now full, you might be able to still get on by sending a check

for \$100 to Marilyn Roland. Please call Marilyn 858-459-6449 or Sue 858-274-8130 IMMEDIATELY if you want to join us on this trip. People frequently have to back out of a trip at the last minute. The last person who was on the Wait List is now on the trip. You could be next. If we are unable to get you on the trip your check will be refunded.

We're looking forward to going back to Breckenridge, Colorado to enjoy the beautiful Rockies and enjoy the quaint old mining town. We will be staying at the Pine Ridge Condominiums, just a short walk to the Snowflake lift to get to the Peak 8 area and return to our condos via the four o'clock run. We will fly from San Diego to Denver then bus to Breckenridge. With the 4-day lift ticket, which is included in the price, you can ski at Keystone, Vail, and A-Basin as well as Breckenridge.

The co-leaders, Marilyn and Sue, are busy thinking snow and planning for the happy hours and parties. Please don't hesitate to call either of them with any questions. Checks made payable to TPSC and mail to:

> Marilyn Roland 2501 Via Viesta La Jolla, CA 92037 858-459-6449 marilynroland2.0@gmail.com

> > For questions/information call: Sue Sprouse 858-274-8130 s.sprouse@sbcglobal.net

Far West Convention JUNE 5-8. 2008 - BELLEVUE. WA **OPTIONAL ALASKA CRUISE JUNE 8-15, 2008**



Join all the fun by attending this year's 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. In addition, there is an optional Alaska Cruise (June 8-15) on the Norwegian Pearl after the convention with prices starting at \$996. If you're planning to join the group on the cruise, your reservations must be made by February 15, 2008. We will be staying at the Westin, Bellevue, and they have a very special rate for deluxe rooms available for \$137. Call 1-800-937-8461 and make your reservation now while rooms are still available. 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. Three to four days will be spent on each island visited. There is an optional add-on to Istanbul.
- Les Trois Vallees, France March 7-15, 2008 at \$1300 per person.
- San Juan Cruise, being planned for fall 2008 or late spring of 2009.

Go to FWSA website for details at www.fwsa.org/.



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> Bela Kozak 650 Columbia Street # 414, San Diego, CA 92101 (858-526-9214 - day) (619-235-8528 - evening) bkozak@ucsd.edu

> > Co-leader: Don Piller 760-796-4007 dpiller@cox.net



Racing Stripes

The San Diego Alpine League takes part in FWRA sanctioned Slalom and Giant Slalom races and Torrev Piners can participate. All you need to do is fill out the necessary release forms

and show up. The club will take care of your membership and race fees. Most races are held on weekends and all but one will be at Mammoth. The race schedule for this season is as follows:

GS - Saturday, Feb 2, 2008

GS & Slalom - Saturday and Sunday March 15 and 16, 2008.

Championships will be held at Mammoth, CA on Sat and Sun, April 5 and 6, 2008. This schedule and other information and updates can be found at http://www.skisandiego.org/sdal/. If you would like to race or have questions contact Laura.

Laura Meldrum 858-483-7290 lauragale@usms.org



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.

Torrey Pines Members Having Fun!











FEBRUARY BIKE RIDES

DAY/TIME Sat. Feb. 2 10:00 AM	LEVEL A 12	LUNCH Hodad's	WHERE TO MEET Bay to Ocean Beach Mission Bay, Quivira Rd. Front of seafood restaurant (TG 1268 A3)	LEADER Eileen Frame 858-569-0962
Sat. Feb. 9 10:00 AM	A 12	Group choice	Bay Loop Parking lot across from Bahia Hotel (TG 1267 J2)	Group choice
Sat. Feb. 16 10:00 AM	A 12	Victor's	Bay Loop Parking lot north of Visitor Ctr, Mission Bay	Bob Tauber 858-273-4996
Sat. Feb. 23 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 strongley 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.



Health and Safety

If your traditional approach to your ski season is not helping you get ready physically, then change what you are doing! The old thought process of getting on the treadmill a few weeks before the trip does little if anything to help you ski. The next time you get on that piece of cardio equipment or do a chest press, think about much benefit you are getting out of that particular exercise in relation to a ski slope.

(From "Sharpen Your Edges" article)
Jerry Seifert

TORREY PINES SKI CLUB A CALIFORNIA NON-PROFIT CORPORATION

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

events are not tax deductible. TRIP RUI FS

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.

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 member-

ship. 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

- 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."
- EVENT GUESTS: Members and guests not on the event/trip and who join a happy hour and/or dinner will be charged \$7.00 per person per occurrence for the happy hour; \$15.00 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: bishramek@aol.com Torrey Pines e-mail: torreypinesski@aol.com

OFFICERS AND BOARD MEMBERS

01110211	O MILD DOMIND 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* 858-309-8373
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 858-309-8373
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
Happy Hour	Janet Hansen 858-278-9581
Equipment	Joe Goldhammer 619-286-0624
Past President	Sue Sprouse 858-274-8130
	* Denotes Voting Board Member

Denotes Voting Board Member

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



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

	Mem	bersh	ip A	pplic	ation
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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 N	IAME	MIDDLE INITIAL		LAST NAME	AREA CODE	TELEPHONE: HOME
NUMBER		STREET		UNIT NUMBER	2	rmembership in the TORREY PINES SKI CLUB. GENERAL
CITY		STATE	ZIP		and representat	WAIVER-I release TPSC, its directors, officers, members tives from any and all claims or liability that may arise
E-MAIL						on in any of its activities and indemnify and hold them any claim by, or liability to, any guest of mine at club
CHECK INTERES	IS.				activities. I furth	er waive my rights under California Civil Code Section
() SKIING	() GOLF				1542 which read	ds, "A general release does not extend to claims which
() BIKING () OTHER	V V		the creditor does not know or suspect to exist in his favor at the ti of executing the release, which if known by him must have materia affected his settlement with the debtor."			

SIGNATURE



TPSC General Meeting



Tuesday, February 5, 2008

The Handlery Hotel in Mission Valley

950 HOTEL CIRCLE NORTH • 619-298-0511
SOCIAL 6:00 PM • ANNOUNCEMENTS/MEETING 7:00 PM

Mardi Gras Celebration

Wear your beads and Mask - Prizes for the best Mardi Gras Costume Two hour parking is validated - \$3.00 per hour after 2 hours.

**PLEASE MARK YOUR CALENDAR FOR THE MARCH 4, 2008 GENERAL MEETING



Torrey Pines Ski Club

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

UPCOMING EVENTS-DETAILS INSIDE

February 4	Reuben Fleet Museum
February 5	General Meeting
February 10	Bocce Ball
February 10-15	Ski Breckenridge
February 15	Happy Hour
February 19	Ethnic Dining
February 22	Walk with Janet and Louise
February 23	Hike with Rich and Janet
February 27	Federal Reserve Tour
February 28	Ireland Tower After Hours
March 9-14	Ski Mammoth Mountain
June 21	Padre Baseball

FIRST CLASS