



## YEAR ROUND SPORTS & SOCIAL CLUB

*We Live Mid-Life to the Max!*

Find us on the web at [www.tpscsd.org](http://www.tpscsd.org)

FEBRUARY 2009

47<sup>th</sup> ANNIVERSARY  
1962-2009

### President's Corner



In December the club lost a current member of its Board of Directors to bladder cancer. My idea behind the column I write each month is to allow us to better know the people who serve our club. Melanie Traci was such an asset to the club and such a bright light at every event she attended, therefore, I felt I had to dedicate this month's column to her.

Melanie was born in Texas in 1948 but moved to Culver City, California when she was very young. She graduated from Culver City High School and went to work as a Secretary. While working at TRW she met and married Dick Traci. After raising their two girls, Maria and Kate, Melanie and Dick divorced. Melanie then joined Torrey Pines.

Melanie was always looking for new adventures and really enjoyed skiing. She had been a member of TPSC less than two years but in her first year with the club she became one of the reception greeters at club meetings. By her second year she volunteered to serve on the Board of Directors as Meetings Co-Chairman which was her current position. Many of you will remember her first meeting night when the speaker was Ken Kramer. She also led a hike and day outing last May to Simpson's Nursery in Jamul.

Melanie was also a member of the Corvette Owners Club of San Diego. She drove a red Corvette with the license plate "SIZZLIN". Authoring her yet unfinished novel, Melanie received encouragement from San Diego Writers, Ink. This fulfilled her creative streak.

*Laura*



### Torrey Pines Ski Trips for 2009

PARK CITY, UTAH  
FEBRUARY 5-11, 2009.

We have six days in Park City at the base of the slopes in the ski in/out Snowflower Condominiums. The base price is \$995.00 which includes airfare to Salt Lake City, bus to Snowflower Condominiums, room rent, and return to San Diego. **Social side will be a meet/greet supper at Priscilla Moxley's on Friday, January 23, 6:00 PM for those on the trip** plus happy hours on the tour. If you are not signed up by the time of this newsletter, then you did not get in on the group airfare. Call Priscilla for the air contact. Your air will be deducted from the \$995.00 cost. The lift tickets are being purchased on a group cost which is a major saving. Unfortunately, Park City has changed their policy to no free skiing at 70. Our group rate is better than any senior discount unless 70 plus people had been able to ski free. A 5 day group ticket is \$196.00, 4 day is \$168.00, three day is \$135.00 and 2 day is \$99.00 all for Park City. There is a shuttle to Deer Valley. Lift tickets will be up to you to obtain. We have a great group of 16 and a possible 17 to date. We would be happy to have you join us! **Make checks payable to TPSC and send to:**

Priscilla Moxley, 7335 Olivetas Ave., La Jolla, CA 92037

Call her at 858-459-4187 ASAP if you think you would like to join us



**Mammoth**  
MOUNTAIN

### Mammoth Mountain

MARCH 22-27, 2009

We have room for ten more people on this March 22-27, 2009 trip to Mammoth and will be staying at the 1849 Condominiums. **\*Bus departure...leaving promptly at 10:00 AM from the I-15 and Mira Mesa Blvd. Park and Ride on Mira Mesa Blvd., (TG 1209 E3) with a brief stop at Via Rancho Park and Ride on Del Largo Blvd. on the west side of I-15 (TG 1150 A2) in North County.** We will then continue on to Mammoth Lakes. We will have five days of skiing, some happy hours and the usual good times we always have. **The cost does not include lift tickets. If you need lift tickets, please inform the trip leader so we can attempt to get group rate tickets.**

**Make checks payable to TPSC for \$515.00 and mail to trip leader:**

Keith Bowen 3324 Cadencia Street, Carlsbad, CA 92009

760-458-9722 [keithrbowen@gmail.com](mailto:keithrbowen@gmail.com)

Please include your phone number and email and let Keith know if you have a rooming preference. **Also, please advise trip leader ASAP if you will need senior discount lift tickets or if you have any discounts you may be willing to share.**

*In Memory of our Friend  
Melanie Traci  
December 30, 2008*

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.

## JUST FOR FUN

### Senior Monday at the Reuben H. Fleet Science Center

1875 EL PRADO  
MONDAY, FEBRUARY 2, 2009  
12:00 PM  
\$6.00 ENTRANCE FEE  
(FOR SENIORS ABOVE 65)  
12:30 PM LECTURE  
2:00 PM FILM



Visit this wonderful museum on the quietest day of the month and receive a fabulous discount! 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 to enjoy complimentary refreshments. Each lecture takes place in the Grayson Boehm Lecture Hall from 12:30-2:00 PM...this month on **Art and Technology** 2:00 PM IMAX film *Van Gogh: Brush with Genius*.

\* Programs are subject to change.  
Barbara Shramek 619-286-1250 bjshramek@aol.com

### General Meeting Speaker

TUESDAY, FEBRUARY 3, 2009

Our General Meeting speaker will be Vicky Newman, an Associate Clinical Professor from UCSD School of Medicine. Under Ms. Newman's guidance UCSD has developed one of the most comprehensive dietary supplement data bases in the country. Ms. Newman is a Registered Dietitian with a Master in Science degree from SDSU. She has acquired diverse work experience in community based nutrition research studies and has functioned as a research dietitian and later as an independent investigator in behavioral intervention projects targeting various age and ethnic groups.



### Gemological Institute of America

5345 ARMADA DRIVE  
CARLSBAD, CA  
FRIDAY, FEBRUARY 13, 2009  
10:15 -12:00 PM  
RESERVATIONS REQUIRED-  
LIMITED TO FIRST 30  
MUST HAVE A VALID PHOTO ID



Did you know that Carlsbad is the GIA world headquarters? This prestigious Institute certifies gems throughout the world and also trains Gemologists and Jewelers. We will have a guided tour and will see gems and their extraordinary museum. **Reservations are required. Make reservations by February 9, 2009. Security requires a valid photo ID.** Entry to campus is 10:15 AM and tour starts at 10:30 AM. Wear comfortable shoes. Cameras are allowed. **There are five spaces available** on this interesting field trip. **Send your reservations to:**

Larry Benthien 619-670-1949 lbenthien@aol.com (cell 619-602-0925)

### Bocce Ball

#### Liberty Station

PARKING LOT AT END OF  
FARRAGUT ROAD  
SUNDAY, FEBRUARY 15, 2009  
2:00 PM

Join us for an informal afternoon of Bocce Ball at a beautiful new location. We will meet at 2:00 PM at a large grassy area at the end of Farragut Road in Liberty Station. (TG 1288 D1... Farragut Road is off Rosecrans in Point Loma) Novice players are welcome. Bring a chair, drinks, and snacks and if you have a set of bocce balls bring them along too. Spectators are welcome and afterwards we will see if anyone would like to go for Happy Hour or Group Dinner. There are several choices of fun places to go in this area.



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

### Ethnic Dining Latin Chef

PERUVIAN CUISINE  
1142 GARNET AVE, (BETWEEN  
EVERTS AND DAWES)  
PACIFIC BEACH  
TUESDAY, FEBRUARY 17, 2009  
6:30 PM



This simple restaurant in the midst of bustling Pacific Beach offers the freshest, tastiest and most interesting choices. Sure to please fish, meat and vegetarians alike. Sorry, they do not serve beer or wine, but we are welcome to bring our own. Come join me.

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

### Happy Hour

#### Albee's Beef Inn

1201 HOTEL CIRCLE SO.-THE  
TRAVELODGE  
FRIDAY, FEBRUARY 20, 2009  
5:00 - 7:00 PM

February is a good time to return to one of our favorite Happy Hour spots, Albee's Beef Inn. There are free appetizers and plenty of parking. After Happy Hour you can have a good dinner or enjoy the piano bar. We hope you will join us and bring along a friend.



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

## JUST FOR FUN

**Let's Take A Walk  
Shelter Island**  
FRIDAY, FEBRUARY 27, 2009  
9:30 AM



It has been awhile since I have been able to lead a walk, however, I am back and I hope you will join me and take a walk on Shelter Island. We will meet in the parking lot in front of the Bali Hai Restaurant. Breakfast/Lunch will follow at the Red Sails Restaurant. Please join me and bring along a friend. Rain cancels!

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

**Tour the Beckman  
Center for Conservation**  
15600 SAN PASQUAL VALLEY  
ROAD  
ESCONDIDO, CA 92027  
MONDAY, MAY 11, 2009  
11:00 AM  
FREE  
LIMITED SPACE AVAILABLE  
DETAILS WHEN YOU RSVP

We will be guests of the young lady that spoke to us at the Senior Monday on Bio-diversity. Many enjoyed her presentation and asked to tour this facility.

You will see the state-of-the-art research facility and learn about **CRES (Conservation and Research for Endangered Species)**. It serves as a center for international scientists to learn and collaborate on conservation research projects. They utilize the latest scientific technologies to overcome challenges relating to the conservation, health, genetic management, reproduction and general well being of endangered animals. This is the largest zoo-based multi-disciplinary research team in the world.



We can arrange car pools and also visit the Wild Animal Park while we are in the area.  
Information on carpooling, etc. when you RSVP.  
Barbara Shramek 619-286-1250 bjshramek@aol.com



We are seeking an Assistant Treasurer for the Club. Please contact any Board Member if you are interested.

Joe Goldhammer  
619-286-0624



*New Members*

Charles Anderberg  
Sumiko Nagamine

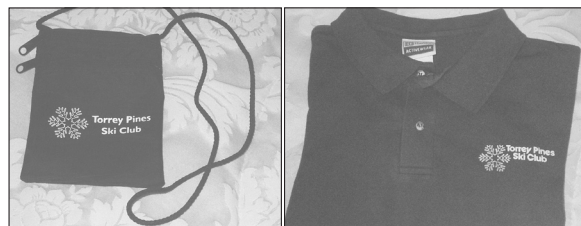
**Celebrating the 15th Anniversary of Ethnic Dining  
with another wonderful Holiday Dinner at Café 11**



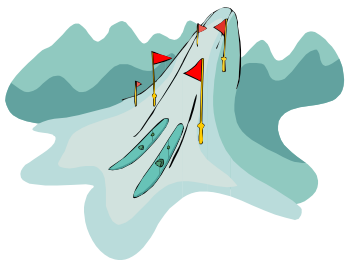
### Neck Wallets and TPSC Golf Shirts

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







## Racing Stripes

The San Diego Alpine League takes part in FWRA sanctioned Slalom and Giant Slalom races and Torrey Pines are welcome to 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 most will be at Mammoth. The race schedule for this season is as follows:

- Mammoth has canceled the race we had scheduled for February 6 and 7 because they will be hosting the Nor-Am Downhill and Super G races at that time.
- GS & Slalom - Sat and Sun, March 14 & 15, 2009.
- Championships will be held at Northstar-at-Tahoe, CA on Sat and Sun, April 4 & 5, 2009.

Please note that sometimes schedule changes must be made, sometimes with very little notice. 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 please contact:

**Race Director Laura Meldrum 858-483-7290**  
[lauragale@usms.org](mailto:lauragale@usms.org)

## San Diego Council Of Ski Club

Thanks to TPSC members Rusty Etzel, Laura Meldrum and Nance Thielen for working at Snow Jam last November on behalf of Torrey Pines Ski Club. Together they raised \$288 which was donated to Operation Home Front.



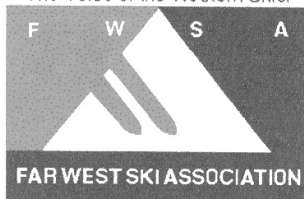
## FWSA CONVENTION

**JUNE 4-7, 2009 - RENO, NEVADA**

There will be lots of fun this year at the 77th Annual FWSA Convention at the Peppermill Resort Casino in Reno, Nevada. Grab your honey and your friends and join in on a great time. The highlights include a Silent Auction, Travel Expo, Celebrity Speakers, Awards Luncheon, Awards Banquet and Dance, FWSA General Meeting and Elections and much more. There will be time to enjoy a cruise on beautiful Lake Tahoe, play golf in the Annual Michael German Memorial Golf Tournament, join in at a pool party or enjoy an outdoor adventure. The hotel has wonderful amenities and rooms are \$125-135 per night plus tax, double occupancy. Tuscany Suites available at FWSA discounted rates.

Contact them at [www.peppermillreno.com](http://www.peppermillreno.com) or Call 1-800- 282-2444 (group Code: AFWSA09). For more information contact Steve Coxen, FWSA Convention Chairman: [sacoxen@aol.com](mailto:sacoxen@aol.com) or phone (503) 679-9022

"The Voice of the Western Skier"



FOUNDED 1930

## Far West Travel

FWSA Big Sky Montana – January 24-31 2009. \$1350-\$1750, depending on lodging selection. Check the Far West Website below for specific prices. Susan Shaffer 858-481-5043.

Austria, Bad Gastein (1hour from Salzburg) – February 27-March 7, 2009. \$1690 per person includes air, ground transportation to and from hotels and airports buffet breakfast and a five course dinner at night. Stay at the Elisabethpark a 4 star hotel. Does not include lifts. Add Prague – March 7-14 for additional \$899. Winter snow blankets more than 125 miles of slopes for all levels.

Argentina & Chili Ski & See – Aug. 16-25, 2009. \$2280 per person. 5 nights in Bariloche, 3 nights in Buenos Aires. Optional pre-trip Aug. 10-17th to Valle Nevado, Chile and Providencia, Santiago (with optional day tours) \$1450 per person. Optional post-trip Aug. 25-28th to Iguacu Falls \$690 per person.

Scandinavia & Russia Princess Cruise – Sept 13-23, 2009. Optional 3 nights pre-trip in Copenhagen, Denmark. Cruise the Baltic Sea and stops in Stockholm, Sweden, Helsinki, Finland, Oslo, Norway, St. Petersburg, Russia, Tallinn, Estonia and Gdansk, Poland returning to Copenhagen Sept. 23, 2009.

Boston/Maine/Nova Scotia Cruise – Fall of 2010.

For more information check the website at <http://www.skifederation.org> For more information on travel go to: FWSA website at <http://www.fwsa.org>

Did you know? The National Ski Areas Association has adopted a new slogan: "OBJECTS ARE CLOSER THAN THEY APPEAR"

**Council Rep. Nance Thielen 858-695-0269 [nthielen@ucsd.edu](mailto:nthielen@ucsd.edu)**

## Rusty receiving her SD Council of Ski Clubs Woman of the Year trophy from Debbie and Eileen



## December 15, Monday Symphony Concert featuring Chris Botti



Atop Symphony Hall a hardy group of Torrey Piners braved the rain and cold to celebrate the birthday of Sidney Langer, long-time member of the club. Later they enjoyed both an hour of symphony music (not seasonal favorites as advertised) and then the exciting sounds of jazz trumpeter Chris Botti and his group, Thanks folks!

Janet Tremaine



## FEBRUARY BIKE RIDES

DAY/TIME	LEVEL	LUNCH	WHERE TO MEET	LEADER
Sat. Feb 7 10:00 AM	A 12	Filippis 9669 Mira Mesa	Around Miramar Lake Meet in parking lot near restrooms (TG 1209 G3)	Kathy Hagenbach 858-485-5506
Sat. Feb 14 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. Feb 21 10:00 AM	A 12	Da Kine's 2400 Historic Decatur Rd	Liberty Station to Broadway Lava Fitness Parking Lot *	Mary Coates 858-453-5376
Sat. Feb 28 10:00 AM	A 12	Group Choice	Bay Loop Parking lot north of Visitor Ctr, Mission Bay (TG 1248 D7)	Bob Tauber 858-273-4996

\* Lava Fitness Parking Lot is located in Liberty Station, bordered by Cushing Road, Historic Decatur Road, Roosevelt Road and Womble Road (TG 1268 D7)



Bike Coordinator: Kathy Hagenbach 858-485-5506 khagen@att.net

Although helmets are not usually required, they are strongly recommended for all of our bike rides. We are always looking for volunteer leaders for the A and B rides. Please call Kathy Hagenbach, coordinator, (858-485-5506) if you are interested.

• SATURDAY A RIDES – MOSTLY FLAT • SUNDAY B RIDES – GENTLE HILLS • ALL STAR RIDES A AND B ARE OFFERED.

TG = Thomas Bros. Guide followed by coordinates. Please note in case of rain - call the bike leader listed above. Also the ride will depart 15 minutes after the meeting time.

## The Holiday Walking Tour – Enjoying the Sites in San Diego





## TORREY PINES SKI CLUB A CALIFORNIA NON-PROFIT CORPORATION

### NEWSLETTER STAFF

**Editor:** ..... Barbara Shramek  
**Printing:** ..... Fletcher Hills Printing  
**Newsletter Mailing:** ..... Barbara Shramek

### OFFICERS AND BOARD MEMBERS

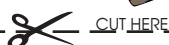
President	Laura Meldrum*	858-483-7290
Vice President	Debbie Schroeder*	858-551-9651
Corporate Secretary	Fred Blecksmith*	619-233-4149
Recording Secretary	Susan O'Connell*	858-836-1081
Treasurer	Joe Goldhammer*	619-286-0624
Membership	Barbara Shramek*	619-286-1250
Newsletter Editor	Barbara Shramek	619-286-1250
Co Meetings	Larry Benthien	619-602-0925
Racing/Web	Laura Meldrum	858-483-7290
SD Council	Nance Thielen*	858-695-0269
Marketing	Hobe Schroeder*	858-551-9651
Biking	Kathy Hagenbach	858-485-5506
Co-Reception	Theresa Browne	858-452-6558
Co-Reception	Nance Thielen	858-695-0269
Just For Fun	Debbie Schroeder	858-551-9651
Bocce Ball	Tom Rothenburg	619-435-0662
Ethnic Dining	Janet Spiro	619-291-1935
Happy Hour	Janet Hanson	858-278-9581
Walks	Louise Oliverio	858-569-9999
Equipment	Joe Goldhammer	619-286-0624
Past President	Debbie Schroeder	858-551-9651

\* Denotes Voting Board Member

Ski Committee: Joe Goldhammer, Fred Blecksmith, Tom Delahanty



**PASS THIS  
APPLICATION ON  
TO A FRIEND!**



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

## 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.

### 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](http://www.tpscsd.org)

Editor's e-mail: [bjshramek@aol.com](mailto:bjshramek@aol.com)

Torrey Pines e-mail: [torreypinesski@aol.com](mailto:torreypinesski@aol.com)

## 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** ☐

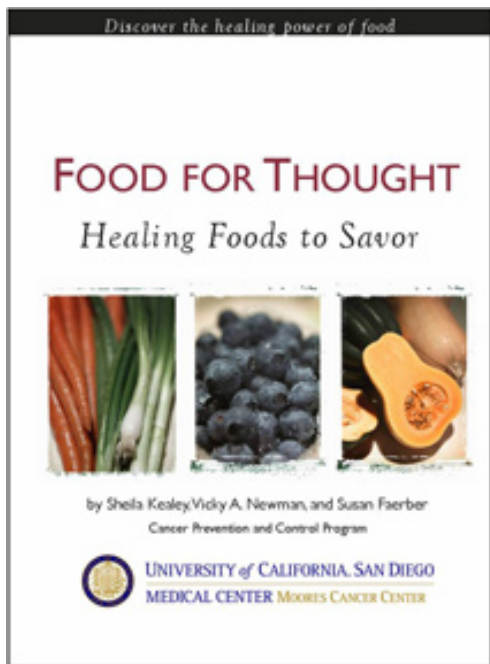
**Renewal** ☐

PRINT		FIRST NAME	MIDDLE INITIAL	LAST NAME	( )	AREA CODE	TELEPHONE: HOME
NUMBER		STREET		UNIT NUMBER			
CITY		STATE		ZIP			
E-MAIL							
CELL PHONE							
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, FEBRUARY 3, 2009  
LA JOLLA MARRIOTT HOTEL  
CHARACTERS BAR  
4240 LA JOLLA VILLAGE DRIVE (TG 1228 C2)  
6:00 SOCIAL  
7:00 ANNOUNCEMENTS AND PROGRAM

The speaker for February is Vicky Newman, MS, RD,  
Associate Clinical Professor at UCSD Medical Center.

Her topic is "Heart Healthy Eating."

Join us for the great Happy Hour  
prices on drinks and munchies

Parking is validated for four hours

(COME EARLY AND STAY LATE)



**Torrey Pines Ski Club**  
P.O. Box 82087  
San Diego, CA 92138-2087  
619-583-8832

## UPCOMING EVENTS-DETAILS INSIDE

<b>February 2</b>	Senior Monday-Fleet Museum
<b>February 3</b>	General Meeting
<b>February 13</b>	Gemological Institute Tour
<b>February 15</b>	Bocce Ball
<b>February 17</b>	Ethnic Dining
<b>February 20</b>	Happy Hour
<b>February 27</b>	Shelter Island Walk
<b>February 28</b>	Balboa Theatre
<b>May 11</b>	Tour Beckman Center for Conservation

**FIRST CLASS**

**February 2009**