



**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

MAY 2008

**46th ANNIVERSARY
1962-2008**

President's Corner



HI EVERYONE

The presentation on China by the Museum of Man was interesting and it was very generous of the museum to provide so many free passes for our members. Many thanks to **Hobe** and **Barbara** for setting this up for our members. We have another great speaker for the May meeting

so check the back page for all the details!

We have lots of new events coming your way, so please read the newsletter and sign up quickly before the spots are gone. **Melanie Traci** will be leading a fun day out in Jamul to the Simpson Nursery. They have a great assortment of antique cars. **Brad** and **Louise** have arranged for 20 lucky members to go on a tour of Lindbergh Field. The details on both of these events and more are inside. Padre tickets are on sale for the June 21 game with the big tailgate party at Qualcomm Stadium... so send your check in quickly to **Susan O'Connell**.

We will be announcing the new Board of Directors for our 2008/2009 season at the May meeting and they are listed on this page. We are still seeking people for the positions of Assistant Treasurer and Biking Coordinator. We want to express our appreciation to **Sue Sprouse** and **Tom Rothenburg** as they leave the board this year. Both have given a lot of time, however, Tom will be continuing in the role of Bocce Ball Coordinator.

As I leave the President position I would like to thank all of you for your wonderful kind support and generosity over the last two years. This made my position so rewarding. I have been very honored to serve as President of such a great organization. I will still be serving on the board in other capacities next year. Your new President will bring a great deal of experience to the position.

Let's keep the fun going. I am looking forward to another great summer in San Diego!

Debbie



Come Meet the Directors for the 2008-2009 Year.

The proposed Board of Directors will be voted on at the General Meeting on May 6. The newly proposed Directors are: **Fred Blecksmith, Joe Goldhammer, Laura Meldrum, Susan O'Connell, Debbie Schreoder, Hobe Schreoder, Barbara Shramek, Nance Thielen, and Melanie Traci**. Please come and give these people your support. This is also an opportunity to say "Thank you" to those who give so much of their time to TPSC. See you there.

MAY BIKE RIDES

DAY/TIME	LEVEL	LUNCH	WHERE TO MEET	LEADER
Sat. May 3 10:00 AM	A 12	Golden Crown	Around Miramar Lake Meet in parking lot near restrooms (TG 1209 G3)	Kathy Hagenbach 858-485-5506
SAT. MAY 10		NO RIDE SCHEDULED		
Sat. May 17 10:00 AM	A 12	Hodad's	Bay to Ocean Beach Mission Bay, Quivira Rd. Front of seafood restaurant (TG 1268 A3)	Eileen Frame 858-569-0962
Sat. May 24 10:00 AM	A 12	Hudson Bay	Bay to Broadway Bali Hai parking lot N. Shelter Island (TG 1288 C3)	Mary Coates 858-453-5376
Sat. May 31 10:00 AM	A 12	Victor's	Bay Loop Parking lot north of Visitor Ctr., Mission Bay (TG 1248 D7)	Bob Tauber 858-273-4996



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.

HELP WANTED

Torrey Pines Ski Club needs a few volunteers to help out. We need an Assistant Treasurer and Biking Coordinator. Please contact any board member to let us know if you are available! Thank you!

JUST FOR FUN

Bocce Ball
SUNSET POINT ON MISSION BAY
SUNDAY, MAY 4, 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)

**Senior Monday at the
Reuben Fleet Science
Center**
BALBOA PARK
MONDAY, MAY 5, 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 *Materials Science*. You may also enjoy all current exhibits and the 2:00 PM IMAX movie – *Space Stations*. Space Station 2002 transports audiences 220 miles above Earth to experience life with the astronauts and cosmonauts working and living aboard the International Space Station.



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

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 23



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)**

Hike with Rich & Janet

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



Dixieland By The Sea
SPONSORED BY SAN CLEMENTE
ROTARY CLUB
SAN CLEMENTE COMMUNITY CENTER
100 N. SEVILLE AT AVENIDA DEL MAR
SAN CLEMENTE, CA
SATURDAY, MAY 10, 2008
10:30 AM TO 9:30 PM, \$40.00



If you enjoyed Diane's Paragon Jazz Band at Balboa Park, you will love this all day festival. Nine Wonderful Jazz Bands play for eleven Wonderful Hours for Dancing and Listening! Let's Car Pool!

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

JUST FOR FUN

Hot Rods and Hibiscus

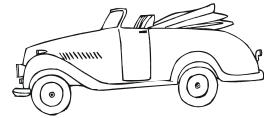
SIMPSON'S NURSERY, 13925 HWY. 94
JAMUL, (TG 1292 H2)

(Intersection Of Campo Rd/Hwy 94
And Proctor Valley Rd.)

WEDNESDAY, MAY 14, 2008

9:15 AM (Meet At Bennigan's Near
Macy's In Fashion Valley To Join Caravan)
9:30 AM SHARP (Caravan Departs)
10:00 AM (Meet At The Nursery)

This is unique. It is a wonderful, 25 acre nursery with hidden delights of metal sculpture, antiques and garden decorations scattered around the grounds. There are two barns with beautifully restored cars, trucks and delivery vans and a row of vintage Airstream trailers. One barn is full of hot rods and cars from the 40's through the 70's and the other showcases Model A's and T's. Don't think you need to be a car-show person to enjoy this place. It is an experience, a walk down memory lane and all free--well except for the plants you will want to buy at such reasonable prices.



Lunch will follow across the street at 11:30 AM at Filippi's Pizza Grotto, 13881 Campo Rd., Jamul, 619-669-1080.

It's an easy drive, about 25 minutes from Mission Valley. Share the ride and join us for a caravan at Bennigan's you'll have more time to visit, save gas and it makes for easier parking!

Melanie Traci 858-375-7966 (cell 760-815-4430) mtraci@mac.com

Walk with Janet and Louise

LIBERTY STATION/POINT LOMA
FRIDAY, MAY 16, 2008
9:30 AM



Previously we walked Liberty Station (formerly the Naval Training Center) and everyone enjoyed it. There have been changes since our first walk so let's give it another try. We will meet on the sidewalk next to the ship. There is plenty of free parking. Take Nimitz to Harbor Dr., left and then left again at the next corner. This is Laning Road. Turn right and go into the parking lot behind the ship. Lunch follows. We will look forward to seeing you so be there and bring along a friend! The weather should be beautiful!

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

Ethnic Dining

POMERGRANATE RUSSIAN-
GEORGIAN RESTAURANT
2303 EL CAJON BLVD.,
(BETWEEN TEXAS AND
LOUISIANA STS.)
TUESDAY, MAY 20, 2008 6:30 PM

By very popular request we are returning to this cozy, kitschy, poster decorated Russian dining room. The Host will surely charm us, as before. Their motto "Borscht by the Bucket and Vodka by the Inch" it sets the tone for a fun filled and satisfying evening. Join me! Reservations please!

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



Happy Hour

THE BAY CLUB
2131 SHELTER ISLAND DRIVE
619-224-8888
FRIDAY, MAY 23, 2008
5:00 - 7:00 PM



There is no concert at Humphrey's this night so let's take advantage of the great weather and have Happy Hour at the Bay Club while we have the chance. Happy Hour prices on drinks and appetizers are available. There is plenty of parking in the lot across the street. You have a choice of inside or outside seating. Please join us for good conversation and lots of laughs. Bring along a new or an old friend. See you there!

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

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)



JUST FOR FUN

**"Tarmac To
Terminal" Tour**
SAN DIEGO AIRPORT
MEET AT COMMUTER TERMINAL
THURSDAY, JUNE 26, 2008
9:30 AM



Most people have been to the San Diego Airport (Lindbergh Field) to catch a plane or maybe just to pick-up/drop-off someone, but you have probably never been "behind the scenes". Now is your chance. Join Brad and Louise for a "Tarmac To Terminal" Tour, led by an Airport Authority representative, for what should be a very interesting and informative event.

The tour is limited to 20 people. Security measures are enforced, so each attending person will need to bring ID (driver's license) and provide the following information to Brad/Louise by Friday, June 13th: legal name (as on driver's license), date of birth and the last four digits of your social security number.

We will meet in front of the Commuter Terminal at 9:30 AM. We will then board a VIP bus which will depart at 9:45 AM for Terminal 1 where we will start the tour. Parking will be validated and the tour is free. Breakfast/Lunch will follow the two hour tour.

Please RSVP to Brad and Louise ASAP, with your security data, in order to confirm your reservation.

Brad Davis/Louise Oliverio 858-569-9999 (cell 858-220-2336) louiseolive@sbcglobal.net

Taylor Guitars Factory
1980 GILLESPIE WAY
(TG 1251 C1)
EL CAJON, CA 92020
619-258-1207
WEDNESDAY, JULY 9, 2008
10:00 AM

Join us for a private tour of the factory that produces the Taylor Guitars. This is a very high tech facility and offers a full line of guitars. Since 1974 Taylor Guitars has produced limited-edition and limited-run guitars. The company employs around 335 people and occupies a 143,000 square foot complex. They make the best guitars and in its history have grossed \$30 million. Come view how these instruments are made. Limited number spaces available. **Let me know by June 25 if you plan to attend**



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

Tower After Hours
SAN DIEGO MUSEUM OF MAN
BALBOA PARK (619-239-2001)
THURSDAY, JULY 31, 2008
6:00 – 8:00 PM
\$20.00 REGULAR ADMISSION
\$15.00 SENIOR ADMISSION
\$10.00 MUSEUM OF MAN MEMBERS



Mark your calendar for Thursday evening when the Museum of Man celebrates the country of Columbia. Experience the rich heritage by sampling regional food, drink and entertainment. Tickets may be purchased at the door.

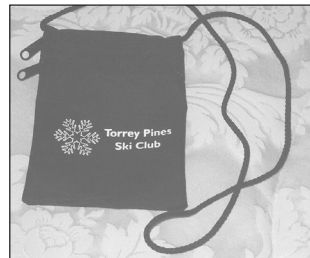
***(FYI – Germany on Sept. 25 – Portugal on Oct. 30 – last for the year)**

Barbara Shramek 619-286-1250

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

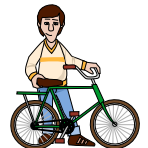


Health and Safety

WEIGHT LOSS SINS! HERE ARE SOME DIET SINS. DON'T SABOTAGE YOUR WEIGHT LOSS EFFORTS.

- Not eating enough or often enough. Don't try to skip meals and then try to make up for it later. Six small meals a day that are balanced are recommended by some authorities. This could increase your metabolism and thus your weight loss.
- Eating too much. Control your portion size. No snacking after a big meal.
- Skipping Exercise. Try to exercise three days a week, each for an hour of getting your heart rate up and sweating a little.
- Get good advice. Use books, the internet or a fitness advisor to make sure your food and portions fit your body and help your metabolism.
- Keep away from the bad stuff. Stay away from sugar, bad fats and non whole grain foods, such as white bread.

Exercise regularly and the weight will come off. Only weigh yourself once a week.



Jerry Seifert



San Diego Council Of Ski Clubs Ski Trips

SDSCS's annual Aspen ski trip. December 11-17, 2008. - \$1,075. The trip will be six nights and 5 days to ski. Lodging will again be at the Gant which is centrally located. There will be pre- and post-trip parties as well as happy hours. Mark these dates on your calendar as the first trip next year and look for information which will follow.

FWSA's annual ski trip will be to Big Sky, Montana. January 24-31, 2009. Cost will be \$1,350-\$1,750. The mountain is 2 times the size of Mammoth and a great cruiser. There will be an optional day trip to Yellowstone. Details are available at www.fwsa.org/. Deposits are being taken. To reserve your spot sent a \$300 deposit check, which is fully refundable until July 1, made payable to San Diego Council of Ski Clubs to:

Susan Shaffer 12384 Sardina Cove, San Diego, CA 92130

Council/Alpine League Happy Hour

FRIDAY, MAY 9, 5:30-8:30 PM AT LEILANI'S IN SERRA MESA.

There will be an induction of the new Council officers and Alpine Ski Racing awards. The Alpine League will provide hors d'oeuvres. Drinks are very reasonable. Dinners, which are large portions, are inexpensive and good Hawaiian food. The restaurant is in a strip mall at 3235 Greyling Drive in Serra Mesa.

Happy Hour - Sunday, August 10. North Island is opening up their summer picnic to everyone in the Council. More information will follow.

Winter Gala - NOVEMBER 8. THERE WILL BE MORE INFORMATION TO FOLLOW

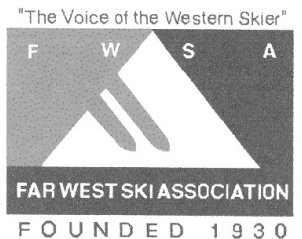
Council Family Picnic - The Council Family picnic will be sponsored this year by North Island Snowdrifters. It will be held on Sunday, August 10. The cost is \$15.00 which will include a BBQ, beverages and various family activities. Due to the new regulations at state beaches and parks, the location will be at the Sweetwater Regional Park. Look for more information next month.

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 '08 or late April/May 09. 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 your Council Rep. Sue Sprouse at s.sprouse@sbcglobal.net



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.



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

OFFICERS AND BOARD MEMBERS

President	Debbie Schroeder*	858-551-9651
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Recording Secretary	Susan O'Connell*	858-205-8414
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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 Thielens	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

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

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

Torrey Pines e-mail: torreypinesski@aol.com





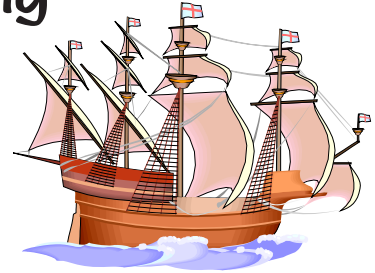
TPSC General Meeting

Tuesday, May 6, 2008

Social 6:00 PM

Announcements 6:45 PM

Program 7:00 PM



Ray Ashley from the Maritime Museum
will tell us about the future expansion plans of the
Maritime Museum as well as the building of the ship San Salvador.

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

Two Hour Parking is Validated - \$3.00 per hour after two hours

TWO HOUR PARKING IS VALIDATED - \$3.00 PER HOUR AFTER 2 HOURS
*PLEASE MARK YOUR CALENDAR FOR THE JUNE 3, 2008 GENERAL MEETING.



Torrey Pines Ski Club

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

UPCOMING EVENTS-DETAILS INSIDE

May 4	Bocce Ball
May 5	Reuben Fleet Museum
May 6	General Meeting
May 8	Pompeii
May 9	Alpine League Happy Hour
May 10	Dixieland by the Sea
May 14	Simpson Nursery
May 16	Walk with Janet and Louise
May 20	Ethnic Dining
May 23	TPSC Happy Hour
June 21	Padre Baseball
June 26	Airport Tour
July 9	Taylor Guitars Factory
July 31	Tower After Hours

FIRST CLASS

May 2008