



**Torrey Pines  
Ski Club**

**YEAR ROUND SPORTS & SOCIAL CLUB**

*We Live Mid-Life to the Max!*

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

APRIL 2009

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

### President's Corner



Great Southern California Shakeout.

Larry Benthien, our Meetings Director, has put together interesting and unique programs since he took over the position last fall. He is probably most proud of the October meeting when his son, Mark, (Director of Outreach and Education for the Southern California Earthquake Center at USC) came down to talk about the

Larry's not a newcomer to the club's Board of Directors. He joined the club in 1976 when we ran ten or more ski trips a year and when our membership was nearly 2000. He has served as Ski Trip Coordinator, Vice President, and President in 1980/81.

Larry grew up in Spokane, Washington and graduated from Rogers High School. After high school, Larry joined the Navy and came to Naval Training Center in San Diego. He spent the next three years on

the Guided Missile Frigate, USS King. Larry attended City College. He went to work for San Diego Trust and Savings Bank where his career in banking was launched. San Diego Trust and Savings sent him to Southern Methodist University in Dallas, Texas to get his degree in Banking. In San Diego, Larry has started two banks; The Pacific Commerce Bank which is now part of US National Bank and most recently Seacoast Commerce Bank where Larry was president for five years. He has since retired but Seacoast is still going strong.

Larry didn't learn to ski until 1978 when he attended Convair/Don Diego Ski Club's Dryland Ski School in Balboa Park.

Larry attends many club activities -Ski trips to Beach Bunch. He says, "The best parts of the club are the many friends and acquaintances I have made over the past thirty-three years."



### Bocce Ball in Borrego Springs

**THE ROADRUNNER CLUB  
1010 PALM CANYON DRIVE  
SATURDAY, APRIL 25, 2009  
MEET AT NOON  
RSVP A MUST!**

Please join us for an informal game of bocce ball in the beautiful spring desert. We have two regulation courts

at the Roadrunner Club, located at 1010 Palm Canyon Dr. We will meet at noon on Saturday, April 25 for games and at 5:00 PM we will have Happy Hour - BYOB. Please bring an appetizer. At 6:30 PM we will go to a local restaurant for dinner. For those who stay over night, we will meet for breakfast and then at 10:00 AM on Sunday, the 26th will continue with more bocce ball. Please **RSVP** to Tom Rothenburg 619-990-0472 for directions and to be included on the list of teams.

**Tom Rothenburg (Cell 619-990-0472)**

### It is time to think about the 2009-2010 TPSC Officer Positions

Working as a volunteer for the club is fun and rewarding. It gives one an opportunity to meet so many new friends.

- Would you like to be a part of the Torrey Pines Board?
- What position are you interested in holding for the 2009-2010 year?

- **Please submit your name, address, phone/email to anyone on the TPSC Board, or send to the Torrey Pines address: Torrey Pines Ski Club PO Box 82087 San Diego, CA 92138-2087 or mail to President Laura Meldrum: 1356 Pacific Beach Drive San Diego, CA 92109 858-483-7290 [highseaspb@earthlink.net](mailto:highseaspb@earthlink.net).**



Help Wanted

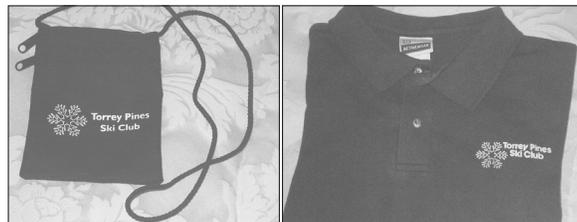
We are seeking an Assistant Treasurer for the Club. Please contact any Board Member if you are interested.

**Joe Goldhammer 619-286-0624**

### 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](mailto:crothen1@san.rr.com)**



# JUST FOR FUN

**Happy Hour**  
GULF GRILL  
14130 PARK BLVD.  
FRIDAY, APRIL 3, 2009  
5:00 - 6:30 PM

Join us for Happy Hour at the Gulf Grill, a spot we have enjoyed before. Happy Hour prices on drinks and you can order appetizers off the menu. Plenty of street parking available. Come join us for a fun time. Bring along a friend.

Janet Hanson 858-278-9581 [dublunny@aol.com](mailto:dublunny@aol.com)  
(Cell 858-336-8396)



**Senior Monday at the**  
**Reuben H. Fleet Science Center**  
1875 EL PRADO  
MONDAY, APRIL 6, 2009  
\$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. The lecture takes place in the William and Grayson-Boehm Community Forum at 12:30 PM...this month on **Man-made Nanomachines**

2:00 PM IMAX film **Cosmic Voyage**.

\* Programs are subject to change.

Barbara Shramek 619-286-1250 [bjshramek@aol.com](mailto:bjshramek@aol.com)

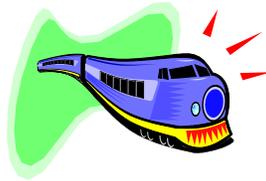
**Walk With Janet**  
CROWN POINT (TG 1248 B7)  
FRIDAY, APRIL 10, 2009  
9:30 AM

Roy has his Encinitas walk this month and I hope you all attend. It is always a fun day! We will still have our casual **Walk with Janet**. We will meet at the Crown Point Parking lot and enjoy a bay walk. Cross over the Ingraham Street Bridge and immediately take the first right into the parking lot. (TG 1248 B7). We will leave from there. Breakfast/Lunch will follow at a local eatery. I hope you will join us and bring along a friend.

Janet Hanson Home 858-278-9581  
[dublunny@aol.com](mailto:dublunny@aol.com) (Cell 858-336-8386)



**Meet at Old Town**  
**Trolley Coaster Station**  
SATURDAY, APRIL 18, 2009  
9:30 AM  
COASTER ROUND TRIP FARE  
ADULT \$11.00 SENIOR \$5.50  
RAIN CANCELS



Encinitas is changing and full of places you probably don't know about! We will tour the most interesting sights and attractions and have lunch in the area. You should frequently be able to say, "I didn't know that! Meet at the Old Town Trolley/Coaster Station. The Coaster goes north at approximately 9:51 AM so arrive earlier to purchase a round trip Coaster ticket. (\$11.00 or \$5.50 senior). If you drive, exit I-5 at Encinitas Blvd, go one block west, turn left (south) on Vulcan Ave and park. Meet at the Coaster/Train Station at 10:27 AM. After lunch, we'll take the 2:02 PM Coaster back to Old Town, arriving at 2:40 PM. (If you want to hang out in Encinitas after the tour, the next and **only** coaster on Saturday leaves at 4:50 PM). Bring \$11.00/\$5.50, snacks for the Coaster, water, sunscreen, sunglasses, a hat, a camera, and money for lunch.

For questions: Roy Martins 760-752-9401  
[roymartins77@gmail.com](mailto:roymartins77@gmail.com)

**Ethnic Dining**  
BIG KAHUNA'S  
HAWAIIAN CUISINE  
3780 INGRAHAM ST.  
(TG 1248 A7)  
PACIFIC BEACH  
TUESDAY, APRIL 21, 2009  
6:30 PM

We're not fools. While Janet is vacationing in Alaska, let's go Hawaiian! Big Kahuna's has great moderately priced Hawaiian food plus Hawaiian take-offs on some traditional American favorites. Come join us. Please RSVP to Laura by April 19 so I can let the restaurant know how many to expect. They have a few parking spaces in the back but mostly parking is on the street. Happy hour prices on drinks last until 7:00 PM so don't be late. **RSVP a Must!**

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



**Bocce Ball in Borrego**  
**Springs**  
THE ROADRUNNER CLUB  
1010 PALM CANYON DRIVE  
SATURDAY, APRIL 25, 2009  
MEET AT NOON  
RSVP A MUST!



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Tom Rothenburg (Cell 619-990-0472)

# JUST FOR FUN

**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 MAGGIE REINBOLD AT THE BECKMAN CENTER

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. The **WAIT LIST** uses 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 bshramek@aol.com

**Padres Game - Padres  
vs. Oakland**  
PETCO PARK –  
SATURDAY, JUNE 20, 2009  
TAILGATE 3:30-6:00 PM  
GAME TIME 7:05 PM  
\$19.00  
SEATS IN SECTIONS 129, 131

This is our annual Padres game with the big tailgate party at Qualcomm Stadium. The Padres are playing Oakland which is an American League Team. The seats are in one section lower than last year. The tailgate party is from 3:30-6:00 PM in Section J2-J3 in the parking lot under the Trolley. Bring a dish to share and BYOB for the tailgate. There were approximately 200 people from other ski clubs at the event last year. Parking at Qualcomm is free. We will take the 6:00 PM trolley to Petco Park. The game starts at 7:05 PM. This is cap night so you should receive a free ball cap based on availability. The ticket face value is \$20 but we have a group rate of \$19. This is always a good time and the tickets go quickly so send your check ASAP with a **SASE** to:



Debbie Schroeder 2331 Darlington Row, La Jolla 92037  
(cell 858-336-0887) debbieschr@aol.com

## APRIL BIKE RIDES

DAY/TIME	LEVEL	LUNCH	WHERE TO MEET	LEADER
Sat. April 4 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. April 11 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
No ride scheduled 4/18 so people can attend the Encinitas Village Walk				
Sat. April 25 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



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.



## San Diego Council Of Ski Club FAR WEST SKI ASSOCIATION

77TH ANNUAL CONVENTION, PEPPERMILL RESORT AND CASINO, RENO, NEVADA  
THURSDAY THRU SUNDAY, JUNE 4-7, 2009  
ROOMS ARE ONLY \$125/NIGHT.  
TRANSPORTATION AND LODGING IS ON YOUR OWN.

Pay only for the activities you wish to enjoy. Arrive and Depart when you please.

For the second year in a row Torrey Pines' Woman of the Year is representing the San Diego Council of Ski Clubs at the Far West Convention. Rusty Etzel will be competing against the Women of the Year from the other ski councils and at the Convention Awards Banquet the top Councils' Woman of the Year will be announced.

As usual the convention starts with an event on Thursday night, this year at the National Automobile Museum for \$65. On Friday, besides the Michael German Memorial Golf Tournament (\$110), there's Kayaking (\$64), a Virginia City Tour (\$66), a Lake Tahoe Lunch Cruise (\$80), and a Pool Party (FREE).

The Silent Auction and Dance is on Friday night. On Saturday there are meetings and on Saturday night there is the Awards Banquet and

Dance. Sunday starts with the Eye Opener Party. There are more meetings until the Convention adjourns on Sunday afternoon.

If you would like to join the Torrey Pines contingent, contact Laura Meldrum or Debbie Schroeder to let them know. Call the Peppermill at 800-282-2444 and Give Group Code: AFWSA09 to reserve your room. Make your travel arrangements and determine what events you would like to sign-up for. Go to <http://www.fwsa.org/hidden/689570.htm>, print out the flyers, and register for whichever Friday events you would like. The Friday night event is free. If you would like to go to the banquet on Saturday (\$75) or be a full convention delegate (\$145 which includes the banquet and three other meals).

Contact: Laura Meldrum 858-483-7290 [lauragale@usms.org](mailto:lauragale@usms.org) or  
Debbie Schroeder 858-551-9651 [debbieschr@aol.com](mailto:debbieschr@aol.com)

### Far West Travel



Argentina and Chili Ski and See – Aug. 16-25, 2009. \$2280 per person. 5 nights in Bariloche, 3 nights in Buenos Aires. Optional pre-trip Aug. 10-17 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. There are still spots available. Contact Norm Azevedo at 925- 944-9816 or [fwsaitravel@sbcglobal.net](mailto:fwsaitravel@sbcglobal.net).

Scandinavia & Russia Princess Cruise – Sept 13-23, 2009. Optional 3 nights pre-trip in Copenhagen, Denmark \$530. 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. \$1,862.58–\$2,812.58 depending on accommodations selected, cruise only. Contact Norm Azevedo at 925- 944-9816 or [fwsaitravel@sbcglobal.net](mailto:fwsaitravel@sbcglobal.net). Boston/Maine/Nova Scotia Cruise – Fall of 2010. Bulgaria – Winter of 2010.

FWSA Safety Chairperson, Richard Lubin, has been paralyzed from a cyst removal near his spinal cord. Keep him in your prayers for a speedy and complete recovery. For more information on travel go to: FWSA website at <http://www.fwsa.org> or <http://www.skifederation.org>.

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

### Those Were the Days...



Twenty-four Torrey Pines Members enjoy an evening at the beautiful Balboa Theatre – for the wonderful show "In the Mood"





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

**NEWSLETTER STAFF**

**Editor:** ..... Barbara Shramek  
**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	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
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

**TRIP RULES**

- 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.
- 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.
- 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.
- CHECKS.** Checks will be destroyed from those not going on that trip due to being on the waiting list.
- 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.
- 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 \$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)**

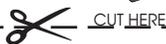
Find us on the web at [www.tpsc.org](http://www.tpsc.org)

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

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



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



**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

---

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



**ROBERT AFRA, MD**  
*Assistant Clinical Professor  
Chief, Sports Medicine*

# TPSC General Meeting

TUESDAY, APRIL 7, 2009

LA JOLLA MARRIOTT HOTEL

CHARACTERS BAR

4240 LA JOLLA VILLAGE DRIVE (TG 1228 C2)

6:00 PM SOCIAL

7:00 PM ANNOUNCEMENTS AND PROGRAM

The speaker for our meeting will be Robert Afra, MD  
Assistant Clinical Professor-UCSD Sports Medicine.  
His topic will be Rotator Cuff and other Sports Injuries.

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

April 3	Happy Hour
April 6	Senior Monday-Fleet Museum
April 7	General Meeting
April 10	Walk with Janet
April 18	Encinitas Coaster Trip
April 21	Ethnic Dining
April 25	Borrego Bocce Ball
May 11	Beckman Tour
June 20	Padre Game

**FIRST CLASS**