



THE DON DIEGO SKI CLUB NEWSLETTER

SKI CHATTER



ISSUE 70
July 2007

THE DON DIEGO SKI CLUB IS A NON PROFIT ORGANIZATION

[HTTP://WWW.SKI-DONDIEGO.ORG](http://www.ski-dondiego.org)

GREETINGS DON DIEGO MEMBERS



I just got back from Europe. I've been on a 3 week bike tour starting in Switzerland (Basel) and ending in Italy (Venice—see picture below) going over the Alps. I've been with this tour group before and there were many returnees from the previous trip (two years ago) so I knew a lot of them. We had about 24 in the group with bus support.

We had only two days where we got rained out and a couple of days where we just got wet. It seemed like it was threatening rain every day of the trip, which made for good cycling temperatures, but poor picture taking. On the rainy days we put our bikes in the trailer and jumped in the support bus and played tourist.

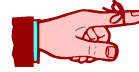
The first day out was rain in the morning and iffy in the afternoon, but we didn't get that wet. The second day we detoured from the riding route and went to the Zurich Art Museum (rain) as well as the third day (rain) when we went to an artillery fort.

Switzerland, although declared neutral, was prepared for war against Germany. It is said that you can travel from one end of the country to the other underground. We visited an underground complex embedded into a mountain that was built to defend the pass coming through Lichtenstein. The complex was designed to support a series of cannons and machine gun nests. The facility had support systems for 400 men for 3 months. It consisted of two main levels, the bottom had the housing units and the second level the mess hall, hospital, and ammunition. Ramps connected the two layers and ramps going up to the individual cannons. The cannons were the only things exposed and they were covered with barn like shacks that rotated with the guns.

We had it with the rainy days and were going riding no matter what on the 4th day. We were at the northern region of the Dolomites and were ready to start climbing. I had to play footsie with a snow plow

(Continued on page 5)

Upcoming Activities



The next Don Diego Ski Club meeting , Monday July 2, at the Handlery Hotel.

Saturday, July 7, Coronado Guided Walking Tour:

Meet Bonnie and Carol at the Glorietta Bay Inn at 11:00 AM for a ninety-minute historic walking tour. Costs \$12. Tour will take you through the mansion built by John Spreckels in 1908, tell you the story of how Coronado became an instant resort with the construction of the Hotel Del Coronado in 1888, show you where L. Frank Baum lived while writing some of the Wizard of Oz books, take you past the cottage where the Duchess of Windsor lived before she moved into the Del and show you the beach cottage where President Clinton vacationed. Please arrive early as tour starts at 11:00am. Tour will be followed by lunch selected by those of us walking.

Sunday, July 22, Champagne Sunday Brunch:

Meet Dale and Judy at 11:30 at the Brigantine in La Mesa located at 9350 Fuerte Dr. Brunch is ordered off the Menu and prices vary. \$17. - \$24. One check for the entire party. Dale will be the collector of funds, so please bring cash. Maximum number of people that can be accommodated is 20. RESERVATIONS ARE REQUIRED. Please e-mail Bonnie at bjfritts@cox.net or call 858-748-8110. First 20 will be drinking Champagne.

Sunday, Aug. 12, SDCSC Picnic at Crown Point:

Our annual DDSC picnic (originally scheduled for this same date) is now replaced by the SDCSC picnic. See flier on page 6.



Venice—the end of the bike tour

MEMBERSHIP INFORMATION

Nonmembers are always welcome at club meetings. Membership applications are available there and you may join and get your membership card right away. Membership applications also can be downloaded from the club web site:

www.ski-dondiego.org:

Or if you desire, you may contact our membership chairman,

Noni Henning (619-437-8941), who will mail a membership application to you.

The yearly club dues are \$30 for a single membership (\$45 for a family membership) and you obtain the newsletter from our web site. For an additional \$10.00, the newsletter will be mailed to you.

TRAVEL NEWS

From Connie Smith, Travel Director 619-442-4924

I would like to thank Millie Gallaher (and her support person, Bill) for the excellent job of Trip Leader for Tech Weeks. Millie is retiring from the TL job now. The additional job of coordinating the lessons with the Roasts has been pretty hectic. She will only confer as needed. So folks, we need to get a few more people to step up for Trip Leaders and Assistants.



All of our Trip Leaders have done excellent jobs. It is not easy but can be a lot of fun. We always have "helpers" and they are a very important part of the trips. We couldn't do it without you.

Hopefully we will have the trips locked in and ready for sign ups by August. So stay tuned. If you have any suggestions or would like to "help," please let me know.

Stay in shape and always pray for snow. It is never too early to start the trip process.

Be sure you read our CST info below.

CST REFERENCE NUMBER

The paragraph below explains what CST (California Seller of Travel) means. You will see the number referenced on every flyer. Please read this paragraph thoroughly. It is a required for all club trips to make this statement available to you.

CST 2056054-40

California law requires certain sellers of travel to have a trust account or bond. This business has a trust account. All payments for transportation or travel service not provided to the passenger shall be promptly refunded, in accordance with the agreed-terms and conditions, unless the passenger otherwise instructs the seller of travel in writing. This business is a participant in the Travel Consumer Restitution Corporations (TCRC). You, the passenger, may request reimbursement from TCRC if you are owed a refund of more than \$50 for transportation or travel services which was not refunded in a timely manner by a seller of travel who was registered and participating in the TCRC at the time of sale. The maximum amount which may be paid by the TCRC to any one passenger is the total amount paid on behalf of the passenger to the seller of travel, not to exceed \$15,000. A claim must be submitted to the TCRC within six months after the scheduled completion date of the travel. A claim must include sufficient information and documentation to prove your claim and \$35 processing fee. You must agree to waive your right to other civil remedies against a registered participating seller of travel for matters arising out of a sale for which you file a claim with the TCRC, if you were located in California at the time of the sale. You may request a claim form by writing to: Travel Consumer Restitution Corporation, P.O. Box 6001, Larkspur, CA 94977-6001; or by faxing a request to: (415) 927-7698.

Stone Brewing Co. Tour Report

Report by Bonnie Fritts:

Twenty-five of us gathered at the Stone Brewing Co. on June 9th for a tour of their brewery. Ken, our guide, was very informative and had a great sense of humor. We learned the pros and cons of brewing our own and why they are famous for their ales. Our tour lasted 45 minutes and then we proceeded to the Tasting Room. We each tasted 5 different ales and they were very generous. Once our tour/tasting ended we headed for lunch in their Bistro. Diverse menu and fabulous food. We ate outside and enjoyed their gardens and waterfalls. It was well worth the visit.

Comments by Dave Garber:

What we learned on our tour:

Ale is better than lager...Beer is an energy drink that has vast medicinal value...Beer is fermented porridge plus some hops for body and flavor...Stone is available in 22 states...Arrogant

Bastard is their number one seller...We sampled Pale Ale, Smoke Porter, India Pale Ale, & Arrogant Bastard...Yum... Yum! and...they make some pretty good food...gut essen!



SAN DIEGO COUNCIL of SKI CLUBS REPORT for JULY

by Helen Navoy Harris

CONVENTION: The 2007 FWSA Convention, held in Santa Clara and hosted by Bay Area Council, was its usual success, although there was a drop in the number of registered delegates attending. At the Silent Auction the highest bidders walked off with the \$93K value of trips and equipment donated by the ski industry for a mere \$40K. Elections went smoothly and quickly since most of the incumbent officers were re-elected unopposed. After lunch on Saturday the multi-media showing called "Book Ends" was a very impressive slides/film presentation. It first showed the early, serious development of skiing after WWII and the 10th Mountain Division influence and then, in sharp contrast, the present-day extreme skiing and the X-games. Personalities involved in both these activities were present and introduced. Later, the awards presented to the ski clubs were as follows for the San Diego contingent: In Class AAAA (the largest size membership group) NI Snowdrifters won 2nd place in the Outstanding Club category, 2nd place in Club Newsletter, and 3rd place in Club Website; in Class AAA Pacific Rim won 2nd place in Outstanding Club, 1st place in Club Newsletter, and 3rd place in Club Website; in Class A Get Off Your Rockers won 2nd place in Club Website. You will note that Class AA was omitted and not judged due to some snafu. This is the class that Don Diego falls into. Since I was expecting our club to receive recognition for our fine newsletter and website, I tried to find out why Class AA was omitted, but the fellow in charge became flustered and could not tell me about the goof-up. San Diego Council, however, won 3rd place in Councils Websites. And although Don Diego was not selected in the top three of the Outstanding Charity Support, it was presented with a Certificate of Appreciation.



The ski resorts contending for the 2009 Far West Week presented their pitches to a select committee. The FWSA Board which next meets on Reno on July 22 will decide which of the three finalists: Big Sky, Sun Valley, or Breckenridge will be selected.

Next year's Convention will be in Bellevue, WA in June 5-8.

ACTIVITIES:

* The ANNUAL COUNCIL FAMILY PICNIC will be held at Mission Bay Crown Pt. on Sunday, Aug 12, 11 AM on for \$3 per adult over 17 years of age. Bring a side dish to share and your own beverage if you desire. The Council will provide Burgers, Dogs Condiments, Water and Soda Pop. They plan on having games for children and club team challenges for

adults with prizes for the winners. Just notify and pay your club Contact Person so the picnic coordinators can plan on how much food to buy. See the Council flyer in this issue.

* The next HAPPY HOUR will be Fri, Aug 24, 6:30 PM cruising on the Bahia Belle (\$6) while sipping your favorite cocktail (no Host). You may have the option of disembarking at the Catamaran for dinner on the Boardwalk and returning to the 10 PM Bahia Belle for dancing.

* GOLF Sun, Oct. 7th. Come join the First Annual Council Golf Tournament at the Coronado Golf Course at 10 AM. Susie Vetter is organizing it for all club members but is limiting it to 40 players. The cost will be \$95 which will include green fees, cart (2 per foursome), 2 drink tickets, prizes, and a fabulous BBQ dinner. If interested, make your reservations ASAP. Get in touch with MC Eastman to be on a team (2 males & 2 females) and check out the flyer which should be in this issue.

* WINTER GALA is scheduled for Nov 3 at the Marriott Courtyard in Kearny Mesa, same location as last year. Start thinking of the man and woman in the club who have volunteered exceptional time and effort in running activities for the club and should be named the club's Man & Woman of the Year.

* SNOW JAM is scheduled for Nov 9-11.

TRAVEL:

* COUNCIL ASPEN TRIP, DEC 6 - 11, 2007; Approximate cost is \$899 which includes air & ground transportation, 5 nights' lodging at The Gant, 4-day lift tickets, and several parties. If interested, contact Mike Sanford at 858-695-1442 or bubasanfrd@aol.com. Space is limited and filling up fast.

* FAR WEST WEEK at WHISTLER/BLACKCOMB, Jan. 19 - 26, 2008. Susan Shaffer, Travel Director, has finalized the total cost. She also has received 110 spots on the trip. A flyer should be in this issue with more detailed information. A \$100 deposit is required to hold your spot and it is refundable until July 1 without penalty. Susan may be reached at 858-481-5043 or susansnowdrifter@yahoo.com.

* LES TROIS VALLEES, Far West International trip, Mar 7 - 15, 2008 for \$1300. A 4-night post extension trip to Paris is offered for an additional \$895. More information will be forthcoming.

SPECIAL NOTICE: The BOATHOUSE RESTAURANT, HARBOR ISLAND has designated a certain night each month when it offers a free dinner for any person born in that month. In June it was the 21st. They announce the night during the first week of the month. Their number is 619-291-8011. How about that for a celebration!

Membership Reminder

June is the beginning of our new membership year. So be sure to update your membership(s) by mailing the yearly club dues to Noni Henning (see the details on page 1) or make the appropriate payment at the upcoming club meeting.

Golf Activity for JULY

SPEED UP ON SHORT PUTTS

This tee drill will help you make more four-footers

So many golfers miss short putts because they don't accelerate the putterhead as it approaches the ball. They make a backstroke that's too long and then have to slow down to avoid knocking the ball way past the hole. Decelerating often throws the putterhead off line as well, and the ball misses left or right of the cup.

To correct this, on putts no longer than, say, four to eight feet, try to make a short backstroke and then accelerate through the ball. A simple drill on the practice green that will help is to place a tee a few inches behind the spot where you address the ball. This tee will limit the length of the backstroke and ensure that you accelerate the putterhead to get the ball to the hole.

Acceleration will keep the putterhead and ball on the line you choose.

There is no scheduled Golf Tournament for July. If there is a favorite golf course you would like to play, please contact me. Continue to check your Newsletter for future golf events. See you all on the Links!

M. E. Eastman
(858) 551-8252
harry.o.eastman@att.net



Pictured left:

Outdoor dining at the Stone Brewery Bistro

SAVE THE DATE

*Winter Dinner Dance
San Diego Ski Council
November 3, 2007
Marriott Courtyard Hotel Kearny Mesa*

Contact: Connie Smith

PARTY INVITATION FROM BILL NIEMAN & PATSY WHITING

What: Pot luck Hors d'oeuvres party, bring an Hors d'oeuvres to share. **Beer will be provided.** Bring any other beverages that you desire.

When: Saturday, August 4, 2007 5:30 PM till ?

Where: 1223 Red Gum Rd. El Cajon Ca. Phone (619) 659-0919.

East on Hi Way 8, take El Cajon Blvd exit in El Cajon. Make right turn on Washington, this eventually becomes Dehesa Rd. Continue past Singing Hills golf course to the Harbinson canyon/Dehesa junction. Turn right (remaining on Dehesa), after 2 miles from this is Red Gum Rd. Turn left, go over bridge and up hill to the party. Bring a sweater or coat as it can become cool out there.

Officers and Directors

President	Larry Pickering	858-755-6580	Bicycling	Carl Tatina	858-560-5963
Past President	Lloyd Hughes	858-485-1427	Golf Coordin	MC Eastman	858-551-8252
Vice President	Darlene Little	858-679-7734	Historian	Helen Harris	619-283-8559
Secretary	Sarah Lewis	616-443-4019	Membership	Noni Henning	619-437-8941
Treasurer	Dale Shannon	619-444-0261	Racing	Carl Cobb	619-222-5015
Directors	Roberte Bentrrott	858-278-2165	Public Affairs	Leslie Pally	
at	Harry Eastman	858-551-8252	Publications	Karl Cikste	619-442-2160
Large	Carolyn		Programs	Gunter Schrecker	760-942-1287
	Blumenthal	858-457-2418	Ski Safety	Rodgers Magee	858-272-7024
	Rodgers Magee	858-272-7024	Social	Bonnie Fritts	858-748-8110
Club Founders	Joe Harris	Bruce Barr		Carol Hamm	858-453-7413
Advertising	Anne Heye	858-279-8178	Travel	Connie Smith	619-442-4924
Council Rep	Helen Harris	619-283-8559	Webmaster	Karl Cikste	619-442-2160
Sunshine Rep	Anne Heye	858-279-8178			

PRACTICE SAFE SKIING

By Rodgers Magee

SUNSCREEN ISN'T ENOUGH *

Don't make sunscreen your only line of defense against the sun. In a recent analysis of 200 studies on skin cancer prevention, Scientists found that wearing a hat and sun protective clothing, or reducing sun exposure all together, offered more protection than sunscreen did. Wear fabric that shields against sun rays, such as closely knitted synthetics and limit your sun exposure between 10 am and 4 PM when the sun can be at its strongest. Sunscreen users tend to stay outdoors too long, partly because they have a false sense of security about the product. What's more researchers say that most sunscreen users only get 10 to 25 percent of its expected protection because they wear too little or don't cover exposed surfaces completely. To get the most benefit from sunscreen apply it liberally.



* (Consumer Reports: On Health, July 2007)

We'll have to consider this advice carefully as the best hours on the slopes are between 9 and 5. We generally agree with the suggestion but let's be sure to apply sun screen most liberally and use SPF 50 or better.



This was the first blue sky we saw in three days

The pictures above and below are from Larry's European Bike tour

(Continued from page 1)

on the way up to the pass. Our luck changed when we got to the top -- the sun came out and we got to see the peaks (see picture above). The descent was gradual and fantastic. The next day we went over the Timmelsjoch pass out of Sloden (a major Austrian ski resort town). This was a pass of a different color (see picture below). The ascent came in two phases, essentially climbing it twice. The only thing at the top of the pass was a shack serving hot drinks and pastries. The descent was even more dramatic. One hundred yards over the top and you are in Italy (see picture on the next page).

The descent into Italy was the type where if you looked over the edge of the road you could see the bottom of the valley and all the switch backs. The road had long tunnels and in Italy they were not illuminated (Yes, I was told to bring a light. Yes, I had one. No, I didn't bring it!). Imagine riding with your eyes closed for over 500-700 yards on a icy road. The only thing that saved my butt was that the bike 50 feet in front of me had his tail light on and I was able to concentrate on it. We had a rider go down. He was lucky that he only had a bruised hand and a little road rash. When we got to the bottom of the pass it turned into a gradual downhill for the next three days with only a few climbs.

At the base of the Alps we stayed at Morastica (where the chess game is played using people as chess pieces in the town square) and for two days we rode in what is called "the Pre-Alps of the Veneto". This is a major cycling area in Italy and I can understand why. The hills are long and gradual (6-8%) and each region you go up has different vistas. Or you can take to the Dolomite route and get into the real stuff. I went up to Asiago (known for its cheeses) and took in the Tyrolean architecture.

From there we bounced around the major cities in the region (Verona, Vicenza, and Padova) until we got to the Venice area and island-hopped onto the southern islands to Punt-- Sabbioni (the peninsula east of Venice). From there we had the option of ferrying into Venice, Murano, and/or Burano or ride. I went to Venice and Murano one day and rode around the peninsula the next. We had a 12 hour bus ride back to Basel to finish the tour. We had an extra day there and used it to ride the Jura Mountains in France (next to Basel). In all, it was a great trip, and that's my story. We would like to hear yours, so send it to our newsletter editor, Karl.


Larry Pickering - DDSC President



The descent from the first pass was gradual



The Timmelsjoch pass was special




FAR WEST SKI WEEK

WELCOME TO WHISTLER
January 19-26, 2008
Cost is \$890-\$980 for land package
(Plus approx \$400-440 for air and ground)

Trip includes:
Welcome Party
On Mountain Picnic and Apres ski Party
7 Nights Lodging at Tantalus Condos (2br/2ba) \$890+ air/ground OR
Limited Lodging at Fairmont Chateau Whistler (ski-in/out) \$970 + air/ground OR
Marriott Suites (queen bed, ski-in/out, hot breakfast daily) \$980 + air/ground
6 day lift tickets AND 3 races
San Diego Council Party
Final FWSA Banquet and Party

Whistler/Blackcomb Points of Interest
Terrain: 20% Beginner, 55% Intermediate and 25% Advanced/Expert
8,100 acres of skiable terrain, 200 trails, 38 lifts & 12 Alpine bowls. Plenty of restaurants & great shopping!




Payment Schedule:
\$100 deposit
\$400 by August 15th
\$500 by September 15th
Balance due by Nov. 5th

Cancellation Policy
July 2nd - Sept 1st \$50
Sept 2nd - Oct 15th \$100
Oct 16th - Nov 15th \$500

After Nov 15th no refund unless a paid replacement, \$100 cancellation fee applies to person canceling
*****Passport is required*****

\$100 deposit will hold your spot.
It is refundable until July 1, 2007

Send your check payable to San Diego Council of Ski Clubs
to: Susan Shaffer
12384 Sardina Cove San Diego, CA 92130
858 481-5043
susansnowdrifter@yahoo.com
Please include your Address, Phone numbers and Email address
CST# 2643815-40



A Steal at \$3! Announcing the 5th Council

FAMILY PICNIC

- Burgers & Dogs
- Salads & Sides
- Water & Soda (BYOB)
- Games
- Prizes
- Club Challenges*
- FUN!!!
- Kids/Grandkids Welcome



Kids under 17 FREE!
10 am to ??
Food served 11 am - 2 pm
Bring chairs, shade, etc.

Sunday, August 12, 2007

Mission Bay @ Crown Point North (off Ingrahm)

Only \$3. Sign Up through your club, checks payable to SDCSC:

BAE Ski & Snowboard, Pacific Rim Alliance, Solar and North Island Snowdrifters: Bob Cleaver, 619-666-5346 bobcle2000@aol.com
Don Diego: Helen Harris at 619-283-8559 helennharris@aol.com
Action Ski & Snowboard: Ken Hodge, 858-232-5949 khodge@cc.com
Torrey Pines Ski & Sport: Sue Sprouse, 858-274-8130, ssprouse@sbcglobal.net
Get Off Your Rockers: Sabina Alberti, 858-481-9567, sabinalb@pacbell.net

*Team games, relays, races, etc. Clubs are encouraged to have members wear club shirts/hats, etc. Got an idea for a team competition? Call Bob Cleaver!
 Clubs are encouraged to bring club banners, and each club is asked to volunteer a grill, a couple cooks and some helpers. Call Bob Cleaver, Bob Morton at 619-742-3406 or Ken Zurro at 619-449-6689.

Don Diego Annual Picnic update

Please note that our regular annual picnic scheduled for Aug. 12 at Bahia Point has been replaced by the Council picnic at Crown Point on the same day, as indicated in the SDCSC flier on this page. The Council will do all the coordinating for this event with assistance from DDSC and the other ski clubs.

Please RSVP to Helen Harris (619-283-8559) or HelenNHarris@aol.com to get a head count for how many burgers/hotdogs council will buy. The \$3 for the event can be paid by check payable to SDCSC and mailed to Helen Harris, 4162 Rochester Rd., San Diego, CA 92116-2124 or paid in cash to Helen at the next club meeting.






Come Join in the FUN....
The First Annual San Diego Council Golf Tournament

Coronado Golf Course
Sunday, October 7th starting at 10:00 AM

Teams will be 2 guys and 2 gals per Foursome
Best Ball Format-1-2-3 Waltz
Sign Up Single or Bring Your Own Foursome

\$95

Includes: Green Fees, Cart (2 per Foursome), 2 drink tickets, PRIZES and A Fabulous BBQ Dinner at the Course
 (non-golfers can come to dinner only for \$27)
SIGN UP TODAY-SPACE IS LIMITED

Send Checks payable to SDCSC and the form below to:
Susie Vetter, 848 D Avenue #102, Coronado, Ca. 92118

Questions call Susie Vetter at 619-435-8736 or Ed Chirumbolo at 619-546-6638

Please enter me in the SDCSC Golf Tournament

NAME _____ Index _____ or _____

Email Address (req'd) _____ Average score _____

Phone # _____

Cell Phone # _____


Ski Club _____

Other members of my foursome 1) _____ 2) _____

3) _____ and me _____

Please remember your foursome must be 2 gals and 2 guys

JULY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 DD SKI CLUB MEETING	3	4 SDCSC BOARD MEETING	5	6	7
9	4	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Deadline for Newsletter Copy	24	25	26	27	28
29	30  FULL MOON	31				

AUGUST HEADS UP

1st SDCSC BOARD Meeting

7th Joint DDSC MEETING with Torrey Pines SkiClub:
Pot Luck @ Mission Beach

20th Deadline for Newsletter copy

23rd DDSC Board meeting

July Birthdays

Gordon Shaw	7/03	Bob Bauersfeld	7/17
Sigrid Mikuteit	7/09	Sally Heilpern	7/20
Cindy Benner	7/10	Kay Mueller	7/20
Joanna Cikste	7/10	Julie Wentworth	7/21
Ross Little	7/10	David Browne	7/23
Mac Macdonald	7/12	Bob Ingram	7/27
Mary Levas	7/14	Rose Emry	7/28
Martha Bryson	7/17	Sabina Alberti	7/28
Paula Svandova	7/17	A.J. Daitch	7/30

WELCOME TO

John Bauer, our newest member

The officers and members of the **DON DIEGO SKI CLUB** are delighted to see you as a new member. We look forward to meeting you at the club meetings or one of the many other club activities.



“Screens on Wheels”
Mobile Screen Service
Repair & Replace

(858) 271-7579 (858) 231-7579
Office Mobile

David Sansum
Owner

9450-B Mira Mesa Blvd.#501
San Diego, CA 92126