



## 'Da Pres Sez' - By Roy Heilpern

### Hi Don Diegans

"Spring has sprung, the grass has riz---  
-I wonder where the birdies is??"

Wow, has it ever sprung. The weather is gorgeous and it's the rebirth of Mother Earth---in spades (except for Mammoth, Missoula, and assorted other snow holes where there is not only snow on the ground but in some cases they're getting more!!) Mammoth still has



skiable terrain (about 13 feet of it) so all you die-hards may want to do "one last run"---I may go up myself....but.....we just got back from

San Felipe where it was 95, hot, and beautiful!!

With the Spring come many outdoor (and indoor) events, put together by our busy and professional Social gals Bonnie and Carol---now that Bonnie has officially retired, there will be more



VIETNAM UNIT MEMORIAL MONUMENT

Naval Amphibious Base, Coronado, Ca.

twosies putting things together.

Concerts, camping, hiking, biking, and golf are all on the agenda---not to mention some "sampling of the grape"----we



do it all. Pass the word on to your friends---if they are not yet members of DDSC, they should be---get 'em an application!

Golfers watch the newsletter for MC's corner---and keep your back swing loose

(or whatever golfers say!!) Bikers---keep checking Brother Carl for new and interesting bike rides. The San Diego Council picnic is ALWAYS a fun event---bringing the kids and/or grandkids for fun games and prizes. For a minimum contribution you get delicious food and all the beer you can imbibe!!---That's June 24, then there's the DDSC picnic on whenever Carl and Nancy (our new picnic bosses) decide---on July 2 we have a Padres game with Carl and Virginia Cobbs' world famous fish tacos tailgate at Qualcomm Stadium before the game

### SHIP'S VISIT

By the time this goes to press, several of us will have been guests at the dedication of the Vietnam Small Boat Memorial in Coronado at the Naval Amphibious Base. This is a monument to the unique role that the U.S. Navy and Army played jointly (a historical first) in the jungles, rivers, and canals of Viet-

(Continued on page 4)

## Upcoming Activities

by Carol Hamm

### June 5 Cuyamaca Weekend.

Camping at Paso Picacho Park, stargazing with the San Diego Astronomy Club, pancake breakfast prepared by Chris Levas and Roy Poston, topped off by a walk in the park. See details on page 5. **Call Carol 858-453-7413 ASAP** for breakfast reservations.

### June 12 Mission Bay Biking

Carl Tatina is leading a Mission Bay Loop bike ride from the Visitor Information Center on E. Mission Bay Drive at 10 a.m. A lunch stop is included---place to be determined.

### June 18 Shelter Island Walk

Meet Carol at 10 a.m. at the parking lot across from Humphrey's on Shelter Island for a 4 mile walk. Exercise will be followed by a lunch at Pt. Loma Seafood. Enjoy a day at San Diego Bay.

### June 25- Russian Submarine

Join Gordon Shaw for a special tour of the newest acquisition of the San Diego Maritime Museum. For just \$5 you can tour the new Russian submarine as well as the Star of India, etc. We will meet at the Star of India at 10 a.m. After the tour we will head over to Anthony's for lunch. Call Gordon Shaw (619-583-7355) so he can arrange for special docents to lead our group.

### July 2 Padres Baseball and fireworks

Qualcomm Tailgate party, trolley ride to Petco Park for a 7:05 game---Padres vs. the Giants. Flyer on page 7.

### July 24 Council Picnic at Mission Bay

**August 7 Don Diego Picnic at Bahia Point** Carl and Nancy Tatina are organizing this year's bash.

**August 20 Dehesa Bill's backyard bash** See flyer on page 5.

## MEMBERSHIP INFORMATION

We are always looking for and desirous of new members to keep this club active and vibrant. Please tell all your friends about our great club. Nonmembers are always welcome at club meetings. Membership applications are available and you may join and get your membership

card there. Membership applications also can be downloaded from the club web site:

[www.ski-dondiego.org](http://www.ski-dondiego.org)

Or if you desire, you may contact our membership chairman, **Noni Henning**

(619-437-8941), who will mail you an application.

The dues are \$25 for a single membership and \$40 for a family and you obtain the newsletter from our web site. For an additional \$5.00, the newsletter will be mailed to your home.

You are invited to the  
**Far West**

## Silent Auction

**Friday, June 10, 2005 7-11 pm.**

Westin Long Beach Hotel  
333 East Ocean Beach Blvd. Long Beach, CA

**Bid on More than \$100,000 of  
Great Vacation Deals**

**Ski, Snowboard & Summer trips** offered  
by Aspen, Intrawest, Banff, Sunrise, Lake  
Louise, Vail Resorts, Big White, Silver Star,  
Snowbasin, and...

**SO MANY MORE!**

**Open to the Public!**

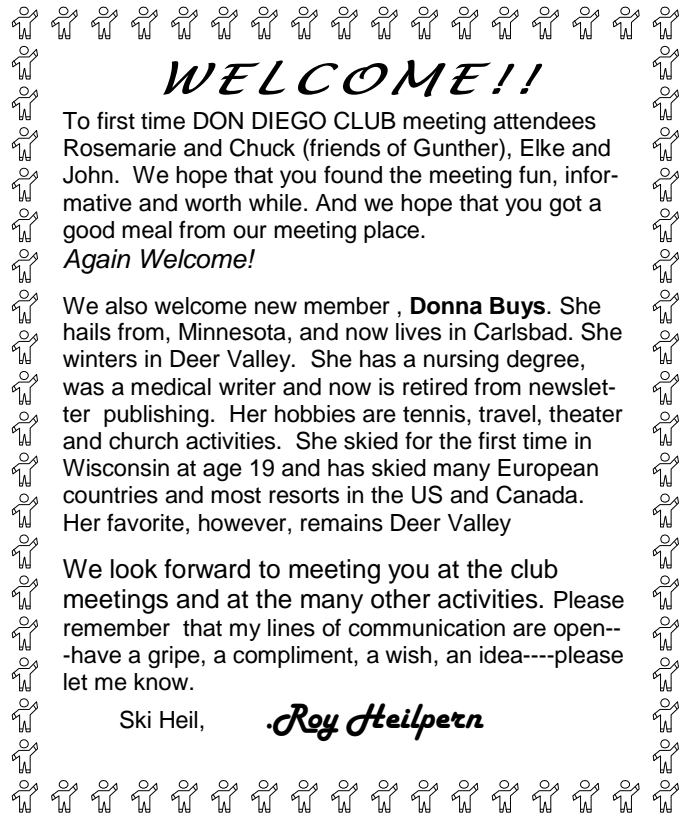
**Invite your friends!**

A percentage of the proceeds will benefit  
THE HEUGA CENTER for MS

Check the convention web site for other activities:  
<http://www.2005celebration.org>

### DID YOU KNOW?

Winston Churchill was born in a ladies' room  
during a dance.



## WELCOME!!

To first time DON DIEGO CLUB meeting attendees  
Rosemarie and Chuck (friends of Gunther), Elke and  
John. We hope that you found the meeting fun, infor-  
mative and worth while. And we hope that you got a  
good meal from our meeting place.

*Again Welcome!*

We also welcome new member , **Donna Buys**. She  
hails from, Minnesota, and now lives in Carlsbad. She  
winters in Deer Valley. She has a nursing degree,  
was a medical writer and now is retired from newslet-  
ter publishing. Her hobbies are tennis, travel, theater  
and church activities. She skied for the first time in  
Wisconsin at age 19 and has skied many European  
countries and most resorts in the US and Canada.  
Her favorite, however, remains Deer Valley

We look forward to meeting you at the club  
meetings and at the many other activities. Please  
remember that my lines of communication are open--  
-have a gripe, a compliment, a wish, an idea----please  
let me know.

Ski Heil,

*Roy Heilpern*



Borrego  
Weekend  
bikers  
Nancy,  
Roy,  
Millie,  
Bill and Bill,  
Carl  
and  
Anne



The paragraph below explains what CST (California Seller of Travel) means. You will see a reference to this number on all  
the club's trip flyers. Please read this paragraph thoroughly. Providing you this number is a requirement for all club trips.

**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 re-  
funded, in accordance with the agreed-to-terms and conditions, unless  
the passenger otherwise instructs the seller of travel in writing. This  
business is a participant in the Travel Consumer Restitution Corpora-  
tions (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 your were located in California at the time of the sale.  
You may request a claim form by writing to: Travel Consumer Restitu-  
tion Corporation, P.O. Box 6001, Larkspur, CA 94977-6001; or by fax-  
ing a request to: (415) 927-7698.

## SAN DIEGO COUNCIL of SKI CLUBS REPORT for JUNE

by Helen Navoy Harris

The officers of the Council have been elected for 2005-2006. They are:

President	Bobbie Owen
VP	Cheryl Riess,
Treasurer	Judy Schuitheis,
Secretary	Rusty Etzel
Travel Director	(now an
elected position)	Susie Vetter
Past President	Judy Schuitheis



**CONVENTION REPORT:** The block of rooms for FWSA have been sold out. Negotiations with The Courtyard for \$139 a night to handle the overflow are taking place. The Silent Auction Friday night is free of charge and everyone is welcome. Some of the clubs including Don Diego are sending their maximum number of delegates.

**COUNCIL TRAVEL:** Dec 8-13, 2005 trip is being planned for Breckenridge, CO. The Mountain High, Feb 15, 2006 is being coordinated by John Tyson and Mike German. Bobbie Owen's trip to Sion and environs, Switzerland, has been postponed to 2007 due to conflicts with other trips.

**FWSA TRAVEL:** Oct 9-16 is an 8-day cruise around the Hawaiian Islands. Clubs with 16 people will get a comp. The 2006 Ski Week, Feb 4-11, at Telluride has 74 of 96 spots filled. Zermatt, Switzerland, trip is Mar 11-18. Machu Picchu/Galapagos Islands trip, May 22-Jun 6, 2006 is sold out with 56 people. A wait list is forming.

**COUNCIL ACTIVITIES:** The Council Happy Hour/Alpine League Awards at the Handlery Hotel was noisy but convivial with lots of hors d'oeuvres and \$3 bar drinks. Don Diego racers were there in full force to receive their racing awards. The Annual Family Picnic is July 24 at the usual place at Mission Bay. A committee of volunteers is requested to help out with the activities. The Ski Swap was discussed and an alternate venue was proposed. Instead of swapping, a charity drive could be held where skiers could bring and donate their castoff equipment and clothes to some designated charities. The Winter Gala will be Nov 5 or 12 at the same hotel as last year.

*Helen Harris*

## IDENTITY THEFT — We are all potential victims

At our club meeting on May 3 Mr. Jay Foley from the **IDENTITY THEFT RESOURCE COMMITTEE** of San Diego gave us a presentation about Identity Theft. His presentation was scary and alarming to say the least: we are all susceptible and once becoming a victim it can take many months, lots of phone calls, letters and MONEY to get your life back to normal again. You can be arrested, have your assets seized by the IRS, collection agencies badgering you for years, have your assets frozen by your banks. etc. You could even discover that you owe several million dollars mortgage on a mansion in Florida which has been trashed, which you have never heard of and they person who took out the loan (in your name) can not be found.

It is estimated that there will be 10 million cases of Identity Theft this year in the United States and we should do every thing we can do to protect ourselves.

The **IDENTITY THEFT RESOURCE COMMITTEE** is a national non-profit organization with the goals of 1) educating the public about Identity Theft, 2) how to protect oneself again becoming a victim and 3) aiding victims in clearing up their records after becoming an Identity Theft target. The organization derives its funding from private grants, and donations.

Mr. Foley's presentation was very alarming and he held everyone's attention. He discussed several of the ways in which our identity can be stolen. Some of the obvious methods we might be able guess, but there are many more that no one could even imagine. He gave a number of examples of what can happen to you; thieves getting credit cards in your name, thieves using your name and driver's license number when getting moving traffic tickets, obtaining mortgages on far-away real estate in your name, etc. etc.

Mr. Foley handed out booklets entitled **IDENTITY THEFT** which described how to prevent your identity being stolen. All who were not at the meeting are advised to contact Mr. Foley at (858) 693-7935 and request a copy. They also have a web site: [www.idtheftcenter.org](http://www.idtheftcenter.org)  
**E-Mail:** [itrc@idtheftcenter.org](mailto:itrc@idtheftcenter.org)

Your newsletter editor phoned the **IDENTITY THEFT RESOURCE CENTER** and was provided with the latest phone numbers for 1) checking one's credit history, 2) stopping solicitations for credit and 3) freezing your credit report so that credit or loans can not be obtained in your name (this will protect you from unknown persons doing so without your knowledge). Phone numbers to credit agencies to obtain a report of your credit rating and activities, like credit rating requests, loan

applications, credit cards issued in your name and some such.

**EQUIFAX agency:** (800) 525-6285  
**EXPERIAN agency:** (888) 387-3742  
**TRANS UNION:** (800) 680-7289

To put in orders to get your name removed from having unsolicited credit card applications sent to you call

**"OPTOUT" (888) 567-8688**

To freeze your name from being able to obtain new credit cards, obtain any loans, open any kind of accounts go to the following web site. The web site will lead you through a process of requesting pertinent forms. These forms you must then fill out and returned to the several credit reference agencies.

[www.privacy.ca.gov/financial/cfreeze.htm](http://www.privacy.ca.gov/financial/cfreeze.htm)

With this freeze invoked, no new credit instruments or loans of any kind can be opened in your name. Whenever in the future you desire to get a loan or additional credit you can remove this freeze. You only have to contact the credit agencies and with coded passwords etc, you can "unfreeze" your name.

### THE BOTTOM LINE

Obtain a copy of the above mentioned booklet and learn how to protect yourselves. Take precautions now and be vigilant now.

(Continued from page 1)

nam, and to the soldiers and, sailors that died there.

## MEETINGS

Remember that we will be meeting all through the summer this year, so keep the first Tuesday open to learn what delights are in store for you!!

## SKIING 2005/2006

Boy, do we have some trips for you! Andorra is looking better and better, Mammoth is a known fantastic trip. Think about Salt Lake City---this year, some of you may want to do some pre-planning (horrors!) and be ready for October when the trips come out---ask Connie---THE TRIPS SELL OUT FAST!!! Don't get

caught with your ski pants down---buy trips early!

The Mountain Travel Symposium that I attended in Aspen was excellent and DDSC club members will see the benefits in the ski trips that will hopefully result.

## PHILOSOPHY CORNER

*We contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle .-- Winston Churchill*

*We'd all like to vote for the best man but he's never a candidate."--Kin Hummbar*

*"When they call the roll in the Senate, the*

*senators do not know whether to answer 'present' or 'guilty'."--Theodore Roosevelt*

## NEW MEMBERS

This year is "New Member Year"--- a big push. Any prospective members---call me or Noni or Connie, or Lloyd or ANY OTHER BOARD MEMBER.

**LET'S GO GET 'EM GANG!**



**NEXT TIME,  
...DA'  
PRES**

## AFTERNOON of WINE, WOMEN and SONG

On Sunday May 22, eighteen DDSC members attended a concert featuring the Community Concert Band. Our very own **Judy Schramm** plays clarinet in the ensemble which was led by conductor Don Caneva. Joining the ensemble onstage were tenor Micheal Ruhl and soprano Lillian Palmer. The program was titled "A Tribute to the Broadway Stage". Wow, what a program it was; Energetic, Exciting, Entertaining, what else can I say!

The composers represented ranged from Gershwin, Kern, Lerner and Lowe, Sondheim and Andrew Lloyd Webber. Medleys of selections from Broadway musicals of the past 50 years were played. Some examples: My Fair Lady, Fiddler on the Roof, Man of La Mancha, Highlights from Gypsy, The Wiz, The Phantom of the Opera, and Chicago. The Tenor and Soprano were featured in many of the numbers; their duet from The Phantom of the Opera was particularly impressive.

A surprise encore by the band which started out as a standard version of "76 Trombones" soon became interspersed with several of John Philip Sousa's more

familiar marches mixing onto the main melody; lots of fun!

This group is well worth hearing, do not miss this group whenever you have the chance!

After the concert, several of us went to Fidel's North in Carlsbad for a Mexican lunch. We all really had a GOOD time on this one!

The band is performing again on June 26, at 2:00 pm at the La Jolla Cove, July 4 at 1:00 pm in Rancho Santa Fe on the Green. You may get their schedule via phone (800) 748-5579 or at their web site: [www.cccb.com](http://www.cccb.com).

## MAY/JUNE CLUB MEETINGS

Our club meeting on May 3 was a very informative one. It was a meeting that everyone should have attended if only for the presentation by Jay Foley from the **IDENTITY THEFT RESOURCE COMMITTEE** of San Diego. It is estimated that

there will be 10 million cases of Identity Theft this year in the United States and we each should do every thing we can do to protect ourselves. (See a complete article on this topic on page 3). Tee shirts were awarded to several people for making pledges to donate blood to our Red Cross Blood account.

The next club meeting will be on June 7,

the festivities start at 6:00 pm. We have no program planned yet, but you will want to come just the same in order to get the latest scoop on up-coming near-term summer-time activities.

The meetings are held at Coco's Restaurant in the shopping center on the northwest corner of Genesee Blvd and Nobel Drive.

## Golf Activity for MAY

The Don Diego Ski Club Golf Tournament was held Friday, May 13th at Pine Glen Golf Course. The Awards Ceremony was held after play at Flinn Springs Bar and Grill. Awards were presented to: low net team, closest to the pin #15, longest drive on #8, individual low net, individual high net. The results were published in the San Diego Union-Tribune, Sports Section, in May 2005. From the picture included you can see everyone had a great time at the "awards" banquet. Congratulations to the winners and thank you to all who participated and helped to make the event so much fun! Continue to read your flyer for future golf events. 'Til then, hit 'em long and hit 'em straight. For events in June, you may contact me at (858) 551-8252 or E-mail:



[harry.o.eastman@att.net](mailto:harry.o.eastman@att.net)

*M. C. Fastman*



## 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 20, 2005

**Time:** 5:30 pm till ?

**Where:** 1223 Red Gum Rd. El Cajon Ca.  
Phone (619) 659-0919.  
Thomas Bros. map page 1253-E3

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.

### DID YOU KNOW?

40,000 Americans are injured by toilets each year!.

## THIRTY-SIXTH ANNUAL GREEK FESTIVAL

3655 Park Blvd. San Diego, Ca.  
Friday June 11th, 11:00 am to 10: pm  
Saturday June 12th, 12:00 pm to 09:00 pm

ADMISSION \$2.00

Plenty of parking at Roosevelt High School on Corner of Upas & Rickmond  
Free Shuttle to the event

Greek Imports      Greek Food  
Pastries              Church Tours  
Greek Dancing      Live Music  
Lamb Bar-B-Q

Our own DDSC club member Chris Levas will be cooking 250 Legs of Lamb. Mary Levas is renowned for her home-made Balava which will be on-sale; but be early as it goes fast.

### JAZZ FESTIVAL AT MAMMOTH MOUNTAIN

July 15-17, 2005

Cost about \$249. (still getting bus quote)  
Does not include \$70 for entrance to events  
Includes 2 nights lodging

Contact Connie Smith at 619-442-4924 or via email at  
[conniesmith@earthlink.net](mailto:conniesmith@earthlink.net)

This is a great event and I've heard lots of fun.

### Cuyamaca Weekend Hiking & Camping



On Sunday, June 5, Roy Poston is leading us on an adventure into the Cuyamaca Mountains. We will do, under Roy's leadership, a gentle stroll up Stonewall Peak, about a mile and a

half climb. (Roy promises that its not too difficult). The walk will begin at Paso Picacho Park on Sunday morning. But first, Roy and Chris Levas will be preparing their famous, incomparable



Camp Site breakfast of pancakes, sausage and fruit and all the coffee you dare drink at the day-use-area immediately to the right after entering Paso Picacho (\$6 day-use parking fee). Breakfast will be served from 9 to 10:30 a.m. To cover expenses Roy and Chris are charging \$4.00 for breakfast. Please call Carol Hamm at 858-453-7413 so we can make sure we have enough goodies.

After breakfast, we'll lounge for a bit to gather strength then we will go onto the trail for the walk; for this you go on your own pace; finish whenever you like.

For those of you who enjoy camping, camping is available at Paso Picacho campgrounds (\$19). Don Hamm and

other members of the San Diego Astronomy Association will be there



Saturday evening, June 4 for an overnight stargazing party. There will be astronomical telescopes set-up for viewing by the general public. This is a marvelous chance to see many beautiful objects in the sky.

Come for the weekend, or drive up for the Sunday breakfast and hike only.

Paso Picacho Campground is in the Cuyamaca State Park 13 miles south of Julian (or 8 miles north of Interstate 8 at the Japatul Valley exit) on Highway 79.

**SKI SAFETY  
DONATING TO THE BLOOD BANK**

**BASIC REQUIREMENTS**

Be in good health and feel well. Be 17 years of age - there is no upper age limit.

**DONATION FREQUENCY**

Whole blood donors every 56 days. Platelet donors may donate every 48 hours. Plasma donors may donate every Four weeks. Red cell apheresis donors every 112 days.

**IMMUNIZATIONS**

Polio, mumps, rubeola (type of measles) - two weeks. Rubella (a type of measles) - For weeks. Smallpox or contact with another's unhealed vaccination site - two months. Tetanus, diphtheria, flu, Hepatitis B - can donate if no reaction is present.

**OTHER POSSIBLE RESTRICTIONS**

Body/ear piercing /acupuncture - can donate if piercing done with a sterile, single use, disposable needle or piercing gun, otherwise -one year. Dental work - can donate day after cleaning, filling, three days after tooth extraction or root canal. Hepatitis exposure - needs evaluation

After a tattoo - one year wait.

**TRAVEL RESTRICTIONS**

Malaria Area - If traveled to a malaria area cannot donate for one year after leaving the area. If lived in area for Five consecutive years or more cannot donate for three years after leaving the area  
ENGLAND - cannot donate if spent time that adds up to three months or more in the U.K. from 1980-1996 (England, N. Ireland, Scotland, Wales, Isle of Man, Channel Isles, Falkland Islands).

Europe- cannot donate if spent time adds up to five years or more in European countries since 1980 (including time in the U.K. during 1980-1996) Iraq - cannot donate for one year after leaving. Military - cannot donate if spent six months or more in military bases in northern Europe 1980-1990 or Southern Europe 1980-1996. Sars affected area- cannot donate for 14 days after returning to the U.S.A.

THERE ARE MORE, LESS LIKELY CONDITIONS THAT MAY OFFER RE-

STRICTIONS - SO CHECK WITH THE BLOOD BANK RECEPTION DESK.

The Don Diego Ski Club now has an account in effect with the San Diego Blood Bank. Our group Code is, "DDSC" and is to be entered on the Donor Request Card at time of your donation. Make sure the blood bank logs you blood into the "DON DIEGO SKI CLUB" account. Members of our Group, including our immediate family members, are protected with the Family Blood Plan as long as a donation of one pint of blood is made yearly. Detailed information about donating blood can be obtained from the San Diego Blood Bank 440 Upas Street, San Diego, CA 92103, (619) 296-6393.



**PLEASE, DONATE BLOOD**

**IMAGES FROM OUR CLUB BORREGO WEEKEND**



What a grand relaxing, restful weekend. Plenty of Golf, Hiking, Bicycling, Tennis, Pool/Hot Tube time, Buffalo Burgers and just sitting around.

Jim and Jill (left) and Bonnie and Andy (right)



Carol, Don 1, Don 2, Helen, and Vicki



Kay, Mac, and Roberta having a good time.



## SAN DIEGO PADRES BASEBALL

### *Padres vs. San Francisco Giants*

Saturday, July 2, 2004, at 7:05 p.m.

- ⇒ Cost is \$15.00 per ticket (One dollar off the normal \$16 ticket price).
- ⇒ Tail Gate at **Qualcomm Stadium** 3:30 to 6:00. Meet in Section J2, ride trolley to **Petco Park**.
- ⇒ Enjoy fireworks after the game in **Petco Park**, the New Home of the Padres.

Join us for a good old fashion baseball game. Bring your friends, family, neighbors and kids at this group price. Join the fun. Tickets will be available for purchase at the March, April and maybe June club meetings. Alternatively, you may order tickets through the mail! Send your check to cover the cost of the number of tickets you desire to:

**Carl Cobb**  
**3644 Zola Street**  
**San Diego, California 92106**

Include a self addressed stamped envelope with your order. Tickets will be sold on the "first come first serve" basis. We have a limited number of tickets and when they are gone, they are gone!

*See you at the game!*

For additional information call  
 Carl Cobb at (619) 222-5015.

Borrego  
 Weekend  
 Hikers  
 Carol,  
 Vicki,  
 Roy,  
 Adel,  
 Art  
 and  
 Isabel



Carl and Roy inspecting broken bike.

On Desert  
 Bike Rides,  
 odds are that  
 at least one  
 flat tire will occur. Generally  
 the rider will  
 have a spare  
 inner tube.



Bill  
 making  
 a point  
 with  
 wife  
 Donna  
 nearby.



Gordon and Lenor, relaxing in  
 shade around the swimming pool

## MAY WAS AMERICAN STROKE MONTH (but we can use a reminder.)

"Stroke Month" was created to increase awareness of stroke risk and warning signs. **WARNING SIGNS:**

Sudden numbness or weakness on one side of the body

- Sudden trouble speaking or understanding,
- Sudden vision loss in one or both eyes
- Sudden loss of balance or coordination.

If you experience any of these. Call 911, get help, **FAST!**

If you suspect someone of having a stroke, ask him/her to do the following 3 things:

- 1) SMILE,
- 2) Raise both hands above the head, and
- 3) Say a simple sentence.

If the person fails at **any** of these tasks, call 911 immediately. Prompt treatment may save a life or lessen the damage resulting from the stroke.

## Rent This Space!

Put your business card here for only \$5.00 per issue

Contact Anne Heye Advertising Director at (858) 279-8178

## FOR SALE:

One pair of **Volkl P-40**, used for three seasons. Length 188 cm with Marker M8.1 bindings. \$250 or best offer. Contact **Roy Heilpern** at (619) 588-6092 or [areff63@cox.net](mailto:areff63@cox.net)

After a great round of golf, Jim knows how to enjoy himself around the pool.



CARL, OUR LIBATIONS PROVIDER EXTRADINAIRE! WELL DONE, CARL!



A view of one of the three tables loaded with hors d'oeuvres, these were set-out on both Saturday and Sunday afternoons.



Our traditional desert survival canister, any trip to the desert should include a reliable source of liquid. One must maintain body fluid levels.








## Officers and Directors

<b>President</b>	Roy Heilpern	619-588-6092
<b>Past President</b>	Bobbie Owen	858-578-7966
<b>Vice President</b>	<b>Lloyd Hughes</b>	<b>858-485-1427</b>
<b>Secretary</b>	Sara Lewis	616-443-4019
<b>Treasurer</b>	Dale Shannon	619-444-0261
<b>Dir's at Large</b>	Roberte Bentrrott	858-278-2165
	Don Bentrrott	858-278-2165
	Carolyn Blumenthal	858-457-2418
	Rodgers Magee	858-272-7024
<b>Club Founders</b>	Joe Harris	Bruce Barr
<b>Advertising</b>	Anne Heye	858-279-8178
<b>Bicycling</b>	Carl Tatina	858-560-5963

<b>Council Rep</b>	Helen Harris	619-283-8559
<b>Golf Coordin</b>	MC Eastman	858-551-8252
<b>Historian</b>	Helen Harris	619-283-8559
<b>Membership</b>	Noni Henning	619-437-8941
<b>Racing</b>	Carl Cobb	619-222-5015
<b>Public Affairs</b>	Leslie Pally	
<b>Publications</b>	Don Hamm	858-453-7413
<b>Programs</b>	Gunter Schrecker	760-942-1287
<b>Ski Safety</b>	Rodgers Magee	858-272-7024
<b>Social</b>	Bonnie Fritts	858-748-8110
	Carol Hamm	858-453-7413
<b>Travel</b>	Connie Smith	619-442-4924
<b>Webmaster</b>	Karl Cikste	619-442-2160

# JUNE 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 SDSC COUNCIL MEETING	2	3	4 Paso Picacho Park Camp-out & Stargazing
5 Pancake Breakfast & Cuyamaca Peak Hike	6	7 Don Diego Ski Club Meeting @ Coco's, 6pm	8	9	10 FWSA Long Beach Convention FWSA Auction	11
12 Bicycling on Mission Bay Loop	13	 FLAG DAY	15	16 Deadline for Newsletter Copy	17	18 Shelter Island Walk & Lunch
19  Father's DAY	20	21 First Day 	22  FULL MOON	23 DDSC BOARD MT'G 6:00 pm Coco's On Balboa Ave	24	25 Tour Russian Submarine, and Lunch
26	27	28	29 First Boeing aircraft flies, 1916	30		



## JUNE Birthdays

		
Jaclyn Palumbo 6th		Susan McNeil 14th
Dawn Stahl 8th		Mark Heinz 16th
Marie Richard 8th		Larry Pickering 17th
Dianne McDown 8th		Judy Williams 19th
Bernie Bautista 8th		Janis Wilds 21st
Sigrid O'brien 11th		Judy Porter 24th
Jolene Wade 11th		Connie Saindon 29th
Susan Arneson 12th		Sara Tully 29th



*WE WISH YOU ALL A HAPPY BIRTHDAY*

<b>JULY HEADS UP</b>	
2nd	Padres Ball Game and Tail Gate party
5th	DDSC CLUB MEETING
6th	FWSA BOARD Meeting
18th	Deadline for Newsletter copy
24th	Council Family Picnic
28th	DDSC Board meeting 6:00 Coco's Balboa Ave

**APOLOGY**

We offer an apology to Judy Williams. for last month erroneously listing her as having a birthday on May 19; her actual birthday is **June 19**. Being listed twice doesn't mean she has to add two years.