



P.O. Box 20321
Castro Valley, CA 94546

CVSC SkiZette

January, 2010



Special Events:

FWSA Ski Week at Keystone, CO
Jan 30—Feb 6

EVENTS CALENDAR

(f) = flyer in this issue

JANUARY 2010

- 1/6 CVSC general meeting at Don Jose's
- 1/13 CVSC board meeting at Paula & Jim's
- 1/20 CVSC general meeting at Don Jose's
- 1/30-2/6 FWSA Ski Week at Keystone, CO (f)

FEBRUARY

- 3 CVSC general meeting at Don Jose's
- 10 CVSC board meeting at Jim & Karen's
- 17 CVSC general meeting at Don Jose's

MARCH

- 3 CVSC general meeting at Don Jose's
- 10 CVSC board meeting at Dave's
- 17 CVSC general meeting at Don Jose's

UPCOMING

- Dates TBD Fun Fest
- Game Night (Dennie & Rich Warren)
- 7/17 Hawaiian Luau (Pat & Dan Green)
- 9/29-10/12 Trip to Turkey (f)

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JANUARY BIRTHDAYS

Booth Myers	1	Linda Melluish	13
Dean Schlax	4	David Silva	14
Dave Lincoln	7	James Spaustat	16
Richard Warren	7	Ethel May Shaw	16
Connie Wolzinger	8	Jacky Poulsen	17
Robert Petersman	8	David Towar	22
Carol Wulff	9	Denise Howell	22
Shirley Thompson	10	Deborah Walton	24
Jolene Michael	11	Jan Tadevich	29
Rob Hastings	12		



Happy birthday to
you.....

The Company Store

The following Castro Valley Ski Club promotional items, with logo, are available to members :

- Black Ball Caps \$10
- Gold Key Rings \$5
- Logo Luggage Tags \$1.50; 4/\$5
- Logo Fanny Packs \$20
- Club Patches \$1
- Club ski pole flags \$5

SEE DEAN OR JOLENE MICHAEL TO PURCHASE ANY OF THESE GREAT ITEMS

SkiZette Policy
NEWSLETTER

DEADLINE: 28th of the month

Articles submitted by this date will be included in the following month's newsletter - space permitting.

Submit articles to:

Dennie Warren, 16606 Selby Drive, San Leandro, CA 94578

Phone (510) 759-3415; Fax (510) 276-2444

Email: dennieluuu@comcast.net

Didn't get your newsletter? - Change of Address? -
PLEASE Contact Karen Wehrman, VP Membership at
(510)538-2872; email: kwehrman@comcast.net



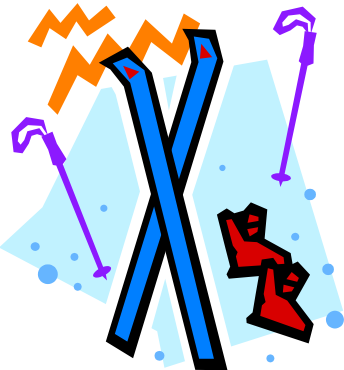
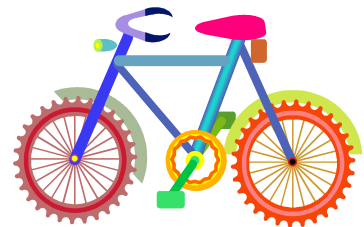
~SPORTS EXCHANGE~

We have two pairs of women's ski boots, like new!
The first pair are Lange - World cup 120 W women's size 9
The second pair are Nordica "BEAST" 1010 W women's size 9
These are both high performance boots \$50- per pair.

We also have a pair of skis, Rossignol RPM 177 cm 107-70-97
with bindings. These are great all mountain skis. \$75-

510-538-2872
Boots—Karen Wehrman
Skis—Jim

Thanks, Jim Silva



President's Message

CVSC VOLUNTEER VOICE

I often make reference to the meaningful words of our immediate past president, Walt Johnson, who described many of our club members as "Volunteering for Fun, and having it"



Everyone's old friends Merriam & Webster, the dictionary dudes, define the word "volunteer" as "One who enters into or offers himself for any service of his own free will" or to be politically correct "One who enters or offers herself for any service of her own free will".

Castro Valley Ski Club is and has always been a band of members some who have dedicated themselves to leadership roles and to the planning of our wonderful social, volunteer and travel events.

We are fortunate to have retained the ongoing strength of members who have stayed the course while juggling busy lives, careers, volunteering for leadership in service clubs such as Rotary, Lions, Kawanis, etc. Others have retired from long-time businesses but not from life. They are like that bunny in the battery commercial----they keep on going.

Our Board members meet every month of the year to do what the leaders of most organizations are chosen to do, among other things, to help resolve issues or concerns of any kind and always responding in a kind way to our members. In turn we expect kind, understanding responses. We do our best as volunteers to maintain a professional level of communication and a "workplace friendly" code of ethics. We are not perfect but we do the best we can.

We believe that membership in CVSC is a privilege, not a right. Communications that contain personal attacks or insults are offensive and totally out of line. **We are fortunate that only rarely have we experienced this behavior.** We have found that some organizations similar to ours have written into their By-Laws that members whose conduct is detrimental to the Club or their members in any way may be liable to suspension or expulsion from membership, at the direction of the Board of Directors.

Be assured that **NONE** of our active or inactive members who are kind, caring, ethical, supportive, well mannered, friendly, appreciative, etc. are the focus of this article. Thanks so much for all of you who wear those badges of goodness. I am grateful for each of you.

HAVE A HAPPY, FUN-FILLED, PROSPEROUS NEW YEAR

Ralph

Consider This...

Greetings and best wishes for a healthy, happy, and fun 2010! Now that the holidays are but a fond memory, time to refocus attention to our favorite winter activities, which of course include skiing and boarding if that is your bent.



Bay Area Snow Sports Council News

Sugar Bowl Core Pass free to BAC members when you show your **FWSA 2009-2010 Membership Card**. The pass entitles you to \$10 off your lift ticket price and much, much more. Check out the Sugar Bowl website by clicking [Core Pass](#) for information on their rewards program. FWSA membership cards will be available at club meetings or contact me directly.

FWSA Ski Week 2010 to Keystone, Colorado is coming up January 30th, which will be here in a wink. Forty-two CVSC members will join others from far and wide for all the fun and frolic, on and off the slopes, that is sure to come. Ski Week is always a great time and the Colorado snow that awaits us will surely make a winning combination for a memorable ski week.

The FWSA 78th Annual Convention hosted by San Diego Council June 10-13, 2010 @ The Renaissance Esmeralda Resort & Spa, Indian Wells, California. Information on convention will be disseminated at future club meetings and in the SkiZette during the upcoming months so stayed tuned.

Looking forward to 2011, the **FWSA Ski Week to Sun Valley, Idaho January 22 – 29, 2011** will be released for signups next month. **Pat Green**, CVSC trip leader for Sun Valley, will be accepting deposits for Castro Valley and disseminating information to CVSC members as it becomes available.

As always, I look forward to seeing you at meetings and events – in January and throughout the year. Until then, I hope you're having fun.

Happy New Year!

Best regards,

Paula Kinahon

VP & BAC Representative

415 983-7145 (day)

510 357-6127 (evening/weekend)

Pkinahon@Gmail.com

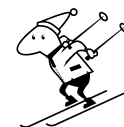
FROM MEMBERSHIP:



HAPPY NEW YEAR!! ALL THE BEST (SKIING) IN 2010!!!

I'm hoping that everyone had a great holiday time, and is finding time to get to the slopes. This past year has been an interesting one and one of the most rewarding things to happen in our club this year was our auction fundraiser. In conjunction with the auction this year we made a plea for participation in Castro Valley Ski Club's support of DSUSA (Disabled Sports USA). We had a great response and I would like to give a big THANK YOU to those listed below who gave generously to our efforts:

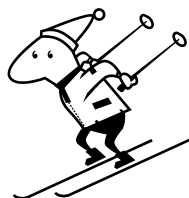
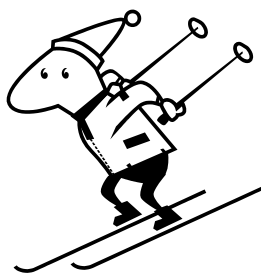
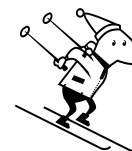
Ken and Lynnell Calkins
Steve Grevstad
Pamela Hampton
Cynthia Hillman
John Houseman and Pam Quinn
Paul and Denise Howell
Agnes and James Johnson
Carla Kramer
Dwight and Marianne Lang
Anthony and Gisela Steiner
Craig Tangen
Inga and George Terpening
Shirley Thompson
Tom and Suzanne White
Connie Wolzinger



A big thank you to all of you. Your generosity is further evidence of what a great club we have here at Castro Valley Ski Club.

See you on the slopes,

Karen



How to Drive Safely in Snow and Ice

- Rule No. 1 for driving in snow and ice is simple: Drive more slowly.
- Other tips include keeping a greater distance from the car ahead, start slowing sooner for stops and turns, check traction periodically by tapping the brakes, and stay aware of conditions outside the car.
- Is the temperature falling? Are conditions right for moisture in the air to condense and freeze on road surfaces, forming black ice that is slick but nearly invisible?
- A car traveling 55 mph covers 81 feet per second. Distance between vehicles should double in marginal conditions, from one car length for every 10 mph of speed to two or three car lengths depending on just how bad conditions are. For example, on snow and ice, cars traveling 40 mph should be eight-to-12 car lengths apart.
- If a car starts to slide when the brakes are applied, stop braking immediately, and apply the brakes again, but more slowly.
- Steer into skids - which means if your car is sliding to the right, turn the wheel to the right until you have control, then gently steer back onto the road. Often there's time to pull off this maneuver; sometimes there isn't.
- Nobody is born knowing how to drive, and this goes double for driving in slippery conditions. Safe driving on snow and ice is learned only through practice, and it's often best to practice on a real driving course where the consequences of a slide are not dire. Next best place to practice starting, turning, and stopping on snow? A large parking lot, empty of other vehicles.
- NPR's Car Talk hosts, Tom and Ray Magliozzi, say, "Even with good coolant, snow tires, stability control, all-wheel drive, and the bag of Doritos in the trunk, keep in mind that driving in snow, sleet, and ice is very treacherous. And even if you maintain control of your car, not everyone else will. So don't ever get lulled into a false sense of security. Do everything slowly and gently."

How to Drive With Tire Chains

- Chains are just that: chains that fit over a car's tires, giving much better traction on snow and ice, but requiring drivers to go much slower than normal. That's OK, because when the chains are needed, conditions are really bad.
- Drivers should make sure they have the right-size chains for the tires on their vehicle, and put them in the trunk. Also put a blanket or pad in the trunk, to kneel or lie on when installing the chains. Have a flashlight, and a pair of gloves, as well. Practice putting on chains in dry conditions, before having to do it in the cold, snow, and dark.
- Chains give the best traction in snow, but are cumbersome, clunky, and can be difficult to put on. They are required on some vehicles on some roads that pass over mountain passes, for example some passes in the Sierra Nevada mountains of California.
- In other places, states require chains, other traction devices, or snow tires on the drive axle of all vehicles except four-wheel-drive or all-wheel-drive vehicles.
- Where chains are required, drivers must stop and put them on. In some places, drivers can find professional chain installers in areas where chains are required.
- The speed limit when chains are required is 25 to 30 mph.
- Drivers who choose to put on chains themselves should pull off the road completely, so they are not blocking traffic, or are in danger of being hit. They should also pull off the road completely when removing chains.

Four Wheel Drive vs. All Wheel Drive In The Snow

One of the biggest differences between all-wheel-drive vehicles and four-wheel-drive vehicles is in who decides when all four wheels get power. With all-wheel-drives, electronic sensors play this role; with four-wheel-drives, it's the driver who throws a lever or flips a switch to give power to all four wheels.

AWD is always "on," meaning that the electronic sensors can send power to all four wheels anytime they decide it's necessary. 4WD is engaged manually, and usually has a high range for highway speeds, and a low range for driving off-road or in heavy snow. Both systems work well in slippery conditions. Indeed, both are superb, especially when compared to the performance of rear-wheel-drive vehicles on snow or ice. AWD may have the edge for suburban drivers who don't face snow and ice very often; 4WD may have the edge in places where winter comes early, stays long, and is fairly harsh. Both systems affect gas mileage because they add weight to the vehicles, and both mean more wear and tear on tires.

With AWD, cars are generally designed for luxury and style as much as for rugged performance, ranging from the Subaru Impreza at the low end to the Bentley Continental and Lamborghini Murecielago at the high end. With 4WD, cars tend to be more utilitarian; think Jeep and Ford Explorer.

Oct 12, 2009 Roger Leo, Executive Editor

Sandra R. Beecher, MS, CIH
Sr. Environmental Health & Safety Specialist
East Bay Municipal Utility District
510-287-0506 - office
510-287-1330 - fax
707 479-6272



CVSC & BAC
Presents **FAR WEST SKI ASSOCIATION**
2010 SKI WEEK
January 30 - February 6, 2010

Keystone, Colorado

3,148 acres, 3 Mountains, Base Elevation 9280', Vertical 3128', Longest Run 3.5 miles
Interchangeable Lift Ticket: Keystone-Breckenridge-Vail-Beaver Creek-Arapahoe Basin

Price includes 7 nights lodging (double occupancy) and FWSA amenity package.

Price does NOT include air or ground transportation.

Keystone Resort Lodging for Castro Valley (availability subject to change):

River Run Village	2 BR/2 BA Condo (4/unit)	\$1,105 pp
Lakeside Village	2 BR/2 BA Condo (4/unit)	\$1,040 pp
Keystone Lodge	Hotel Room (2/unit)	\$1,315 pp

See lodging at <http://keystone.snow.com/info/resort.layout.asp>.

NOTE: Children are allowed at the FWSA Ski Week with certain restrictions.

FWSA Amenity package includes:

Registration, Welcome Party, Pub Crawl, Council Night Party, 3 Races, Mountain Picnic, Ski Week Banquet, Après Awards Party, 5 of 7 days Lift Ticket.

Castro Valley Ski Club is accepting \$200 per participant deposits.

Deposits are fully refundable until July 1, 2009.

MAKE CHECKS PAYABLE TO CVSC (with Keystone noted in the "for" space)

SEND PAYMENTS TO:

Tucker Hoffmann, CVSC Travel Director
2657 Rivers Bend Circle Livermore, CA 94550

Phone 925-371-1910 E-mail TKHoffmann@aol.com

Must be a member of Castro Valley Ski Club - CVSC CST # 2081040



Castro Valley Ski Club

Presents



Treasures of Turkey

ISTANBUL, ANKARA, CAPPADOCIA, ANTALYA, PAMUKKALE,
IZMIR, EPHEBUS, CANAKKALE & TROY

SEPT. 29 - OCT. 12, 2010

\$2600

INCLUDED IN THE CVSC PACKAGE IS:

- Round trip airfare from SFO on Lufthansa via Frankfurt (LAX \$75 more)
- Airline fuel surcharge
- Intra-Turkey ground transportation and transfers
- Accommodations at first class hotels
- 19 meals: 12 full buffet breakfasts, 7 dinners
- Comprehensive sightseeing tours
- English-speaking tour guide throughout
- TIPS – bus driver & guides

WHAT IS NOT INCLUDED:

- US departure taxes and airline fees: \$122 per person (subject to change).
- Turkey Visa Fee (currently \$20 per person, subject to change)
- Insurance \$139 per person

Contact Tucker for more info on this trip

Tucker Hoffmann, CVSC Travel
2657 Rivers Bend Circle, Livermore CA. 94550
Phone 925-371-1910 E-mail TKHoffmann@aol.com

CVSC CST # 2081040



2009/2010 Avid Skiers in Control

President	Ralph Sherman	925-449-7941	shermscape47@yahoo.com
Vice President	Paula Kinahon	510 357-6127	paula.kinahon@mckesson.com
VP Membership	Karen Wehrman	510-538-2872	kwehrman@comcast.net
VP Weekend Trips	Jim Silva	510-538-2872	kwehrman@comcast.net
Secretary	Eva Lanphear	510-793-3863	ejlanphe@pacbell.net
Treasurer	Claudia Fernandes	925-462-6573	Claudia.fernandes@jud.ca.gov
Newsletter Editor	Dennie Warren	510 759-3415	dennieluuu@comcast.net
Web Manager	Rindie Chase	925 447-3659	clarinett@comcast.net
Race Director	Dave Cunningham	925 455-1333	tahoeskier@mail.com
Activity Director	Pat Green	925 846-7250	greendm@comcast.net
Travel Director	Tucker Hoffmann	925-371-1910	tkhoffmann@aol.com
Past President	Walt Johnson	510-881-8201	granite53@aol.com
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@aol.com
Trustee	Jim Korn	510-357-6127	jimkorn@sbcglobal.net

WEBSITE: www.cvskiclub.org

Websites/Phone numbers

BAC Web site: skibac.org
 Singles league racing:
slracing.tripos.com/schedule.htm
 Open league racing: olrc.org
 Far West Ski Assoc: fwsa.org
 Take a bus to the slopes: nacski.com & bayareaskibus.com
 Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/
 Far West Racing Assoc: fwra.com
 Web cams on the slopes: magnifeye.com
 Road conditions: 1-800-427-7623
 Weather: nws.mbay.net/home.html
 Info on all ski areas: onthesnow.com

SKIZETTE FOR JANUARY, 2010



P.O. Box 20321
Castro Valley, CA 94546

The next meeting will be
Jan. 6

Don Jose's Restaurant
3430 Village Dr
Castro Valley, CA
510-538-3290

(meetings start at 7:30 pm)

SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES
First With Safety Awareness Slogan award sponsored by:



ASPEN & SNOWMASS