



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

January, 2020



EVENTS CALENDAR

(f) = flyer in this issue



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Avid Skiers in Control Back page

JANUARY, 2020

- 8 CVSC board meeting at Anne's
- 15 CVSC general meeting at Don Jose's
- 25-2/1 FWSA Ski Week in Big Sky, MT (f) pg 11

FEBRUARY

- 12 CVSC board meeting at TBD
- 19 CVSC general meeting at Don Jose's
- 19-23 BAC Mini Ski Week in Utah (f) pg 12

MARCH

- 11 CVSC board meeting at TBD
- 7-13 FWSA Davos & Portugal Ski Week (f) pg 9-10
- 18 CVSC general meeting at Don Jose's

UPCOMING

- 7/17-29 CVSC Russia River Cruise (f) pg 13

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 5/28-31 FWSA 88th Annual Convention at Red Lion on the River Jantzen Beach, Portland, OR (f) pg 8

JANUARY BIRTHDAYS

Dean Schlax	4	Sheron Bealer	18
Richard Warren	7	Jack Jue	19
Connie Wolzinger	8	Marcia Wood	20
Carol Wulff	9	Barbara Johnson	23
Shirley Thompson	10	Jan Tadevich	29
Linda Melliush	13	Suzanne White	29
David Silva	14	Carol Jensen-Latta	30

Visit our Website at www.cvskiclub.org

SkiZette Policy

NEWSLETTER

DEADLINE: 1st of the month

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

Submit articles to:

Dennie Warren, Editor

email: dennieluuul@gmail.com



*Didn't get your newsletter? - Change of Address? -
PLEASE Contact Maggie Jong, VP Membership
email: mozoro25@gmail.com*

SPORTING GOODS EX-CHANGE

Got any sporting equipment (i.e. skis, snowboards) and/or clothing that you no longer can use, don't want, etc..... let me know & I'll put it here!!!!

OR.... If you need the above let me know as well!!!

This also goes for winter/ski cabins that you'd like to offer for rent or are looking for same.... Let me know!!!!

GREENHOUSE MARKET-PLACE

Do you do lots of canning (fruit — jams/jellies/preserves) and would like members to know about it — let me know & the word will go here!!!!

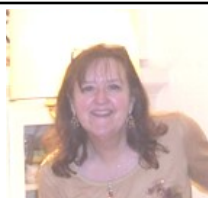
Are you blessed with culinary expertise (make pies, special desserts, etc) and would like to share?? Also, let me know!!!!

President's Message

Happy New Year everyone!!!

Hope you had wonderful holidays and are ready to ski... the snow has arrived and we will hope for more throughout the next few months. I have heard some great ski stories already with new powder so know we will have more stories as the season progresses...

The Christmas trolley evening was a great time with food, friends, wine and song... it was wonderful to have a full house for this event. Many thanks to Pat Green for setting this up and to John Fagan for our evening raffle and fun gifts.....



Claudia Fernandes
President

We have a meeting this month January 15 at Don Jose's. Look forward to seeing you there - we are starting a New Year...

Again many thanks to all who participated in the auction and the donations through the mail. You all made a difference and we look forward to supporting our charities and young skiers in the coming year thanks to all of you...

We have more events and new trips coming up so take care - enjoy the snow and hope to see you at the upcoming meetings and events. We want to hear from you..

Happy Snow Season
Claudia

**HAPPY NEW YEAR CV TRAVELERS**

Our members will be participating in the BAC Ski Trips and the FWSA Ski Trips this year. We also have a small group going on their own to Telluride. We didn't get enough interest in Telluride to offer it as a club ski trip.

RUSSIA RIVERBOAT CRUISE - July 17-29th, 2020 we have the Russia River Cruise Trip coming up. We will be taking 45 members of Castro Valley on this 2 week trip. We have sent out the air schedules to everyone, so we are getting closer to finalizing this all-inclusive trip. Final invoices going out soon.

Lots Going on in 2021..... Mark Your Calendars

If you are interested in any of the following trips let us know. The Bali Trip will be limited to 32 and the Bike and Barge around the same.

**FWSA Annual Ski & Snowboard Week - Sun Valley Idaho
January 30--February 6, 2021**

We will be taking a group from Castro Valley Ski Club. 2bd. Condos at The Lodge or hotel rooms at the Sun Valley Inn will be available. Let me know what lodging you prefer so we are ready when the trip is announced. We already have 19 people. Please send us an email if you're interested.
tkhoffmann@comcast.net

BREATHTAKING BALI - 12 DAYS - May 2021

Trip will be limited to 32. Air from LAX or SFO. Price around \$2900. More info on this trip in Feb.

- Round-trip international airfare from Los Angeles or SFO
- Airfare taxes, fees & fuel surcharges
- Ground transportation in an air-conditioned motor coach
- Accommodations at first-class hotels and beach resort
- 15 meals: 9 breakfasts, 4 lunches, and 2 dinners (possibly more dinners will be added)
- Comprehensive sightseeing tours including admission fees
- Professional, English-speaking Tour Director throughout
- Refillable water bottle provided at the start of the tour

Tanah Lot Temple at sunset

Participate in a traditional Balinese purification ceremony in holy spring water (Sebatu Village)

Traditional Balinese cooking class with a professional chef

Visit to Bali Aga, home of Bali's original inhabitants

Besakih Temple (the Mother Temple)

Goddess of the Lake Temple (Ulun Danu)

Waterfalls at Munduk

ITALY BIKE & BARGE - Aug. or Sept. 2021

We need to fill the barge to make this trip a go.

We will be chartering the whole boat. A couple of single cabins will be available. Trip is limited. We will be getting more info after the holidays.

Cycle along the River PO in Northern Italy, visiting celebrated cities of art, a prime nature reserve and charming rural hamlets. Relax at night on your private barge, enjoying the scenery. Your tour comes with all meals, guided tours of Venice and Mantua, a bike and helmet, and much more.

Italy / Mantua-Venice or Visa Versa Aboard Ave Maria - possible pre-or post-trip. Electric assist bikes will be available for a nominal fee. We used these last year when we did the bike trip from Amsterdam to Bruges. They are great and even if you're not a big bike rider it's very easy & enjoyable.

Day 1: Arrival in Venice. Board after 4.00 PM. Overnight in Venice
Day 2: Guided visit of Venice, afternoon free time. Overnight in Venice
Day 3: Cycle Lido & Pellestrina Islands (18.5 mi). Overnight in Pellestrina Day 4: Cycle to Po Delta Nature Reserve (25 mi). Overnight in Adria
Day 5: Cycle to Ferrara (bike 22mi, 22mi by bus). Overnight in Zelo
Day 6: Cycle to Bergantino-Governolo (31 mi). Overnight in Mantua
Day 7: Cycle Mantua Lakes and Lotus boat excursion (22 mi + 1,5h boat excursion). Overnight in Mantua
Day 8: Check out by 9.00 AM

INCLUDED:

- 8 day-7 nights
- Unisex Citybike Bike & Helmet
- Daily Breakfast, Lunch & Dinner, Coffee/Tea
- Guided visit in Venice and Mantua
- Visit a cheese factory w/ tasting of Grana Padano
- Visit Carousel & Street Entertainment Museum
- Boat Excursion in Mincio Park Nature Reserve



Happy Skiing & Travels.....

Tucker - CVSC Travel Director & Kathy
2657 Rivers Bend Circle, Livermore CA 94550

tkhoffmann@comcast.net
cell # 510-329-4242

CVSC CST # 2081040

Outside exercise in cold conditions

Some studies have shown that adults are likely to gain a few pounds over winter. So even though it's easy to bundle up and stay inside, bundling up to enjoy some outdoor exercise could help prevent putting on those extra pounds.

“Outdoor exercise during the winter can carry many potential benefits, if done correctly,” says Sue Karpinski, employee well-being specialist at [Mayo Clinic Health System in La Crosse, Wisconsin](#). “Past studies have shown that exercising in cold weather can turn white fat into beige or brown fat, which is a calorie-burning fat. Brown fat can burn calories and generate heat, which is why it is referred to as a ‘good’ fat.” She suggests trying snow tubing or sledding. The walk back up the hill is excellent work for muscles. If you're not that adventurous, simply walking and playing in the snow is a great way to work on your balance and strengthen your core. The key to being active outdoors is to choose fun activities you can do alone or with family and friends.

If temperatures dip below 0 degrees Fahrenheit, it may be better to exercise indoors. But if the temperature isn't too chilly, Karpinski recommends these tips when exercising outdoors:

- **Dress in layers.**
The typical rule of thumb is to dress like it's 20 degrees warmer than the current temperature. While it may feel chilly at first, you should warm up once you get moving.
- **Watch weather conditions.**
If temperatures dip into the negatives, it is better to stay inside. It is also important to keep an eye on ground conditions and pay attention to ice and slush.
- **Wear proper gear.**
Because of less sunlight, it is important to wear reflective gear and bright clothing if you are exercising before sunrise or after sunset. If it is raining, be sure to wear waterproof gear.
- **Warm up before heading outside.**
Doing stretches or a quick run up and down the stairs can get your body ready for exercise and help avoid injury.
- **Stay hydrated.**
The cold temperature doesn't stop the production of sweat, so it is important to stay hydrated and replace the fluids that you've lost. Because it's harder to get the daily vitamin D your body needs during the winter months, get the most benefit by scheduling your activity when sunlight is optimal. And just getting outside for a breath of fresh air can be beneficial, since cabin fever and seasonal depression affect many people.

“Exercising outdoors in winter temperatures has its benefits, but don't feel like that is the only way to exercise during the winter,” says Karpinski. “If it gets too cold or if you aren't a cold weather fan, exercising indoors is a better option than skipping exercise.”

(submitted by Sandy Beecher, Safety Chair)

CASTRO VALLEY SKI CLUB

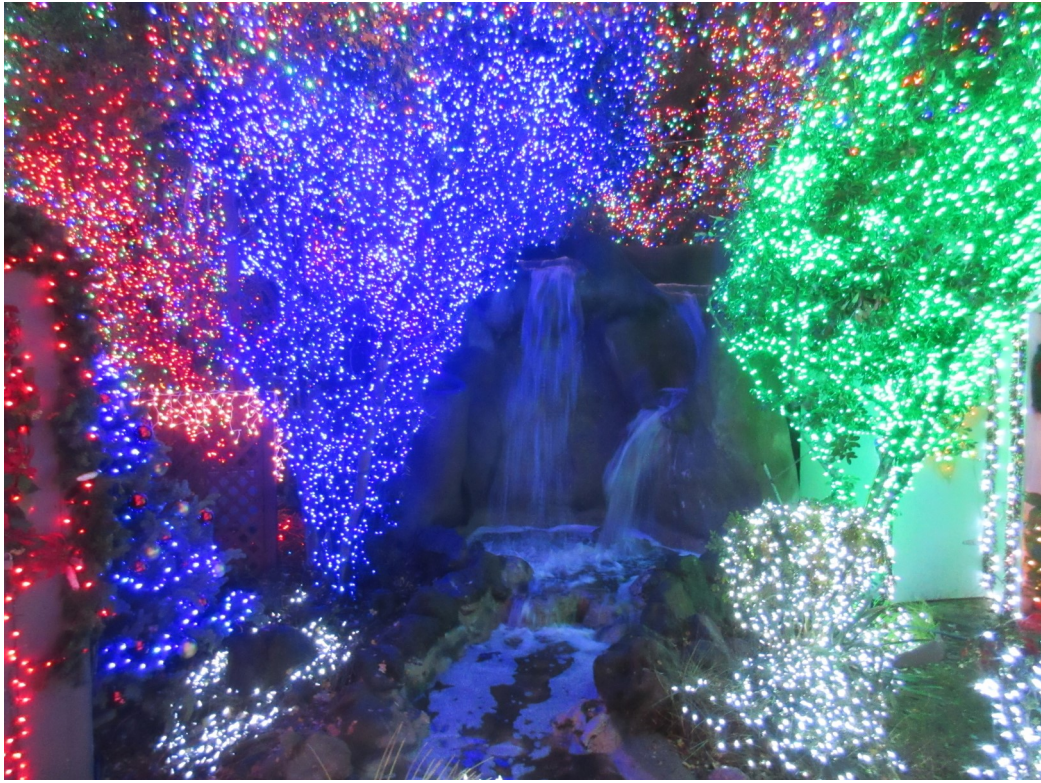
CHRISTMAS TROLLEY (oh... how JOLLY!!!)



Christmas lights were NEVER like this!!!!

(ooohhhhhhhh..... aaaaaahhhhhhhhhhhh!!!!!!!!!!)

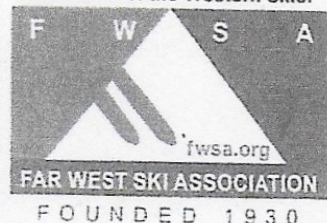




The lights are
ENDLESS ,
!!
!!
 !!!!!!!!!!!!!!!!!!!!!!!



"The Voice of the Western Skier"



88th Annual

Far West Ski Association Convention

May 28 - 31, 2020

at the



Red Lion on the River
Jantzen Beach

909 N Hayden Island Dr.
Portland, Oregon 97217



Hosted by the *Northwest Ski Club Council*

Red Lion on the River - Jantzen Beach

909 N Hayden Island Dr., Portland, OR 97217

Reservations <https://www.redlion.com/red-lion-hotel/or/portland/red-lion-hotel-river-jantzen-beach>
or

call 1-503-283-4466, Group Name: **Far West Ski Association.**

Room Rates per night plus tax single or double occupancy —
\$149 per night

Room Registration Deadline May 1, 2020

Hotel Features

- Located on the Columbia River
- Breathtaking views of Mt. Hood & Mt. St. Helens
- Outdoor Pool and jacuzzi
- Riverside deck for Friday Night Happy Hour
- Restaurant & Lounge • JB's Night Club
- Business Center
- Fitness Center

Transportation

- Fly into Portland International Airport
- 12 miles to Hotel via Uber, Cab, Red/Yellow Max Line

Convention Highlights

- Silent Auction & Trade Show
- Travel Expo
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panels
- Saturday Awards Luncheon
- Saturday Awards Banquet
- FWSA General Meeting & Elections

Optional Activities

- **Thursday**
 - Snow Day on Mt. Hood
 - Pub Crawl in Downtown Vancouver
- **Friday**
 - 14th Annual Michael German Memorial Golf Tournament
 - Bike Ride
 - Wine Tour
 - Pool Party

Debbi Kor
FWSA Convention Chairperson
fwsadebbi@comcast.net
or 503-314-7078

Jeannine Davis
Silent Auction Chairperson
SilentAuction@fwsa.org
or 415-328-2333

Sheri Parshall
Host Council Coordinator
cougskier@aol.com
or 503-706-0522

A portion of the Silent Auction proceeds will benefit TRA

www.fwsa.org

FWSA 2020 Davos & Portugal

Basic Ski Week: Feb. 28 – Mar. 7, 2020



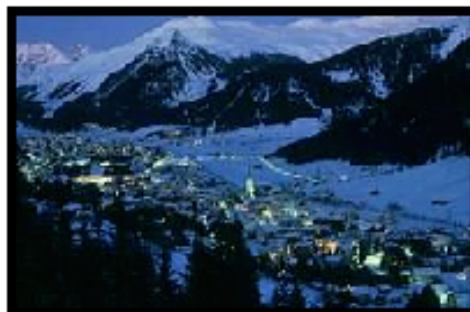
Optional Extension trip to Lisbon & Porto, Portugal

March 7 - 13, 2020

*The largest ski resort in Switzerland and
the highest city in Europe!*



*You will enjoy some of the best
skiing in the world, with 58
lifts, 300 km of ski slopes, 75
km of cross-country tracks and
much more.*



*Davos offers a wide range of
excellent shopping, numerous
boutiques, café/restaurants
and a lively nightlife!*

Davos-Klosters skiing areas feature 5 wonderful areas with terrain for all skier levels!

BASIC TRIP Land Package: The 5* SEEHOF Hotel (Not including Air Transp. or Lift Tickets)

- Approximate lodging package costs – starting at \$1759.00 per person based on double occupancy
- Pricing is based on exchange rate of 1.01USD vs. 1.00 CHF – subject to change
- Basic land package pricing is based on a min. of 86 people & the Extension pricing is based on a min. of 34 people – subject to change if requirements are not met. All local taxes are included
- Single Supplement and Upgraded rooms are available – quantities are limited.

Land Package Includes:

- All airport ground transfers with Multi-lingual guide meeting the FWSA Group Air people upon arrival
- 7 nights' accommodations with breakfast daily and Free Wi-Fi
- 5 Dinners – 2 nights **on your own** to dine at the local restaurants of your choice.
- Welcome/Orientation at the hotel with Tourist office, ski area and ski guide representatives
- Complimentary use of Wellness Center
- Local guide at the hotel each evening for 1 hour
- Optional Day Tour and mid-week Après ski party – details to be provided

Air Transportation Information - It is HIGHLY recommended to use FWSA air transportation!

- Group Air - SFO & LAX air transportation
- Stand Alone Trip Air – contact Debbie Stewart
- Alternate airport and/or post trip deviations are available – (they are limited)

**Air prices DO include estimated Fuel surcharges, Taxes and current Exchange Rate – subject to change.*

*If you are arranging your **OWN** flights but wish to take the FWSA bus transfers, you **MUST** coordinate your flight schedule with the FWSA group air schedule. No special alternate pick-up or drop offs by the bus will be permitted.*

Make checks out to: Far West Ski Association (FWSA).

Please reference "FWSA 2020 Davos/Portugal Trip" on each check.

Send to: Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277

FwsaIntlTrvl@prodigy.net or cell: 559/737-0882

CST # 2036983-40

Extension trip Lisbon & Porto, Portugal – March 7 - 13, 2020

Approx. Land Package – Double Occ. = \$1349.00 & Single Supp. Rooms available

A Stand-Alone trip is available for experienced travelers!

Discuss the Stand-Alone trip details with Debbie Stewart, VP of Int'l Travel



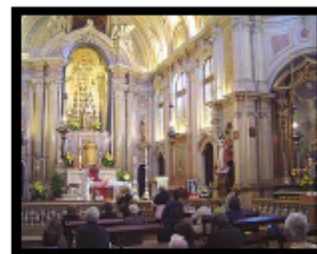
Experience Local Culture



Create New Memories
with Friends,
Old and New!



FREE TIME
TO EXPLORE!



Enjoy Regional Cuisine



Portugal is one of Europe's hottest destinations—and for good reason! Beyond the stunning landscapes and bustling cities lies a rich culture just waiting to be explored!

Lisbon and Porto, Portugal Trip includes:

- Air transportation to Lisbon –1 Free checked bag - Airline details tbd.
- Pricing is based on exchange rate of 1.20USD vs. 1.00 Euro – subject to change
- 3 night's accommodations at the 4* Hotel VIP Executive Entrecampos (Or Similar**)
- Breakfast buffet daily in each city
- Full day city tour of Lisbon including lunch
- Transfer between Hotel and Porto airport via private coach with English speaking assistant.
- Full day city tour of Porto including wine tasting and lunch.
- 3 night's accommodations at the 4* Black Tulip Hotel (Or Similar**)
- Entrance fees for: Jeronimo's Monastery, St. Anthony Church of Lisbon, St. Francis Church of Porto and Oporto's Cathedral.
- Porterage at all hotels.
- All local taxes

Make checks out to: Far West Ski Association (FWSA).

Please reference "FWSA 2020 Davos/Portugal Trip" on each check.

**Send to: Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277**

FwsaIntlTrvl@prodigy.net cell: 559/737-0882

CST # 2036983-40

Bay Area Snow Sports Council

BIG SKY FWSA SKI & SNOWBOARD WEEK...

January 25 – February 1, 2020

BAC Package Includes:

7 Nights Lodging: Ski in/Ski out

Huntley Lodge: Hotel rooms with Two Queen Bed or Loft with 3 Queens \$1,310 pp

Summit Lodge: Hotel rooms with One King or Two Queen \$1,610 pp

Single Supplements available.

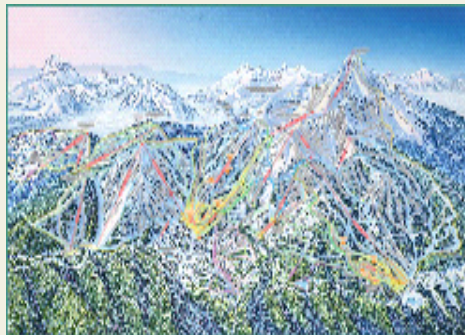
ONLINE REGISTRATION ONLY

<http://BAC83.sat.tours> – Payments made to Sports America, our Tour Operator



BAC Lodging/Amenity Package:

- Welcome Party
- Mountain Picnic
- BAC Council Dinner
- Ski Week Banquet Dance
- Farewell Awards Après Party



Additional Options:

Optional Day Trips to West Yellowstone Or Wildlife Center

Council Challenge Races & Non Skier Activities

Discounted Lift Tickets:

Group Air & Ground Transportation: TBA

Discounted 5-6 Day Lift Tickets will be available

Buy IKON Pass w/Sports America for \$30-50

lodging discount.



The Bay Area Snow Sports Council Presents
A Mini Ski Week to:

Trip is SOLD OUT! A wait list has been created. Send your forms and deposit in to get on the wait list.

Alta, Snowbird, Brighton & Solitude, Utah
February 19 – 23, 2020

Utah is renown for its wonderful powder snow & epic mountain terrain! By staying at the base of Big & Little Cottonwood Canyons, our BAC skiers will be able to access four great Utah ski resorts!

Lodging & Amenities Package Includes:

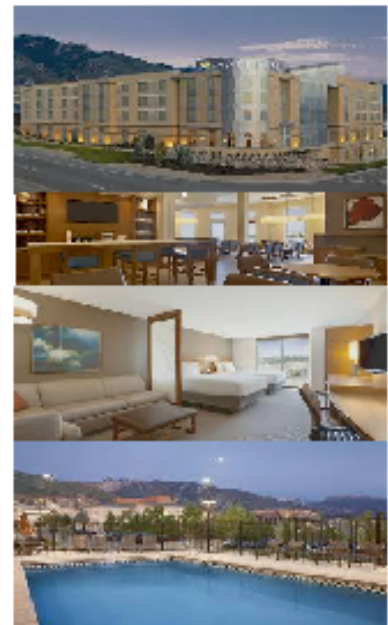
- ❖ 4 nights at the Hyatt Place/Cottonwood – double occupancy
- ❖ Welcome reception and Group Dinner included
- ❖ Free daily hot breakfast
- ❖ Free hotel shuttle to ski bus transit center
- ❖ Free wifi & parking

Lodging & Amenities Package Pricing:

- ❖ \$575 per person – based on double occupancy in King or 2 Queen bed hotel rooms.
- ❖ Registration opens on April 5. To insure your spot send your \$200 deposit check, payable to BAC Travel, in with your completed Trip Preference Form & Waiver. You must be a member of a BAC Club to reserve a spot.

Not Included – Airfare, Lift Tickets & Ski Bus Tickets

- ❖ Airfare Options & Ground Transportation - Delta, United & Southwest all have non-stop flights from the Bay Area into SLC airport - only 20 minutes from the hotel
- ❖ Lift Tickets: Alta, Snowbird, Brighton & Solitude are all on the IKON pass.
- ❖ Two Ski Buses for either Alta/Snowbird or Brighton/Solitude depart every 20-30 minutes from the ski bus stop. Ski bus tickets are nominal at around \$8 round trip.



BAC Trip Leader: Cathy Wilson

Send your \$200 deposit (payable to BAC Travel) to:

**Cathy Wilson
BAC Utah Trip Leader
1469 Firebird Way, Sunnyvale,
CA 94087**

BAC CST# 2050870-40

Castro Valley Ski Club
Presents
Russian River Cruise with Emerald Waterways
*Moscow • Uglich • Yaroslavl • Goritsy • Kizhi •
Mandroggi • St. Petersburg*

July 17-29th, 2020



Price from \$5464

Includes:

- RT Air from SFO & LAX
- 32 Meals (11 breakfasts, 10 lunches and 11 dinners)
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Fully escorted by an English-speaking Tour / Cruise Director
- Eleven-night cruise aboard the *MS Rossia*
- **All gratuities onboard and onshore**
- Shore excursions with English-speaking local guides
- Personal listening device for excursions
- Visits to many UNESCO World Heritage Sites
- Selection of complimentary drinks to accompany meals
- Variety of onboard entertainment
- All port charges included

WHAT IS NOT INCLUDED:

- Travel Insurance – If you don't need travel insurance let me know. I'm trying to set up something.
- Russian Visa

Make Checks payable to Castro Valley Ski Club (CVSC) Send payments to:

Tucker Hoffmann, CVSC Travel
2657 Rivers Bend Circle, Livermore CA. 94550
Phone 925-371-1910 Cell 510-329-4242
Email: tkhoffmann@comcast.net

CVSC CST # 2081040



2019/2020 Avid Skiers in Control

President	Claudia Fernandes	925-462-6573	Claudia.fernandes4108@gmail.com
Vice President	Anne Wilburn	925-200-2801	annewilburn@comcast.net
VP Membership	Maggie Jong	925-447-5148	mozoro25@gmail.com
VP Club Activities	Pat Green	925 846-7250	greendm@comcast.net
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Newsletter Editor	Dennie Warren	510-759-3415	dennieluu1@gmail.com
Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@aol.com
Past President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@comcast.net
Trustee	Paula Kinahon		pkinahon@gmail.com

WEBSITE: www.cvskiclub.org

WEBSITES & PHONE NUMBERS

Singles league racing:
slracing.tripos.com/schedule.htm
Open league racing: olrc.org
Weather: nws.mbay.net/home.html

Far West Racing Assoc: fwra.com
Web cams on the slopes: magnifeye.com
Road conditions: 1-800-427-7623
Info on all ski areas: onthesnow.com

Best weather website for snow: Tahoeweatherdiscussion.com

Take a bus to the slopes: nacski.com & bayareaskibus.com

Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/

SKIZETTE FOR JANUARY, 2020



The next meeting will be at

Don Jose's Restaurant
Castro Valley, CA

(auction starts @ 7:00 pm)

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



ASPEN & SNOWMASS