



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

January, 2022



EVENTS CALENDAR

(f) = flyer in this issue

Inside this issue:

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JANUARY, 2022

- 12 Board meeting at Pat's
22-29 CVSC Aspen Snowmass Ski Week, Snowmass, CO

FEBRUARY

- 9 Board meeting at Ray & Maggie's
16 General meeting TBD
26-3/5 FWSA Solden Ski Week in Austria (f) pg 7

MARCH

- 9 Board meeting at Phylis'
16 General meeting TBD
20-25 FWSA Mini Ski Trip to Zermatt, UT (f) pg 4

UPCOMING

- 5/15-26 CVSC Bali trip (f) pg 5
7/11-23 CVSC Russia River Cruise (f) pg 6

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

8/20-27 BAC Bike & Barge in Venice to Mantua, Italy (f) pg 9

JANUARY BIRTHDAYS

Dean Schlax	4	Sheron Bealer	18
Richard Warren	7	Marcia Wood	20
Connie Wolzinger	8	Barbara Johnson	23
Shirley Thompson	10	Leanne Miller	25
Linda Melliush	13	Jan Tadevich	29
David Silva	14		



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: mozero25@gmail.com*

SPORTING GOODS EXCHANGE

I am clearing out my storage locker and would like to give away the following items – **ALL FREE**:

Assorted winter gloves/hats

Ski tuning vices (pair) and metal scraper

Men's Silver Giro ski helmet, size XL. It has extra pads for adjustments

Silver and black one-piece men's ski suit by Coulor, Size Large
Pair of The Royal Shaft ski poles measuring 46" from top of handle to tip of poles. They have adjustable Velcro straps

Please contact me if you are interested in any of these items at:
510-908-9592 (cell) or at: d.steven.james@comcast.net

Steve James

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 it has been one heck of a year, may the days and year ahead bring us all a safe and sane world and many wonderful adventures and memories.



Claudia Fernandes
President

Our trolley event was a special time with great food and friends new and old!! Pat did a wonderful setup for everyone and we still talk about it...hopefully you all can join in next December...

The snow is here and what a nice surprise for they didn't think December would be good. Do enjoy the snow and good times ahead.

We have Snowmass coming up the end of this month and everyone is excited to ski and gather safely. Hopefully the new variant will be getting less and less after these holidays, and we can begin a new year of health and prosperity...

We will begin to gather again when it is safe. We will not meet this month for sure but we will see what the months ahead bring...

Hope your holidays were merry and bright.

Again, Happy New Year stay tuned for some events coming in the spring...

Best wishes,

Claudia

Tips to Stay Safe and Avoid Injuries While Skiing or Snowboarding

1) Don't go alone. It's imperative you stay with a partner. You've heard of the buddy system – now use it. Sure, it can be frustrating if you want to try a more difficult trail and your partner wants to stay at the easier one. You may be tempted to go by yourself. But skiing or snowboarding without other people around is dangerous. If you suffer an injury, you risk hypothermia or even death if you can't get help on your own. Always have a buddy and stay in each other's sight. Slow down if you get too far ahead of your partner. If you are with children, supervise them and stay close.

Besides being with at least one other person, tell someone who is not participating about your plan and potential whereabouts. If both you and your partner get injured or don't return, this person can alert authorities. In addition, carry a cellphone with you so you can call for help in an emergency.

2) Wear protective equipment (and make sure it fits properly). The most important piece of protective gear you can wear is a helmet. But make sure you wear a helmet designed for skiing or snowboarding, not a bicycle helmet. Helmets reduce the risk and severity of head injuries and traumatic brain injuries. The helmet usage rate among skiers and snowboarders has increased over the past 10 years. Studies have found the increased helmet usage rate has led to a decline in the number of serious head injuries. Besides a helmet, it's important to wear the following:

- Elbow and knee pads
- Wrist guards (for snowboarders)
- Fitted boots and bindings
- Goggles

3) Wear warm clothing. It's easy to lose track of time and not worry about being cold if you are having fun. But being outside in the cold for too long without proper clothing may lead to frostbite. Warm clothing will help your body maintain a healthy temperature. Clothing should be loose so you have the flexibility to move freely. Wear layers and waterproof materials.

4) Follow the rules and use proper technique. Take lessons from a certified instructor if you're a beginner. Even if you've been skiing or snowboarding before, it doesn't hurt to take a refresher course. Learn how to ski and snowboard correctly so you can avoid accidents. An instructor will teach you the safest way to fall. You will also learn about ski lift safety and the proper way to get on and off the lift. Always practice etiquette and respect others, stay in control and stop in a safe place. You don't want to be that person who stops in the middle of the slope.

5) Be aware of your surroundings. Before and while heading down the mountain, scan the area for hazards like rocks, trees and patches of ice. Make sure you don't ski or snowboard in the direction of these hazards (because running into them would really hurt!) You can stay even more aware on the slopes by avoiding distracting behaviors like texting or listening to music on headphones. In addition, follow the marked trails. These trails are the safest. Avoid potential avalanche areas and don't go into a dangerous or unmarked area (no matter how cool it looks). These areas are closed off for a reason.

6) Know your limits. Don't try a difficult slope if you aren't ready for it. Naturally, sometimes people feel the need to keep up with their friends or even show off. But you'd be endangering both yourself and others if you go beyond your skill level. If you are a beginner, master the easy slopes before you move to the more challenging slopes. Pay attention to your body as well. If something hurts or if you are tired, stop. You don't want to risk taking another run and overexerting yourself. It's okay to call it a day and go back to the lodge to relax. (The lodge does have7) Do warm up exercises. Muscles get tighter in cold weather, and tight muscles are more prone to injury. Since you will be outside in the chilly air, it's important to loosen up your muscles. Exercising before your first run will help reduce your injury risk.

*Before you even go skiing or snowboarding, make sure you are in good physical condition.

8) Drink water. Dehydration is dangerous. It's crucial to drink plenty of water before, during and after skiing or snowboarding. The body requires more water when you are physically active and at high-altitude, so make sure you increase your water intake.

Article found on Kane and Silverman P.C. Website under Safety

(Submitted by Sandy Beecher, Safety Chair)

"The Voice of the Western Skier"



Far West Ski Association's 2022 Mini Ski Trip March 20—25, 2022

Zermatt Utah Resort & Spa



TRIP PACKAGE PRICE STARTING AT

\$550

Price does NOT include air or ground transportation

\$25 discount if you book by September 30, 2021

4-STAR HOTEL AND VILLA PROPERTY WITH A FULL-SERVICE SPA AND WELLNESS CENTER, INDOOR/OUTDOOR POOL, HOT TUBS, 2 RESTAURANTS, A BAR, AND BAKERY, ALL ON SITE. RESORT IS 45 MINUTES FROM SALT LAKE INT'L AIRPORT; 11 MINUTES FROM DEER VALLEY SKI RESORT, AND 18 MINUTES FROM PARK CITY MOUNTAIN. SUNDANCE RESORT SKIING IS JUST 20 MINUTES AWAY.

ENJOY A SOAK IN A 10,000- YEAR OLD CRATER HOT SPRINGS!

Contact: Gloria Raminha 661-800-8229 or 661-829-5996

Garski2011@gmail.com

Nancy Ellis – 530-582-0566 or 530-414-8261

Fwsatravelnancy@sbglobal.net

FWSA CST #2036983-40

Included:

Five night's lodging

- 2 Queen Alpine Room or
 - 2 Queen Deluxe Alpine Room or
 - 2-bedroom Villa
- Welcome Reception**
Farewell Party
Happy Hours

Optional for Purchase:

- 1 or 2- day lift tickets Deer Valley & Park City Ski Resorts
- 1-day lift ticket Sundance Resort
- IKON Pass

Optional Activities:

- Crater Hot Springs
- Spa Services
- Hot Tubs
- Sleigh Rides
- Ice Skating
- Tubing



Breathtaking Bali with the Castro Valley Ski Club

\$2999

May 15-26, 2022

YOUR TOUR INCLUDES

- Round-trip international airfare from Los Angeles or San Francisco
- 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 (may be adding more)
- Comprehensive sightseeing tours including admission fees as indicated in the itinerary
- Professional, English-speaking Tour Director throughout
- Refillable water bottle provided at the start of the tour
- TIPS & More.....



ITINERARY AT A GLANCE

- 2 nights in Ubud
- 2 nights in Candidasa
- 2 nights in Munduk
- 3 nights in Sanur
-



TOUR HIGHLIGHTS

- 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



WE ARE NOW ACCEPTING DEPOSITS

Travel insurance will be available on this trip;

- Basic plan \$179 per person
 - Upgraded plan CFAR \$329 per person (Cancel For Any Reason)
- Insurance premium is non-refundable.

Send your refundable \$300 deposit to:
Tucker Hoffmann 2657 Rivers Bend Circle, Livermore CA 94550
tkhoffmann@comcast.net

Castro Valley Ski Club

Presents

Russian River Cruise with Emerald Waterways

*Moscow • Uglich • Yaroslavl • Goritsy • Kizhi •
Mandroggi • St. Petersburg*

July 11-23, 2022



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
- 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

FWSA 2022 Sölden Ski Week & Black Forest Region Extension



Basic Ski Week: Feb. 26 – Mar. 5, 2022 (depart US Feb 25th)



You will enjoy 34 lifts taking you up 3000 meters. Attention James Bond Fans...be sure to visit the 007 Elements cinematic experience inside the summit of Gaislachkogel mountain!

Optional Extension
March 5 - 11, 2022

The largest ski resort in the Otztal Valley and the Austrian hospitality is incomparable!



Sölden hosts the Alpine Ski World Cup and one of Europe's most renowned Ski & Snowboard resorts. The infinite number of slopes and ski trails for all levels over 91 miles of slopes including 2 glaciers!

BIG 3 – Think BIG, Think SÖLDEN!

Sölden is Austria's first resort offering three mountain peaks beyond 10,000 ft.

BASIC TRIP Land Package: The 4* TYROLERHOF Hotel (Not including Air Transp. or Lift Tickets)

- Approximate lodging package costs – starting at \$1998.00 per person based on double occupancy
- Pricing is based on exchange rate of 1.20 USD vs. 1.00 Euro – subject to change
- Basic land package pricing is based on a min. of 65 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 - breakfast and dinner daily at hotel
- Free Wi-Fi in hotel and Complimentary use of Wellness Center
- Complimentary 2-hour Mountain Tour 1st day of skiing. (Be sure to select skier level on registration form - groups of 12)
- Welcome/Orientation at the hotel with Tourist office, ski area and ski guide representatives
- Local guide at the hotel each evening for 1 hour
- Optional Day Tour, Mid-week Après Ski Party, and Farewell Party with light snacks – 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 2022 Sölden/Black Forest" on each check.

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

FwsaIntlTrvl@prodigy.net

mobile: 559/737-0882

CST # 2036983-40

Extension trip to the Black Forest Region, Germany – March 5 – 11, 2022

Approx. Land Package – Double Occ. = \$1709.00pp & Single Supp. = \$2169.00

A Stand-Alone trip is available! (No Solden)

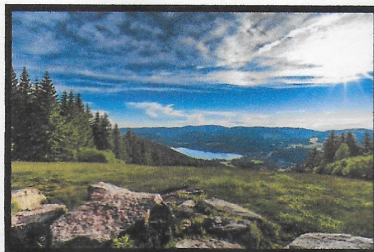
Discuss the Stand-Alone trip details with Debbie Stewart, VP of Int'l Travel



Experience Local Culture



Create New Memories
with Friends,
Old and New!



FREE TIME
TO EXPLORE!



Enjoy Regional Cuisine



Photos: © Hochschwarzwald Tourismus GmbH

The Black Forest Region in Germany 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!

Black Forest Trip includes:

- Transfer between Sölden and Titisee/Neustadt via Lindau on a private coach
- English speaking guide throughout the tour
- Pricing is based on exchange rate of 1.20USD vs. 1.00 Euro – subject to change
- Stay for **5 nights** at the 4 Star Hotel Maritim
<https://www.maritim.com/en/hotels/germany/titiseehotel-titisee-neustadt/hotel-overview>
- Breakfast buffet daily
- Visit Freiburg & Triberg towns with the tour manager
- Guided city tour of Colmar with local guide and time at leisure in Kayersberg
- Guided city tour of Heidelberg and entrance to Heidelberg Castle
- Guided city tour of Straßbourg and entrance to Straßbourg Cathedral
- Transfer by motorcoach to Frankfurt with a guided city tour of Frankfurt with overnight at 4 Star NH Frankfurt airport Hotel. <https://www.nh-hotels.de/hotel/nh-frankfurt-airport>
- All local taxes

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

Please reference **"FWSA 2022 Solden/Black Forest Region Trip"** on each check.

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

FwsaIntlTrvl@prodigy.net

mobile: 559/737-0882

CST # 2036983-40



BIKE & BARGE

VENICE to MANTUA, ITALY

AUGUST 20-27, 2022

\$1,680

PER PERSON DOUBLE OCCUPANCY

BAC CST# 2050870-40

PRIVATE CHARTERS via Girolibero Cycling Holidays

Join 30 BAC cyclists for a leisurely Bike & Barge along the waterways of the River Po for a fabulous tour of Italian countryside & rural hamlets lead by experienced tour guides. Daily rides will be rewarded with regional dishes prepared by on-board chefs. Excellent bikes and sightseeing excursions included.

ITINERARY

- 1-Arrive in Venice. Board after 4.30 PM. Overnight in Venice
- 2-Guided visit of Venice with a free afternoon. Overnight in Venice
- 3-Cycle Lido and Pellestrina islands (30 km). Overnight in Chioggia
- 4-Cycle to Po Delta Nature Reserve (40 km). Overnight in Adria
- 5-Cycle to Ferrara (35 km by bike + 35 km by bus). Overnight in Zelo
- 6-Cycle to Bergantino-Governolo (50 km). Overnight in Mantua
- 7-Cycle Mantua lakes (35 km). Overnight in Mantua
- 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
- Visit a historic glass factory on Murano Island

NOT INCLUDED:

- Airfare & Ground Transportation
- Tips • eBikes available for \$120
- Beverages on board (alcohol, soda, etc.)
- Ticket for public transportation in Venice and lagoon (we suggest the ACTV 72h-ticket, 40 €)



August 20-27, 2022

BAC Trip Leader: Karen Albrecht

712 Matsonia Drive, Foster City, CA 94404
650-515-9532 iplaythird@yahoo.com





2021/2022 Avid Skiers in Control

President	Claudia Fernandes	510-435-5263	Claudia.fernandes4108@gmail.com
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VP Club Activities	Pat Green	925 846-7250	greendm@comcast.net
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Past President	Karen Wehrman		
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@comcast.net
Trustee	Paula Kinahon	510-910-2707	pkinahon@gmail.com
Safety Chair	Sandy Beecher	707-479-6272	srbeecher@aol.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

Best weather website for snow: Tahoeweatherdiscussion.com

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

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

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

SKIZETTE FOR JANUARY, 2022



There will be no general meeting in January.

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



ASPEN & SNOWMASS