



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

February, 2019



EVENTS CALENDAR

(f) = flyer in this issue



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FEBRUARY*

- 2-9 FWSA Ski Week at Steamboat Springs, CO
- 9-16 CVSC Ski Week at Beaver Creek, CO
- 20 CVSC general meeting at Don Jose's

MARCH**

- 9-16 FWSA Int'l Ski Week in Japan (f) pg 4
- 20 CVSC general meeting at Don Jose's
- 24-29 FWSA Mini Ski Week at Winter Park, CO (f) pg 4

APRIL

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

*There will be no board meeting in February

**There will be no board meeting in March

UPCOMING

- 5/5-15 CVSC Rhine Cruise & Amsterdam (f) pg 5

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

FEBRUARY BIRTHDAYS

George Kish	3
David Purdy	13
Bruce Anderson	15
Elsa Wholey	27
Steven James	27



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***

President's Message

Happy snow, everyone!!! What a wonderful January and now February is looking great we will hope this continues, the snow outlook is good. And the snow level is promising.....So be safe out there and enjoy!!!

January's meeting was a good one and thank you to all in attendance. We had great reports from the board members and, as always, I want to thank you all for your support last year and to the board who has continued to do a wonderful job.



Claudia Fernandes
President

We are doing well as a club with increasing membership and great events and travels ahead.... So you will be hearing more as the year progress...

We are looking forward to our Beaver Creek trip coming up this February 9, thank you Kathy and Tucker for again providing us with another great trip...There will be stories to tell and many great times with friends.

This month's meeting will be Wednesday, February 20th at Don Jose's, come join us to share your ski trips so far this season...I have heard some great times and some challenging moments, we will love to hear from you all.

Enjoy the snow, the fun and friends as the season goes forth, may your days on the slopes be safe and exciting!!!

Best to you all, and Happy snow days ahead....

Claudia

SHOULD I WEAR A HELMET WHEN I SKI?

It is hard to prove that helmets reduce head injuries because other things affect rates, such as increased risk-taking, improvements in detecting brain injuries and density of traffic on the slopes. Most serious head injuries occur when skiers or boarders hit trees, rocks or people. Head injuries are rare, but cause 60% of deaths in snow sports.

Ski helmets may be getting more fashionable but, as the [New York Times has reported, that doesn't mean brain injuries are getting less common](#). The Times says that in the US about 70% of skiers and snowboarders now wear helmets (triple the number in 2003) but that brain injuries or deaths haven't fallen. The paper quotes [a study in Wilderness and Environmental Medicine](#) showing that in the US between 2004 and 2010 head injuries from snow sports rose from 9,308 to 14,947. So, are helmets giving us a false sense of security, or is the data misleading?

[Eurosafe](#) has a helpful summary of the evidence on the benefits, which cites a Canadian meta-analysis that adds up all the studies and finds helmets reduce head injuries by between 21 to 45% – the range being due to differences in the studies (some looked only at serious head injuries while others only considered certain ages). Helmets may be most helpful to children, with [one study showing a halving in head injuries](#) for those under 10. A [guideline from the Agency for Healthcare Research and Quality in America](#) advises that all recreational skiers and snowboarders wear helmets. It says that, as with research into motorcycle helmets, it isn't ethical to do a randomized controlled trial in which one group doesn't wear a helmet. But despite limitations, [the authors say the evidence suggests helmets reduce head injuries](#), don't encourage risk-taking – and do not increase the risk of neck and upper spine injuries – and should therefore be promoted.

Wearing a helmet still remains a personal choice (for the most part). Stay safe!!

Sandy Beecher

FWSA 2019 Int'l. JAPAN Trip

Hakuba Valley Ski Resort – Home of the 1998 Nagano Olympics

Basic Ski Week: March 9-16, 2019 (SFO & LAX Group Air departs Mar. 8th)

Optional Pre-Trip to Niseko – March 4-8, 2019 (Min. of 22 & Max. of 32 & departs US Mar. 3rd)

Pre-trip must be combined with BASIC Hakuba Valley Trip – not sold separately

Optional Extension trip to Kanazawa, Kyoto & Tokyo

March 16-23, 2019



Experience the "LAND OF THE RISING SUN".
Enjoy the "LAND OF SAKE and CHERRY BLOSSOMS"



Why Japan? Where else can you have some of the best skiing in the world and use your **EPIC PASS!**

Why Japan? Where else can you enjoy such a rich and unique culture that spans thousands of years?

Here's why...Japan offers something for everyone, whether it's deep powder skiing, long winding groomed skiing, sightseeing in some of the ancient temples, or the Wild Monkey habitat, there is something to please everyone!

BASIC TRIP Land Package - The Tokyu Hotel (Not including Air Transportation or Lift Tickets)

- Approximate lodging package costs – starting at \$1720.00 per person based on double occupancy
- Pricing is based on exchange rate of 1USD vs. 110 Yen – 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 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 on the 2nd day after arrival due to group's air late arrival time
- Special Ezura Goryu Drumming and Dinner Show, including bus transportation
- Complimentary Mountain Escort for 3 hours on the 1st day of skiing – groups of 20 max.
- 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 details to be provided
- 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 2019 JAPAN Trip" on each check.

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

FwsaIntlTnl@worldnet.net or cell: 559/737-0882

CST # 2036983-40



WINTER PARK

Far West Ski Association's

2019 Mini Ski Trip

March 24th to 29th, 2019

Package prices start at:

\$475

Ask about discounted 4-day lift ticket or Ikon Pass Purchase

Price does NOT include air or ground transportation

"The Voice of the Western Skier"



FOUNDED 1930

WITH A 75-YEAR HISTORY, WINTER PARK RESORT IS COLORADO'S LONGEST CONTINUALLY OPERATED SKI RESORT. OVER THE YEARS WE'VE BEEN KNOWN TO BE "EXTREMELY COLORADO," "AUTHENTIC COLORADO," AND "COLORADO'S FAVORITE." REGARDLESS OF WHAT YOU KNOW US AS, REST ASSURED WE'RE MORE THAN YOU IMAGINE!

EXPLORE THE 7 TERRITORIES FOR SKIING, WINTER PARK, EAGLE WIND, CIRQUE, VASQUEZ RIDGE, MARY JANE, PARSENN BOWL AND THE TERRAIN PARK. ALL JUST 67 MILES NORTHWEST OF DENVER AIRPORT

Included:

Five night's lodging
@ The Vintage Resort Hotel
Hotel Rooms
Welcome Reception
Farewell Party

Optional for Purchase:

4-Day Discounted Lift Tickets
Ikon Pass

Optional Activities:

Snowmobiling
Snowbiking
Coca Cola Tube Park
Ice Skating
Scenic Snowcat Tours
Dog Sled Rides
& More



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

Gurki2011@gmail.com

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

Fwsatravelnancy@abglobal.net

FWSA CST #2036983-40

Castro Valley Ski Club
Radiant Rhine Cruise & Amsterdam
May 5th-15th, 2019 - Amsterdam to Mainz
Price \$3875

Includes 2 pre nights in Amsterdam, you would depart USA on May 5, arrive May 6 at 2PM, we board our cruise boat on May 8 after 4PM. Fly back to USA on May 15.

Included:

- 2 nights in Amsterdam before the Cruise at the Movenpick
- Round Trip air from SFO on Lufthansa
- 7-night cruise aboard the 5-star MS Crucevita (cat. C included in price)
- 22 meals: 9 buffet breakfasts, 6 lunches and 7 dinners
- Free wine, beer, or soda daily with lunch and dinner
- Captain's Welcome cocktail and Farewell dinner
- Total of 8 included sightseeing excursions (with audivox's)
- All on board activities and live music each evening
- Services like early riser breakfast, 24/7 coffee, afternoon cake and snacks
- Professional English-speaking Cruise manager and local guides throughout

Category C (included) main deck aft - panorama window -4 cabins available

Category B (+\$199 per person) main deck mid - panorama window - 6 cabins available

Category A (+\$449 per person) promenade deck, French balcony - 10 cabins available

Cruise Itinerary:

- 7-night cruise from Amsterdam to Mainz
- Amsterdam (Netherlands)
- Rotterdam (Netherlands)
- Cologne (Germany)
- Koblenz/Ruedesheim (Germany)
- Mannheim (Germany)
- Speyer/Worms (Germany)
- Strasbourg (France)
- Mainz (Germany)



What's not included:

Gratuities

Optional Tours

Travel Insurance (\$179/pp)

M/S Crucevita Cruise Ship

The M/S Crucevita was designed in an old world grand yacht style. Superb public areas, accented in oak and leather, include a panorama restaurant, cozy bar and lounge, a fire-place, a gym, sauna, library, and sun deck. The cabins area spacious 14 sq m (150 sq ft) and are fitted with beds that are stowed away during the day to create extra space to relax. All cabins include air-conditioning/heating that can be regulated individually, a multi-channel satellite TV with remote control, a mini safety deposit box, a telephone and a hair dryer. Cabins on Main deck have panorama windows while cabins on the upper Promenade deck will have new French balconies.

Deposit \$300 – non-refundable

Tucker Hoffmann – CVSC Travel Director – tkhoffmann@comcast.net
2657 Rivers Bend Circle, Livermore CA. 94550
CVSC CST # 2081040



2018/2019 Avid Skiers in Control

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Vice President
VP Membership
VP Club Activities
Secretary
Treasurer
Newsletter Editor
Web Manager
Travel Director
Past President
Trustee

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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 FEBRUARY, 2019



The next meeting will be at

Don Jose's Restaurant
3430 Village Dr.
Castro Valley, CA

(meeting starts @ 7:00 pm)

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



ASPEN & SNOWMASS