



P.O. Box 20321
Castro Valley, CA 94546

CVSC SkiZette

March, 2010



EVENTS CALENDAR

(f) = flyer in this issue

MARCH

- 3 CVSC general meeting at Don Jose's
- 10 CVSC board meeting at Dave's
- 11-14 California Senior Winter Games at Dodge Ridge (f)
- 17 CVSC general meeting at Don Jose's

APRIL

- 7 CVSC general meeting at Don Jose's
- 14 CVSC board meeting at Karen & Jim's
- 21 CVSC general meeting at Don Jose's—*Annual Election of Board of Directors!!*
- 24 CVSC End of Season Banquet (f)

MAY

- 12 CVSC board meeting at Eva's
- 19 CVSC general meeting at Don Jose's

UPCOMING

- | | |
|------------|---------------------------------------|
| Date TBD | Fun Fest |
| 6/10-13 | FWSA Annual Convention at Palm Desert |
| 7/17 | Hawaiian Luau (Pat & Dan Green) |
| 8/14 | Vin et Cuisine (Fred & Marsha Rubis) |
| 9/29-10/12 | Trip to Turkey (f) |

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MARCH BIRTHDAYS

Ron White	1	
Danny Motola	5	
Kenn Wulff	9	
Maureen Motola	9	
Dick Ableser	11	
R. Dean Michael	12	
Young Kang	12	
Miriam Glickman	13	
Annemiek Storm	18	
Paula Kinahon	20	
Jeanne Burke	28	
Dennis Sorensen	30	



Happy birthday to
you.....



Visit our Website at www.cvskiclub.org

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



Election of Directors

The annual election for the Board of Directors of the Castro Valley Ski Club will take place at the General Membership meeting on April 21, 2010. This is an important event, so mark your calendars.

Have you ever thought of helping out the club as one of the leaders? How about as an assistant? Maybe you have experience from other clubs as an officer or director. Now is a perfect time to contact a Board Member or Trustee, Jim Korn or Kathy Hoffmann, and express your interest. We can always use good people to make the club better.

We welcome all comments and questions. The Board is here to serve you, the members.

The following is a list of the dedicated individuals who are running for the elected Board positions:

President	Ralph Sherman
Vice President	<i>vacant</i> - interested members so far - Ron White
VP Membership	Karen Wehrman
Secretary	Eva Lanphear
Treasurer	Claudia Fernandes

Be sure and attend the April 21 meeting to propose any additional nominations for election to the above Offices!

See YOU there
Your Nomination Committee

To the nomination Committee: If you need to revise this in any way please contact the Skizette Editor, Dennie Warren immediately - and cc Jim Korn.

Thanks,

Jim Korn

President's Message

Hi Gang,



As I write this the weather man is predicting a windy rainy day in the Bay Area and up to an additional three feet of new snow in the Sierras. How great is that. We may be skiing into June with this global cooling. But hold on! It looks like spring in my garden. The birds are singing, the robins have returned from their winter perches, tulips and daffodils are popping their heads out of their deep, dark winter resting places, and the hungry snails are once again grazing for those tender new green shoots. Our hills are dressed in a lush carpet of green and yellow and yet, at the same time, the hills are alive with the with the sound of skiers and boarders dressed for the winter season and praising the fact that all of this snow will not only extend the ski season but will likely fill our streams and reservoirs for the first time in too many years. So, don't put away your skis and boards but keep your eye out for late season ski equipment sales and lower lift ticket prices in an extended season. My old Alpine Meadows cabin, now belonging to Pam and John, has a lift ticket hanging on the wall dated June 25 (I think) 1995. We may be torn in two directions if that happens again. Shall we go water skiing or shushing down a mountain or both on the same day? Only in Northern California. Are we spoiled or what?

As the snow sports season winds down we can begin to mark our calendars for Club, Far West and DSUSA activities and events already planned.

- March 19 – Ability Challenge Races at Alpine Meadows
- March 20 – Ability Bash at Alpine Meadows
- March 27 – Ski For All at Squaw Valley
- April 24 – CVSC End of the Season Banquet at Sequoia Country Club
- June -- FWSA Convention at Palm Desert
- July 17 – Hawaiian Luau at Pat and Dan's
- August 14 – Vin et Cuisine at Fred and Marsha Rubis'
- October 30 – Halloween Party at Pat and Dan's
- December 8 – Christmas Party at Sequoia Country Club

I'll see you there

Ralph

Consider This...

Greetings!



I hope that you have taken ample advantage of the fabulous snow conditions gracing Sierra-Tahoe this year. I skied a few days at Northstar the end of February and had a blast. A gang of us stayed at the Siegfried condo, very nice lodging that is comfortable and quite cozy. It's a convenient and affordable option if lodging is all that stands between you and some great skiing in Tahoe. Jim Silva, VP of weekend trips, manages reservations for Siegfried condo so see him for availability, pricing, etc.

Bay Area Snow Sports Council News

What goes around comes around. That said, on our horizon are the FWSA convention, Council Man & Woman of the Year, and election of council officers.

The Far West Ski Association 78th Annual Convention hosted by San Diego Council of Ski Club June 10 - 13, 2010 @ the Esmeralda Resort & Spa at Indian Wells, California. See convention flyer for more information on planned events and lodging.

The **council Man and Woman of the Year** recognition and competition is coming up in March and April. Winners of the competition will go on to represent the BAC at the Far West convention in June. Date of the Man & Woman of The Year dinner to be determined. Stay tuned.

Nominations & elections for council officers, other than President, are underway with the voting taking place at the general meeting Monday, April 12. Each club has two votes cast by club president and BAC representative. Elected positions include VP Membership, Travel Director, Secretary, VP Public Affairs, Treasurer, VP Communications, Benefits Director, and Industry Liaison. There are also several appointing positions up for consideration.

CVSC nominations and elections are also coming up in the March-April timeframe. I encourage you to attend the meetings & participate in the process. The incumbent officers will present job requirements for the various board positions at the upcoming meetings. There are also numerous non-elected positions you might wish to consider.

I look forward to seeing you at the March meetings. Meanwhile, I hope you're having fun – on and off the slopes.

Best regards,

Paula Kinahon

VP & BAC Representative
415 983-7145 (day)
510 357-6127 (evening/weekend)

STAYING WARM

Coping well with the cold starts with good common sense. The first rule: always prepare for colder weather than you expect. If you're headed for a mountain to ski, snowshoe, or climb, remember that the temperature there doesn't have anything to do with the temperature at your home. I live only three miles in a straight line from the mountain where I do most of my winter recreating, yet no matter what the temperature is at home, I always expect it to be colder there than here. I'm rarely disappointed and I'm always prepared.

Coping with the cold means starting with everything warm and dry. If you spend any time at all among newcomers to the winter outdoors, you'll inevitably run into people who have left their hat, gloves, and boots in the car overnight. Is it any wonder their hands and feet get cold?

My boots for alpine skiing, cross-country skiing, snowshoeing, and general winter walking spend the night before an expedition, and the night they come home from one, on an electric dryer, so they start each day warm and dry. I carry them in the front seat with the heater blowing on them.

When I'm downhill skiing, I carry a hair dryer in my boot bag. If the boots get cold on the trip from the parking lot to the lodge, I warm them up before I put them on. The hair dryer also comes in handy for midday warm-ups in extreme cold.

Dressing in layers is the best strategy for coping with the cold. I won't wear any cotton next to my skin while outdoors in the winter. Cotton and even silk absorb moisture too readily, and if you work up any kind of sweat, you're going to get chilled.

A few years ago, wool was the only alternative -- and it's still a good one. But polyesters, like L.L. Bean's Sport Series 3, Patagonia's Capilene, and DuPont's Thermax, are the best material I've found for underwear, followed by polypropylene or soft wool. In really cold weather I'll wear two layers of underwear -- superlightweight runners underwear topped by a midweight or heavyweight, and top that with as many layers of wool sweaters, fleece pants and jackets, and vests as it takes to keep warm, and top everything with a wind-proof shell -- pants and jacket.

Right here's as good a place as any for a note on "The Wind-Chill Factor." Every winter you can hear the weather wonks on radio and TV warning you to "beware of the dangerous Wind-Chill Factor as soon as the temperature drops below 50 degrees and the wind begins to move the flag outside the window of their hermetically sealed offices.

Don't listen to them!

If you dress properly and put on a windproof outer shell, the Wind-Chill Factor ceases to be a problem.

A windproof, thick wool or fleece hat is essential for warmth. Headbands and baseball style caps may look very fashionable, but they won't keep you warm. The old saying, "If your feet are cold, put on your hat," is absolutely true.

For your hands, try a thin liner glove inside insulated ski mittens. And when it gets really cold, stick your regular mittens inside a wind-proof nylon or leather over-mitten.

Keeping your face warm can be a challenge. Start with a good moisturizing sunscreen. The oil base will help protect your skin. Then add a neck warmer you can pull up, a hat you can pull down, and a pair of good goggles to cover the space between. Goggles that won't fog up are expensive, but they last if you take care of them, and they are worth every cent you spend when the wind and snow are flying. I've recently discovered the neoprene, fleece, and turtle-fur face masks that fasten over your chin, cheek and nose. They cost less than \$20, and will help keep you cozy even on a chairlift or snowmobile ride with the wind hammering your face. The neoprene seems to work the best in deep cold.

Don't forget that you also need fuel to keep you warm. Being outside on a cold day is a perfect excuse to indulge a little. Yes, you need a little protein and lots of carbohydrates. But you also need some fat in your diet for long-term warmth. I always carry a Snickers bar or two in my parka for emergencies and a thermos of real hot chocolate. Outdoors in the cold is no time to be counting calories, so turn off that nagging little voice inside your head and enjoy yourself.

In order to burn that fuel efficiently, you must keep your body hydrated. In cold weather you lose a lot of fluid just inhaling dry cold air and exhaling warm moist air. Drinking lots of the right liquids is important. Caffeine is not really good for you in cold weather. And alcohol is an absolute no-no. It sends a flush of warmth to the skin, but robs you of the core heat you need to stay warm. I drink lots of hot decaf tea with a shot of honey. My boys prefer cool (not cold) juice and seltzer. Either way, it's the fluid that's most important.

The real trick with staying warm in cold weather is partly preparation -- and partly psychological. If you're dressed properly and go out with the intention of staying warm and having a good time, chances are you will. Wouldn't you rather be out enjoying the winter than be held prisoner by the cold?

(submitted by Sandy Beecher)

Outtakes
FROM STEPHEN O. MUSKIE

**Castro Valley Ski Club
Travel Update..... Tucker Hoffmann CVSC Travel Director**



**2010 CVSC Turkey Trip
Sept. 29-Oct. 12, 2010 - \$2600**

We have 40 members going on this trip. We only have 2 people left on the waiting list. Please feel free to contact Tucker or Kathy Hoffmann 925-371-1910 if you have any questions concerning the trip.



BAC & Far West Ski Association



**FWSA 2011 SKI WEEK
Jan. 22nd - 29th, 2011
Sun Valley, Idaho**



pricing does not include air or transfers

Sun Valley Lodge (hotel rooms)	\$1325
Sun Valley Lodge Deluxe Apartments	
2 bedroom/2 bath condos (king/2 twins)	\$1225
3 bedroom/3 bath condos(king/queen/2 twins) upon availability	\$1150

Since Averell Harriman and the Union Pacific Railway first put Sun Valley on the map in 1936, the things that make the area irresistible have remained essentially the same. The sun shines almost daily on this Old West setting. Locals still smile and are glad to give directions. And the valley continues to be a peaceful refuge for visitors year after year. Sun Valley boasts two fabulous mountains: Baldy, considered by serious skiers as one of the country's best ski mountains, and Dollar, a beginner's paradise with gentle, sunny slopes groomed to perfection. In the Old West town of Ketchum, just one mile down the road from the Sun Valley Resort, you'll find a lively community of shops, restaurants, night spots, art galleries and theater.

As of this newsletter we have 49 CV members signed up. Pat Green is the trip leader. Make sure you let her know what lodging you prefer, hotel room or condo and roommate preferences.

Tucker - CVSC Travel Director & Kathy - Assistant Travel
2657 Rivers Bend Circle, Livermore CA 94550
925-371-1910
tkhoffmann@aol.com



CVSC CST # 2081040

CVSC END OF SEASON BANQUET



Saturday, April 24, 2010

Black tie optional

SEQUOYAH COUNTRY CLUB

4550 Heafey Road, Oakland

\$37 per person (CVSC Member)

\$47 per person (Non-member)

EVENING EVENTS

7pm – Hors d’oeuvres/no hose cocktails

8pm – Dinner

Installment of new CVSC Board

Awards for Officers & Members

Door prizes & raffle

Dancing to the music of ‘Get Down Productions’

Eston - DJ

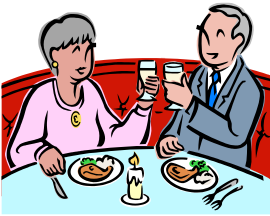
to 11:30

MENU CHOICES

#1 Steak

#2 Salmon

All entrees include salad, seasonal vegetables and chef’s choice of potatoes or rice, bread & butter, coffee, tea, and dessert.



DON'T MISS THIS GALA EVENT!!!

BANQUET RESERVATION FORM

Complete reservation form & mail to Pat Green, 4655 Cope Ct., Pleasanton, CA 94566

By Sunday, April 18, 2010

(Enclose check payable to CVSC)

Name(s)	Menu choice #	Member?	Amt enclosed
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
Phone _____			
Email _____	Total amount enclosed		\$ _____

CALIFORNIA SENIOR WINTER GAMES



DODGE RIDGE

MARCH 11-14, 2010

For everyone 50 and over with that competitive spirit

California Winter Games in the Sierra Nevada for Seniors

Featuring winter sports competition (Olympic medal format)
for men and women 50-years-old and up in five-year groups to include:

Cross Country: 5k and 10k Nordic (Classic and Skating races)

Nordic (telemark): Giant Slalom, Slalom, Dual Slalom

Snowboarding: Giant Slalom, Slalom, Dual Slalom

Downhill: Giant Slalom, Slalom, Dual Slalom

**REGISTRATION FORM
REVERSE SIDE**

A festive, colorful, action-packed Winter Carnival atmosphere
for competitors, spectators, friends and family

Dodge Ridge Wintersports Area, Pinecrest, California

For more information contact: Director@CaliforniaWinterGames.org

For **on line registration** and more details visit: www.CaliforniaWinterGames.org



Sonora Regional Medical Center
Adventist Health



Dodge Ridge Wintersports Area operates in the Stanislaus National Forest under a Special Use Permit from the U.S. Forest Service. We do not discriminate based on race, color, creed, sex, age or nationality.



Sonora Regional Medical Center
Adventist Health



1ST ANNUAL CALIFORNIA SENIOR WINTER GAMES REGISTRATION FORM

* Participants must be 50 or older (on or before 12/31/10)*

PARTICIPANT INFORMATION

Last Name:	First Name:	MI:	Birth Date:	Age:
Phone no.:	E-mail:			Gender: <input type="checkbox"/> M <input type="checkbox"/> F
Mailing Address:				
City:		State:	ZIP Code:	

EVENT REGISTRATION

Please check each event in which you would like to compete.

Thursday, March 11	Friday, March 12	Saturday, March 13	Sunday, March 14
Registration and Clinic:	GS Race (2 runs)	Slalom Race (2 runs)	Dual Slalom (1 run)
<ul style="list-style-type: none"> Bib Pick up Release Form Games Information Open Practice Mountain Orientation 1 hour Race Training Clinic 	<input type="checkbox"/> GS Ski <input type="checkbox"/> GS Snowboard <input type="checkbox"/> GS Telemark 5K Nordic <input type="checkbox"/> Classic & Skating Après-Ski Event <input type="checkbox"/> Reception & Awards <ul style="list-style-type: none"> Complimentary Beer & Wine Hors D' Oeuvres Live Music & Dancing Torchlight Parade Awards Ceremony 	<input type="checkbox"/> Slalom Ski <input type="checkbox"/> Slalom Snowboard <input type="checkbox"/> Slalom Telemark 10K Nordic <input type="checkbox"/> Classic & Skating Après-Ski Event <input type="checkbox"/> Banquet Dinner & Awards <ul style="list-style-type: none"> Buffet Style Dinner Complimentary Beer & Wine Live Music & Dancing Awards Ceremony 	<input type="checkbox"/> Dual Slalom Ski <input type="checkbox"/> Dual Slalom Snowboard <input type="checkbox"/> Dual Slalom Telemark Après-Ski Event <input type="checkbox"/> Awards & Ski Meister Presentation

PAYMENT INFORMATION

Choose payment option:

<input type="checkbox"/> \$125 All-Inclusive VIP Pkg. Includes: <ul style="list-style-type: none"> Registration fee for all events 1 Hour Race Training Clinic Reception Banquet Dinner Commemorative Racing Bib Goodie Bag VIP Credentials Annual CSWG Membership <p>Please Note: GS & Slalom race competitors will need to purchase a lift ticket for each day they are competing. Daily discount lift \$19 for registered competitors.</p>	<input type="checkbox"/> \$40 Single Day Participation Includes: <ul style="list-style-type: none"> Registration fee for single day events Commemorative Racing Bib Annual CSWG Membership <p>Please Note: GS & Slalom race competitors will need to purchase a lift ticket for each day they are competing. Daily discount lift \$19 for registered competitors.</p>	<input type="checkbox"/> \$20 Reception Quantity _____ x \$20 (# of tickets) Includes: <ul style="list-style-type: none"> Complimentary Beer & Wine Hors D' Oeuvres Live Music & Dancing Torchlight Parade <p>Please Note: Only for single day participants and additional attendees.</p> <p>Make Check Payable to: California Senior Games Association / Dodge Ridge Mail to: Dodge Ridge Attn: California Senior Winter Games P.O. Box 1188 Pinecrest, CA 95364</p>	<input type="checkbox"/> \$40 Banquet Dinner Quantity _____ x \$40 (# of tickets) Includes: <ul style="list-style-type: none"> Buffet Style Dinner Complimentary Beer & Wine Live Music & Dancing <p>Please Note: Only for single day participants and additional attendees.</p>
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Register & Pay online at DodgeRidge.com, Call (209) 965-3474 or visit [The Dodge Ridge Family Lodge](#) or Admin office. For more information Email: SeniorGames@DodgeRidge.com

Grab your skis or snowboards and enjoy a **\$25 all-day lift pass** at Northstar for **ANY DAY** in **APRIL**. Buy your tickets today at www.tahoewomenservices.org before they sell out like last year!

Please forward this to everyone you know.



\$25 LIFT TICKETS

BENEFITING
TAHOE WOMEN'S SERVICES

any day in
APRIL

NORTHSTAR All Day Lift Tickets
Available At: www.tahoewomenservices.org
or call: 775.298.0010



NORTHSTAR
AT TAHOE



Special thanks to
www.courtlevphoto.com
court@courtlevphoto.com
For providing the poster image of
professional freerider Jessica Sobolowski

A big thanks to Northstar for generously donating 1,000 tickets to support Tahoe Women's Services. Tickets can be purchased online at www.tahoewomenservices.org or by phone at 775-298-0010. All tickets must be purchased before March 31st and are valid any day in April. Northstar is excepted to close April 18th so use your tickets before then. Sorry but tickets are non-refundable.

OLRC 2009-2010 Race Schedule

Date	Event	Location	Contact Information
Dec. 13, 2009	Clinic	Northstar	GoFastDebi@yahoo.com
Dec. 20, 2009	Clinic	Northstar	GoFastDebi@yahoo.com
Jan. 09, 2010	Race: GS	Northstar	
Jan. 10, 2010	Race: GS	Northstar	
Jan. 23, 2010	Clinic	Alpine	GoFastDebi@yahoo.com
Jan. 24, 2010	Race: SL	Alpine	
Feb. 19, 2010	Clinic	Bear Valley	GoFastDebi@yahoo.com
Feb. 20, 2010	Race: SL	Bear Valley	
Feb. 21, 2010	Race: GS	Bear Valley	
Mar. 06, 2010	Race: SL	Sugar Bowl	
Mar. 07, 2010	Race: GS	Sugar Bowl	
Mar. 13, 2010	Clinic	Squaw Valley	GoFastDebi@yahoo.com
Mar. 14, 2010	Race:	Squaw Valley	Race Type, SL or GS, yet to be determined
Northern California Championships			
Mar. 26, 2010	Clinic	Squaw Valley	GoFastDebi@yahoo.com
Mar. 27, 2010	Race: SL	Squaw Valley	
Mar. 28, 2010	Race: GS	Squaw Valley	
Far West Championships			
Apr. 09, 2010	Clinic	Mammoth	
Apr. 10, 2010	Race: SL	Mammoth	
Apr. 11, 2010	Race: GS	Mammoth	



OPEN LEAGUE RACING
2009 - 2010 Season
Registration Application



RACER IDENTIFICATION		CLUB and LEAGUE AFFILIATION	
Last Name		Bib Number <input type="checkbox"/> Skier <input type="checkbox"/> Boarder	
First Name			
Birth date	<input type="checkbox"/> Female <input type="checkbox"/> Male	Club:	
Address		Please circle your HOME League OPEN SINGLES SIERRA Other _____	
E-mail		RACER FEES	
Phone (s)		Adult (18 and over) \$55	
Emergency Contact		Junior (under 18) \$30	
		Family \$110	
NEW RACERS		Volunteer \$20	
<i>Or if you have NOT raced since 11/01/07</i> Please consult with a Race Director to determine your level <input type="checkbox"/> Beginner (GREEN) <input type="checkbox"/> Intermediate (BLUE) <input type="checkbox"/> Advanced (BLACK) <input type="checkbox"/> Expert or Race Experience (DOUBLE BLACK)		(Required of ALL Adult Racers)	
		Bib (New or Replacement) \$20	
		Bib Size (please circle)	
		Junior Med Lg X-Lg	
		TOTAL DUE	
		Make payment to your ski club	
ACKNOWLEDGMENT AND ASSUMPTION OF RISK AND RELEASE (Initial all 6 places and then Sign)			
<p>I, _____, the undersigned, know that alpine skiing and boarding are action sports carrying significant risk of serious personal injury, death or property damage. I also know that there are natural, mechanical, and environmental conditions and risks, which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to others and me. _____(Initials)</p> <p>I agree that I alone am responsible for: (a) My safety while participating in competitive events and/or training for competitive events; and (b) Providing, utilizing and maintaining that equipment necessary for the safe enjoyment of my participation in such events. I specifically acknowledge that the following persons or entities including: the Far West Racing Association, Bay Area Snow Sports Council, Open League Racing, its officers and race officials, the ski resort, the promoters, sponsors, organizers, or the participating clubs, their officers and or agent, representative, director, employee, member or affiliate of any person or entity named above are not responsible for my safety. I specifically RELEASE and DISCHARGE, in advance, those parties from any liability on the part of persons or entities mentioned above. I agree to accept all responsibility for the risks, conditions, and hazards that may occur whether they now are known or unknown. _____(Initials)</p> <p>Being fully aware of the risks, conditions and hazards of the proposed activity as a competitor, coach or official, I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE, any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of any participation in competitive events or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable or not, including any such claims regarding the design or condition of any equipment utilized by me in such competitive events without regard to whether such equipment is specified or recommended by such persons or entities identified above. _____(Initials)</p> <p>I further agree to forever HOLD HARMLESS and INDEMNIFY all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage resulting in any way from my participating in competitive events or training for competitive events. _____(Initials)</p> <p>I currently have, and I agree to maintain throughout the time that I train and compete, a valid and sufficient medical accident insurance. I understand that this is my sole responsibility and release all persons and entities identified above from providing this coverage for me. _____(Initials)</p> <p>I agree that I will accept and abide by the rules and regulations of the Far West Racing Association, Far West Ski Association, Open League Racing, and any other rules and regulations imposed by the organizers of any particular competition. This acknowledgment and Assumption of Risks and Release shall be binding upon my heirs and assigns. _____(Initials)</p>			
SIGNATURE		DATE	
<i>or guardian if competitor is under 18 years of age</i> approved 10.01.2009			



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



FWSA 2011 SKI WEEK

Jan. 22nd - 29th, 2011



Sun Valley, Idaho

\$1150-\$1325

does not include air or transfers

Sun Valley Lodge	\$1325
Sun Valley Lodge Deluxe Apartments	
2 bedroom/2 bath condos (king/2 twins)	\$1225
3 bedroom/3 bath condos (king/queen/2 twins) upon availability	\$1150

<http://www.sunvalley.com/SVLodging/info/svl.aspx>

Package will include 7 nights lodging and amenity package:

- Registration
- Welcome Party
- 3 Races
- BAC Council Night Party
- Mountain Picnic
- Apres Ski Party
- Farewell Awards Banquet with Dancing
- 5 of 7 day Lift Ticket



Cancellation policy and payment schedule will be sent to you within the next few weeks.

CVSC is taking \$200 per person deposits now

Priority placement will be based on first received deposits.

Make checks out to Castro Valley Ski Club (CVSC) and send to:

Pat Green, CVSC SV Trip Leader
4655 Cope Court, Pleasanton CA 94566

925-846-7250 greenm@comcast.net

CVSC CST # 2081040



2010/2011 Avid Skiers in Control

President	Ralph Sherman	925-449-7941	shermescape47@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 Hoffman	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 MARCH, 2010



P.O. Box 20321
Castro Valley, CA 94546

The next meeting will be
March 3

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:



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