



CVSC SkiZette

April, 2017



EVENTS CALENDAR

(f) = flyer in this issue

Inside this issue:

Happy Hour notice	2
Pres & VP's Messages	3
Travel Update	4-5
FWSA 2018 ski week Banff, Alberta, Canada flyer/pref sheet	6-7
Article on skiing & aging	8
2017 Cuba trip flyer	9
Andes to So America cruise flyer	10
FWSA 85th Annual Convention, Boise, ID	11
Avid Skiers in Control	Back page

APRIL

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

MAY

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

JUNE

- 7-11 FWSA 85th Annual Convention in Boise, ID (f)pg11
- 14 CVSC board meeting at Karen's
- 21 CVSC general meeting at Don Jose's
- 24 CVSC End of Season Banquet bbq at Dan & Pat's (details forthcoming)

UPCOMING

- 10/16-26 CVSC Cuba trip (f)pg9
- 12/3-20 CVSC Andes to So America cruise (f)pg10
- 2018:
 - 5/1-13 CVSC Morocco
 - July/August CVSC Iceland

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 2018:
 - 2/3-10 FWSA 2018 Annual Ski Week Banff, Alberta, Canada (f)pg6
 - FWSA 2018 86th Annual Convention in Reno, NV

APRIL BIRTHDAYS

Ken Calkins	3
Norman Glickman	8
Janice Dark	10
Linda Michaels	19
Barbara Gilmartin	19
Lynnell Calkins	19



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:

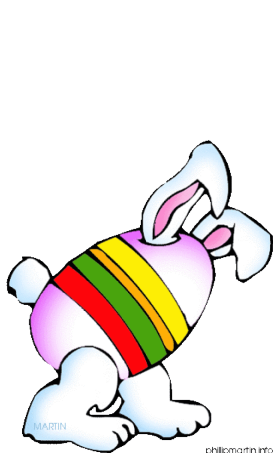
Dennie Warren, Editor
email: dennieluuu1@att.net



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

~ HAPPY HOUR NOTICE ~

Happy Hour: April 11th 5:00pm at Main St Brewery in Pleasanton across from the old Pleasanton Hotel. Hope you can join us.



President's Message

Happy Spring everyone!

The weather is changing and yet the snow is fantastic as many of you said at our last meeting. You all have been having some wonderful snow adventures this season and thank you for sharing these stories at our meetings. Enjoy the spring skiing - it appears we may have snow for some time....

This month is our Elections for officers and I will be having Den-nie send out information on the board positions and if you are interested please let me know. The Board has been working hard this last year and many are willing and able to continue, but we want to know who may be interested in joining the board this coming year. We will be having food and fun at our next meeting so please come for the elections! We need your input.

Also we will be having a speaker Erick Lovdahl, Director of Operations, from the Alameda County Food Bank, to share with us what they are currently doing and how we can participate. This is a charity that we as a club have been supporting along with our other charities. I hope you can join us this month and meet Erick.

Lisa Saxe, our previous contact from the Food Bank and one of our newest members, is now pursuing her work with the environment but will join us at our future ski club events. We look forward to seeing you!

Last month we approved a scholarship for a new and promising young skier, Haydn Halvorsen. We had supported his sister Hannah in the past years and he reached out to us this year and based on his accomplishments and his promising future we agreed he was deserving of our support. We wish Haydn our best!! He will be providing us with his accomplishments through the year and we will be sharing his information with the members via our website and newsletter. We think you will be impressed as we were.

Don't forget if you are interested in attending the FWSA convention this June as a delegate please let me know so Phyllis can add you to the delegate list, it should be a fun time. Next year we will be helping out at the convention as it will be hosted by BAC and in Reno. Hope to see you all at the upcoming meeting. End of Season event this year will be a BBQ, June 24th, at Dan and Pat's, save the date and more information will follow in the months ahead.

Enjoy the spring weather and I know many of you will be skiing into July.....Be safe.

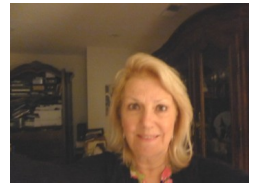
Claudia



Claudia Fernandes
President

Our Vice President

Spring has arrived in all of its glory; everywhere you look the landscape is coming alive with a blaze of color. Daylight saving has started and we are enjoying earlier sunrises and the longer days mean we can enjoy our evening more.



Anne Wilburn
Vice President

Many of our avid skiers are still out of town taking advantage of our record snowfalls. Recent inquiries report that resorts will stay open later, maybe until May, and rumor has it, be prepared to ski on your 4th of July.

The BAC Man and Woman of the Year were announced by President Paul Vlasveld and the Woman of the Year is **Kat Severin** of Rusty Bindings, and the Man of the Year is **David Baird** of Inskiers

The 12th Annual BAC Barbeque/Tailgate and Oakland A's Baseball Game with Fireworks is Aug. 12, 2017. Game ticket price is \$36. Norm Azevedo is handling tickets. A PayPal link will be put on the BAC website for the BBQ. Proceeds will benefit the Dodge Ridge Disabilities, a Chapter of DSUSA.

Hockey: A San Jose Barracuda game will be planned for early 2018.

FWSA 2017 85th Annual Convention is June 8-11 in Boise ID, by Intermountain Council. Register to enjoy the Silent Auction on Friday night, as well as mountain biking, golf, rafting, and local wineries. Events will be held at the Grove Hotel downtown. Register at www.fwsa.org.

Coming up –

FWSA 2018 86th Annual Convention June 7-10, 2018 in Reno, NV. BAC and Sierra Council are planning this Convention Atlantis Resort, Reno, NV. For more info/details go to skibac.org [Calendar of Events]

FWSA Ski Week at Banff, Alberta, Canada Feb 3-10, 2018 – Deposits (\$200 per person) are being accepted. BAC has 50 pillows at Banff Springs Hotel. All lodging is hotel rooms. A flyer and information is being distributed. A three-day post-trip is being planned to Jasper.

BAC mini-trip 2018 – Park City? Stay tuned. FWSA Mini Ski & Snowboard Week Alaska Iditarod & Ski & Snowboard Aly-eska February 25 – March 4,

Have a **Happy Easter** and don't forget to get your **taxes** filed!

I hope to see many of you at our **General Meeting April 19th** and bring your mini **toiletries** to distribute to the homeless shelters.

Anne

Castro Valley Ski Club

Travel Update..... Tucker Hoffmann

CVSC Travel Director



CUBA – This trip is full and we are running a wait list. We have 36 going. Nothing has changed as far as the situation there.

SOUTH AMERICA CRUISE – We still have some space on this trip. 30 going right now.

We have had a great response to our 2018 trips. We normally take around 32 members. We are trying to get more space on the Iceland trip since we had so many emails and have quit a long list. Here's a little update.

ICELAND - It looks like we may be flying from LAX & SFO so that's good news. Of course it's too early to book the air but we will keep you updated. We are also waiting for confirmation from the hotels, we have requested end of July or early Aug. I will send exact dates as soon as we receive them. **This trip is now waitlisted**

MOROCCO – the Morocco Trip will start on MAY 1st, 2018. We will ALL be flying out of LAX. due to the problematic flight schedule from SFO **This trip is now waitlisted**

Majestic Morocco May 1st 2018 – 13 days

CASABLANCA, MARRAKESH, DADES, ERFOUD, FEZ & RABAT

The Morocco trip will be around \$3200 with air from LAX.

Itinerary at a glance

- 1 night in Casablanca
- 3 nights in Marrakesh
- 1 night in Dades
- 2 nights in Erfoud
- 2 nights in Fez
- 2 nights in Rabat

Tour Highlights

- Hassan II Mosque (Casablanca)
- Koutobia Minaret (Marrakesh)
- Jemaa El Fna (Marrakesh)
- Essaouira Medina
- Ait Ben Haddou
- Todra Palmeraie Gorge (Erfoud)
- Erg Chebbi Desert
- Camel Ride in the Dunes
- Royal Palace (Rabat)
- Horse Cart Ride with Dinner & (Marrakesh)

Your tour of Morocco includes:

- Round-trip airfare from LAX
- Airfare taxes, fees & fuel surcharges
- Intra-Morocco ground transportation and transfers
- Accommodations at First Class hotels
- 18 meals: 11 full buffet breakfasts, 2 lunches and 6 dinners
- Comprehensive sightseeing tours including admission fees
- Experienced English speaking Tour Director throughout
- Tips



Iceland Summer Adventure July/August 2018

REYKJAVIK, VIK, WESTMAN ISLANDS, SELFOSS & BLUE LAGOON

Estimated price \$3600



Itinerary at a glance

- Overnight flight on Icelandair
- 2 nights in Reykjavik
- 2 nights in Vik
- 2 nights in Selfoss
- 2 nights in Reykjavik
- Return flight on Icelandair

Tour Highlights

- Reykjavik City Sightseeing
- Eyjafjallajökull (Volcano)
- Seljalandsfoss & Skogafoss (Waterfalls)
- Skaftafell National Park
- Vatnajökull (Glacier)
- Westman Islands
- Thingvellir National Park
- Geysir (Hot spring)
- Gullfoss (Waterfall)
- Blue Lagoon

Your Iceland tour package includes

- Round-trip, non-stop flight on IcelandAir from West Coast (SFO or LAX looks promising)
- Airfare taxes, fees & fuel surcharges
- Ground transportation
- Accommodations at centrally-located, Scandinavian-style hotels (simple)
- 14 meals: 9 breakfasts (B) and 5 dinners (D)
- Comprehensive sightseeing as per itinerary
- Experienced, English speaking guides

FWSA NEWS.....

2018 FWSA SKI WEEK - BANFF, CANADA

BAC Travel Director, Gail Burns, will be running this trip.



Happy Skiing & Travels.....

Tucker & Kathy - CVSC Travel
2657 Rivers Bend Circle, Livermore CA 94550
925-371-1910 cell # 510-329-4242
tkhoffmann@comcast.net

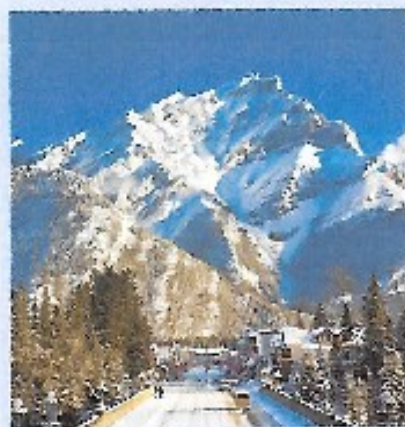
CVSC CST # 2081040





Feb. 3-10, 2018

BAC 2018 FWSA Ski Week To Banff, Canada



Tri-Area Lift Tickets for
Sunshine Village, The Lake
Louise Ski Resort and Mt.
Norquay

5-Day Adult	\$292
5-Day Senior	\$263
6-Day Adult	\$345
6-Day Senior	\$316

Banff is situated within the wilderness mountain treasure of the Banff National Park. Ski visitors atop any mountain in this Canadian Rockies range will be struck by it's jagged peaks & stunning vistas. Three ski areas are all serviced by a convenient short complimentary shuttle system. Our BAC group will be staying at the first class Historic Fairmont Banff Springs Hotel & the full service in-town Banff Park Lodge in king or queen bedded hotel rooms. The exciting array of activities available include: skating, snowshoeing, dog sledding, ice field exploration, hot springs, and cross country skiing.

Registration Opens on March 13th-\$200 deposit check to:
BAC Travel. Lodging and Amenities Packages range from
\$995-\$1445 not including lift tickets & transportation. Optional
Jasper post-trip from Feb. 10-13th. Group Air also available.

Amenities include:

- 7 Nights Lodging
- Mountain Tour
- Council Night Dinner
- Farewell Après Party
- Welcome Party
- Racing
- Mountain Picnic
- FWSA Banquet/Dance

Registration and Information Contact: gailb3098@gmail.com
Gail Burns, BAC Travel Director,
123 Phillips Lane, Woodside, CA 94062 650 255-7883

Must be a Member of Far West Ski Association or an affiliated ski club
FWSA CST#006983 40 /BAC CST#2050870-40

2018 FWSA Ski Week at Banff, Canada February 3-10th

BAC Trip Preference Sheet

Name: _____ Badge name: _____

Mailing address: _____

Email: _____ Phone: _____ Cell: _____

Club Affiliation: _____ Gender: M F Birthdate: _____

Please indicate your first, second and third lodging choices. Lodging space is limited and will be assigned in order of registration date. Prices are based on double occupancy not including lift tickets & transportation. Single supplements are available. All rooms are hotel rooms, (no condos available) Amenities included.

Preferred roommate: _____

_____	Fairmont Banff Springs Deluxe King (200 sq. ft.)	\$1,375
_____	Fairmont Banff Springs Deluxe 2 Queen beds (200 sq. ft.)	\$1,375
_____	Fairmont Banff Springs Stanley Thompson King (225 sq. ft.)	\$1,445
_____	Fairmont Banff Springs Stanley Thompson 2 Queens (225 sq. ft.)	\$1,445
_____	Banff Park Lodge King Bed (340 sq. ft.)	\$ 995
_____	Banff Park Lodge 2 Queen Beds (340 sq. ft.)	\$ 995

Tri-Area Lift Tickets: Sunshine Village, The Lake Louise Resort & Mt. Norquay

_____ 5-Day Adult Ticket \$ 292	_____ 6-Day Adult Ticket: \$345
_____ 5-Day Senior Ticket \$ 263	_____ 6-Day Senior Ticket: \$310

Group Air & Ground Transportation Options: Yes or No or _____

_____ Do you want roundtrip non-stop Group Air & transfers from SFO to Calgary?

_____ Do you want one-stop Group Air & transfers from San Jose to Calgary?

_____ Will you be purchasing your own air, but want our Ground Transportation?

Your flight must coordinate with the FWSA Bus Schedule. Subject to availability. We will need your airline flight information with times & reservations number. Name must match your I.D.

Payment Schedule: checks to BAC Travel

Cancellation Policy: Must be in writing

Due Now: \$200 Initial Deposit

Payments are fully refundable through June 30, 2015.

July 1, 2017 \$500 Installment

\$100 fee applies if cancelled from July 1-August 31st.

October 1, 2017 Final Payment Due

\$500 fee applies if cancelled from Sept. 1-October 15th

***Trip Cancellation Insurance recommended.**

No Refunds for cancellations after October 15th, 2018

Gail Buros, BAC Travel Director, 123 Phillips Lane, Woodside, CA 94062

Cell: 650 255-7883 Email: gailb3098@gmail.com

When are you too old to ski? That all depends

Abby McGanney Nolan

Washington Post

I just returned from skiing in Steamboat Springs, Colorado, after more than a decade. At the age of 59, I wondered whether I might be too old to ski, or at least ski the way I did when I was younger. It turns out I was fine, but older people have a lot to consider before downhill skiing.

And not all of it bad.

About 18 percent of skiers in 2016 were over the age of 55, according to Michael Berry, president of the National Ski Areas Association, up from 17 percent in the previous year.

"Skiing is so much easier now." There are more seniors on the slopes than ever because of better ski equipment, better grooming on the mountains and faster chairlifts.

— Michael Berry, president of the National Ski Areas Association

"Ten or 15 years ago, we did some research, and we anticipated this huge exit of baby boomers that was going to materially impact the total number of skiers," Berry said. "Our predictive analysis proved to be wrong."

I told Berry, 69, how surprised I was at how well I skied after a lapse of 10 years, and with minimal soreness. Even though I thought it might have been because I exercise regularly, he pointed out another possible reason.

"Skiing is so much easier now," Berry said.

There are more seniors on the slopes than ever because of better ski equipment, better grooming on the mountains and faster chairlifts, he said.

Today's skis are shorter and parabolic — or hourglass — in shape rather than straight, Berry said, making them more maneuverable and easier to turn. "All you have to do is think about turning, and the skis turn."

More specifically, "You don't have to jump and twist and do the kind of stuff you used to have

See **Ski** on Page 8

Ski

Continued from Page 1

to do to make your skis turn," according to Tee Murray, 70, who's been a ski instructor for 46 years, the past 20 at Steamboat Springs. "You simply put a little pressure on the edge, and the skis turn."

Boots, too, are more comfortable, Murray said, and comfort is important to older skiers. Murray added that he's noticed folks continuing to ski year after year, even at an older age, and he agrees one reason is better gear overall, including comfortable and warm clothing.

I did feel as though the boots and skis were doing all the work, but according to Kevin McGuinness, a physical therapist and sports clinical specialist at Washington Orthopaedics and Sports Medicine in Washington, your overall level of fitness is a factor.

"If you're not regularly active, no matter the age, you might feel like you got hit by a truck the day after skiing," McGuinness said.

Another factor, McGuinness noted, that contributes to your level of fitness is how quickly you become fatigued. There isn't another sport, except maybe tennis, that comes close to the endurance or intensity of skiing, he said, so knowing when you need to stop

can be critical.

Research across all sports tends to suggest that fatigue plays a huge role in injury risk. McGuinness said, with more injuries occurring toward the end of a game or the end of a season, after the body is already fatigued and weakened. That transfers over to ski trips, too, where you're more at risk on the last run of the day or toward the end of a ski trip, he added.

Mary Harrison, 71, who lives in New Orleans but spends most of the ski season at Steamboat Springs, said she tires more easily than she used to and doesn't want to ski all day.

"I'll ski hard for three to four hours, and that's plenty," she said. "I'll ski anything groomed and the bumps if I have to." Harrison, who hikes and bikes when she's not skiing, was 19 the first time she skied.

Berry said that overall, U.S. ski resorts are doing a better job at grooming slopes and installing high-speed chairlifts, which reduce the risk of injury and make it possible for people who tire more quickly to put in a full day of skiing in half the time.

Harrison, who's been skiing for many years, checks to see which slopes have been groomed before heading out and watches for condition updates posted on white boards at lifts throughout the mountain.

But for others who may not be as familiar, Berry said many resorts provide free guides geared toward seniors. The Over the Hill Gang, a social club for older skiers founded in the 1980s, has chapters throughout the United States that also provide guided runs for senior skiers.

Regardless of the sport, age-related changes such as issues with balance, decreased flexibility, decreased power and loss of muscle mass can increase your risk of injury, McGuinness noted. Yet there are benefits to being an older skier. "Just as more experienced athletes tend to have lower injury rates than less-experienced athletes, older skiers may take fewer risks because they may understand their body better and understand conditions better."

Skiing may also be better for someone who can't tolerate running, because there's not as much actual impact on the knees, McGuinness said. "Although skiing exerts force on the knees, you don't have the constant pounding and ground-reaction forces going through the knees vertically." A person with arthritis, for example, might tolerate skiing better than running, he said.

As with any exercise regimen, you should check with your physician first. McGuinness said the skiers he treats in his clinic have

serious ligament tears and fractures that often require surgery and can require lengthy rehabilitation.

McGuinness recommends doing hip abduction exercises as well as balance exercises before heading out on your ski trip and incorporating both regular squats and split squats into your exercise routine. "Whenever you're turning in skiing, one leg is always working harder than the other," he said. "So you want to get your body used to that."

I did return to Washington with a minor injury. And, yes, it happened on the last run of the day, on the second-to-last day of the trip. We were making our way down to the base of the mountain, and it was taking longer than we had planned. It was getting dark, and there were small patches of ice. The tips of my skis crossed, and I fell, crashing down on my thumb.

As I sat by the fire in the hotel lounge and iced my hand, the waitress told me I had a common snowboarding injury. "There isn't anything anyone can do about it," she said. "It's happened to all of us. You've just got to let it heal."

I told her I wasn't snowboarding when I fell, but I was feeling a bit younger just thinking about the idea.

Maybe next year. When I'm 60.

2017 Castro Valley Ski Club Rediscover Cuba

October 16 – October 26, 2017



\$4,399.00 per person

Your tour includes

- **Round-trip airfare from Miami**
- Airfare taxes, fees & fuel surcharges
- Health insurance in Cuba (mandatory)
- Cuban Visa (for US Citizens) & Cuban Departure Tax
- Intra-Cuba ground transportation and transfers
- Pre-night in Miami Airport Hotel
- Accommodations at First Class hotels in Cuba
- 27 meals: 10 full buffet breakfasts (B), 10 lunches (L) and 7 dinners (D)
- Comprehensive People-to-People experiences and cultural tours including admission fees, following U.S. regulation CFR 515.565
- Experienced Cuban English-speaking guide and a USA Tour Director throughout
- **All Tips**

Highlights

- A true “people-to-people” experience with cultural exchanges such as visits with artists, musical performances, and local organizations
- Riding in American Vintage Automobiles (Havana)
- Home of Ernest Hemingway (Havana)
- Cigar Factory (Havana)
- Casa Fuster (Havana)
- Bay of Pigs Museum (Giron)
- Walking Tour of Trinidad
- Camaguey Ballet Company
- Beaches of Guardalavaca (Holguin)
- Neon Theater (Holguin)

Itinerary at a glance

- 1 night in Miami
- 3 nights in Havana
- 2 nights in Cienfuegos/Sancti Spiritus
- 2 nights in Camaguey
- 2 nights in Holguin

Optional overnight in Miami upon return to the states - \$100. The flight from Cuba doesn't get in until around 8pm if it's on time. Since everyone is doing their own air to Miami you may not be able to get a flight out that late.

Optional Insurance - \$169

Spectacular Ships • Affordable Balconies • World-Class Dining & Entertainment



PTAH14067 • © Princess Cruises 2009. Ships of Rembrandt registry. This promotional piece is created and distributed by an independent travel agency, not by Princess.

17 DAY ANDES & SOUTH AMERICA LOS ANGELES TO SANTIAGO ON THE EMERALD PRINCESS

December 3-20, 2017

Prices are per person double occupancy:

\$1699.00 Oceanview
\$1999.00 Balcony
\$2299.00 Mini-Suite

\$205.00 PORT FEES & TAXES PER PERSON

Air & transfers not included

Group Cocktail Parties Included

Ex Military: \$100.00 onboard credit, I will send the form if needed



Departing from: Los Angeles, California

Ports of Call: Cabo San Lucas, Mexico • Puntarenas, Costa Rica • Callao (Lima), Peru • General San Martin (Pisco), Peru • Coquimbo (La Serena), Chile • Valparaiso (Santiago), Chile

Ships Cancellation Policy

FULL REFUND DEPOSIT until Sept. 19, 2017

Sept. 20, 2017	\$100
October 8, 2017	50% PENALTY
November 5, 2017	75 % PENALTY
After Nov. 19, 2017	no refund

**Right now there is a new promotion going on. \$100 deposit.
Free gratuities and \$150 per person on board spending money.**

Call Tucker Hoffmann to book your cabin. You will need to give him your credit card number
FINAL PAYMENT DUE September 17, 2017


PRINCESS CRUISES

925-371-1910 -home - 510-329-6838 - cell
tuckerhoffmann@aol.com/tk hoffmann@comcast.net
Castro Valley Ski Club Travel CST#2081040-40



85th Annual Far West Ski Association Convention

June 7-11, 2017

BOISE CENTRE
850 W. Front St., Boise, ID 83702
208-336-8900 • www.boisecentre.com

hosted by
*Bogus Basin Ski Club &
Intermountain Ski Council*

boise



THE GROVE HOTEL — DOWNTOWN BOISE

245 S. Capitol Blvd., Boise, ID 83702

www.grovehotelboise.com

Reservations call **888-961-5000** or **208-489-2222** Option 1

Group Name **Far West Ski Association**

Reservations Online at <http://blt.ly/FWSA2017-lodging>

Room Rates per night plus tax single or double occupancy — **\$134**

Room Registration Deadline May 16, 2017

HOTEL FEATURES

- The Grove Fitness Center and Spa
- Emilio's Restaurant & The Bar
- NO resort fees, FREE Wi-Fi in guest rooms
- Self-Parking \$10; Valet \$16; Garages nearby
- Rates are available 3 days pre and post Convention
- Walking distance to shops, restaurants, museums, theaters & more

TRANSPORTATION

- Air Transportation is via Boise Airport (BOI), located 10 minutes from Boise Centre.
- The Grove Hotel offers free airport shuttle service. Call 208-333-8000 when you arrive. Ask for the Front Desk for ground transportation.

CONVENTION HIGHLIGHTS

- Silent Auction
- Travel Expo
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panels
- Saturday Awards Luncheon
- Saturday Awards Dinner
- Far West General Meeting & Elections

OPTIONAL ACTIVITIES

- **Wednesday**
 - "A Taste of Idaho"
(Hot Springs & Dutch Oven Dinner)
- **Thursday**
 - Rafting on Payette River
 - Wine Wobble & Pub Crawl
- **Friday**
 - 11th Annual Michael German Memorial Golf Tournament
 - A Day on the Mountain, Bogus Basin Mountain Recreation Area
 - Boise Greenbelt & Nature Center Biking
 - Fountain Party (The Grove Plaza)

Jane Wyckoff

FWSA Convention Chairperson

janeWyckoff1@cox.net or 949-933-9607

Jeannine Davis

Silent Auction Chairperson

SilentAuction@fwsa.org or 415-328-2333

Mike Bouton

Intermountain Host Council Convention Coordinator

mbouton0559@msn.com or 208-703-0444

A PORTION OF THE SILENT AUCTION PROCEEDS WILL BENEFIT THE COLLEGE OF IDAHO SKI TEAM.

www.fwsa.org



2016/2017 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
Secretary	Phyllis May	925-371-1667	phyllismay@comcast.net
Treasurer	Keith Wilson	925-828-8265	Keithwilson108@sbcglobal.net
Newsletter Editor	Dennie Warren	510 759-3415	dennieluuu1@att.net
Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
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
Safety Chair	Sandy Beecher	707-255-4139	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 & bayareaskibus.com

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

SKIZETTE FOR APRIL, 2017



The next meeting will be
April 19

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

(meeting starts @ 7:30 pm)

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



ASPEN & SNOWMASS