Castro Valley Ski Club Newsletter



Castro Valley, CA 94546 www.cvskiclub.org

CVSC SkiZette

April, 2020



EVENTS CALENDAR

(f) = flyer in this issue



Inside this issue:

Sporting Goods Exchange/ Greenhouse Mar- ketplace/Pres Mssg	2
Travel Update	3-4
FWSA/BAC/ CVSC 2021 Ski Week in Sun Val- ley, ID/Reg form/ Liability/Conduct	5-8
COVID-19	9
CVSC Russia Riv- er Cruise	10
CVSC Italy Bike & Barg	11

Avid Skiers in

Control

(i) – ilyel ili tilis

There will be no meetings in April.

APRIL

MAY

Meetings TBD

JUNE

Meetings TBD

UPCOMING

7/17-29 CVSC Russia River Cruise (f) pg 10

2021

Back

page

1/30-2/6 CVSC Annual Ski Week to Sun Valley, ID (f) pg 5 8/21-28 CVSC Italy Bike & Barge (f) pg 11

BAC/FWSA TRIPS

Please visit websites for detailed information.



Far West Ski Assoc: fwsa.org

2021:

1/30-2/6 FWSA/BAC Annual Ski Week to Sun Valley, ID



APRIL BIRTHDAYS

Ken Calkins	3	Marty Acuff	18
Kerma Cook	6	Barbara Gilmartin	19
Norman Glickman	8	Lynnell Calkins	19
Janice Dark	10	Diana Gartland	23
Marianne Carruth	17		



Visit our Website at www.cvskiclub.org

Castro Valley Ski Club Newsletter

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@gmail.com



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

SPORTING GOODS EX-CHANGE

The newest thing in skis — BOOTSKIS — by Stolt — the evolution in ski equipment....

For a video & info on this please go to stoltsports.com...

I have a pair of bootskis that I would like to give to anyone interested..... Please contact me @ dennieluuu1@gmail.com

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 Easter Everyone and Happy Spring!!! Crazy times we are experiencing and I hope this finds you all safe...

As we shelter in place may we get all the projects done we have left undone...and some relaxing and enjoyment along the way...



Claudia Fernandes President

I have spoken with many of you and so glad to hear the ways we all are meeting the challenge. Heard many of you are painting areas of your homes, organizing, gardening, watching movies and bingewatching different series on Netflix, prime and tv. Cooking has been a good pastime, visiting virtually with friends and family, getting rid of magazines, filing and of course taxes....

However you are filling your time, be safe and take

care.

I spoke with one of our charities, the Alameda County Food Bank, when this started they had help through much of April but requests had doubled at that time for food needed, and they were providing packaged food to keep it safe. For every dollar donated they can buy 7 dollars worth of food.

At this time may we do what we can for our families and others...

Enjoy your friends and family and have a happy bunny day, however you spend it...

Best healthy wishes to you all and our world,

Claudia



WOW.... what a difference a month makes. Hope this update finds you all healthy. So now that we are home bound for a while with travels that we were doing on our own, it's time to think ahead and get excited for what's coming.

RUSSIAN RIVERBOAT CRUISE: July 17-29th, 2020

Everything is still set to go according to schedule on our Russia River Cruise. Since things are changing all the time with world events, we are taking things month by month.

SUN VALLEY: Castro Valley has put up deposits for 42 spots on this trip. We will be joining FWSA & BAC this next year. These trips are lots of fun, with lots going on. Always fun to see old friends and make new ones from all the different clubs that will be there. We already have 30 signed up with deposits in for this trip. Please check out the flyer and don't wait too long if you're interested. Lodging is very limited and once sold out we can't get anymore. We still, as of this newsletter have a few of the newly remodeled Sun Valley Inn hotel rooms left and 1 3bd/3b condo. For the last condo we need 2 couples and 2 singles or 3 couples to make it work. Send your \$200 to Tucker along with the registration form that is in this newsletter.

North American FWSA Ski Week Sun Valley, Idaho

January 30 - February 6, 2021



Sun Valley has more than 3,400 vertical feet and over 2,000 acres of varied terrain on two mountains. Bald Mountain's consistent pitch, lack of lift lines, and variety of terrain have earned it the reputation as one of the world's best ski mountains. Sun Valley is known for their snowmaking and groomed runs. They have snowmaking on 646 acres and groomed runs on 810 acres.

Includes:

- 7- nights' accommodations
- FREE shuttle service to mountain
- Welcome Party
- Mountain Picnic
- Racing
- BAC Council Party
- Mountain Tours
- Banquet & Dancing
- Friday Après Party
- Council Team Racing



FAR WEST SKI ASSOCIATION 2020 Convention Update

Far West Ski Association (FWSA) has reached the difficult decision to officially defer our Annual Convention scheduled May 28-31, 2020 at the Red Lion on the River Jantzen Beach in Portland, Oregon. We will return to Portland in June, 2022. The only other times the FWSA Convention was actually cancelled was in 1943 and 1944 during World War II. We will begin planning for our next convention at the San Diego Marriott Mission Valley in San Diego, California June 10 – 13, 2021.

BREATHTAKING BALI - 12 DAYS - May 2021

Trip will be limited to 32. Air from LAX or SFO. Price around \$2900.

- · 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 - \$1625

Aug. 21-29, 2021 SOLD OUT - E-Mail us to get on waiting list

We are chartering the whole boat. Trip is limited to 31.

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 & more.



Happy Skiing & Travels.....

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

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

North American FWSA/BAC/CVSC Ski Week 2021 Sun Valley, Idaho



January 30 - February 6, 2021

Sun Valley Inn - King Bed Hotel Room. \$1,315.00 per person 1 left Sun Valley Inn - 2 Queen Bed Hotel Room \$1,315.00 2 left

Sun Valley Lodge Apts. 2 bdr/2ba \$1,315.00 per person SOLD Sun Valley Lodge Apts. 3 bdr/3ba \$1,315.00 1 left

March 9th: \$200 Deposit July 1st, 2020: \$500 Payment.

October 10th, 2020: Final Payment Due.

Cancellation Policy: Must be in writing.

Deposits fully refunded by June 30th, 2020.

\$200 fee applies if cancelled from July 1st to August 31st.

\$500 fee applies if cancelled from Sept. 1st-October 10th.

No refunds after October 30th. Trip Cancellation Insurance is STRONGLY recommended.

Includes:

- 7- nights' accommodations
- FREE shuttle service to mountain
- Welcome Party
- Mountain Picnic
- Racing
- BAC Council Party
- Mountain Tours
- Banquet & Dancing
- Friday Après Party
- Council Team Racing

Optional:

- 5 day Lift Ticket \$345
- More info on Epic Pass to come

Air & ground transportation not included in this price



Checks made out to CVSC and mailed to:

Tucker Hoffmann 2657 Rivers Bend Circle, Livermore CA 94550

tkhoffmann@comcast.net

FWSA ANNUAL SKI WEEK REGISTRATION FORM SUN VALLEY, ID January 30 - February 6, 2021

	tion you provide is for the exclusive use of FWSA & will not be sold for solicitation.
PRINT NAME:	Nickname
Street Address:	City:
State: Zip Code:	PHONE: Home: ()
Cell / Work: ()	E-Mail Address:
Date of Birth (M/D/Y):/	_/19 (We need your birth date for racing and lift tickets)
MaleFemale I am a S	kier/Snowboarder/Non-Skier or Boarder
Ski Club:	FWSA Direct Member:
Council: Arizona, Bay Area, Central, Int	ermountain. LAC, NBS Western Orange, Northwest, San Diego, Sierra FWSA Direct
REQUIRED EMERGE	NCY CONTACT INFORMATION — Person not at ski week
Name:	Contact Number:
	OTHER INFORMATIONOPTIONAL
Spouse/Significant Other at Ski V	Veek? Name: Cell #:
	llergies (optional):
Medical Conditions: (optional):	
List Over-the-Counter/prescription	n drugs taken regularly (optional):
	VSA trip package does not include travel insurance and I have the option to purchase
	y responsible for myself whether or not I purchase Travel Insurance.
 I am aware it is my responsibil passport must be valid at least 	ity to obtain all legal documents required for travel including passports and that my
 I am aware that a REAL ID dri 	ver's license or PASSPORT is required as ID for travel on air flights in the U.S.
beginning October 1, 2020. I have received a copy of the FV	VSA Conduct Policy.
 I further certify that I'm a current 	nt FWSA Club or Direct member and that the information I have provided on this
form is accurate. > I am aware that FWSA may us	pictures taken at Ski Week in the ski week presentation, on their website, and in
	her FWSA trips. I have the option to sign a form to deny the use of my photo.
X (Required)	
	OR Parent/Legal Guardian for Minor Date
Complete the Information	below if you Plan to Race at Ski Week (including Council Challenge
Age Group: Junior (0-17 Years Old)	Open (18-49) Vet (50-64) SVet (65 & up)
Legends Classes (No Skill Leve	is): (75 & up)
Skier Race Class: SOS1S	2S3S4S5S6S7S8S9S10
Snowboard Upper Sn	owboard Lower Club I'll race for:

FWSA ANNUAL SKI WEEK

SUN VALLEY SKI WEEK January 30—February 6, 2021

SPORT PARTICIPANT RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.

Please read and be certain you understand the implications of signing.

Express Assumption of Risk Associated with Sport, Venue Use and Related A	Activities
---	------------

I, ______ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with all activities of FWSA Annual Ski Week including but not limited to alpine skiing, snowboarding, tubing, and tobogganing, certain additional risks, dangers and hazards including, but not limited to boarding, riding, and disembarking ski lifts, transportation of equipment related to the activities, and traveling to and from activity sites in which I am about to engage. Inherent hazards and risks include but are not limited to:

- Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that my result in permanent disability and death.
- 2. Possible equipment failure and/or malfunction or misuse of my own or others' equipment.
- I AGREE THAT I WILL WEAR APPROVED PROTECTIVE GEAR AS DECRÉED BY THE GOVERNING BODY OF THE SPORT I AM PARTICIPATING IN.
 However, protective gear cannot guarantee the participant's safety. I further agree that no helmet can protect the wearer against all potential head injuries or prevent injury to the wearer's face, neck or spinal cord.
- 4. Variation and/or steepness of terrain, variation or changes in surfaces including but not limited to snow surfaces, ice, bare spots, rocks, stumps, debris, cliffs, trees, fences, posts, trees, light poles, signs, buildings, roads, walkways, ramps, rails, stairs, pyramids, manual pads, bowls, half-pipes, jumps, padded and non-padded barriers, other persons, and other natural and man-made hazards.
- My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, riding surfaces or other obstacles.
- Exposure to the elements and temperature extremes may result if frost nip. frost bite, heat exhaustion, heat stroke, sunburn, hypothermia and dehydration.
- Dangers associated with exposure to natural elements include but are not limited to avalanche, rock fall, inclement weather, thunder and lighting, severe and or varied wind, temperature and other weather conditions.
- 8. Accidents or illness occurring in remote places where there are no available medical facilities.
- Fatigue, exhaustion, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.
- 10. Impact or collision with other athletes, spectators, facility employees, pedestrians, motor vehicles, and cyclists.

*I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death.

WARNING

I am aware and acknowledge that racing and training and practice for racing have inherent dangers and risks for any competitor. Race courses may be icy, rutted, and bumpy. I assume the risk of all course conditions including, but not limited to weather and snow conditions, course construction or layout, and obstacles. I am required to inspect physically and visually the course and area of competition prior to the beginning of competition and, by using the course, assume the risk of all course conditions. I am voluntarily participating in these races and training and practice for the race with the full knowledge of the dangers and risks involved and hereby agree to accept any and all risks or injury, or death that my result.

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in the above described activity(ies) and related activities, I hereby agree, acknowledge and appreciate that::

- I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE, the following named persons or entities, herein referred to as releasees: Far West Ski Association (FWSA) and their directors and officers, FWSA Ski Councils and their directors and officers, FWSA Ski Clubs and their directors and officers, Far West Race Association (FWRA) and their directors and officers, and their successors and assigns.
- 2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of my engaging in the above activities.
- By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this
 Agreement.
- This agreement shall apply to any and all injury, disability, death, or loss or damage to person or property occurring at any time after the execution of this
 agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION	ON OF RISK	AGREEMENT, I FULLY UNDERSTAND ITS TERMS, I UNDERS	TAND THAT I HAVE
Signature of Adult Participant	Name of Adult Participant (Please Print) Dat		
FOR PARTICIPANTS OF MINORITY AGE: This is to certify that and agree not only to his/her release of all Releasees, but also to these programs for myself, my heirs, assigns, and next of kin.			
S/			
Signature of Parent or Adult Legal Guardian if Participant is a	a Minor	Name of Parent or Adult Legal Guardian (Print Clearly)	Date
	(Print	Name of Minor Child)	
ALL INFORMATION ON THIS DAGE MUST BE DRINTED ONTO	ONE DAGE		

FWSA

FWSA TRIP CONDUCT POLICY

This policy applies to all persons participating on a Far West Ski Association ski week or trip. It is intended to maximize the enjoyment for all trip participants and provide guidelines for the FWSA Travel Staff, Council Trip Leaders, and assigned Trip Assistants. All trip participants are requested to observe common courtesy and generally accepted standards of social and moral behavior.

In accordance with Federal and State laws, the Far West Ski Association will enforce a "Zero Tolerance Policy" on illegal drug use at any FWSA sponsored event or trip. Failure to observe this policy will automatically remove you from participation in future FWSA events.

Participants shall adhere to the requirements of FWSA trip packages (e.g., lift tickets) and participants agree not to transfer, resell, or barter all or portions of that package. Only FWSA, or the issuing agency may compensate the participant for the unused portion or permit transfer. Failure to comply may result in exclusion from future FWSA events.

Alcohol and tobacco use is allowed in moderation and where permitted by law. FWSA Travel Staff, Council Trip Leaders, or assigned Trip Assistants, will ask a participant to cease any loud, obnoxious, or offensive behavior. Participants who refuse to cooperate will be reported to local security or local police.

Far West Ski Association maintains a strict policy prohibiting sexual harassment and harassment because of race, religion, color, national origin, ancestry, disability, medical condition, marital status, sexual orientation, age, or any other basis made unlawful by any applicable law or ordinance or regulation. Prohibited harassment in any form, including verbal, physical and visual conduct, threats, demands, and retaliation is unlawful and will not be tolerated. If, after a request to refrain from this behavior, the participant continues, FWSA Travel Staff, Council Trip Leaders, and assigned Trip Assistants may contact local security or local police. Profanity and off-color humor is only permitted if it is not offensive to other participants. Please stop the offensive behavior if asked by another participant, FWSA Travel Staff, Council Trip Leader, or assigned Trip Assistant.

Parents/Legal Guardians of minor children under the age of 18 are responsible for the supervision and behavior of their children. Children under 12 years will be under the direct supervision of their parents/legal guardians at all FWSA events. Parents/Legal Guardians are responsible for providing supervision of their children under 12 years of age during the time that they are attending a FWSA function without their children (e.g., children under 12 will not be left alone in the lodging rooms).

FWSA Travel Staff, Trip Leaders, assigned Trip Assistants, and/or FWSA Board of Directors will attempt to resolve problems in a mutually beneficial manner. When resolution cannot be achieved, FWSA Travel Staff, Trip Leaders, and assigned Trip Assistants have the authority to call on-site security or local police to resolve the problem. Participants may be excluded from a trip at their own expense and without reimbursement of trip expenses.

Feeling confused as to why Coronavirus is a bigger deal than Seasonal flu? Here it is in a nutshell. I hope this helps.

It has to do with RNA sequencing.... I.e. genetics.

Seasonal flu is an "all human virus". The DNA/RNA chains that make up the virus are recognized by the human immune system. This means that your body has some immunity to it before it comes around each year... you get immunity two ways...through exposure to a virus, or by getting a flu shot.

Novel viruses come from animals.... the WHO tracks novel viruses in animals (sometimes for years watching for mutations). Usually these viruses only transfer from animal to animal (pigs in the case of H1N1) (birds in the case of the Spanish flu). But once one of these animal viruses mutates and starts to transfer from animals to humans... then it's a problem, Why? Because we have no natural or acquired immunity.. the RNA sequencing of the genes inside the virus isn't human, and the human immune system doesn't recognize it so, we can't fight it off.

Now.... sometimes, the mutation only allows transfer from animal to human, for years it's only transmission is from an infected animal to a human before it finally mutates so that it can now transfer human to human... once that happens we have a new contagion phase. And depending on the fashion of this new mutation, that's what decides how contagious, or how deadly it's gonna be..

H1N1 was deadly....but it did not mutate in a way that was as deadly as the Spanish flu. It's RNA was slower to mutate and it attacked its host differently, too.

Fast forward.

Now, here comes this Coronavirus... it existed in animals only, for nobody knows how long...but one day, at an animal market......

On another subject......Due to the hoarding, sanitation wipes are in short supply. Please remember that the following chemicals should not be mixed together.

Bleach + Vinegar = Toxic Chlorine Gas. ...

Ammonia + Bleach = Toxic Chloramine Vapors. ...

Rubbing Alcohol + Bleach = Chloroform. ...

Hydrogen Peroxide + Vinegar = Peracetic Acid. ...

Baking Soda + Vinegar = Ineffective Cleaning Solution. ...

To make your own hand sanitizer

2/3 cup of 99% isopropyl alcohol, 1/3 cup of aloe vera.

Sorry for so much information. This really helped understand why the coronavirus virus is so dangerous.

Sandy

Castro Valley Ski Club

Russian River Cruise with Emerald Waterways

Moscow • Uglich • Yaroslavl • Goritsy • Kizhi • Mandrogi • 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



AUGUST 21-28,2021

\$1,625per person double occupancy

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 Excursionin Mincio Park Nature Reserve

NOT INCLUDED:

- Airfare & Ground Transportation
- Tips
- eBikes available for \$100
- Beverages on board (alcohol, soda, etc.)



\$400 deposit per person made out to CVSC to get on waiting list

Tucker & Kathy Hoffmann

2657 Rivers Bend Circle, Livermore CA 94550
tkhoffmann@comcast.net



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
Secretary	Phyllis May	925-371-1667	phyllismay@comcast.net
Treasurer/Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
Newsletter Editor	Dennie Warren	510-759-3415	dennieluuu1@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	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:

Siracing.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 & tahoeskitrips.com

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

SKIZETTE FOR APRIL, 2020



There will be no meetings in April.

SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES

First With Safety Awareness Slogan award sponsored by:



ASPEN & SNOWMASS