



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

April, 2023



EVENTS CALENDAR

(f) = flyer in this issue



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APRIL

- 12 CVSC Board meeting at Pat's
19 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm (TBD)

MAY

- 10 CVSC Board meeting at Ray & Maggie's
17 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm
5/21-6/1 CVSC Bali trip (f) pg 7

JUNE

- 15-18 FWSA 90th Annual Convention in Boise, ID
21 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

UPCOMING

- 7/22 CVSC Mexican fiesta at Pat & Dan's (f) pg 4
12/2-13 CVSC Christmas Markets Along the Rhine (f) pg 9
2024:
10/9-19 CVSC Portugal & the Douro River Cruise (f) pg 11

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 2024:
1/27-2/3 FWSA Ski Week to Steamboat, CO (f) pg 10

APRIL BIRTHDAYS

Ken Calkins	3
Kerna Cook	6
Janice Dark	10
Marianne Carruth	17
Marty Acuff	18
Lynnell Calkins	19
Diana Gartland	23



Visit our Website at www.cvskiclub.org

Castro Valley Ski Club Newsletter

President's Message

Happy spring everyone!! The rain and snow continues but maybe a little less than before so you can ski now!! Hope everyone has survived the weather extremes and are staying safe.



Claudia Fernandes
President

We had a good turnout at our last meeting at Don Jose's, meetings start around 6 pm and people start showing up at 5:30 pm to eat so whatever works for you we look forward to having you there..

Again the FWSA conference will be this June in Boise, Idaho. Let me know if interested in being a delegate. We do compensate our members attending the full conference half their registration fee..

We have our Bali trip coming up next month and

we are looking forward to our upcoming adventure!! Tucker and Kathy will be our travel gurus as we venture forth and learn about new cultures.

Pat is busy with our upcoming Mexican fiesta in July so hope to see you there as well.

We are still working on new venues for upcoming club events , if you have some in mind that would be fun for our members please let us know.

Enjoy the snow this month, and the good weather with friends and family. Have a Happy Easter to all of you that celebrate with the bunny!! Don't eat too much candy!

Take care and enjoy the days ahead.

Best wishes, Claudia

SkiZette Policy NEWSLETTER

DEADLINE: 5th 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 EXCHANGE

Got any sporting equipment (i.e. skis, snowboards) and/or clothing that you no longer can use, don't want, etc..... let me know & I'll put it here!!!!

OR.... If you need the above let me know as well!!!

This also goes for winter/ski cabins that you'd like to offer for rent or are looking for same.... Let me know!!!!

(Dennie—your editor — dennieluuu1@gmail.com)

GREENHOUSE MARKET- PLACE

I do lots of handcrafts which I would like to offer to members.... Crochet, needlepoint & hookrug..... I crochet hats, scarves, shawls, afghan blankets; I needlepoint anything you'd like to hang on a wall or put on a shelf; and I make hookrugs to hang on a wall or a door..... So please let me know if you'd be at all interested in having me create something for you — I am your Skizette editor—contact me at dennieluuu1@gmail.com. I look forward to hearing from you!!!

CVSC General meeting for March
(quite a turnout!!!!)





CVSC MEXICAN FIESTA PARTY !

Saturday, July 22, 2023

Margaritas, Wine and Appetizers start at 4 PM. Dinner will be served at 6 PM.

Hosted by Pat and Dan Green
4655 Cope Court, Pleasanton, CA 94566

Cost: \$40 for members \$65 for non-members

This is a Mexican dinner with tacos and all the fixings
plus rice, beans, vegetables, salad and dessert!

Make checks payable to CVSC and send to Pat at the above address.
Any questions? Call Pat at 925-846-7250

A few Recommendations on How to Stay Healthy

1. Get active

Physical activity will boost the immune system booster. The more you move, the more your body can fight inflammation and infections. You do not have to do strenuous activities. Low impact exercises are very effective. Consider biking, walking, swimming, or low impact aerobics. You should try to do moderate exercise for about 20 to 30 minutes a day. Also, strengthen your muscles by lifting weights or doing yoga. Always modify your exercise routine to fit your needs.

2. Take supplements as necessary

Some supplements help support a healthy immune system. Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin B12.

3. Eat a healthy diet

Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants. Antioxidants protect your cells from damage and keep your body healthy. You should also limit your consumption of sugary and fatty foods, which can trigger inflammation in the body and lower your immune system.

4. Wash your hands frequently

Washing your hands on a regular basis is another excellent way to stay healthy year-round. Viruses can live on surfaces for up to 24 hours. It's possible to become ill if you touch a virus-covered surface and contaminate your hands, and then touch your face. You can also protect yourself by using antibacterial hand sanitizer when you're unable to wash your hands. Also, disinfect surfaces around your home and workstation frequently.

5. Learn how to manage stress

Chronic stress increases your body's production of the stress hormone cortisol. Too much cortisol can disrupt different functions in your body, including your immune system. To reduce stress, increase physical activity, get plenty of sleep, set reasonable expectations for yourself, and explore relaxing, enjoyable activities.

6. Get plenty of rest

Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Aim for at least seven and a half to nine hours of sleep per night.

7. Take steps to prevent infections

Getting annual vaccinations is another way to stay healthy throughout the year. If you're age 65 and older, talk to your doctor about getting a high-dose or adjuvant flu vaccine. Flu season is between October and May in the United States. It takes about two weeks for the vaccine to be effective. The flu virus changes each year, so you should get the vaccine yearly. You should also talk to your doctor about getting pneumococcal vaccines to protect against pneumonia and meningitis.

8. Schedule annual physicals

Scheduling a yearly checkup can also keep you healthy. Always speak with your doctor if you have concerns about your health. Conditions like diabetes and high blood pressure can go undetected. Regular physical examinations will enable your doctor to diagnose any problems early. Getting early treatment may prevent long-term complications.

9. Avoid contact with people who are sick

Another way to protect yourself year-round is to avoid being close to people who are sick. This is easier said than done. But if there's a flu outbreak in your area, limit contact with people who aren't feeling well and avoid crowded areas until conditions improve. If you must go out, protect yourself by wearing a face mask.

(submitted by Sandy Beecher, Safety Chair)

"The Voice of the Western Skier"



90th Annual
**Far West Ski Association
Convention**
June 15 - 18, 2023
at the
Boise Centre
850 S. Front Street, Boise ID
www.boisecentre.com

*Adventure Awaits in
Boise!*



FWSA Convention 2023

Hosted by the *Intermountain Ski Council & Bogus Basin Ski Club*

The Grove Hotel

245 S. Capitol Blvd., Boise, ID 83702.

www.grovehotelboise.com

Reservations: Call 888-961-5000 or 208-489-2222 Option 1,
or <https://reservations.traveldick.com/76224?groupID=3596938>

Group Name: **Far West Ski Association.**

Room Rates per night plus tax single or double occupancy **\$162**

Hotel Features

- The Grove Fitness Center and Spa
- Trillium Restaurant & The Bar
- 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
& Snowsport Trade Show
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panels
- Saturday Awards Luncheon
- Saturday Awards Banquet
- FWSA General Meeting & Elections

Optional Activities

- **Thursday**
 - Rafting on Payette River
 - Bike Ride through Boise
 - Pub Crawl
- **Friday**
 - 16th Annual Michael German Memorial Golf Tournament
 - A Day on the Mountain, Bogus Basin Mountain Recreation Area

Debbi Kor
FWSA Convention Chairperson
conventionchair@fwsa.org
503-314-7078

Sandy Blackwell
Silent Auction Coordinator
silentauction@fwsa.org
818-441-6191

Jennifer Coutts
Intermountain Host Council
Convention Coordinator
hostconventionchair@fwsa.org
817-832-5364

A portion of the Silent Auction proceeds will benefit TBA.

www.fwsa.org

2023 Castro Valley Ski Club presents

Breathtaking Bali

May 21-June 1, 2023



\$2999

Your tour of Bali includes:

- Round-trip international airfare from LAX 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 (looking to add more)
- Comprehensive sightseeing tours with admission fees as per itinerary
- Professional, English-speaking Tour Director throughout
- Refillable water bottle provided at the start of the tour
- Tips & More

Travel Insurance:

- Basic plan \$179 per person
- Upgraded plan to Cancel for Any Reason, \$329 per person, due with or prior to final payment. Insurance premium is non-refundable

Single occupancy supplement is \$499

Send \$300 per person non-refundable deposit to:

Tucker Hoffmann - CVSC Travel Director
2657 Rivers Bend Circle Livermore, CA 94550
925-371-1910 or 510-329-4242 tkhoffmann@comcast.net

CVSC CST # 2081040

FWSA 12th Annual Scuba Dive Trip Little Cayman



Dive the "Bloody Bay Wall"

The Caribbean's Most Breathtaking Drop-Off!

October 7 - 14, 2023

Diver Land Package = \$2306.00 Standard Room - Double Occupancy

Non-Diver Land Package = \$2040.00 Standard Room - Double Occupancy

Single Supplement Standard Room Add = \$696.00

Lodging Upgrades Available – contact Randy Lew for details

(Air transportation not included in above pricing)

Price Includes:

- 7 nights – Pool View Room at Little Cayman Beach Resort– Dbl. Occupancy with all meals daily
- Drink Package - Alcoholic and non-alcoholic beverages
- Non-motorized water sports and activities
- Resort fees, taxes & staff gratuities. (dive gratuities are not included)
- 6 days of 2 tank boat dives, 5 days of afternoon boat dives & complimentary use of dive computer
- PADI & SSI certified dive professionals
- Complimentary Wi-Fi (primarily in public areas)
- Resort Amenities
- Welcome Party and Farewell Dinner



*Enjoy the beautiful
wildlife*



*Create New Memories with
Friends,
Old and New!*



*Dive the famous
Bloody Bay Wall!*



Enjoy a Beautiful Resort



Contact: Randy Lew
FWSA Dive Trip Leader
829 SE 11th Place
Battle Ground, WA 98604
Cell: 530/304-0802
E-mail: FWSA13Randy@telis.net

Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277
Cell: 559/737-0882
FWSAIntTrvl@prodigy.net

You must be a Member of a Far West Ski Assn. affiliated club or a FWSA Direct Member!

CST # 2036983-40

Christmas Markets Along the Rhine

A Pre-Holiday River Cruise from Switzerland to Amsterdam

\$4545 - \$4445 (depending on cabin choice)

December 2-13, 2023

...with optional extensions to Brussels & Bruges, Belgium & Basel, Switzerland



IT'S INCLUDED:

- **International airfare, airport transfers, government taxes, fees, and airline fuel surcharges**, unless you choose to make your own air arrangements
- **Accommodations** for 10 nights aboard a private river ship with wireless Internet access now in all common areas and cabins
- **ALL meals:** 10 breakfasts, 10 lunches, and 10 dinners—plus all onboard house beer & wine, as well as soft drinks at all times
- **7 included tours** with personal headsets, **up to 7 Christmas markets**, and **4 Exclusive Discovery Series events**—Home-Hosted *Kaffeeklatsch* • German Christmas Traditions conversation • *Stollen* baking demonstration • *Operation Market Garden* conversation
- **Local Program Directors, a Grand Circle Cruise Line exclusive:** These dedicated experts are with you and your group from beginning to end to provide insider's knowledge and a local perspective
- **Gratuities** for local guides and motorcoach drivers
- **Baggage handling** for 1 piece of luggage per person, including tips
- **All port charges**



FAR WEST SKI WEEK

Steamboat.

Steamboat, Colorado

JAN 27 – FEB 3, 2024



Lodging & Amenities Package Includes:

- 7 Nights Lodging
- Welcome Reception
- Council Dinner
- Giant Slalom Race
- Farewell Party

Not Included:

- Optional - Airfare (TBD)
- Optional - Ground Transportation (TBD)
- Optional - Lift Tickets (TBD)

Lodging Options:

Trappeur's Crossing

~Shuttle service to ski area and downtown, hot tub, indoor pool, underground parking

- 2 Bedroom/2 Bathroom Condo - \$1,985
- 3 Bedroom/3 Bathroom Condo - \$1,765

Chateau Chamonix

~Ski in/out location, slope side ski valet and locker room, hot tub, pool

- 2 Bedroom/2 Bathroom Condo - \$2,590

The Lodge

~Shuttle service, business center, hot tub, swimming pool, near gondola, restaurants, shops, no elevator

- 2 Bedroom/2 Bathroom Condo - \$1,595
- 3 Bedroom/3 Bathroom Condo - \$1,454

Lift Tickets and **ONLINE registration** will be handled by Sports America. A link will be available soon.

To hold your spot - send in your \$200 Deposit check payable to: Bay Area Council of Ski Clubs.
Mail to: Karen Albrecht, BAC Trip Leader, 712 Matsonia Drive, Foster City, CA 94404
iplaythird@yahoo.com 650-515-9532

FWSA CST#2036983-40 BAC CST# 2050870-40

2024 Castro Valley Ski Club

Portugal & the Douro River Cruise

October 9-19th, 2024



\$5490 to \$6199 (depending on cabin choice)

Experience the unique sites and culture of Portugal with a taste of Spain on this combination land and river cruise Main trip. We start our journey by flying into Lisbon and we stay there for two nights in a four-star hotel. We then travel to Fatima and sightsee in Coimbra and then board the *MS Emerald Radiance* for our seven-night river cruise along the Douro River. We also venture to Rodrigo, Vega Terron, and Salamanca Spain. We end the trip in the home of Port wine, Porto, and fly back to the US.

Your tour includes:

- RT air from LAX or SFO
- Two-night hotel stay and touring in Lisbon, Portugal before cruising
- 7 night Duoro River Cruise on the Emerald Radiance
- 23 Meals (8 dinners, 6 lunches, and 9 breakfasts)
- Airport transfers on tour dates when air is provided
- Included shore excursions escorted by local, English-speaking guides in Salamanca, Pocinho, Lamego and Porto
- All onboard meals feature local and international specialties
- All onboard lunches and dinners are four courses and served with complimentary regional wines, beer and soft drinks
- All gratuities included
- Complimentary WiFi onboard

Send \$400 per person non-refundable deposit to:

Tucker Hoffmann - CVSC Travel Director
2657 Rivers Bend Circle Livermore, CA 94550
510-329-4242 tkhoffmann@icloud.com

Note: due to the popularity of this trip please send us an email to let us know if you're sending a deposit. We already have quite a few already signed up.

CVSC CST # 2081040



**FREE
AIRFARE**

WHEN BOOKED BY
MARCH 31, 2023



Portugal and the Douro River Cruise

Tour Dates: October 9th – 19th, 2024



Portugal and the Douro River Cruise



Experience the cosmopolitan charm of Lisbon, Portugal



Feel the rhythm of the city in the Plaza Mayor, Salamanca, Spain

DAY 1 Depart the USA: Depart the USA on your overnight flight to Lisbon, Portugal.

DAY 2 Lisbon, Portugal: Upon arrival, you'll be met by a representative of Mayflower Cruises & Tours and transferred to your hotel. The remainder of the day is at your leisure to explore Lisbon. This evening, join your Mayflower staff and fellow travelers for an included dinner. **Meal: D**

DAY 3 Lisbon: After breakfast, an included tour highlights the famous sites of the city. During a panoramic coach tour, see 'Monument to the Discoveries,' and Belem Tower, a UNESCO World Heritage Site. Visit Jerónimos Monastery and discover the unique architecture and history. Enjoy a free afternoon to shop, dine and experience this cosmopolitan city on your own. **Meal: B**

DAY 4 Fátima – Coimbra – Porto: Depart Lisbon by coach and journey to the ship in Porto. Enroute, visit Fátima, home to the Sanctuary of Fátima, an important Catholic pilgrimage site. The city's fame originates from the apparitions of Our Lady of the Rosary that appeared to three shepherd children in the nearby fields. Continue to Coimbra and its famous university before arriving in Porto to embark the *MS Emerald Radiance*, home for the next seven nights. **Meals: B, D**

DAY 5 Porto – Pinhão: Today is a day of sailing through the twists and turns of the Douro Valley. Designated a UNESCO World Heritage Site, this area is sparsely populated by quaint villages, sun-drenched vineyards and small farms. Later today, arrive in the village of Pinhão, perfectly situated on a river bend surrounded by terraced hillsides that produce some of the world's best Port wine. Tonight, enjoy a welcome reception and dinner. **Meals: B, L, D**

EmeraldPLUS: A Portuguese cooking demonstration onboard

DAY 6 Pinhão – Vega de Terrón: Begin the day with a visit to the beautiful 18th-century estate of Quinta do Tedo Vineyard with spectacular views of the Douro Valley. Learn about wine production, its importance to the culture and economy, and enjoy a tasting of the local vintage. This afternoon, the ship sails for Vega de Terrón, gateway to Spain. **Meals: B, L, D**

EmeraldACTIVE*: A guided walk through the vineyards

EmeraldACTIVE*: Kayak experience in Pinhão

*The included tour and both ACTIVE tours all operate simultaneously. Only one can be selected.

DAY 7 Salamanca, Spain: Today's excursion takes you to the UNESCO World Heritage Site of Salamanca, Spain. During the guided walking tour, see amazingly detailed and intricately carved buildings of the university and the House of Shells. Regal splendor abounds in the Plaza Mayor, the heartbeat of the city. Visit the market and taste the local products including cheese, olives and bread. You'll have free time for lunch and to explore independently before returning to the ship in Portugal. **Meals: B, D**

EmeraldPLUS: Entertainment by a Tuna music band in Salamanca

DiscoverMORE: Tour of Castelo Rodrigo (instead of city tour to Spain – additional expense)

DAY 8 Pocinho / Régua, Portugal: Arrive in Pocinho and disembark for a morning tour to the Côa Valley Museum. Designed to blend in with its surroundings, the museum's concrete structure houses prehistoric stone carvings made by the early inhabitants of the Douro which were uncovered during construction of a nearby dam project. Return to the ship for lunch and relax on deck as the ship sails through idyllic surroundings on the way to Régua. This evening, enjoy an off-ship dinner at a traditional vineyard estate. **Meals: B, L, D**

DiscoverMORE: Archaeological 4x4 Tour at Côa Museum (additional expense)

The included tour and DiscoverMORE operate at the same time.

EmeraldPLUS: Port wine cocktail lesson onboard

EmeraldPLUS: Dinner at a vineyard estate



2023/2024 Avid Skiers in Control

President	Claudia Fernandes	510-435-5263	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	Paula Kinahon		pkinahon@gmail.com
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		
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@icloud.com
Trustee	Paula Kinahon	510-910-2707	pkinahon@gmail.com
Safety Chair	Sandy Beecher	707-479-6272	srbeecher@aol.com

WEBSITE: www.cvskiclub.org

WEBSITES & PHONE NUMBERS

Singles league racing:

slracing.tripos.com/schedule.htm

Open league racing: olrc.org

Weather: nws.mbay.net/home.html

Best weather website for snow: Tahoeweatherdiscussion.com

Far West Racing Assoc: fwra.com

Web cams on the slopes: magnifeye.com

Road conditions: 1-800-427-7623

Info on all ski areas: onthesnow.com

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

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

SKIZETTE FOR APRIL, 2023



All monthly general meetings are held
at Don Jose's Mexican Restaurant,
3430 Village Dr., Castro Valley, CA

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



ASPEN & SNOWMASS