



P.O. Box 20321  
Castro Valley, CA 94546

# CVSC SkiZette

May, 2009

Celebrating our 25th year!!



## Special Events:

End of Season Banquet  
May 2

Spring hike/potluck lunch  
bbq  
Del Valle, Livermore  
May 3

Niles Canyon Wine Train  
May 9

## EVENTS CALENDAR

(f) = flyer in this issue

### MAY

- 2 CVSC End of Season Banquet
- 3 CVSC Spring hike & putluck lunch bbq at Del Valle, Livermore (f)
- 6 CVSC general meeting at Don Jose's
- 9 CVSC Niles Canyon Wine Train (f)
- 13 CVSC board meeting at Ralph's

### JUNE

- 3 CVSC general meeting at Don Jose's
- 4-7 FWSA 77th Annual Convention, Reno, NV (Peppermill Resort Spa & Casino)
- 10 CVSC board meeting
- 13 CVSC Byington Winery Tour

### JULY

- 1 CVSC general meeting at Don Jose's
- 8 CVSC board meeting

### UPCOMING

- 8/21-9/2 CVSC Ski & Sightsee Argentina (f)
- 10/18-25 CVSC Cruise to Caribbean on Carnival Victory (f)
- 2010:
- 1/30-2/6 FWSA Ski Week at Keystone, CO (f)
- Trip to Turkey in October (more info to come)

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Visit our Website at [www.cvskiclub.org](http://www.cvskiclub.org)

## MAY BIRTHDAYS



Sandra Beecher	7
Susan Walls	10
Janina Tayler	17
Steve Kallal	17
Fred Rubis	18
Christina Moritz	20
Wayne Ainsworth	23
Debbie Starzynski	24
Chuck Peters	25
Rita Hayden	27
Kristin Ansell	30

## 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***



### 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**

**SEE DEAN OR JOLENE MICHAEL TO PURCHASE ANY OF THESE GREAT ITEMS**

### ~SPORTING GOODS EXCHANGE~

Ron White has a slightly used pair of skis (K2 Merlin VI w/Marker bindings, red w/black trim 177 cm) \$125 or b.o.—contact (925) 443-3106

[Post-season sale]



## From the secretary's desk..... by Eva Lanphear

Re: Changes to the CVSC by-laws

At the general meeting of April 15<sup>th</sup>, the club held general elections for club officers. Also on the ballot were several recommendations for changes in the by-laws. Some were housekeeping type changes that were approved.

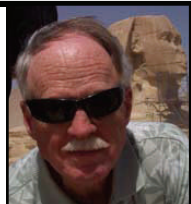
One change - an addition - in the by-laws which would allow the President and Board to appoint a member to a trustee position rightly met with some concern that the position had not been clearly defined.

It was decided that a new draft of the proposal with the concerns addressed would be issued first as an e-mail notification and secondly in the May 2009 Skizette and then voted on at the May 2009 General Meeting. This would give all members the opportunity to know what changes were taking place in the by-laws that govern our club.

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This is to advise the membership that the draft will be sent in May as an e-mail notification and also published in the June 2009 Skizette.

The voting for this by-law change will take place at the **June 2009 general meeting**

President's Message



As our top notch Skizette editor has promised, this electronic version has reached your e-mail in-box just four days prior to one of the greatest social events ever produced by CVSC, the "End of Season/25th Anniversary Celebration Banquet", with much anticipation, coming up on May 2nd at the beautiful Sequoyah Country Club venue. The expected guest list will set an attendance record with both current and former members looking forward to a beautifully planned evening, looking back with great pride, celebrating it and meeting some of those who had the insight to give birth to what we have enjoyed for the past quarter century. A dedicated group of talented and creative volunteers have put together an evening not to be forgotten... TWENTY FIVE YEARS OF HISTORY, CASTRO VALLEY SKI CLUB IS THE PLACE TO BE.....and will continue to be in the future. You will meet and greet former members who founded the Club in 1984, current members who were determined to build it, keep it going, and make it what it is today...a vibrant, dedicated, active membership willing to serve and further enhance the direction and success with the same desire and energy of those before us.

Following a festive evening, many of you will look toward the opportunity to celebrate another twenty-five years in the year 2034.

So skiers start your engines and hit the course. I'll see you at the finish line, wherever that might be in another twenty-five.

RALPH



Consider this....



Greetings. Skied Bear Valley for the first time last month and had a blast. The snow was remarkable given the time of year. Sad to say goodbye to ski season 2008/2009 but it will be coming around again before we know it.

Bay Area Snow Sports Council News

Council nominations & elections were held at the general meeting on April 6th. Here is the new lineup for the upcoming 2009/2010 term.

- President - Dennis Heffley
- VP Membership - Michelle Nightengale
- Benefits Director - Sandy Kyumura CVSC
- Industry Liaison - Dave Cunningham CVSC
- Travel Director - Paula Kinahon CVSC
- Treasurer - Paul Vlasveld
- VP Communications - (open position)
- Public Relation - Linda Indreboe
- Marketing - Scott Bowker (appointed)

CVSC is well represented at the council level with three CVSC members on the BAC Board of Directors.

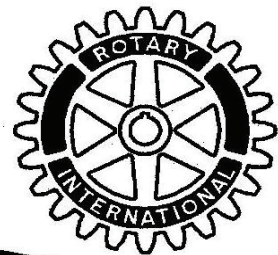
**BAC Discount Lift Ticket Returns:** Unused lift tickets purchased through the BAC Discount Lift Ticket program may be returned for credit for repurchase next season. **The deadline for returning tickets is Wednesday, May 6.** The lift ticket returns form is included in this SkiZette issue and was also was distributed via email.

I look forward to seeing you at the 25th End-of-Season Banquet May 2. Meanwhile, I hope you're having fun.

Best regards,

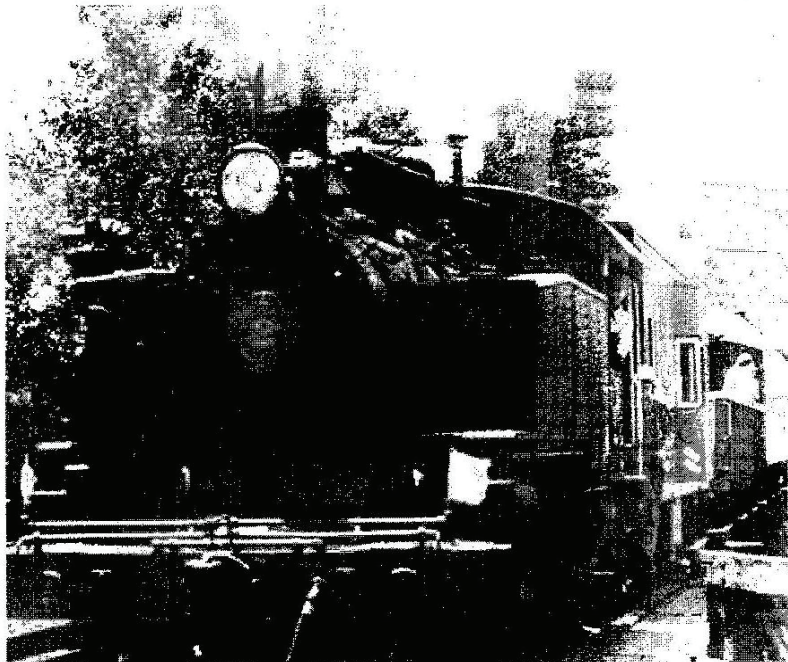
*Paula Kinahon*  
VP & BAC Representative  
415 983-7145 (day)  
510 357-6127 (evening/weekend)  
[Pkinahon@Gmail.com](mailto:Pkinahon@Gmail.com)

11th Annual  
**Livermore Rotary  
Niles Canyon  
WINE TRAIN**



**Great Fun  
for Families**

*This event is expected to be a  
Sell Out. Get Your Tickets Early!*



**Saturday, May 9, 2009**

Departs Sunol Station at 6:30 p.m.

Return approximately 8:30 p.m.

*Many Thanks to our Local Sponsors:*

*Dom's Outdoor Outfitters*

*Ising's Culligan Water*

*KKIQ Radio*

*Strolling Musicians*

*Tri-Valley Winegrowers*

**Comedy Entertainment by Gunfighters of the Old West  
Come early for their pre-boarding show!**

**Wine Tasting  
Soft Drinks & Water**

**Appetizers & Desserts  
on the Train  
Strolling Musicians**

**Fare: \$20.00**

**Includes One Complimentary Wine Taste**

**Groups of 10 + \$18 (before May10)**

**Youth Fare (under 21) - \$10.00**

*Wine & Soda Tickets will be available  
for sale at the station & on the train.*

*Tickets Available at:*



**TRAVEL BUG**

**2269 Third Street • Livermore**

*For more info., call  
Kathy Coyle (925) 606-7564*

**All proceeds to benefit Rotary Scholarships & Community Projects**

## Enjoy a Spring Hike and Potluck Lunch/BBQ with your CVSC Pals



Sunday May 3  
Del Valle Park (just south of Livermore) at 9am  
*Work off all that great food you ate at the banquet!*

We will hike for about 2- 2 ½ hours (\*), then head over to Jacky and Peter Poulsen's house in southeast Livermore afterwards for a potluck and BBQ; you bring a side dish or dessert, we will take care of the BBQ. We just ask that you pitch in \$5 for the meat and other expenses. If you aren't a hiker, feel free to join us for the lunch!

\*Most likely we will offer two hikes; one with some hilly terrain, and one that's relatively flat. The latter will probably go along the lake, which is a lovely walk for those who prefer to avoid the hills. We can work it out so we finish about the same time.

### Bring:

For the hike:

Water bottle, sunscreen, hat

For the lunch:

Your beverage of choice (we will supply bottled water)

Side dish to share:

A-J bring side dish (salad, vegie, pasta etc)

K-R bring dessert

S-Z bring munchie/appetizer

We will supply BBQ meat, bottled water and the plates, utensils etc.

**Questions: contact Jacky or Peter at (925) 455-0542  
or [poulsen@wecare.net](mailto:poulsen@wecare.net)**

To sign up, please send a check for \$5 per person by April 27, made out to Jacky Poulsen, 9325 Lupin Way, Livermore CA 94550

## Travel Essentials You Can Find at Your Drug Store

Here's a few hints I have found very useful.....Kathy

### Downy Wrinkle Release

Let's face it: An iron and ironing board are not always readily available on our travels, and most of us cannot afford to buy an entire wardrobe of wrinkle-resistant packable travel clothes from Magellan's. When packing for a trip, I've often sadly left my favorite dresses and tops behind because I deemed them too wrinkly to take abroad. But no more! Just spray on your rumpled shirt, tug, smooth and wear. The three-ounce bottle sells for about \$2.99.

### Trail Mix

There's a reason it's called trail mix -- the healthy blend of nuts, seeds and dried fruit provides plenty of energy for hikers and bikers. But it turns out the stuff may be just as suitable for air travelers as for trail trekkers. In April 2007, The New York Times reported that dried cherries, a common ingredient in many trail mixes, may help reduce the effects of jet lag. Cherries contain melatonin, which is an antioxidant that helps regulate sleep patterns. According to Dr. Russel J. Reiter, a well-known authority on melatonin, eating dried cherries before sleep while traveling can increase the body's natural melatonin levels and may mitigate the effects of jet lag.

### Colgate Wisp

Brush your pearly whites while camping, touring, hiking or flying -- no sink needed. Colgate Wisp is a single-use disposable toothbrush with a bristled head that contains a unique "freshening bead." The brush's fresh bead does not foam like traditional toothpaste; instead, it releases a mouth-cleaning liquid that is safe to swallow. The Wisp also has a handy pick at its bottom end for those tricky spaces between your teeth. The brush usually sells for \$2.39 for a four-pack and \$7.99 for a 16-pack.

### Oscar Blandi's Dry Shampoo

Dry shampoo has long been a secret of runway stylists, and although it will not clean your hair quite as thoroughly as a regular shampoo, it's a fabulous way to freshen up your 'do in places like airplanes where a hot shower is not available. Check out Oscar Blandi's one-ounce travel-size dry shampoo it has a lemony scent, non-aerosol packaging and convenient size (\$11 on Sephora.com). Spritz your hair and comb it through to eliminate oil, add body and shine, and eliminate dreaded "airplane head."

### Petroleum Jelly

Petroleum jelly is the ultimate multi-use beauty product for travelers. It's a moisturizer, lip balm, make-up remover, first-aid salve and more. Soak a tissue with petroleum jelly to remove eye make-up (make sure not to get it directly in your eyes), rub it on parched skin or smooth it on lips to protect them from dry airplane air. Best of all, petroleum jelly is cheap! The carry-on compliant 2.5-ounce Vaseline brand sells for about \$3.29 per bottle, and many drug stores carry generic brands that cost even less.

### Olay Daily Facials

Replace your bottle of face wash with Olay Daily Facials and you'll have one less liquid to squeeze into your carry-on zip-top bag. Olay Daily Facials are disposable cleansing cloths that have Olay facial soap soaked right into the fibers. Just add water and scrub your face! Olay Daily Facials come in a wide range of varieties for all skin types; there's Sensitive Skin, Hydrating, Night and Clarifying.

### Duct Tape

Many avid travelers know the secrets of duct tape -- it's the closest possible thing to a packable travel cure-all. The countless uses for duct tape include repairing broken luggage, identifying luggage (wrap your bag with colored duct tape for easy spotting in baggage claim), temporarily bandaging wounds, covering blisters on feet, and taping passport and/or money under the hotel bed for security.

Hiking is a fun outdoor sport.

It is very easy for beginners and offers good exercise. There are a few things to consider before embarking on a hike and some safety precautions to take.

- It is best not to hike alone. For safety reasons is best to have at least one other person with you, if not a group of people.
- Always let someone back home know where you and your party will be going and approximately what time you should return. This way, if you happened to go missing, they would know where to start looking for you.
- If you are heading out on a long hike it may be a good idea to tell a park ranger or someone similar where you are going and what route you will be taking. A mobile phone is also another beneficial accessory to the modern hiker.
- If you are new to hiking it is best to start with a short, easy track. As you become more experienced you can try harder tracks and journeys.
- Find out as much as you can about the trail you are going to take. It is best to know d what you are in for. Will you be hiking up hill, or climbing rocks if you were to take that route?
- Choose a hiking trip that matches your fitness level. Choose an easy hike to start with. You can always try something more advanced later. It is better to be on a track that is far too easy for you than one that is far too hard.
- Make sure you are wearing comfortable clothes. If you are planning on wearing several layers of clothing, make sure these layers are easy to be removed if you warm up and easy to carry.
- Good shoes are an essential when hiking. If you were to be taking a long and strenuous hike, good hiking boots would be of great benefit. Boots are very good as the support your ankles as you walk. Do not hike across rocks or uneven or slippery surfaces without proper hiking shoes or boots.
- Take plenty of water so you don't get dehydrated. It is also a good idea to pack some snacks. Other things that are good to pack include a first aid kit, a map of the area and **compass**.
- If you are new to hiking, it is best to stay on a hiking track in a national park or hike with someone who is familiar with the area.
- Remember that is it better to be over prepared than under prepared. Hiking is about having fun and enjoying the outdoors.
- Always remember to play it safe!

Inpart from google ads

*Sandra R. Beecher*

**Castro Valley Ski Club  
Discount Lift Ticket Voucher  
Return form  
Deadline to CVSC, Wednesday, May 6, 2009\***

Ski Resort	# of vouchers	Voucher serial numbers
<b>Alpine Meadows</b>		
<b>Homewood</b>		
<b>Kirkwood</b> Adult Young Adult		
<b>Sierra only</b> Adult Young Adult Children		
<b>Northstar</b> Adult Young Adult Children		
<b>Squaw Valley</b> <i>Tickets must have name and club written on each one</i>		
<b>Sugar Bowl</b> Adults Young Adults/senior		

**TOTAL VOUCHERS RETURNED** \_\_\_\_\_

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_

**Phone** \_\_\_\_\_ **e-mail** \_\_\_\_\_

**To claim credit for returned tickets, you MUST pay applicable fees, submit a lift ticket order for the 2009-2010 season and be in a club which is a current BAC member.**

# CARIBBEAN CRUISE

## OCTOBER 18-25, 2009



Dear Ski Club Cruisers,

Thank you for your deposit of \$25.00 for the Caribbean Cruise Oct. 18-25, 2009.

You have selected at:

Balcony Room - \$749

(price is per person - 2 in a room)

Please review the following deposit and cancellation policy:

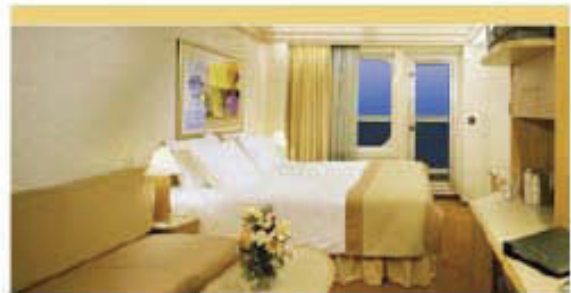
### Deposits:

\$25 DEPOSIT PER PERSON

\$100 DUE July 1<sup>st</sup>, 2008

\$250 DUE APRIL 1<sup>st</sup>, 2009

FINAL DUE JULY 1<sup>st</sup>, 2009



Balcony

### Cruise Cancellation Policy

AFTER JULY 1<sup>st</sup>, 2008

\$25 PENALTY PER PERSON

AFTER OCT. 1<sup>st</sup>, 2008

\$100 PENALTY PER PERSON

AFTER JULY 1<sup>st</sup>, 2009

\$350 PENALTY PER PERSON

AFTER SEPT. 1<sup>st</sup>, 2009

\$500 PENALTY WITH PORT CHARGES

AFTER OCT 1<sup>st</sup>, 2009

NO REFUND

IF YOU CANCEL YOU MAY BE RESPONSIBLE FOR THE SINGLE SUPPLEMENT FOR YOUR ROOMMATE

Travel insurance is advised. It can be obtained thru TRAVELGUARD online at [www.travelguard.com](http://www.travelguard.com). They offer specific cruise travel insurance. Please note it is the individual travelers responsibility to obtain this insurance if desired. You can expect to pay between 5-7% of cruise price for insurance.



**FWSA 2010 SKI WEEK**  
**Jan. 30<sup>th</sup> to Feb. 6<sup>th</sup>, 2010**

**HOT NEWS.....**

**Keystone, Colorado**

*Pricing & lodging is still in the works*

**Package will include 7 nights lodging and amenity package:**

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

**CVSC is taking \$200 per person deposits now.** Priority placement will be based on first received deposits. \$25 is non-refundable from BAC should you cancel.

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

Tucker Hoffmann  
CVSC Travel Director  
18351 Standish Ave.  
Hayward, CA 94541  
510-278-7660  
tkhoffmann@aol.com

**CVSC CST # 2081040**



## 2008/2009 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	510 278-7660	tkhoffmann@aol.com
Past President	Walt Johnson	510-881-8201	granite53@aol.com
Trustee	Kathy Hoffman	510-278-7660	tkhoffmann@aol.com
Trustee	Jim Korn	510-357-6127	jimkorn@sbcglobal.net

WEBSITE: [www.cvskiclub.org](http://www.cvskiclub.org)

### Websites/Phone numbers

BAC Web site: [skibac.org](http://skibac.org)  
 Singles league racing:  
[slracing.tripos.com/schedule.htm](http://slracing.tripos.com/schedule.htm)  
 Open league racing: [olrc.org](http://olrc.org)  
 Far West Ski Assoc: [fwsa.org](http://fwsa.org)  
 Take a bus to the slopes: [nacski.com](http://nacski.com) & [bayareaskibus.com](http://bayareaskibus.com)  
 Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)  
 Far West Racing Assoc: [fwra.com](http://fwra.com)  
 Web cams on the slopes: [magnifeye.com](http://magnifeye.com)  
 Road conditions: 1-800-427-7623  
 Weather: [nws.mbay.net/home.html](http://nws.mbay.net/home.html)  
 Info on all ski areas: [onthesnow.com](http://onthesnow.com)

### *SKIZETTE FOR MAY, 2009*



P.O. Box 20321  
Castro Valley, CA 94546

ADDRESS SERVICES REQUESTED

ADDRESS LABEL  
HERE

The Next Meeting will be  
May 6

**DON JOSE'S**  
**MEXICAN RESTAURANT**  
3430 Village Dr.  
Castro Valley  
510 538-3290

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



**ASPEN & SNOWMASS**