



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

May, 2023



EVENTS CALENDAR

(f) = flyer in this issue

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MAY

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

JUNE

- 15-18 FWSA 90th Annual Convention in Boise, ID (f) pg 4
- 21 CVSC General meeting at Lake Chabot (weather permitting)

JULY

- 19 CVSC General meeting at Lake Chabot (weather permitting)
- CVSC Mexican fiesta at Pat & Dan's - POSTPONED (TBD)

UPCOMING

- 12/2-13 CVSC Christmas Markets Along the Rhine (f) pg 5
- 2024:
- 10/9-19 CVSC Portugal & the Douro River Cruise (f) pg 7

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 6

MAY BIRTHDAYS

Stan Clarke	4
Pat Green	6
Sandra Beecher	7
Anne White	16
Sherry Ford	16
Shelley Bickel	18
Debbie Scanlon	20
Carolyn Brunnings	26
Judith Valentine	28



Visit our Website at www.cvskiclub.org

Castro Valley Ski Club Newsletter

President's Message

Happy Spring everyone!! Still wet and wild but still lots of snow and green everywhere...

Our club is leaving the end of this month for Bali, and it's getting more exciting as we get closer to leaving. Thanks to Tucker and Kathy for this adventure..



Claudia Fernandes
President

We are getting ready for the FWSA convention in June still some delegate spots available but it will be a nice contingent from Castro Valley..

Let me know if you are interested.

Our Mexican fiesta is being postponed and we are looking into another date and venue, we will keep you posted once a decision has been made. We will be doing something this summer!!

Take care everyone, be safe and enjoy your May Days!!! Hope to see you at Don Jose's on Wednesday May 17 ...a time for friends and food!!

Best,

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!!!

Rattlesnake Fact Sheet

(submitted by Sandy Beecher, Safety Chair)

Awareness

There are several species of rattlesnakes common to California, but the Northern Pacific Rattlesnake is the most prevalent in the District's service area. The physical appearance of each snake is variable, but some general principles in distinguishing rattlesnakes are:

- Broad, triangular head with a noticeable "neck" behind the head.
- A rattle located at the tip of the tail. The rattle is used as a warning device when they are threatened.
- Vertical pupils (non-poisonous snakes have round pupils) though hopefully you would not be close enough to notice this!

Rattlesnakes can be found in rural areas, as well as suburban areas where there is sufficient natural habitat. In Northern California snakes will hibernate during cold months and are active March through September.

Several rattlesnake sightings, including discovery of a nest of juveniles, have been reported this month throughout the District. Take special vigilance when entering into a vault

Prevention

If the rattlesnake is not cornered or imminently threatened, it will usually attempt to flee. Bites are often the result of a snake being startled or provoked, and the victim's underestimation of the range (roughly two-thirds of its total length) and speed (literally faster than the human eye can follow) with which a coiled snake can strike.

Avoid contact with rattlesnakes by remaining observant and not approaching the animals. Be particularly careful when working around fallen logs or boulders, and when near rocky outcroppings and ledges where rattlesnakes may be hiding or sunning themselves. Snakes will also occasionally sun themselves in the middle of a trail. If you do encounter a rattlesnake on a trail, keep your distance and allow the snake room to retreat.

Heavy boots and long pants reinforced with leather or canvas are recommended for hikers in areas known to harbor rattlesnakes.

Treatment

Get to a hospital as soon as possible. In the meantime, these first aid steps can be taken:

- Wash the bite with soap and water.
- Immobilize the bitten area and keep it lower than the heart.
- A suction device may be placed over the bite to help draw venom out of the wound. Snake bite suction instruments are available through the Central Warehouse (Stores Code #063449).

Antivenin treatment is typically used to block the tissue destruction, nerve damage, and blood-clotting disorders caused by rattlesnake venom. Keep snake bite victim calm to avoid elevating their heart rate and accelerating the circulation of venom within the body. Do not attempt to make incisions at or around bite sites, apply ice, or use tourniquets, as this could be more destructive than the venom itself.

Reporting & Relocation

All rattlesnake sightings should be reported immediately to your supervisor so that other workers in the area can be informed. In the event that a rattlesnake is discovered in an area that it needs to be removed from (a valve pit, a basement storage area, etc.), please contact the local District Rangers in that area.

Do not pickup or tap the snake.



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.travelclick.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

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:

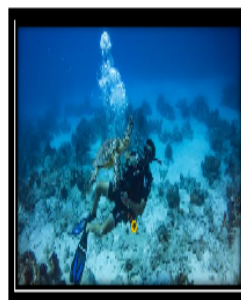
- 7 nights – Pool View Room at Little Cayman Beach Resort – Dbl. Occupancy with all meals daily
- Drink Package - Alcoholic and non-alcoholic beverages
- Non-motorized water sports and activities
- Resort fees, taxes & staff gratuities. (dive gratuities are not included)
- 6 days of 2 tank boat dives, 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
FWSAIntlTrvl@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 (prices are per person):

Trappeur's Crossing

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

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

Chateau Chamonix

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

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

The Lodge

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

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

Lift Tickets and **ONLINE registration** will be handled by Sports America. Follow this link to the online registration site: <http://bac83.sat.tours>

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
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Newsletter Editor	Dennie Warren	510-759-3415	dennieluuu1@gmail.com
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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 MAY, 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