



Castro Valley, CA 94546  
www.cvskiclub.org

# CVSC SkiZette

June, 2020



## EVENTS CALENDAR

(f) = flyer in this issue

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### JUNE

No meetings.

### JULY

Meetings TBD

### AUGUST

Meetings TBD

### UPCOMING

2021:

1/30-2/6 CVSC Annual Ski Week to Sun Valley, ID (f) pg 7

7/19-31 CVSC Russia River Cruise (f) pg 6

8/21-28 CVSC Italy Bike & Barge (f) pg 7

### BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: [skibac.org](http://skibac.org)

Far West Ski Assoc: [fwsa.org](http://fwsa.org)

2021:

1/30-2/6 FWSA/BAC Annual Ski Week to Sun Valley, ID (f) pg 7

### JUNE BIRTHDAYS

Laura DenHaan	1	Lauren Nagle	21
Tom Rognlien	2	Edward Cook, Jr	21
Richard Ludt	2	Claudia Fernandes	24
Norman Prickett	6	Catherine Wilson	29
Dennis Nicholson	18	Terry Walton	30
William Funkhouser	19		



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

I have a pair of bootskis that I would like to give to anyone interested..... Please contact me @ [dennieluuu1@gmail.com](mailto: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 summer everyone!! It's been hot, cold, rainy and then hot again... it is always a surprise!

I hope you all are well and keeping safe and as sane as possible during these tumultuous times.

I wanted to send our heartfelt condolences to Terry Walton on the passing of Deborah - we have you in our thoughts and prayers, we always remember fondly all the fun times together. Take care.

As everyone probably knows by now, all our trips are postponed until next year, we will be looking forward to better days ahead as we move for-



Claudia Fernandes  
President

ward...and more fun with friends and exploring new places..

We will keep you posted as things open up and settle down so we all can get together again... that will be a happy time.

Enjoy the days, your walks, bicycle rides, your family, and wine and friends from a distance. Whatever you are doing take care....

Thinking of you all and wishing you well!!

Claudia

Heat stress is a condition that can occur when you are exposed to extreme heat. There are several levels of heat stress, ranging from sunburn or heat rash to life threatening heat stroke. Heat stress can lead to severe dehydration, organ damage, disability, and even death. This condition can be prevented by taking some basic precautions.

**1 When outside for an extended period of time,** avoid the combination of sun exposure and strenuous activity between 11 am and 4 pm. Instead, pick a time in the early morning or late afternoon when the sun's rays aren't so fierce

**2 Wear breathable clothing.** Clothes made of synthetic fabrics can significantly increase your risk of heat stress. Wear loose-fitting garments made of cotton or other breathable fabrics. Light-colored clothing will keep you cooler in the heat, but dyed and darker fabrics are better at absorbing UV rays and preventing sun damage.

**3 Use sunscreen.** . This will prevent sun burns and rashes, skin conditions. Left untreated, they can interfere with your body's natural cooling capabilities and eventually lead to more serious heat-related illness such as heat exhaustion. you should reapply sunscreen every two hours at least. should use a sunscreen with an SPF higher than 30.

**4 Take frequent breaks to cool off.** In extreme heat and humidity take breaks to lower down your temperature while refreshing your body's capacity to cool itself. If your home doesn't have air conditioning, seek out a public space such as a mall or movie theater where you can rest. You can also try taking cool showers or baths.

**5 Drink lots of water.** When your body gets hot, it cools itself off by sweating. You must replenish fluids regularly in order to avoid dehydration. When you're working outdoors in extreme heat, you'll need at least 2.2 liters (0.6 US gal) of fluids each day or drink sport drinks with electrolytes, salt and sugars. Consult your Dr. before consuming large amounts of sport drinks that contain large amounts of salt and sugars. You should also avoid alcoholic drinks because they accelerate dehydration while impairing your coordination and judgment.

**6 Know your health risk factors.** Anyone can get heat stress. Some people are at an elevated risk. For example, elderly people, pregnant and nursing women, babies, children, and people with heart disease are more likely to be affected by all kinds of heat stress. If you belong to one of these groups, you should take special precautions.

**Have a great Summer; Sandy**



What a strange time we have been living in. Many things have changed with travel this year. Lots of trips being cancelled. Our Russia trip was cancelled and now moved to 2021. It will be busy for those of us also doing the Bike & Barge in Aug. I recently sent out the Welcome Letter for the Bike & Barge so I hope all of you who are signed up got it. Our Bali trip will now be in 2022. If you emailed me about Bali trip I still have you on the list.

New updated flyers for Sun Valley and Russia are in this newsletter.

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#### **RUSSIAN RIVERBOAT CRUISE: July 19-31st, 2021**

The whole group has been moved to next year. We will now be on a different boat, the MS Nizhny Novgorod. It was newly refurbished in 2019. I'll be sending out some new info on the boat to those of you who are signed up soon.

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#### **SUN VALLEY:**

**We have 2 double Queen rooms left for the Sun Valley Trip at the Sun Valley Inn and 1 spot for a female at the Sun Valley Inn.**

#### **North American FWSA Ski Week**

##### **Sun Valley, Idaho**

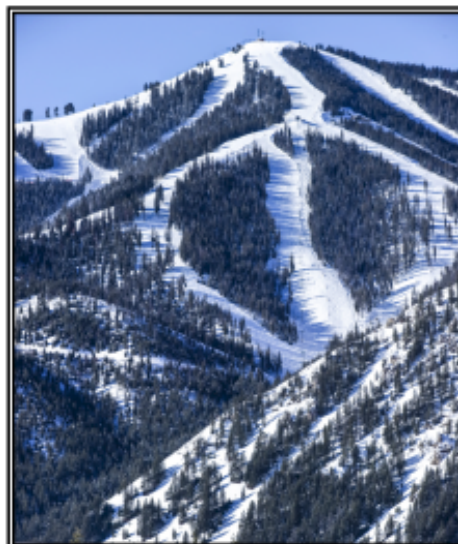
**January 30 - February 6, 2021**



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



## BREATHTAKING BALI - 12 DAYS - 2022

Trip will be limited to 32. Air from LAX or SFO. Price around \$3000.

- 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

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## 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](mailto:tkhoffmann@comcast.net)

cell # 510-329-4242

**CVSC CST # 2081040**



## Castro Valley Ski Club

*Presents*

### Russian River Cruise with Emerald Waterways

*Moscow • Uglich • Yaroslavl • Goritsy • Kizhi • Mandrogi • St. Petersburg*

*July 19-31<sup>st</sup>, 2021- SOLD OUT*



**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 Nizhny Novgorod
- **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
- 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](mailto:tkhoffmann@comcast.net)

**CVSC CST # 2081040**

**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 - upon request  
Sun Valley Inn - 2 Queen Bed Hotel Room \$1,315.00 - 2 rooms available

Sun Valley Lodge Apts. 2 bdr/2ba \$1,315.00 per person - sold out  
Sun Valley Lodge Apts. 3 bdr/3ba \$1,315.00 - sold out

**\$200 Deposit**

August 10, 2020: \$500 Payment

Oct. 1, 2020: Final Payment:

**Cancellation Policy: Must be in writing.**

Deposits fully refunded up to October 10<sup>th</sup>.

\$400 fee applies if cancelled from October 10 - December 10, 2020.

No refunds after December 10, 2020 unless we can find a replacement for your room & lift tickets.

Trip Cancellation Insurance is 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 or 6 day \$393
- Optional Group Air and Ground Transportation pricing to be announced.

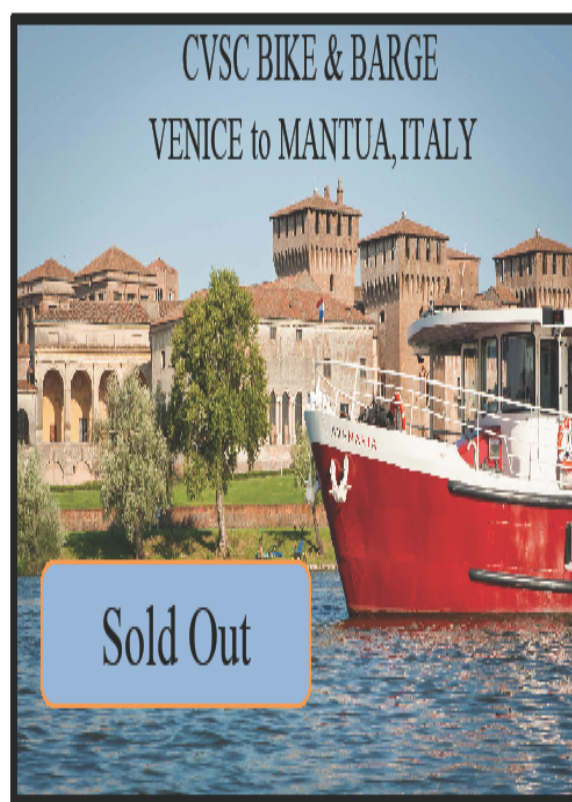
Air & ground transportation not included in this price

Checks made out to CVSC and mailed to:

Tucker Hoffmann 2657 Rivers Bend Circle, Livermore CA 94550

[tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net) 510-329-6838

CVSC CST # 2081040



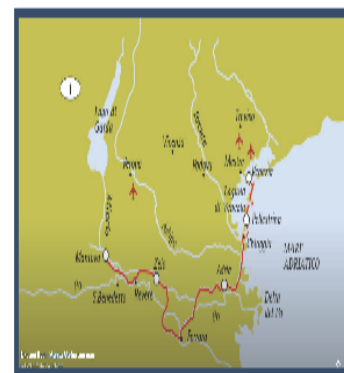
**AUGUST 21-28, 2021**  
**\$1,625 PER PERSON DOUBLE OCCUPANCY**

**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 Excursion in 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](mailto:tkhoffmann@comcast.net)

CVSC CST # 2081040



## ***2020/2021 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](http://www.cvskiclub.org)

## **WEBSITES & PHONE NUMBERS**

Singles league racing:  
[slracing.tripos.com/schedule.htm](http://slracing.tripos.com/schedule.htm)

Open league racing: [olrc.org](http://olrc.org)

Weather: [nws.mbay.net/home.html](http://nws.mbay.net/home.html)

Best weather website for snow: [Tahoeweatherdiscussion.com](http://Tahoeweatherdiscussion.com)

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

Info on all ski areas: [onthesnow.com](http://onthesnow.com)

Take a bus to the slopes: [nacski.com](http://nacski.com) & [tahoeskkitrips.com](http://tahoeskkitrips.com)

Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)

## ***SKIZETTE FOR JUNE, 2020***



There will be no meeting in June.

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



**ASPEN & SNOWMASS**