



Castro Valley, CA 94546  
www.cvsclub.org

# CVSC SkiZette

June, 2022



## EVENTS CALENDAR

(f) = flyer in this issue



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### JUNE

- 8 CVSC Board meeting at Paula's
- 9-12 FWSA 89th Annual Convention in Portland, OR
- 15 CVSC General meeting at Lake Chabot (TBD)

### JULY

- 16 CVSC BBQ at Kathy & Tucker's (f) pg 6

### AUGUST

- 17 CVSC General meeting at Don Jose's Mexican Restaurant @ 6:30pm

### UPCOMING

- 2023:
- 5/21-6/1 CVSC Bali trip (f) pg 8
- 12/2-13 CVSC Christmas Markets Along the Rhine (f) pg 9

### BAC/FWSA TRIPS

Please visit websites for detailed information.

**BAC Web site: skibac.org**

**Far West Ski Assoc: fwsa.org**

- 2023:
- 1/21-28 FWSA Annual Ski & Snowboard Week, Jackson Hole, WY (f) pg 7

### JUNE BIRTHDAYS

Laura DenHaan	1	Lauren Nagle	21
Tom Rognlien	2	Edward Cook, Jr	21
Brett Hoffmann	6	Claudia Fernandes	24
Leonora Hoffmann	10	Catherine Wilson	29
Dennis Nicholson	18	Terry Walton	30



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

## 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: dennieluuul@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!!!!

## 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

June is here and we even got some rain - WOW. Hope everyone is doing well and enjoying the weather and doing fun things and outings as you can.



Claudia Fernandes  
President

We had a good turnout for our last meeting - great to see everyone - hope you can make it this month. Everyone shared what they have been doing, different adventures.

Our best to Ray who recently had surgery and we wish him a speedy recovery.

Our delegates to the convention will be few this year, costs of travel are high right now but we will get a report from Tucker and Kathy when

they return.

Pat is working on some venues for events this summer when she returns from her travels - you will hear more.

We look forward to seeing everyone at the summer BBQ July 16 at Tucker and Kathy's - will be a wonderful catered event that Pat has been working hard on. Drinks included.

Whatever you do enjoy your time and travels this summer... be safe!

Have a great Summer and happy Father's Day to those dads out there....

Best,

Claudia



Here we go into the summer months. Since all our trips are now either cancelled or moved to next year I hope you have some adventures planned. Tucker & I just returned from a 3 week Panama Canal Cruise last month. Couldn't pass up the deal we found. It's strange to be home so much but we are getting a lot done around the house. As far as travel we will start up again next year with Bali and then the Christmas Market Cruise.

Our Russia trip is officially canceled. We will not be rescheduling it. Refunds should be in the mail this month.

As far as 2024 goes, we are looking at Costa Rica and a Mississippi River Cruise. These trips are still in the works.

**BALI 2023:** May 21-June 1, 2023. I have a couple of spots available for any of you who did not get signed up before. Our contacts have agreed to hold the land rates at the same cost. Air prices won't be available until late June/early July - I'm hopeful that rates will look a lot better by then. Air prices right now are pretty high so it will probably work in our favor. For now, we are watching and waiting.

**Christmas Market Cruise: Dec 2 - Dec 13, 2023**

Our Christmas Market Cruise is moving right along with 37 signed up so far. These are fantastic dates! Don't delay if you're thinking about joining us. I have just contacted Grand Circle and one of the other groups has released some of their cabins so there may still be some availability. Call or email us if you're interested.

**FWSA Ski Week Jackson Hole: January 21 - 28, 2023**

Lots of info in this newsletter on how to sign up with Gail Burns, the BAC travel director, for the FWSA Jackson Hole trip.

**FWSA Mini Ski & Snowboard Week: March 2023, Stay tuned... Big White, BC Canada**

Happy Travels..... Tucker & Kathy

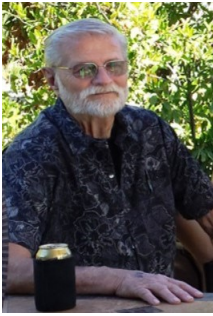
Tucker - CVSC Travel Director & Kathy  
2657 Rivers Bend Circle, Livermore CA 94550

[tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)  
cell # 510-329-4242



**CVSC CST # 2081040**

## IN LOVING MEMORY.....



Dean in Cuba

Dean Schlax, who traveled with Castro Valley Ski Club on most of the adventure trips and also attended many FWSA ski trips, passed away on April 16, 2022 at the age of 87. Some of his fondest memories are the trips with CVSC and traveling with all of you. He was a wonderful, caring man and will always have a spot in everyone's heart. He joins his fellow firemen, skiers, and friends and is resting in peace with the Lord.

(submitted by Cynthia Hillman)

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## TICKS AND LYME DISEASE

There are several species of deer ticks across the United States that become infected with the spiral bacterium, *Borrelia burgdorferi*, which can cause Lyme disease. Anyone walking through woodlands and brushy areas may be bitten by a tick and never know it. The tiny ticks, some the size of poppy seeds, may stay on your body for hours to days. The tick engorges itself with blood. If infected, the spiral bacteria are transmitted to the bloodstream of the person or animal during the bite. Not all ticks are infected with the spiral bacterium, *B. burgdorferi*. If the tick is saved, tests can be run to detect Lyme disease.

### Symptoms of Lyme disease:

Lyme disease is called the “great imitator” because it can look like other diseases. Many people with Lyme disease have been misdiagnosed with more familiar conditions such as Fibromyalgia or chronic fatigue. Partial lists of symptoms are as follows:

- Flu-like illness
- Rash (less than 60%)
- Bell’s palsy (facial paralysis)
- Extreme fatigue
- Sick feeling (malaise)

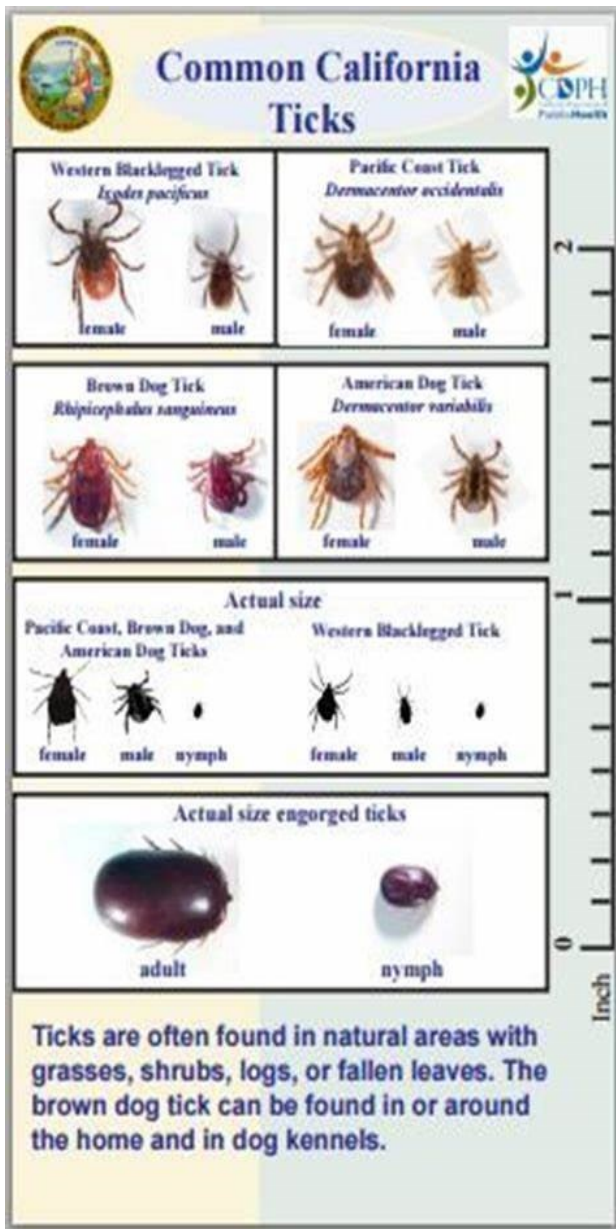
Stiff, aching neck, head ache, joint pain

- If bitten by a tick:
- Remove the tick immediately by grasping the tick as close to the skin as possible.
- Use tweezers or facial tissue to remove the tick, and never bare fingers
- Use a straight, steady pull. Do not twist or squash the tick.
- Save the tick for identification.
- Contact your local vector control office for identification.

If it is a western black-legged tick please consider sending the tick to a laboratory that is authorized to test the tick for Lyme disease. Igenex Laboratory in the South Bay is an authorized laboratory.

For additional information:  
California Lyme Disease Association ([www.lymedisease.org](http://www.lymedisease.org))  
Lyme Info- ([www.lymeinfo.net](http://www.lymeinfo.net))

(article submitted by Sandy Beecher)



# Keep Ticks Off You



## Repel



- Use bug repellents with at least **20% DEET** on all exposed skin.
- Follow directions and reapply as needed.
- Parents should apply this product to their children, avoiding hands, eyes, and mouth.

- Avoid logs and areas with high grass or fallen leaves
- Walk in the center of trails

- Wear long sleeves and pants when possible.
- Treat clothes and shoes with **permethrin** that kills ticks. This remains protective through several washings. Pre-treated clothing is available and may be protective longer.

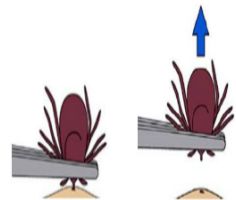


## Remove

If you find a tick crawling on you, brush it off.  
If you find a tick attached to your skin, remove it quickly.

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick.
- After removing the tick, clean the bite area and wash your hands with soap and water.

- Ways to dispose of a live tick:
  - Flush it down the toilet, or
  - Submerge it in alcohol, or
  - Place it in a sealed bag/container
- Never crush a tick with your fingers



## Shower



- Bathe and shower within two hours or as soon as possible after leaving an area with ticks to wash off ticks and to find them more easily.
- Do a full body check using a mirror to view all parts of your body. Ticks are usually found:
  - Under arms
  - In and around the ears
  - Inside the belly button
  - Behind the knees
  - Between the legs
  - On the scalp
- Parents should check their children for ticks.

- Tumble unwashed clothes in the dryer on high heat for 10 minutes to kill remaining ticks.
- Examine gear and pets. Ticks can hitchhike into homes.



### **CVSC BBQ**

**JULY 16, 2022 AT 3:00PM**

**Where:** at Tucker and Kathy Hoffmann's home  
2657 Rivers Bend Cr, Livermore, CA 94550

**Cost:** \$25.00 for members  
\$68.00 for non-members

**This will be a full BBQ with all the fixings and dessert including wine and margaritas!**

**Make check payable to CVSC and send to Pat Green at:**

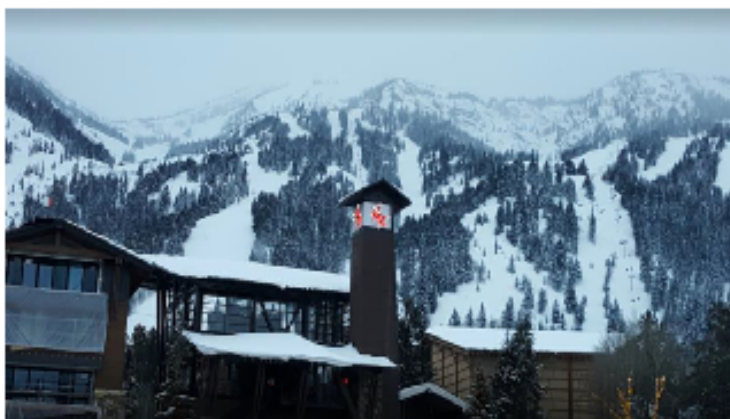
**4655 Cope Ct Pleasanton CA 94566**

**Any questions call Pat at 925-846-7250**

***It will be a great and fun event! Hope to see you there!***



# **FWSA Ski Week to Jackson Hole Wyoming January 21-28, 2023**



<p><b>Package includes:</b></p> <ul style="list-style-type: none"> <li>▪ 7 nights lodging</li> <li>▪ Welcome Reception</li> <li>▪ Council Dinner</li> <li>▪ Giant Slalom Race</li> <li>▪ Mountain Picnic</li> <li>▪ Banquet, Awards and Dancing</li> </ul> <p><b>Lift Tickets &amp; Air options:</b></p> <ul style="list-style-type: none"> <li>▪ IKON tickets purchased from <a href="http://skigroup.net">skigroup.net</a> to receive a \$50 credit link: <a href="https://go.tripstorm.app/#!/22ikonfwsa">https://go.tripstorm.app/#!/22ikonfwsa</a></li> <li>▪ 4-6 Day Group Lift tickets to Jackson Hole</li> <li>▪ 1-6 Day Group Lift tickets to Snow King</li> <li>▪ BAC Group Air to Jackson Hole from SFO</li> </ul>	<p><b>Lodging Options:</b></p> <p><b><i>Elk Country Inn (downtown)</i></b></p> <ul style="list-style-type: none"> <li>▪ Hotel rooms with 2 Queen beds</li> <li>▪ Indoor/outdoor pool, 2 hot tubs, workout facility</li> <li>▪ Includes roundtrip shuttle to Teton Village / Jackson Hole Ski Resort</li> <li>▪ Hot breakfast buffet</li> <li>▪ \$980 per person, \$540 single supplement</li> </ul> <p><b><i>Snow King Resort (ski week events held here)</i></b></p> <ul style="list-style-type: none"> <li>▪ Pool, hot tubs, workout facility</li> <li>▪ \$6 for roundtrip to Teton Village / Jackson Hole Ski Resort</li> <li>▪ Two 3 bdrm condos \$1415/per person, \$1005 single supplement</li> </ul> <p>Or</p> <ul style="list-style-type: none"> <li>▪ Hotel rooms with 2 queen beds or 1 king bed, \$1280 per person,</li> <li>▪ \$870 Single Supplement</li> </ul>
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To reserve your accommodations fill out the BAC Trip Preference & FWSA Registration forms found on link: [skibac.org](http://skibac.org).

Mail them along with the **\$250 initial deposit check** made out to BAC Travel to Janet Spencer 112 Hardy Circle, Pleasant Hill CA 94523.

**FWSA CST #20500870-40. BAC CST #20500870**

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

CVSC CST # 2081040

# 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**

Castro Valley Ski Club (**Group # 25848**) currently has space reserved on the 12/02/2023 departure of *Christmas Markets on the Rhine*. Must be fully vaccinated.

Below are the details of the dates and prices. The sooner you call in the better choice of cabins you have. We have the Sonata deck reserved and a few on the Cantata Deck. If you want the upper deck with the small balcony, these are all available as well. Tucker and I already called in and we are in cabin #305 on the Sonata Deck.

## DATES

- Departs US on: 12/02/2023
- Returning to US on: 12/13/2023
- *optional* Basel Pre-Trip extension departing the US on: 11/29/23 - \$645
- *optional* Brussels Post-Trip extension returning to US on: 12/16/23 - \$795

## PRICING

- Base Trip:
  - Serenade Deck A/B: \$3545 per person - this has a small balcony but the cabin is smaller because the balcony takes up part of the space. Besides it's Dec. and you probably won't sit out on it anyway
  - Sonata Deck C/D: \$3445 per person - we recommend this category. Has a very large picture window
  - Cantata Deck E/F: \$3395 per person - 2nd choice - near the hot tub and gym. Has a very large picture window. Down about 5 stairs from the Sonata deck if I remember right.
  - Prelude Deck G: \$3295 per person - lower on boat and only has a port hole
  - Prelude H Deck: \$3095 per person - lower on boat and only has a port hole
- Single Supplement cost: \$595 per person (only for those pre-reserved with single rooms)
- Round trip airfare: Round trip airfare: **we highly recommend using their airfare, They meet you at the airport, arrange your transfer back to the airport and double check your air schedule before you fly home to make sure all is in order.**
  - SFO: \$1100 per person
  - LAX: \$1100 per person
  - LAS: \$1350 per person
  - Other Cities: vary by cost
- *optional* Basel Pre-Trip extension: \$645 per person
- *optional* Brussels & Bruges, Belgium Post-Trip extension: \$795 per person

- See [www.oattravel.com/TPP](http://www.oattravel.com/TPP) for details on the *optional* Travel Protection coverage

Here is a link to the trip on the website: <https://www.gct.com/trips/river-cruises/europe/christmas-markets-along-the-rhine/2021>

### *Christmas Markets along the Rhine*

You can view more details on the ship here: <https://www.gct.com/about/leader-in-river-cruising/our-fleet/ms-river-harmony>

GCT is taking the necessary steps to ensure your safety abroad as well as provide you with the flexibility to give you piece of mind. At GCT they guarantee you have the flexibility to change your plans – no matter what the reason. With their **NEW Risk-Free Booking Policy**, reserve with confidence: You can transfer to another departure date for any reason – **up until 24 hours prior to your original departure – and they will waive any change fees.** If you are not ready to reschedule to another departure, you will receive a future trip credit worth the full amount already paid that can be used through the end of 2023. All reservations made by 3/30/22 are eligible for this policy.

Plus, GCT is applying new Health and Safety measures to their trips to give travelers better peace of mind while abroad when we begin traveling again. Please see the link below.

### [Health and Safety Measures](#)

**If you have pre reserved, please contact GCT at 1-877-220-2540 Monday through Friday 9am to 7pm EST and Saturday 9am to 5pm EST and reference code G325-848.**

By paying in full by checking account by 9/3/22, you will be eligible for our **10% Good Buy Savings**, 10% off the total trip costs for early payment. Each invoice will reference more details on this.

*Tucker & Kathy*  
*Castro Valley Ski Club Travel*

Cell 510-329-4242

Email: [tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)

CVSC CST # 2081040



## ***2022/2023 Avid Skiers in Control***

President	Claudia Fernandes	510-435-5263	Claudia.fernandes4108@gmail.com
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VP Club Activities	Pat Green	925 846-7250	greendm@comcast.net
Secretary	Phyllis May	925-371-1667	phyllismay@comcast.net
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Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@aol.com
Past President	Karen Wehrman		
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	srbecher@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) & [tahoeskitrrips.com](http://tahoeskitrrips.com)  
 Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)

### ***SKIZETTE FOR JUNE, 2022***



The next meeting will be  
 June 15  
 at  
 Lake Chabot (TBD)

**SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES**

*First With Safety Awareness Slogan award sponsored by:*



**ASPEN & SNOWMASS**