



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

July, 2023



EVENTS CALENDAR

(f) = flyer in this issue

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JULY

(no planned events for July)

AUGUST

- 9 CVSC Board meeting at Kathy & Tucker's
16 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

SEPTEMBER

- 18 CVSC General meeting at Lake Chabot

UPCOMING

- 12/2-13 CVSC Christmas Markets Along the Rhine (f) pg 12

2024:

- 10/9-19 CVSC Portugal & the Douro River Cruise (f) pg 13

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 11
2/25-3/3 FWSA Int'l Ski Week to Madonna Di Campiglio, Italy (f) pg 9

JULY BIRTHDAYS

Jane Fontius	8
Sherri Reid	10
Lynda Nestlebusch	15
Walter Johnson	18
Dave Bickel	21
Anne Wilburn	25
Phyllis May	25
Jim Silva	27



Visit our Website at www.cvskiclub.org

Castro Valley Ski Club Newsletter

President's Message

Happy summer everyone it's been a nice start warm and sunny...hope you

had a great Fourth of July



We had a nice turnout at our last meeting at Lake Chabot, good salads and cookies after bbqing our favorite foods.. thank you Rich and Dennie for setting up our bbq.... Our next general meeting will be in August at Lake Chabot..hope to see you then.



Claudia Fernandes
President

The FWSA convention was a good time, the pub crawl was a lot of fun and a great luncheon speaker as well. Nice to see old friends again and a good turnout for the auction. Next year's convention is in Reno and BAC is one of the hosts so we hope as a club to be more active and help with the convention along with Sierra council, as we have in the past.

Congratulations to our Editor, Dennie, who won second place in the expert category for the Skizette newsletter..Great job Dennie and thank you for all your work and contributions to our club!! Well deserved recognition.

We were sorry to cancel the Mexican fiesta but plan on scheduling another event in September/October.. in the future we will have members rsvp so we have a good idea of numbers attending . after the fact we heard from many of you that you had planned on attending but hadn't let Pat know yet. Thank you for your input and responses. There is more fun coming !!

There are a few more days left of the Alameda County Fair this year, much better than last and there is lots to see along with food, music and drink!

Enjoy your summer, be safe and we hope to see you all soon!

Take care,
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: dennieluuul@gmail.com



*Didn't get your newsletter? - Change of Address? -
PLEASE Contact Maggie Jong, VP Membership*

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!!!!



CASTRO VALLEY SKI CLUB ANNUAL MEMBERSHIP DRIVE

Our CVSC membership drive is now underway!

The CVSC year runs October 1 to September 30.

Join now and your membership is good for 15 months.

New members can join now for next year and get 3 months free!

NEW members pay \$50 for the first person and \$20 for each additional person in the same household for the first year only.

CURRENT members who renew their membership any time before October 31 get a discounted rate of \$35 for the first person and \$15 for each additional person in the same household.

Do you know someone interested in joining the CVSC?
Please pass the word!

To download the CVSC [membership application](#) and the [waiver form](#)
go to www.cvskiclub.org. Click on 'Membership', then click on 'Join Now!'
or use the following forms.

Have any questions? Please contact Maggie Jong at mozoro25@gmail.com



cvskiclub.org

Membership Application

October 1, 2023 thru September 30, 2024

Member's Name: _____ Birth Date: _____

Family Members signing up in Same Household: _____ Relationship: _____ Birth Date: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Member's Phone No: (Home) _____ (Mobile) _____

Family Member's Phone No: (Home) _____ (Mobile) _____

E-mail Address: _____

*Please provide e-mail address to receive the club's newsletter CVSC SkiZette
OR*

Enter: "US Postal Service" to get the CVSC SkiZette by US mail

Emergency Contact: _____ Phone: _____

Address: _____

Membership Dues: Yearly - October 1st thru September 30th

☐ \$50.00 Primary Member / \$20.00 Each Additional Family Member in Same Household.

Discount: *Membership Renewal discount if paid by October 31st with No Lapse in Membership.*

☐ \$35.00 Primary Member / \$15.00 Each Additional Family Member in Same Household.

Check # _____ / Date: _____ / Amt Paid: _____

- Interested in Volunteering as our Club is only as Strong as its Volunteers?
☐ Chair/Host Social Activity ☐ Committee Volunteer ☐ Phone Committee ☐ Other
- New Member; how did you hear about our club? _____
- New members joining after July 1st, membership is valid thru Sept. of the following year.

**YOU MUST READ AND SIGN THE WAIVER AGREEMENT OR YOUR APPLICATION
CANNOT BE ACCEPTED!**

Please send the membership application, the signed waiver, and the dues to:

Maggie Jong, V.P. Membership

2597 Wellingham Drive, Livermore, CA 94551 / email: mozoro25@gmail.com

Make your check payable to the Castro Valley Ski Club.

RELEASE, WAIVER AND INDEMNITY AGREEMENT

In consideration of my being allowed to participate in CASTRO VALLEY SKI CLUB Events and Activities, I HEREBY AGREE AS FOLLOWS:

I HEREBY ASSUME ALL RISKS INVOLVED IN MY PARTICIPATION IN CASTRO VALLEY SKI CLUB EVENTS AND ACTIVITIES.

I HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the Club members, its officers, participants, promoters, sanctioning organization or any subdivision thereof, owners and lessees of the premises used to conduct said events, and each of them, all for the purposes herein referred to as “release” from all liability to the undersigned, his/her personal representative, assignees, heirs, and next of kin for any and all loss or damage on account in injury (including death) or property.

I HEREBY AGREE TO INDEMNIFY, DEFEND, SAVE AND HOLD THE RELEASEES, AND EACH OF THEM, HARMLESS from and against any and all claims, losses, damages, liabilities and fees (including attorney’s fees), damage to personal property, personal injury or death that any of them may incur as a result of, or relating to my participation at any event, and whether caused by the negligence of releasees or otherwise, and whether such claims, losses, damages, liabilities and fees (including attorney’s fees) including any personal injury or death are brought against me or any of the releasees.

EACH OF THE UNDERSIGNED FURTHER EXPRESSLY AGREES that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by law in the State/Province in which the event is conducted and that if any portion thereof is held invalid it is agreed that the balance shall continue in full force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THIS RELEASE, WAIVER AND INDEMNITY AGREEMENT and further agrees no oral representations or inducements apart from the foregoing have been made.

I HAVE READ THIS RELEASE (ALL APPLICANTS MUST SIGN)

Parents or guardian must sign for those under 18 year of age.

(Signature) (Date)

(Signature) (Date)

(Signature) (Date)

(Signature) (Date)

Our June meeting at Lake Chabot.



Summer is here and I hope everyone is protecting their skin.

Know how to select and apply a good sunscreen to protect your skin from sunburn and other skin damage.

How do sunscreens work?

Sunscreen absorbs, reflects or scatters UV light. It's divided into three wavelength bands — ultraviolet A (UVA), ultraviolet B (UVB) and ultraviolet C (UVC). Only UVA and UVB rays reach the earth. Sunscreens provide either physical or chemical protection from UV light.

- **Physical sunscreens** form an opaque film that reflects or scatters UV light before it can penetrate the skin. These sunscreens contain ingredients, such as zinc oxide and titanium dioxide, which protect against both UVA and UVB rays. Original formulations of physical sunscreens remained white when applied to the skin. Newer formulations blend more with your skin tone and are less noticeable.
- **Chemical sunscreens** absorb UV rays before they can cause any damage. They contain one or more ingredients, such as avobenzone or oxybenzone, which absorb UVA or UVB rays. For broad protection, chemical sunscreens often contain more than one ingredient to protect against both UVA and UVB rays. A newer over-the-counter sunscreen contains mexoryl (Anthelios SX) and offers protection against both UVA and UVB radiation.

What reduces the effectiveness of sunscreen?

How much protection your sunscreen offers depends on many factors, including how likely your skin is to burn (your skin type), the amount and type of sunscreen used, how often the sunscreen is applied, and how intense the UV rays are.

In addition, many factors can make sunscreen less effective. These include:

- High humidity
- Sweating
- Drying or rubbing your skin with a towel
- Swimming, showers or other contact with water

SPF =Sun Protection Factor

In the United States the Sun Protection Factor of a product tells how long you may stay in the sun without burning from UVB light. SPF is only a sunburn meter allowing tanning with enough sun exposure. UVA light has not been formally tested to acquire a SPF rating but manufactures commonly include them in a broad screen sunblock.

SPF means Sun Protection Factor using this equation.

1. Take the time you would normally burn in the sun without protection. 20 minutes would normally produce redness on a light skinned individual.
2. Multiply that number by the SPF factor of your product. Example: with an SPF 15 X's 20 minutes of sunburn time = $15 \times 20 = 300$ tells how many minutes you may stay in the sun without burning. 300 minutes divided by a 1 hour of 60 minutes = 5 hours of sun protection without sunburn.

What should you look for when buying sunscreen?

Not all sunscreens are the same. Be sure to:

- **Select a broad-spectrum sunscreen with an SPF of at least 15.** Broad-spectrum products provide protection against both UVA and UVB radiation. Look on the ingredient labels for oxybenzone, sulisobenzene, avobenzone (Parsol 1789), ecamsule, titanium dioxide or zinc oxide.
- **Watch for added ingredients that may irritate your skin.** Some sunscreens contain fragrances, preservatives and other ingredients that cause skin reactions in some people. If you have sensitive skin, look for sunscreen that doesn't contain potential allergens, such as fragrances or dyes, and is specifically designed for your type of skin.
- **Understand labels.** Look for sunscreens labeled "water resistant," which offers some protection against washing off in water or when perspiring heavily. Sunscreens can no longer be labeled "waterproof" because all sunscreens wash off to some extent. Other terms that can no longer be used on sunscreen product labels include "sun block" (no product actually blocks all UV rays) and "all-day" (no sunscreen lasts all day).

Make sure any product you use actually contains sunscreen. Many tanning oils and lotions don't. Products that don't contain sunscreen are required by law to clearly indicate that on the label.

How much sunscreen is necessary, and how often should it be applied?

Most people use sunscreen too sparingly. A liberal application is 1 ounce (29 milliliters) — the amount in a shot glass — to cover all exposed parts of the body. If you have a 4-ounce (118-milliliter) bottle, you'll be using about one-fourth of it for one application. Be sure to rub the sunscreen in well.

To maximize protection, apply sunscreen liberally 30 minutes before going outdoors and reapply every two hours, or sooner as needed.

Is sunscreen enough to protect your skin?

Though it offers some protection, no sunscreen blocks out all of the UV rays. Therefore, sunscreen shouldn't replace other protective measures, such as limiting the time you spend in the sun and covering your skin. For the most complete sun protection, use all three of these methods:

- **Avoid the sun between 10 a.m. and 4 p.m.** Because the sun's rays are strongest during these hours, try to schedule outdoor activities for other times of the day. Seek shade whenever possible. If you're unable to avoid being in the sun, limit the amount of time you're outdoors during these peak hours.
- **Cover up.** Wear tightly woven clothing that covers your arms and legs and a broad-brimmed hat, which provides more protection than does a baseball cap or golf visor. Also, consider wearing clothing or outdoor gear specially designed to provide sun protection.

Use sunscreen frequently and liberally. Apply sunscreen liberally 30 minutes before going outdoors and reapply about every two hours. Use it even on cloudy or hazy days. UV rays can penetrate cloud cover.

(article submitted by Sandy Beecher)

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FWSA 2024 Int'l Ski Trip to Madonna Di Campiglio, Italy

BASIC Ski Week – Madonna Di Campiglio, Italy February 25–March 3, 2024

(Group Air Departs US Feb. 23rd, 1 night stay at airport hotel on Feb. 24th, and returns to US from Milan Malpensa Airport on Mar. 4, 2024)

Opt. Extension Trip: Milan, Verona and La Spezia, Italy, March 3–10, 2024

(Group Air Departs US Feb. 23rd, 1 night stay at airport hotel on Feb. 24th, and returns to US from Milan Malpensa Airport on Mar. 11, 2024)



HOLIDAY SKI TOURS

All Prices are based on an exchange rate of 1 Euro vs. \$1.10 USD and subject to change.

4* Lodging at Hotel Relais Des Alpes!

Lodging packages start at \$1979.00pp double occupancy. Single Supplements are available.

Prices are based on a minimum of 67 people and are subject to change if the minimum is not met. Air transportation is sold separately.



Madonna di Campiglio, a discreet and elegant town nestling at an altitude of 5085 feet in the stupendous valley between the Brenta Dolomites and the glaciers of Adamello and Presanella, is today most certainly Italy's number one ski resort as well as one of the most important resorts in the Alps and they have **3 Michelin Star Restaurants**. The variety of its mountain surroundings means that in winter it is possible to ski over countless miles of runs, up to an altitude of 8530 feet and with different degrees of difficulty. What's more, you can set out from the center of the town and return there without ever removing your skis. Today the Ski Area has 57 lifts, and 93 miles of ski runs, with a capacity of more than 31,000 people per hour, 12 acres of snow park, 25 miles for Nordic skiing with access to Pinzolo, Folgarida and Marilleva.

Lodging Package includes:

- Transfer between Milan's Malpensa Airport via private coach to Madonna Di Campiglio.
- 7 nights' accommodation at the 4 Star Hotel Relais Des Alpes – includes portorage, local taxes & fees.
- Bus transfer from the Malpensa Airport Hotel to Madonna di Campiglio.
- Breakfast daily & 5 nights' dinner at the Relais Des Alpes Hotel (2 nights to dine out in Madonna Di Campiglio).
- Multi-lingual guide meeting the FWSA Group Air people upon arrival.
- Wi-Fi for 1 device per person (Additional devices for 15 Euro at front desk).
- Welcome/Orientation on Feb. 25th at The Hotel Relais Des Alpes – 2 beverages and lite snacks.
- Après Ski & Farewell events – details to be provided.
- Optional mid-week, day tour - details to be provided.

Ext. Trip No. Italy – Milan, Verona, and La Spezia-Cinque Terra

March 3 to 10, 2024

\$1785.00pp - Double. Occ. & \$2396.00pp - Single Supp.

Based on a minimum of 35 people. Pricing is subject to change if the minimum is not met.

Prada, Versace, Dolce e Gabbana...these luxury brands find their home in the fashion capital of the world and find irreplaceable experiences in Milan. Milan, Italy's second largest city and capital of the Lombardi region, is home to elegance, art, luxury, castles, museums and much more. Our group will crane their neck to take in all that the Duomo di Milano, Milan's staggering cathedral and we'll be offering an optional tour to the Santa Maria delle Grazie church, home of Da Vinci's "Last Supper".



Trip includes:

- All airport ground transfers for both weeks.
- 2 nights in Milan - 4 Star Hotel Nasca or similar hotel.
- 2 nights in Verona - 4 Star Hotel Palace Verona or similar hotel.
- 3 nights in La Spezia - 4 Star CDH La Spezia Hotel or similar hotel.
- 1 night hotel stay at the Malpensa Airport Hotel – Mar. 10th.
- English speaking tour escort/manager for entire tour.
- Breakfast daily
- Day excursions – details to be provided.
- Day tours in Milan, Lake Como, Balsamic tasting in Modena, Verona, Cinque Terre, Portovenere & Genova

➤ **Stand Alone Northern Italy ONLY is available. (Excludes Madonna Di Campiglio ski week)**

➤ **Contact Debbie Stewart for details and pricing.**

For more information contact: Debbie Stewart at FWSAIntlTrvl@prodiav.net or cell: 559/737-0882

State of California Registered Seller of Travel #2036983-40

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 # 2038983-40



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

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**

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 Têdo 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	Vacant (Paula Kinahon—Acting)		
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: magnifyeye.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 JULY, 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