



Castro Valley, CA 94546
www.cvsclub.org

CVSC SkiZette

August, 2018



EVENTS CALENDAR

(f) = flyer in this issue



Inside this issue:

Pres/VP Mssgs	2
Heat Stress	3
End of Season	4
Banquet memories	
Membership Drive	5
Membership application	6
Membership waiver	7
Snowbomb Schedule	8
FWSA 2019 Mini Ski trip, Winter Park, CO	9
CVSC Rhine Cruise flyer	10
FWSA 2019 Int'l Ski Trip to Japan	11
FWSA 2019 Ski Week to Steamboat Springs, CO	12
2019 Castro Valley Ski Club ski trip to Beaver Creek	13
Avid Skiers in Control	Back page

AUGUST BIRTHDAYS

John Houseman	2
Karen Kimball	4
Thomas Gilmartin	5
Tracy Johnson	7
Lawrence Nunnally	9
Inge Terpening	10
Kathy Hoffmann	12
Wayne Stolfus	14
Jerry R. Svensson	16
Jerry Caveglia	17
Joseph Loader	21
Cathy Simons	22



AUGUST

15 CVSC general meeting at Lake Chabot (details forthcoming)

SEPTEMBER

12 CVSC board meeting at Ray's
19 CVSC general meeting at Don Jose's

OCTOBER

10 CVSC board meeting (TBD)
17 CVSC general meeting at Don Jose's

UPCOMING

2019:
2/9-16 CVSC Ski Week at Beaver Creek, CO (f)pg 13
5/5-15 CVSC Rhine Cruise & Amsterdam (f)pg 10

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

2019:
2/2-9 FWSA Ski Week at Steamboat Springs, CO (f)pg 12
3/9-16 FWSA Int'l Ski Week in Japan (f)pg 11
3/24-29 FWSA Mini Ski Week at Winter Park, CO (f)pg 9
6/13-16 FWSA 87th Annual Convention in Indian Wells, CA

Visit our Website at www.cvsclub.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: dennieluuul@gmail.com



*Didn't get your newsletter? - Change of Address? -
PLEASE Contact Maggie Jong, VP Membership
email: mozoro25@gmail.com*

President's Message

Happy summer everyone! We had a great bbq meeting at Lake Chabot last month and a good turnout... couldn't have asked for better weather and good food and friends.



Claudia Fernandes
President

We will be having our next general meeting at Lake Chabot also, hope you all can make it as our days of summer fun go fast.

Many of us are on our way to Iceland so we will have some adventures to share...

Hope to see you all at our upcoming events, enjoy your summer and be safe.

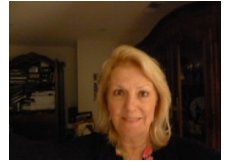
Our hearts go out to Bill Funkhouser who recently lost his mother, our thoughts are with you.

Take care everyone see you on our next adventure.

Best to you all
Claudia

Our Vice President

Summer is in full swing and as we go into August the heat this year has been unrelenting and is expected to continue. Did I say August? another year is flying bye.



Anne Wilburn
Vice President

Summer vacation for school children is about to end, school will be starting soon and sales of school supplies and clothing are in full force. I am not sure the kids are as excited as their parents to have them return to a normal routine.

Castro Valley's monthly general meeting was held at the Lake Chabot Regional Park picnic area. There was a great turnout, the weather was perfect, good food and great fellowship was had by all.

As you read this many of our fellow members are experiencing Iceland. The Hoffmann's have once again put together another exciting adventure. I look forward to hearing about this fabulous country.

FWSA has just announced the destinations for the 2020 North American Ski Week and mini trips for 2020 and 2021:

**2020 Big Sky, Montana Ski Week with Sports
America Tours, January 25- February 01**
2020 Big White, British Columbia, Canada
Mini Trip, March 29 -April 3
**2021 Zermatt, Utah Resort and Spa with
Ski.com, March 2021**

Stay cool, hydrate and enjoy the remaining summer, for me the evenings are the best part of the day to relax in the backyard with friends.

Anne Wilburn

HEAT STRESS

Heat stress, from exertion or hot environments, places you at risk for illnesses such as: Heat Stroke, Heat Exhaustion and Heat Cramps.

Heat Stroke	Heat Exhaustion	Heat Cramps
A condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability.	The body's response to an excessive loss of water and salt, usually through sweating.	Affect anyone who sweats a lot during strenuous activity. Sweating depletes the body's salt and moisture levels.
Symptoms <ul style="list-style-type: none"> • High body temperature • Confusion • Loss of coordination • Hot, dry skin or profuse sweating • Throbbing headache • Seizures, coma 	Symptoms <ul style="list-style-type: none"> • Rapid heart beat • Heavy sweating • Extreme weakness or fatigue • Dizziness • Nausea, vomiting • Irritability • Fast, shallow breathing • Slightly elevated body temperature 	Symptoms <ul style="list-style-type: none"> • Muscle cramps, pain, or spasms in the abdomen, arms or legs
First Aid <ul style="list-style-type: none"> • Request immediate medical assistance. • Move the affected person to a cool, shaded area. • Remove excess clothing and apply cool water to their body. 	First Aid <ul style="list-style-type: none"> • Rest in a cool area. • Drink plenty of water or other cool beverages. • Take a cool shower, bath, or sponge bath. 	First Aid <ul style="list-style-type: none"> • Stop all activity, and sit in a cool place. • Drink clear juice or a sports beverage, or drink water with food. <ul style="list-style-type: none"> ○ Avoid salt tablets. • Do not return to strenuous activity for a few hours after the cramps subside. • Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.

Important things that you can do to prevent heat illness:

- Monitor your physical condition and that of your friends for signs or symptoms of heat illness.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
 - Avoid non-breathable synthetic clothing.
- Gradually build up to strenuous activities
- Schedule strenuous activities during the coolest parts of day.
- Take more breaks when doing strenuous activities, and in high heat and humidity.
- Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.

Contributions from OSHA, NIOSH. (article submitted by Sandy Beecher)

CASTRO VALLEY SKI CLUB
END OF SEASON BANQUET!!!!!!



Castro Valley Ski Club Annual Membership Drive

Renew your **Castro Valley Ski Club** membership early!
Pass the word along – new members are welcomed.

The CVSC membership year runs October 1 to September 30 of the following year. Membership dues paid prior to October 31 receive the annual Membership Renewal Discount. This discount applies to all members who are renewing *with no lapse in membership*!

Due by October 31: Renewing members with no lapse in membership pay \$35 for the first person and \$15 for each additional person in the same household.

After October 31: Renewing members pay \$50 for the first person and \$20 for each additional person in the same household.

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

Your Castro Valley Ski Club has much to offer! Besides our monthly meeting, we have club parties and special events throughout the year. Every year we offer around the world non-skiing adventure trips as well as our popular winter ski trips. Join us and see and ski the world with friends!

Our monthly SkiZette newsletter will keep you abreast of all the latest that is being offered by the club. Check out our web page where you can find copies of the SkiZette as well as our newest membership application and waiver form at: **www.cvskiclub.org**.

Make your check payable to the **Castro Valley Ski Club**.
Send dues, membership application and the signed waiver to:

Maggie Jong / VP Membership
2597 Wellingham Dr. Livermore, CA 94551

Join the fun!
Dues are now being accepted.



Membership Application

cvskiclub.org

October 1, 2018 thru September 30, 2019

PLEASE PRINT LEGIBLY:

Member's Name: _____ Birth Date: _____

Family Members 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')

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)



2018 Schedule

Snowbomb is excited to kick off our 12th annual Ski and Snowboard Festival Season.

Festival tickets go on sale August 31st, 2018

San Francisco

Santa Clara

Sacramento

Pier 35

Fair Grounds

Cal Expo

NOV 3-4

NOV 10-11

NOV 17-18

Free Lift tickets to Sierra-at-Tahoe, Bear Valley, China Peak, and a buy one get one free to Squaw Valley/Alpine Meadows!

Along with a great selection of ski and snowboard gear, entertainment & ski and snowboard reps, when you attend the Snowbomb Ski and Snowboard Festivals you get the opportunity for killer lift ticket deals. Join us this fall for the 2018 Ski & Board Festivals!

Festival tickets go on sale August 31st, 2018.

www.snowbomb.com



Far West Ski Association's 2019 Mini Ski Trip

March 24th to 29th, 2019

**Package prices start at:
\$475**

****Ask about discounted 4-day lift ticket or Ikon Pass Purchase****

*Price does NOT include air or ground transportation
"The Voice of the Western Skier"*



FOUNDED 1930

WITH A 75-YEAR HISTORY, WINTER PARK RESORT IS COLORADO'S LONGEST CONTINUALLY OPERATED SKI RESORT. OVER THE YEARS WE'VE BEEN KNOWN TO BE "EXTREMELY COLORADO," "AUTHENTIC COLORADO," AND "COLORADO'S FAVORITE." REGARDLESS OF WHAT YOU KNOW US AS, REST ASSURED WE'RE MORE THAN YOU IMAGINE!

EXPLORE THE 7 TERRITORIES FOR SKIING, WINTER PARK, EAGLE WIND, CIRQUE, VASQUEZ RIDGE, MARY JANE, PARSENN BOWL AND THE TERRAIN PARK. ALL JUST 67 MILES NORTHWEST OF DENVER AIRPORT

Included:

Five night's lodging
@ The Vintage Resort Hotel
Hotel Rooms
Welcome Reception
Farewell Party

Optional for Purchase:

4-Day Discounted Lift Tickets
Ikon Pass

Optional Activities:

Snowmobiling
Snowbiking
Coca Cola Tube Park
Ice Skating
Scenic Snowcat Tours
Dog Sled Rides
& More



Contact: Gloria Raminha 661-800-8229 or 661-829-5996

Garski2011@gmail.com

Nancy Ellis – 530-582-0566 or 530-414-8261

Fwsatravelnancy@nbcglobal.net

FWSA CST #2038983-40

Castro Valley Ski Club
Radiant Rhine Cruise & Amsterdam
May 5th-15th, 2019 - Amsterdam to Mainz
Price \$3875

Includes 2 pre nights in Amsterdam, you would depart USA on May 5, arrive May 6 at 2PM, we board our cruise boat on May 8 after 4PM. Fly back to USA on May 15.

Included:

- 2 nights in Amsterdam before the Cruise at the Movenpick
- Round Trip air from SFO on Lufthansa
- 7-night cruise aboard the 5-star MS Crucevita (cat. C included in price)
- 22 meals: 9 buffet breakfasts, 6 lunches and 7 dinners
- Free wine, beer, or soda daily with lunch and dinner
- Captain's Welcome cocktail and Farewell dinner
- Total of 8 included sightseeing excursions (with audivox's)
- All on board activities and live music each evening
- Services like early riser breakfast, 24/7 coffee, afternoon cake and snacks
- Professional English-speaking Cruise manager and local guides throughout

Category C (included) main deck aft - panorama window -4 cabins available

Category B (+\$199 per person) main deck mid - panorama window - 6 cabins available

Category A (+\$449 per person) promenade deck, French balcony - 10 cabins available

Cruise Itinerary:

- 7-night cruise from Amsterdam to Mainz
- Amsterdam (Netherlands)
- Rotterdam (Netherlands)
- Cologne (Germany)
- Koblenz/Ruedesheim (Germany)
- Mannheim (Germany)
- Speyer/Worms (Germany)
- Strasbourg (France)
- Mainz (Germany)



What's not included:

Gratuities

Optional Tours

Travel Insurance (\$179/pp)

M/S Crucevita Cruise Ship

The M/S Crucevita was designed in an old world grand yacht style. Superb public areas, accented in oak and leather, include a panorama restaurant, cozy bar and lounge, a fire-place, a gym, sauna, library, and sun deck. The cabins area spacious 14 sq m (150 sq ft) and are fitted with beds that are stowed away during the day to create extra space to relax. All cabins include air-conditioning/heating that can be regulated individually, a multi-channel satellite TV with remote control, a mini safety deposit box, a telephone and a hair dryer. Cabins on Main deck have panorama windows while cabins on the upper Promenade deck will have new French balconies.

Deposit \$300 – non-refundable

Tucker Hoffmann – CVSC Travel Director – tkhoffmann@comcast.net
2657 Rivers Bend Circle, Livermore CA. 94550
CVSC CST # 2081040

FWSA 2019 Int'l. JAPAN Trip



Hakuba Valley Ski Resort – Home of the 1998 Nagano Olympics

Basic Ski Week: March 9-16, 2019 (SFO & LAX Group Air departs Mar. 8th)

Optional Pre-Trip to Niseko – March 4-8, 2019 (Min. of 22 & Max. of 32 & departs US Mar. 3rd)

Pre-trip must be combined with BASIC Hakuba Valley Trip – not sold separately

Optional Extension trip to Kanazawa, Kyoto & Tokyo

March 16-23, 2019



Why Japan? Where else can you have some of the best skiing in the world and use your **EPIC PASS!**

Experience the "LAND OF THE RISING SUN".
Enjoy the "LAND OF SAKE and CHERRY BLOSSOMS"



Why Japan? Where else can you enjoy such a rich and unique culture that spans thousands of years?

Here's why...Japan offers something for everyone, whether it's deep powder skiing, long winding groomed skiing, sightseeing in some of the ancient temples, or the Wild Monkey habitat, there is something to please everyone!

BASIC TRIP Land Package - The Tokyu Hotel (Not including Air Transportation or Lift Tickets)

- Approximate lodging package costs – starting at \$1720.00 per person based on double occupancy
- Pricing is based on exchange rate of 1USD vs. 110 Yen – subject to change
- Basic land package pricing is based on a min. of 86 people & the Extension pricing is based on a min. of 34 people – subject to change if requirements are not met. All local taxes are included
- Single Supplement rooms are available – quantities are limited.

Land Package Includes:

- All airport ground transfers with Multi-lingual guide meeting the FWSA Group Air people upon arrival
- 7 nights' accommodations with breakfast daily and Free Wi-Fi
- 5 Dinners – 2 nights **on your own** to dine at the local restaurants of your choice.
- Welcome/Orientation at the hotel **on the 2nd day after arrival** due to group's air late arrival time
- Special Ezura Goryu Drumming and Dinner Show, including bus transportation
- Complimentary Mountain Escort for 3 hours **on the 1st day of skiing** – groups of 20 max.
- Local guide at the hotel each evening for 1 hour
- Optional Day Tour and mid-week Après ski party – details to be provided

Air Transportation Information - It is HIGHLY recommended to use FWSA air transportation!

- Group Air - SFO & LAX air details to be provided
- Stand Alone Trip Air – contact Debbie Stewart
- Alternate airport and/or post trip deviations are available - they are limited)

*Air prices DO include estimated Fuel surcharges, Taxes and current Exchange Rate – subject to change.

If you are arranging your **OWN** flights but wish to take the FWSA bus transfers, you **MUST** coordinate your flight schedule with the FWSA group air schedule. No special alternate pick-up or drop offs by the bus will be permitted.

Make checks out to: Far West Ski Association (FWSA). Please reference "FWSA 2019 JAPAN Trip" on each check.

Send to: Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277

FwsaIntlTrvl@orodjay.net or cell: 559/737-0882

CST # 2036983-40



BAC 2019 FWSA Ski Week at Steamboat Springs, CO

February 2-9th, 2019 Registration: May 22nd, 2018

\$200 Deposit

Steamboat Springs Resort is renowned worldwide for its massive mountain range comprised of six peaks. Over the past five years, millions of dollars have been spent improving ski runs and chairlifts. The friendly down-home town is affectionately called "Ski Town USA". The locals and visitors alike agree that the resort has world class tree skiing and a wide variety of ski terrain. Our two condo resorts are conveniently located at the base area of the village nearby the Gondola. Historic town has great restaurants and local activities for both skiers & non-skiers.

7 nights Deluxe Condo Lodging at: Dulany at the Gondola \$1,305 per person or The Lodge at Steamboat \$1,105 per person in two or three bedroom units. Prices do not include lift ticket, airline tickets or ground transportation. Amenities included are:

- | | |
|----------------------------|------------------------|
| *Super Bowl Welcome Party | *Hosted Mountain Tours |
| *Council Night Dinner | *Racing/Council Team |
| *FWSA Banquet with Dancing | *Mountain Picnic |
| *Farewell Apres Party | *Pub Crawl |

**Group Lift Tickets: 5-Day Adult/Senior \$335; 6-Day Adult/Senior Tickets: \$381
Optional Group Air and Ground Transportation pricing to be announced.**

**Registration and Information Contact : Gail Burns, BAC Travel Director
123 Phillips Lane Woodside, CA 94062 gailb3098@gmail.com 650 255-7883**

**Must be a Member of Far West Ski Association or an affiliated Ski Club
FWSA CST#2036983-40 / BAC CST#20500870**

Castro Valley Ski Club

Presents

 *Beaver Creek. Not exactly roughing it.*



2019 CVSC Ski Week Beaver Creek, CO

Feb. 9-16, 2019

\$815

Package Includes:

- 7 Nights Lodging (dbl. occ.) at The Charter
- Porter Fees
- Welcome Wine & Cheese party
- Included CVSC dinner

note: air/transfers not included in this price

Lift tickets are **NOT INCLUDED** in this package;
If you need a 5 day lift ticket/5 resorts – add \$455

Free indoor parking
Bar & Restaurant on property
Walk to village



Send \$200 deposit to: (\$50 is non-refundable)
Tucker Hoffmann - CVSC Travel Director
2657 Rivers Bend Circle, Livermore CA 94550

925-371-1910 tkhoffmann@comcast.net
CVSC CST # 2081040



2018/2019 Avid Skiers in Control

President
Vice President
VP Membership
VP Club Activities
Secretary
Treasurer
Newsletter Editor
Web Manager
Travel Director
Past President
Trustee

Claudia Fernandes
Anne Wilburn
Maggie Jong
Pat Green
Phyllis May
Elizabeth Yagle
Dennie Warren
Ray Jong
Tucker Hoffmann
Karen Wehrman
Kathy Hoffmann

925-462-6573
925-200-2801
925-447-5148
925 846-7250
925-371-1667
510-537-2099
510 759-3415
925-447-5148
925-371-1910
510-538-2872
925-371-1910

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Tuckerhoffmann@aol.com
kwehrman@comcast.net
tkhoffmann@comcast.net

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

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

Best weather website for snow: Tahoeweatherdiscussion.com

Take a bus to the slopes: nacski.com & bayareaskibus.com

Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/

SKIZETTE FOR AUGUST, 2018



The next meeting will be at

Lake Chabot Regional Park
Castro Valley, CA

(meeting starts @ 6:00 pm)

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



ASPEN & SNOWMASS