



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

August, 2019



EVENTS CALENDAR

(f) = flyer in this issue



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AUGUST

- 7 CVSC board meeting at Kathy & Tucker's
- 16 Concert in the Park pg 2
- 21 CVSC general meeting TBD

SEPTEMBER*

- 5-19 CVSC Presents wonders of Israel & Jordan, Jerusalem, Galilee, Nazareth, Dead Sea, Masada & Tel Aviv (f) pg 7
- 25 CVSC general meeting at Lake Chabot
- 28-10/12 FWSA 10th Annual Scuba Dive Trip—Philippines (f) pg 9

*There will be no board meeting in September.

OCTOBER

- 9 CVSC board meeting at Pat's
- 16 CVSC general meeting at Don Jose's

UPCOMING

- 2020:
7/17-29 CVSC Russia River Cruise (f) pg 11

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 2020:
2/19-23 BAC Mini Ski Week in Utah (f) pg 10

AUGUST BIRTHDAYS

John Houseman	2	Wayne Stolfus	14
Karen Kimball	4	Jerry R. Svensson	16
Thomas Gilmartin	5	Jerry Caveglia	17
Tracy Johnson	7	Joseph Loader	21
Lawrence Nunnally	9	Cathy Simons	22
Inge Terpening	10	Pam Quinn	29
Kathy Hoffmann	12		



Visit our Website at 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: dennieluu1@gmail.com



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

CONCERT IN THE PARK

Tommy & the 4 Speeds

Friday, Aug. 16 @ 7pm (get together @ 5pm)

Lions Wayside Park—First & Neal Sts, Pleasanton

Bring a dish to share & BYOB — any questions call Pat—925-746-7250.

President's Message

Hope everyone is enjoying their Summer!!!

We had our BBQ general meeting at Lake Chabot this past month and you couldn't ask for a more beautiful day and weather. Den-
nie had checked to make sure we could BBQ as last year we had a surprise, but we knew better for this year, so if you see we are still saying BBQ we have checked....There was a lot of good food and a nice turnout. Hope to see you all at the next one....After the meeting a few of us went on a short hike around the lake and watched a gorgeous sunset over the water...the evenings can be unusually balmy and beautiful, with food and friends having fun. You will hear more about our next meeting and what to bring.



Claudia Fernandes
President

We have more fun coming up August 16 when we have our summer "Friday Concert in the Park" with Tommy and the Four Speeds. Please plan on attending if you can, bring food and drink and join in the fun....The park is in Pleasanton off of First

Street....Thank you Pat for setting this up. And thank you Dan and Pat for putting out the blankets so we have such a nice spot.

Everyone stay tuned as Pat and others find more fun events for our members. Thank you again Pat for providing us with good times with friends.

Also, we have the Israel and Jordan trip coming up next month, so more adventure and happenings to come for our members. How exciting! Keep checking the skizette for more adventures!

Enjoy your summer and be safe!!! The heat can be unforgiving so stay hydrated!!

Take Care,

Claudia

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, Safety Chair)

Castro Valley Ski Club Annual Membership Drive

Renew your **Castro Valley Ski Club** membership early!
And 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!*

- Paid 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, 2019 thru September 30, 2020

PLEASE PRINT LEGIBLY:

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')

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 waver, 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)

Castro Valley Ski Club
Presents
WONDERS OF ISRAEL & JORDAN

JERUSALEM, GALILEE, NAZARETH, DEAD SEA, MASADA & TEL AVIV



\$4875.00 per person

SEPT. 5-19TH, 2019

INCLUDED IN THE CVSC PACKAGE :

- Round-trip airfare from SFO Lufthansa Air or LAX on Air France
- Airfare taxes, fees & fuel surcharges
- Intra ground transportation and transfers
- Accommodations at First Class hotels
- 10 full buffet breakfasts, 2 lunches and 6 dinners (more meals being added)
- **Most Tips**
- **and more.....**

WHAT IS NOT INCLUDED:

- Travel Insurance \$179 per person

Bay Area Snow Sports Council

BIG SKY FWSA SKI & SNOWBOARD WEEK...

January 25 – February 1, 2020

BAC Package Includes:

7 Nights Lodging: Ski in/Ski out

Huntley Lodge: Hotel rooms with Two Queen Bed or Loft with 3 Queens \$1,310 pp

Summit Lodge: Hotel rooms with One King or Two Queen \$1,610 pp

Single Supplements available.

ONLINE REGISTRATION ONLY

<http://BAC83.sat.tours> – Payments made to Sports America, our Tour Operator



BAC Lodging/Amenity Package:

- Welcome Party
- Mountain Picnic
- BAC Council Dinner
- Ski Week Banquet Dance
- Farewell Awards Après Party



Additional Options:

Optional Day Trips to West Yellowstone Or Wildlife Center

Council Challenge Races & Non Skier Activities

Discounted Lift Tickets:

Group Air & Ground Transportation: TBA

Discounted 5-6 Day Lift Tickets will be available

Buy IKON Pass w/Sports America for \$30-50

lodging discount.

FWSA 10th Annual Scuba Dive Trip – The Philippines

September 28 – October 12, 2019



5 nights – Azure Dive Resort in Dumaguete

9 nights – Marco Vincent Resort in Puerto Galera

Azure Dive Resort – September 28-October 3, 2019

Diver Land Package = \$1139.00 Superior Hotel Room - Double Occupancy

Non-Diver Land Package = \$684.00 Superior Hotel Room – Double Occupancy

Single Supplement Hotel Room Add = \$381.00

Lodging Upgrades Available – contact Randy Lew for details

(air transportation not included in above pricing)

Marco Vincent Dive Resort – October 3 - 12, 2019

Diver Land Package = \$2621.00 Superior Hotel Room - Double Occupancy

Non-Diver Land Package = \$2192.00 Superior Hotel Room – Double Occupancy

Single Supplement Hotel Room Add = \$386.00

Lodging Upgrades Available – contact Randy Lew for details

(air transportation not included in above pricing)

****Passport must be Valid thru April 12, 2020****

Price Includes:

** Transfer to and from airport to resort

** Complimentary Wi-Fi

** Resort Amenities

** PADI Certified Dive Resorts

** Breakfast, Lunch & Dinner daily

** Resort fees, government taxes & gratuities (dive tips not included)

- Azure Dive Resort – 4 days of 4 dives per day – Oslob Whale Shark Diving
- Marco Vincent Dive Resort – 8 days of diving – 24 boat dives



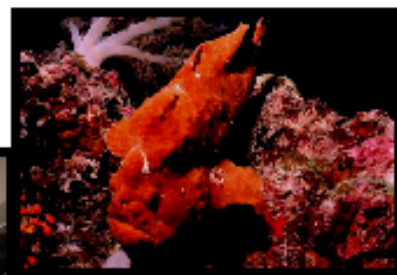
*Experience Local Culture
& Entertainment*



Create New Memories
with Friends,
Old and New!



Kayak, snorkel, spa
services and more...



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.org

*You must be a Member of a Far West Ski Assn.
affiliated club or a FWSA Direct Member!*

CST # 2036983-40



The Bay Area Snow Sports Council Presents
A Mini Ski Week to:



Alta, Snowbird, Brighton & Solitude, Utah
February 19 – 23, 2020

Utah is renown for its wonderful powder snow & epic mountain terrain! By staying at the base of Big & Little Cottonwood Canyons, our BAC skiers will be able to access four great Utah ski resorts!

Lodging & Amenities Package Includes:

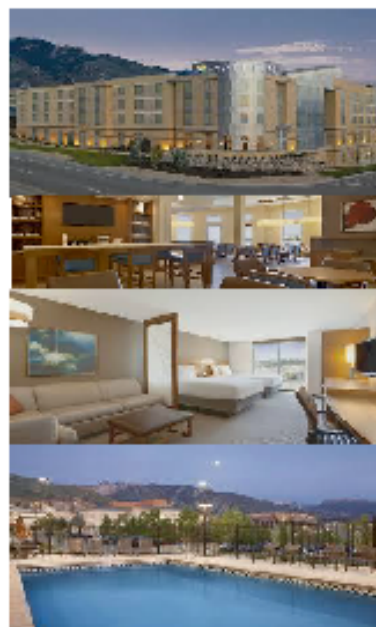
- ❖ 4 nights at the Hyatt Place/Cottonwood – double occupancy
- ❖ Welcome reception and Group Dinner included
- ❖ Free daily hot breakfast
- ❖ Free hotel shuttle to ski bus transit center
- ❖ Free wifi & parking

Lodging & Amenities Package Pricing:

- ❖ \$575 per person – based on double occupancy in King or 2 Queen bed hotel rooms.
- ❖ Registration opens on April 5. To insure your spot send your \$200 deposit check, payable to BAC Travel, in with your completed Trip Preference Form & Waiver. You must be a member of a BAC Club to reserve a spot.

Not Included - Airfare, Lift Tickets & Ski Bus Tickets

- ❖ Airfare Options & Ground Transportation - Delta, United & Southwest all have non-stop flights from the Bay Area into SLC airport - only 20 minutes from the hotel
- ❖ Lift Tickets: Alta, Snowbird, Brighton & Solitude are all on the IKON pass.
- ❖ Two Ski Buses for either Alta/Snowbird or Brighton/Solitude depart every 20-30 minutes from the ski bus stop. Ski bus tickets are nominal at around \$8 round trip.



BAC Trip Leader: Cathy Wilson

**Send your \$200 deposit
(payable to BAC Travel) to:**

**Cathy Wilson
BAC Utah Trip Assistant
1469 Firebird Way, Sunnyvale,
CA 94087**

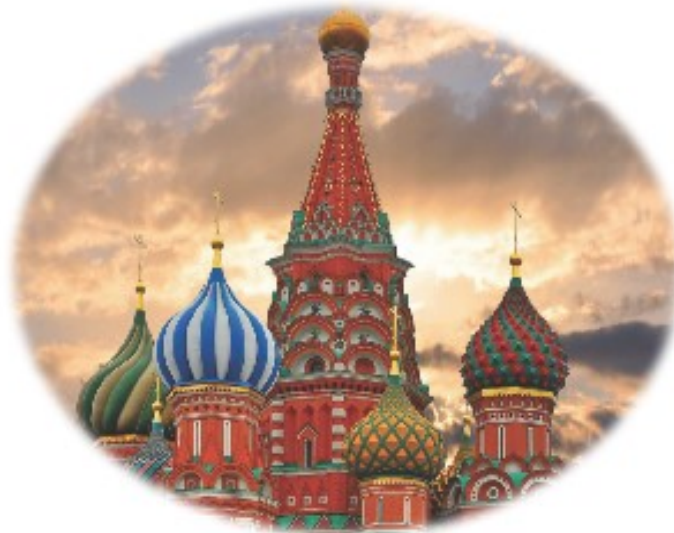
BAC CST# 2050870-40

Castro Valley Ski Club

Presents

Russian River Cruise with Emerald Waterways

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



Price \$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 Rossia*
- **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 – If you don't need travel insurance let me know. I'm trying to set up something.
- Russian Visa

\$400 Initial deposit NON –refundable - 1 cabin left either 1 single gal or a couple

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

CVSC CST # 2081040



2019/2020 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		pkinahon@gmail.com
Safety Chair	Sandy Beecher		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 & bayareaskibus.com

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

SKIZETTE FOR AUGUST, 2019



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