



Castro Valley, CA 94546
www.cvskiclub.org

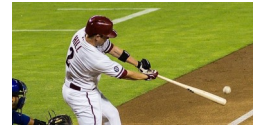
CVSC SkiZette

August, 2020



EVENTS CALENDAR

(f) = flyer in this issue



Inside this issue:

Sporting Goods Exchange/ Greenhouse Marketplace/Pres Mssg	2
FWSA Communication Award	3
Travel Update	4-6
FWSA/BAC/ CVSC 2021 Ski Week in Sun Valley, ID/ CVSC Russia River Cruise	7
Yoga Workout	8
CVSC Italy Bike & Barge/Membership Notice/Membership Application/ Waiver	9-11
Avid Skiers in Control	Back page

AUGUST

- 12 CVSC board meeting at Sandy's
No General Meeting

SEPTEMBER

Meetings TBD

OCTOBER

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 7
8/21-28 CVSC Italy Bike & Barge (f) pg 9

BAC/FWSA TRIPS

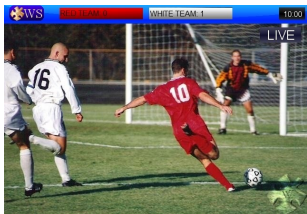
Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

2021:

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



AUGUST BIRTHDAYS

John Houseman	2	Wayne Stolfus	11
Karen Kimball	4	Kathy Hoffmann	12
Thomas Gilmartin	5	Jerry Caveglia	17
Tracy Johnson	7	Joseph Loader	21
Lawrence Nunnally	9	Pam Quinn	29
Inge Terpening	10		



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: 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 stoltski.com...

I have a pair of bootskis that I would like to give to anyone interested..... Please contact me @ 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, another month has gone by and change is certainly the word of the day...I hope this finds everyone well and sane...



Claudia Fernandes
President

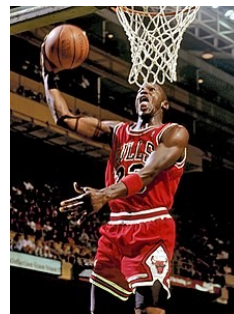
I have heard from some of you on some outings you have taken. Short trips to hike and walk and see new scenery. We have one member working on the census, others playing bridge online, one is completing quilts (beautiful), others making masks, framing pictures, golfing, so many great ideas.... Then there are the projects, the fences, the roofs, painting, fixing around the house and so many other things to take time now that we have it..

Whatever you do - enjoy!!

As you know we are still postponing trips till next year both ski and adventure travel. The FWSA convention is in San Diego next year June 10-13, 2021. We hope to resume some outdoor meetings but time will tell.

Take care and be safe until we meet again...happy trails..

Claudia



"The Voice of the Western Skier"



2019-2020 Communications Award

... promoting excellence at every turn.

Wentworth Outstanding Publication

2nd Place Novice

DENNIE WARREN, EDITOR

Castro Valley Ski Club



Far West Ski Association 2020 Convention postponed due to COVID-19.

Christine Gill

Christine Gill, VP Council Services

Gloria Raminha

Gloria Raminha, FWSA President



What a year 2020 has been as far as travel. We just had our last trip of the year (not a ski club trip) canceled. Not surprised.

BUT.....It looks like 2021 will be a busy year for CVSC travelers. If you want to get on any of the following trips let us know. There is a good possibility we can fit you in. Bali will now be in May of 2022 due to Russia being pushed back.

SUN VALLEY: \$1325 - see flyer

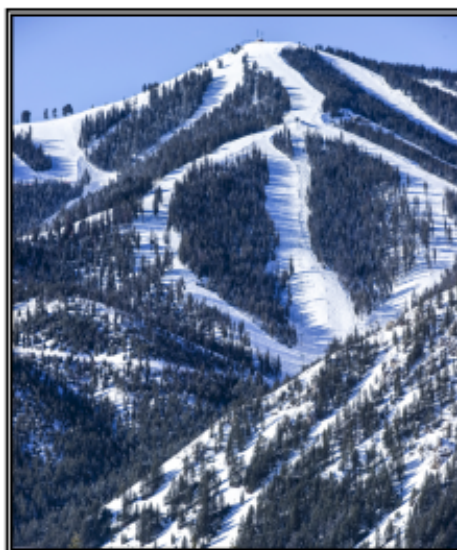
North American FWSA Ski Week
Sun Valley, Idaho
January 30 - February 6, 2021



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



RUSSIAN RIVERBOAT CRUISE: July 19-31, 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.

More info will be sent to those signed up soon.

Breathtaking Bali with the Castro Valley Ski Club

\$2999

May 15-26, 2022

YOUR TOUR INCLUDES

- Round-trip international airfare from Los Angeles or San Francisco
- 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 (may be adding more)
- Comprehensive sightseeing tours including admission fees as indicated in the itinerary
- Professional, English-speaking Tour Director throughout
- Refillable water bottle provided at the start of the tour
- TIPS & More.....



ITINERARY AT A GLANCE

- 2 nights in Ubud
- 2 nights in Candidasa
- 2 nights in Munduk
- 3 nights in Sanur
-



TOUR HIGHLIGHTS

- 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



Don't miss out, email us to get on the list if you are interested. We have about 8 spots left. We will be asking for a \$300 deposit down the road, although a few of you have already sent this in.

Travel insurance will be available on this trip;

- Basic plan \$179 per person
- Upgraded plan CFAR \$329 per person (Cancel For Any Reason)

Insurance premium is non-refundable.

Tucker Hoffmann 2657 Rivers Bend Circle, Livermore CA 94550
tkhoffmann@comcast.net

ITALY BIKE & BARGE - \$1625 - see flyer

Aug. 21-29, 2021



We are chartering the whole boat. Let us know if you are interested in getting on the wait list. We may have a spot for a single guy or a couple. Deposit is non-refundable

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.

Aboard Ave Maria

Blending nature, culture and fine cuisine, this leisurely bike and barge tour along the waterways of the River Po offers more than just a taste of Northern Italy. It explores celebrated cities of art, one of Europe's prime Nature Reserves and a wealth of tucked-away rural hamlets along the route, rewarding our daily rides with authentic regional dishes back on board. From the glory of Venice, the lagoon leads us to colorful Chioggia. Next up, the natural wonders of the Po Delta, famed for its birdlife. Then Adria, once a key Roman port, and onwards to Ferrara and Mantua - once major city states crowned by the Italian Renaissance.



Happy Skiing & Travels.....

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

tkhoffmann@comcast.net
cell # 510-329-4242

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 10th.

\$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 510-329-6838

CVSC CST # 2081040

Castro Valley Ski Club

Presents

Russian River Cruise with Emerald Waterways

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

July 19-31st, 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:

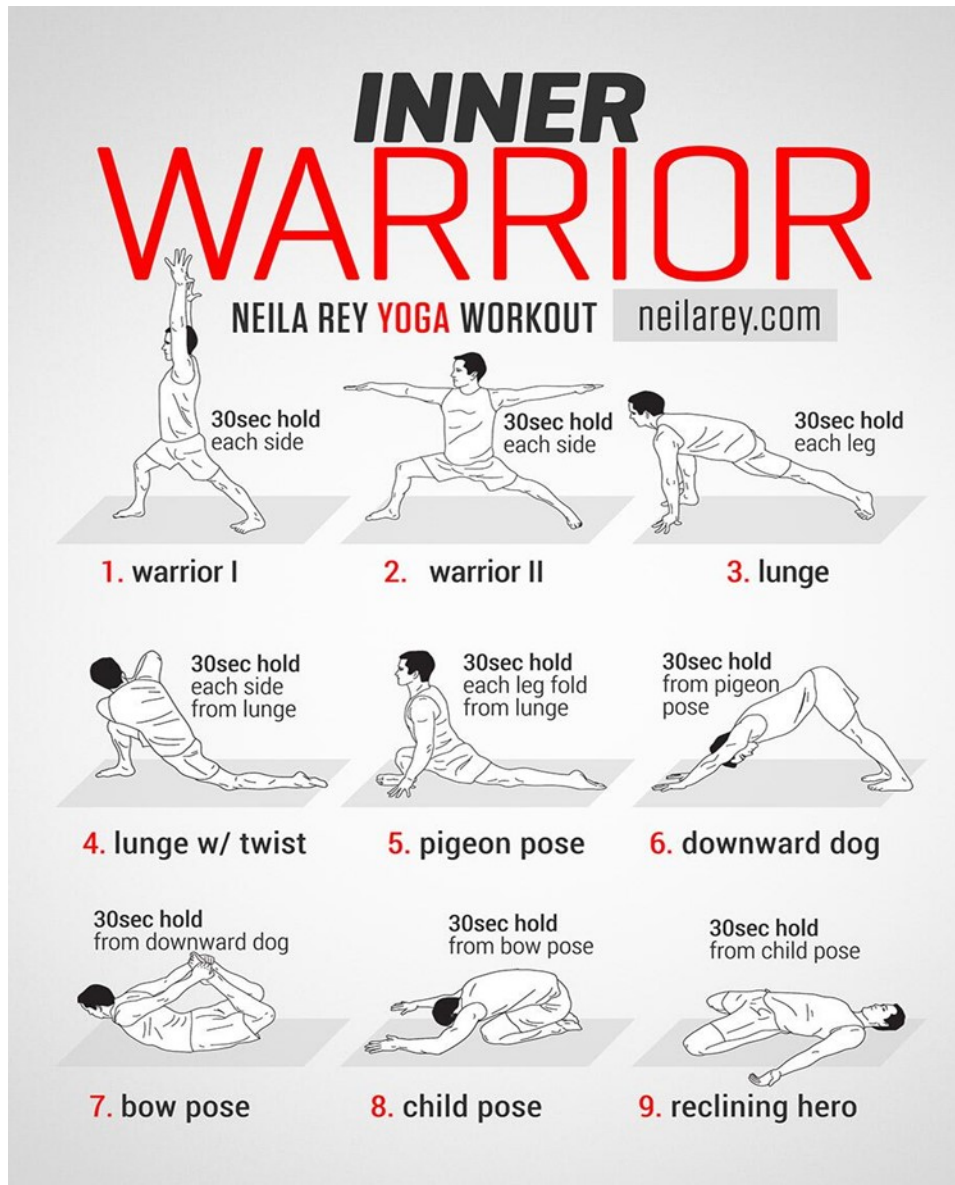
- Travel Insurance
- Russian Visa

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

CVSC CST # 2081040

Since we are still at home with covid-19, here is a simple yoga workout.



Areas It Targets

Core: Yes. There are yoga poses to target just about every core muscle. Want to tighten those love handles? Then prop yourself up on one arm and do a side plank. To really burn out the middle of your abs, you can do boat pose, in which you balance on your "sit bones" (the bony prominences at the base of your pelvic bones) and hold your legs up in the air.

Arms: Yes. With yoga, you don't build arm strength with free weights or machines, but with the weight of your own body. Some poses, like the plank, spread your weight equally between your arms and legs. Others, like the crane and crow poses, challenge your arms even more by making them support your full [body weight](#).

Legs: Yes. Yoga poses work all sides of the legs, including your quadriceps, hips, and thighs.

Glutes: Yes. Yoga squats, bridges, and warrior poses involve deep [knee](#) bends, which give you a more sculpted rear.

Back: Yes. Moves like downward-facing dog, child's pose, and cat/cow give your back muscles a good stretch. It's no wonder that research finds yoga may be good for relieving a sore back.

(Sandy Beecher, Safety Chair)



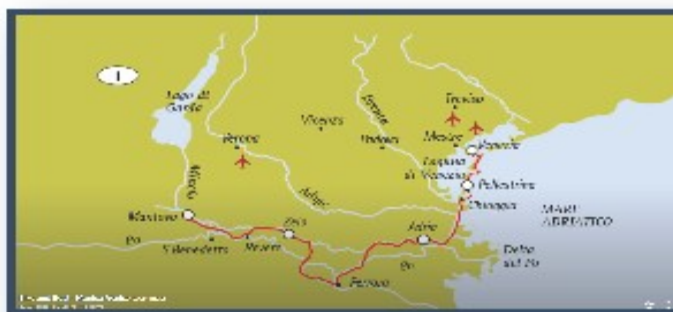
AUGUST 21-29, 2021
\$1,625 PER PERSON DOUBLE OCCUPANCY

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

CVSC CST # 2081040

Castro Valley Ski Club Annual Membership Drive

We know these are difficult times, yet we are still optimistic about the better times to come. Sign up now and join your friends.

Membership dues now being accepted!

Make your check payable to the **Castro Valley Ski Club**.



cvskiclub.org

Membership Application

October 1, 2020 thru September 30, 2021

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.

Be sure to return the Membership Application and signed Waiver Agreement along with your check.

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)



2020/2021 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	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

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: Tahoweatherdiscussion.com

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

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

SKIZETTE FOR AUGUST, 2020



There will be no meeting in August.

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



ASPEN & SNOWMASS