



P.O. Box 20321
Castro Valley, CA 94546

CVSC SkiZette

September, 2009

Celebrating our 25th year!!



Special Events:

CVSC Bike the Bay with
Wayne & Elizabeth
Sept 12

CVSC Napa Wine Tour
Sept 26

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EVENTS CALENDAR

(f) = flyer in this issue

SEPTEMBER

- 9 CVSC board meeting at Claudia's
- 12 CVSC Bike the Bay with Wayne & Elizabeth (f)
- 16 CVSC general meeting at Don Jose's
- 26 CVSC Napa Wine Tour (f)

OCTOBER

- 7 CVSC general meeting at Don Jose's
- 14 CVSC board meeting at Pat's
- 18-25 CVSC Cruise to Caribbean on Carnival Victory (f)
- 21 CVSC general meeting at Don Jose's

NOVEMBER

- 4 CVSC general meeting at Don Jose's ***AUCTION NIGHT***
- 11 CVSC board meeting at Kathy & Tucker's
- 18 CVSC general meeting at Don Jose's

UPCOMING

- 2010:
- 1/30-2/6 FWSA Ski Week at Keystone, CO (f)
- Trip to Turkey in October (more info to come)

SEPTEMBER BIRTHDAYS

| | | | |
|-----------------|----|-------------------|----|
| Vlad Syzrantsev | 1 | Michael Wingerath | 26 |
| Sherna Svensson | 7 | Kathy Johnson | 27 |
| Dave Meinhardt | 15 | George Isaacs | 28 |
| Cathi Hager | 19 | Sandra Kiyomura | 28 |
| Gene Rockemann | 23 | | |



The Company Store

The following Castro Valley Ski Club promotional items, with logo, are available to members :

- Black Ball Caps \$10
- Gold Key Rings \$5
- Logo Luggage Tags \$1.50; 4/\$5
- Logo Fanny Packs \$20
- Club Patches \$1
- Club ski pole flags \$5

SEE DEAN OR JOLENE MICHAEL TO PURCHASE ANY OF THESE GREAT ITEMS

SkiZette Policy

NEWSLETTER

DEADLINE: 28th of the month

Articles submitted by this date will be included in the following month's newsletter - space permitting.

Submit articles to:

Dennie Warren, 16606 Selby Drive, San Leandro, CA 94578

Phone (510) 759-3415; Fax (510) 276-2444

Email: dennieluuu@comcast.net

Didn't get your newsletter? - Change of Address? - PLEASE Contact Karen Wehrman, VP Membership at (510)538-2872; email: kwehrman@comcast.net



~~MARKETPLACE~~

Ocean Front Maui Condo available for Rent

Two bedroom, two bathroom condo, with spacious lanais, fully-equipped kitchen and washer/dryer. Pool, Jacuzzi and BBQ just steps outside. Unit is located in North Lahaina with panoramic ocean view including islands of Lanai and Molokai. Available November 19 to 25, 2009 for \$900.00, cleaning included.

For more details and photos, contact Pam & Steve Nicholson at 310-545-0462 home, 310-874-4188 cell or Pam90266@aol.com.

Ergonomic computer or desk Chair - black, sturdy - used only short while during back pain problems - has a back also, which many don't have, so you can also sit back if needed. \$190 new - will sell for \$30

Two heavy duty aluminum clothes racks that fold flat - \$60 new - will sell for \$25 each Astra at 925-449-8034

~~ SPORTS EXCHANGE ~~

Skis: 193 Rossignol 7S Course w/M54 Turbo SC
Marker racer bindings - \$75

Skis: 190 K2 Unlimited w/M36 Marker bindings - \$35

Skis: 205 Rossignol 7S w/M44 Marker bindings - \$50

Ski Helmet - Large - \$5

Electric boot/shoe dryer - \$5

Thule trunk type bike rack for two bikes - \$20

RhodeGear 3-bike trunk type bike rack - \$25

Bicycle Helmet - \$4

Two Dacor short (50's) dive tanks - \$20 each

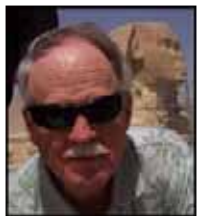
Decoys - 3 geese with removable head/neck and 5 weighted ducks - Geese at \$6 each (or 3 for \$15) - Ducks at \$4 each (or 5 for \$15)
EP GX3 Turboglas Graphite/Kevlar Water Ski with it's own zippered case. - slight delamination in one area, but should be fixable - \$30

Astra at 925-449-8034

TENNIS, ANYONE????? I am desperately seeking a tennis partner to play once a week. I'm in San Leandro. If interested please contact me [your friendly editor]



President's Message



Hi Gang,

Where did August go so quickly? Fall is about to creep into 2009 and another ski season. YEAH! We celebrated the month with the tasty victuals of the Vin et Cuisine at the Rubis

Bistro and an endless menu of favorite dishes paired with favorite wines. A lively crowd enjoyed the food, the game of ladder golf and socializing. I think it was suppose to end at about 7:00 but no one wanted to leave the fun, and hey, there were still wine bottles with Vin yet to be consumed. A hearty thanks to Fred and Marsha for hosting this special event again. We are all hoping they will put Vin et Cuisine and CVSC on their 2010 calendar.

Another CVSC celebration on August 19th brought us to the home of Alan Ward and Becky Cox for an evening barbeque in the gorgeous back yard garden, more yummy pot luck creations, wine, background music, and gracious host and hostess. We are grateful for their sharing of their beautiful home and are delighted to announce that they may mark their calendar for a repeat next year. Hey Becky, am I right? Third Wednesday of August 2010?

Next. It's about time to tune up your bikes and leg muscles for the September 12 Bike Ride sponsored and planned by our charming tour leaders Wayne and Elizabeth. We will be cruising along the Bay and the Alameda estuary, taking in the San Francisco skyline, many great views and other points of interest along the way. Check out the Flyer in this issue of the Skizette and if you need more information contact Wayne and Elizabeth.

Until next time, it's your time to get out there and make each day special by offering someone a simple smile and a friendly hello. It won't cost you a dime and it could be priceless to those less fortunate who may be dealing with job loss, homelessness and other difficult situations. Count your blessings and be thankful.

Ralph

Consider this.....

Greetings!

September 22nd marks the vernal equinox of 2009 when our amazing planet shifts gears and northern hemisphere begins its annual march toward winter. We too must shift gears. For starters, our club meetings return to Don Jose's in Castro Valley on Wednesday, September 16th and there after on the first and third Wednesdays starting October.

Fall is a busy time for our club with a flurry of activities for discount lift ticket sales, ski travel plans, and of course CVSC Auction Night.

Speaking of the **CVSC Auction Night, save the date November 4th** for this fun and ever popular fundraiser. Now is the time to put on your thinking cap for donation ideas, the more creative the better, to support the cause. Auction proceeds help fund many club activities such as donations to DSUSA to support disabled sports programs and the CVSC End of Season Banquet to name but a few. Once again, **Dave Silva** will be heading up the effort as event Chairman ably assisted by auctioneer **Tucker Hoffmann**. I see opportunities here for volunteers so speak with Dave of your interests.

Bay Area Snow Sports Council News

The **BAC Discount Lift Ticket sales campaign** is coming around again. Information and forms will be forthcoming in October so stay tuned. The ordering deadline this year is Wednesday, November 4th.

Looking forward to year 2011, **FWSA Ski Week 2011 will be at Sun Valley, Idaho.**

The **BAC Directory** publication for 2009/2010 is in the works. I encourage the amateur photographers among us to look through the many photos you took on the hill this year and submit one or two for the Directory Cover Competition coming around again this fall. The winner receives a pair of lift tickets to a North Tahoe resort.

I look forward to seeing you at Don Jose's later this month. Meanwhile, I hope you're having fun.

Best regards,
Paula Kinahon

415 983-7145 (day)
510 357-6147 (evening/weekend)
Paula.kinahon@mckesson.com



Pre-season Ski Conditioning By Todd Murchison

Ski season is coming, and all of the weight I've blissfully gained over the summer is going to have to go. Presumably most readers are actually more active in the summer, thus heading into the winter lithe and ready for action. However, whether you have been torpid all summer or a sporting freak the only thing that works your muscles or skills exactly like skiing, is skiing. Fortunately there are routines you can integrate into your day that will help more directly prepare your body and mind for the coming snow.

Lateral Movements

When walking or running we project a foot far ahead of the other foot. Alpine skiers, however, focus more on lateral projections of their feet – side to side. Accomplished skiers are skilled in accurately and dynamically launching themselves from one foot across to the other while staying in perfect balance.

Any exercise that involves mindless entertainment is a home run with me so I work on this in front of the TV. I stack a few books on the floor and proceed to hop back and forth over the books, clearing the books with both feet but landing and then springing back off of just one foot each time. By varying the speed and height of the hops it simulates different kinds of skiing movements. Sometimes I'll slow the rhythm way down on the hops and flex very deeply down on each leg before springing back up E2 as I flex down I concentrate on staying perfectly balanced over the center of my foot. As you do this try and keep your hands relaxed and slightly in front of you, your posture erect, and look up at the TV instead of down at your feet. If you put on a skiing video you can synch your movements to those of the skiers on screen which add challenge and an element of mental training.

Centering and Balance

Everything active you do will help with balance, but skiing well requires a very specific use of your skills. Modern ski equipment is most responsive when skied in a perfectly centered stance. For specific situations we may temporarily shift our weight towards the toes or the heel, but always we return to center.

Another of my exercises especially tailored for lazy living, I often do this while reading, washing the dishes or talking on the phone. Its pretty straight forward, I just stand on one foot. Yep, at least that's what it would look like to an observer if I weren't too ashamed to do this in front of people, I would look like I was playing at stork, every minute or so changing feet. The important part of this exercise is not visible to outside observers – the focus is on standing *exactly* centered in the middle of my foot. Sounds pretty simple, but upon trying it for the first time people find that their center seems to be constantly shifting around slightly. It requires those small muscular corrections be steadily used to keep you in that center. Again, how deeply flexed your leg is will change the kind of corrections that need to be made and the workout intensity.

Strength

<Sigh> yep, strength conditioning - this is the part I find toughest to subject my summer tanned and fattened body to, but it's quite necessary. While good skiing posture can shift much of the work from your muscles to your skeletal structure, skiing still heavily works out your butt, thighs lower back, stomach and shoulders. The previous exercises can help with all of these, but a few specific workouts are good for pure strength conditioning.

Sit-ups – I've always hated these but nothing seems to work out the abs as efficiently. Since they are a necessary evil I just go for the full measure of torture, the worst ones I can find so as to get them over with more quickly. There are many cruel variations on sit-ups, pick whichever you find most hideous. I use one from an old Karate class where you just sit ½ the way up, then exhale all your air, tense your stomach up as tight as possible – and strike yourself with both fists across the abdomen. It sounds silly, and in fact it looks silly but it is one heck of a workout.

Wall sitting is an excellent leg workout, especially for the quads. Wall-sits look very lazy, and you can in fact watch TV or read while doing them but generally you will shortly be in too much pain to concentrate on entertainment. Wall-sits are simple, just put your back flat against a wall and then slide down until the angle from your calves to your thighs is 90 degrees. Stay there as long as you can.

The shoulders are a deceptive one, nobody expects that just holding ski poles up all day would be much of a workout – but they are in agony after those first few skis days of the season. Once you think of it, it does in fact make sense that just holding poles up is a workout . . . have you ever tried holding your arms straight out for as long as you can? It's incredible work after awhile and this is exactly the best exercise for it. Hold your arms out so that they are horizontal. Vary holding them in front, to the sides and behind you – dance around the room and play "airplane", might as well look *really* silly while you are doing this.

(article contributed by Sandy Beecher)





2009 Castro Valley Ski Club Bike the Bay with Wayne and Elizabeth

Date: September 12, 2009

Route: 14 mostly flat miles around Harbor Bay Isle and Alameda, with an optional 4 mile scenic bayside and canal tour through Harbor Bay Isle. The route consists primarily of paved bike lanes, paved bike paths, and secondary roads. There are a number of restroom facilities along the route.

Highlights: Bike along the Bay and the Alameda estuary, great views of San Francisco and Mt. Tam, graceful Alameda Victorian homes, many species of water birds, the Bill Osborne model airplane flying field, the Oakland airport, the Oakland Raiders headquarters, Peet's Coffee roasting facility, the Alameda ferry terminal, windsurfers, kite boarders, and kite flyers, and your charming tour leaders, Wayne and Elizabeth.

Lunch: Harbor Bay Landing shopping center with outdoor tables and chairs, and a choice of take out:

- La Val's has pizza, pasta, sandwiches; www.lavalspizza.com
- La Pinata has Mexican food; www.lapinataalameda.com/LP_BayFarm_Menu.pdf
- Harbor View has Chinese food; www.harborviewalameda.com
- Why Cook Café is a deli that features Greek food
- Safeway deli
- Coffee and tea shop

Departure Time: 10:30 AM

Meeting Place: The "dead end" end of Packet Landing Road, Harbor Bay Isle, Alameda. Park on the street. If you use a route mapping service such as Google maps to get directions, type in 200 Packet Landing Road, Alameda as your destination.

Things to Bring: Your helmet, water bottle, a lock to secure your bike to your car when we have lunch, drivers license, money for lunch, sunglasses, sun block, camera, and a smile.

Contact: Wayne Ainsworth or Elizabeth Yagle

Phone: 510-537-2099

Email: e.and.w@sbcglobal.net





**Napa Wine Tour
Sept. 26**



Our first stop will be at Quixote Winery, 6126 Silverado Trail (pass the Silverado vineyards on your left and it is the next driveway on the Right), very small sign
Quixote Winery produces [Petite Sirah](#) and [Cabernet Sauvignon varietal](#) wines exclusively, under the "Quixote" and "Panza" labels. Fruit is sourced from the 27 acres (11 ha), [organically-farmed](#) Stags' Leap Ranch estate [vineyard](#) that was planted in 1996 located between [Stags' Leap Winery](#) and [Shafer Vineyards](#).

We will meet at Quixote for our first wine tasting at 10:00am (707) 944-9360

We will then go to the Silverado

- For groups of 15 to 25 guests
- Private tasting only is \$20 per person and will last for about 45 minutes
- The tour of the winery includes a discussion on Silverado's history and philosophy as well as education on the winemaking process from vine to wine.
- Following the tour, you will taste five of Silverado Vineyards' current release wines in one of our exceptional winery locations which include our barrel cellars, our Silverado Room, our outdoor upper terrace, our private tasting room or our Tuscan style courtyard.

A 15% discount will be extended on wine purchases on the day of the tour and / or tasting.

To book any of our tour and tasting options, please contact Silverado Vineyards Visitor Center at **707-259-6611 or 800-997-1770 x 611**.

I asked if we can bring our light lunches to the terrace while we do our tasting.

Our last planned stop will be at Black Stallion Winery

Black Stallion Winery
4089 Silverado Trail
Napa, California 94558

Toll Free (888) BSW-NAPA
Phone (707) 253-1400

Black Stallion Winery became the latest addition to the small collection of wineries in Napa Valley's newly designated Oak Knoll District of Napa Valley in July 2007. The Oak Knoll appellation is distinguished by a temperate climate that is frequently cooler than other regions of the Napa Valley, and is quickly gaining a reputation for producing wines that are both elegant and complex. Black Stallion Winery creates ultra-premium wines of character and distinction. The current portfolio contains nine different varietals, including a cabernet sauvignon, a chardonnay and a dessert wine. Black Stallion Winery's total case production is 3,800 cases.

A private tasting of our top four wines conducted by a Black Stallion Winery Wine Educator in one of our private tasting rooms selected by you.

\$25.00 per person

Total for tasting will be \$45.00

BBQ is \$10.00

Total for the day will be \$55.00

I have someone bringing cobbler and corn. Need bread, salad and beans.

Please call Sandy at (707) 255-4139

CARIBBEAN CRUISE
OCTOBER 18-25, 2009



Dear Ski Club Cruisers,

Thank you for your deposit of \$25.00 for the Caribbean Cruise Oct. 18-25, 2009.

You have selected a:

Balcony Room - \$749

(price is per person - 2 in a room)

Please review the following deposit and cancellation policy:



Balcony

Deposits:

\$25 DEPOSIT PER PERSON

\$100 DUE July 1st, 2008

\$250 DUE APRIL 1st, 2009

FINAL DUE JULY 1st, 2009

Cruise Cancellation Policy

| | |
|------------------------------------|---------------------------------|
| AFTER JULY 1 ST , 2008 | \$25 PENALTY PER PERSON |
| AFTER OCT. 1 ST , 2008 | \$100 PENALTY PER PERSON |
| AFTER JULY 1 ST , 2009 | \$350 PENALTY PER PERSON |
| AFTER SEPT. 1 ST , 2009 | \$500 PENALTY WITH PORT CHARGES |
| AFTER OCT 1 ST , 2009 | NO REFUND |

IF YOU CANCEL YOU MAY BE RESPONSIBLE FOR THE SINGLE SUPPLEMENT FOR YOUR ROOMMATE

Travel insurance is advised. It can be obtained thru TRAVELGUARD online at www.travelguard.com. They offer specific cruise travel insurance. Please note it is the individual travelers responsibility to obtain this insurance if desired. You can expect to pay between 5-7% of cruise price for insurance.



CVSC & BAC

Presents **FAR WEST SKI ASSOCIATION**
2010 SKI WEEK

January 30 - February 6, 2010

Keystone, Colorado

3,148 acres, 3 Mountains, Base Elevation 9280', Vertical 3128', Longest Run 3.5 miles
Interchangeable Lift Ticket: Keystone-Breckenridge-Vail-Beaver Creek-Arapahoe Basin

Price includes 7 nights lodging (double occupancy) and FWSA amenity package.

Price does NOT include air or ground transportation.

Keystone Resort Lodging for Castro Valley (availability subject to change):

| | | |
|-------------------|--------------------------|------------|
| River Run Village | 2 BR/2 BA Condo (4/unit) | \$1,105 pp |
| Lakeside Village | 2 BR/2 BA Condo (4/unit) | \$1,040 pp |
| Keystone Lodge | Hotel Room (2/unit) | \$1,315 pp |

See lodging at <http://keystone.snow.com/info/resort.layout.asp>.

NOTE: Children are allowed at the FWSA Ski Week with certain restrictions.

FWSA Amenity package includes:

Registration, Welcome Party, Pub Crawl, Council Night Party, 3 Races, Mountain Picnic, Ski Week Banquet, Après Awards Party, 5 of 7 days Lift Ticket.

Castro Valley Ski Club is accepting \$200 per participant deposits.

Deposits are fully refundable until July 1, 2009.

MAKE CHECKS PAYABLE TO CVSC (with Keystone noted in the "for" space)

SEND PAYMENTS TO:

Tucker Hoffmann, CVSC Travel Director
2657 Rivers Bend Circle Livermore, CA 94550

Phone 925-371-1910 E-mail TKHoffmann@aol.com

Must be a member of Castro Valley Ski Club - CVSC CST # 2081040

FWSA 2010 SKI WEEK at KEYSTONE, COLORADO
January 30 to February 6, 2010

CVSC Trip Information Sheet

CVSC Keystone Lodging Allocation from BAC: (prices do NOT include transportation)

| | | |
|---|---|---------|
| River Run Village: | 2 bedroom / 2 bath Condos 5 units (w/ queen, queen) x 4/unit = 20 pillows 1 unit (w/ queen, twins) x 4/unit = 4 pillows <i>Walk to gondola, shuttle to Conference Center</i> | \$1,105 |
| Conference Village: | 2 bedroom / 2 bath Condos 3 units (w/ queen, twins) x 4/unit = 12 pillows <i>Walk to Conference Center, shuttle to base areas</i> | \$1,040 |
| Keystone 5 star Lodge & Spa: | Hotel Rooms 5 units (w/ 2 queens) x 2/unit = 10 pillows <i>Walk to Conference Center, shuttle to base areas</i> | \$1,215 |

Details and descriptions of the lodging are online at <http://keystone.snow.com/info/resort.layout.asp>.

Please note the above prices are based on double occupancy. These prices include lodging and the FWSA amenity package.

The FWSA amenity package includes:

- Registration
- Welcome Party
- Pub Crawl
- Council Night Party
- Mountain Picnic
- Races (3)
- Ski Week Banquet
- Apres Awards Party
- 5 of 7 days Lift Ticket

Keystone lift ticket is good at Arapahoe Basin (8.5 mi.), Breckenridge (15 mi.), Vail (38 mi.) and Beaver Creek (47 mi.). Note: 2 days max. at Vail and/or Beaver Creek. Group multi-day lift ticket price includes Seniors and Children 13+ years old. Children 5 to 12 yrs. deduct \$75. Children 4 and under ski for free. Non-skiers may deduct \$285.

Prices of air & ground transportation should be available by mid Summer.

Deposits & Payments to CVSC:

| | |
|------------------------------|-------------|
| Initial deposit: | \$200 |
| Payment due July 1, 2009: | \$200 |
| Payment due August 15, 2009: | \$400 |
| Payment due Oct. 15, 2009: | Balance due |

Make checks out to Castro Valley Ski Club (CVSC) with Keystone noted. Send checks to: CVSC Travel, c/o Tucker Hoffmann, 2657 Rivers Bend Cir. Livermore, CA 94550

Cancellation Policy:

- \$50 non-refundable after July 1, 2009
- \$100 non-refundable after Aug. 15, 2009
- \$500 non-refundable after Sept. 15, 2009
- There are no refunds after Oct. 15, 2009

If you cancel and we have to pay for a single supplement for your roommate, you may be charged for the single supplement.

Airline changes made after reservations are confirmed, i.e. name changes or substitutions, can usually be made on airline tickets for a fee.

All cancellations and changes must be sent in writing. NO EXCEPTIONS

Trip Insurance: *Trip insurance is encouraged.* You can go to www.fwsa.org, click on "Travel", scroll down the page and click on "Travel Insurance", which will provide information on a three companies that offer travel insurance. This list is not complete and the listings are not recommendations. Be sure to read the policy details and be fully aware of policy exclusions.

Tucker Hoffmann
CVSC Travel Director
2657 Rivers Bend Cir.
Livermore, CA 94550
925-371-1910
tkhoffmann@aol.com

Must be a member of Castro Valley Ski Club - CVSC CST # 2081040



2009/2010 Avid Skiers in Control

| | | | |
|-------------------|-------------------|--------------|------------------------------|
| President | Ralph Sherman | 925-449-7941 | shermscape47@yahoo.com |
| Vice President | Paula Kinahon | 510 357-6127 | paula.kinahon@mckesson.com |
| VP Membership | Karen Wehrman | 510-538-2872 | kwehrman@comcast.net |
| VP Weekend Trips | Jim Silva | 510-538-2872 | kwehrman@comcast.net |
| Secretary | Eva Lanphear | 510-793-3863 | ejlanphe@pacbell.net |
| Treasurer | Claudia Fernandes | 925-462-6573 | Claudia.fernandes@jud.ca.gov |
| Newsletter Editor | Dennie Warren | 510 759-3415 | dennieluuu@comcast.net |
| Web Manager | Rindie Chase | 925 447-3659 | clarinett@comcast.net |
| Race Director | Dave Cunningham | 925 455-1333 | tahoeskier@mail.com |
| Activity Director | Pat Green | 925 846-7250 | greendm@comcast.net |
| Travel Director | Tucker Hoffmann | 925-371-1910 | tkhoffmann@aol.com |
| Past President | Walt Johnson | 510-881-8201 | granite53@aol.com |
| Trustee | Kathy Hoffman | 925-371-1910 | tkhoffmann@aol.com |
| Trustee | Jim Korn | 510-357-6127 | jimkorn@sbcglobal.net |

WEBSITE: www.cvskiclub.org

Websites/Phone numbers

BAC Web site: skibac.org
 Singles league racing:
slracing.tripos.com/schedule.htm
 Open league racing: olrc.org
 Far West Ski Assoc: fwsa.org
 Take a bus to the slopes: nacski.com & bayareaskibus.com
 Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/
 Far West Racing Assoc: fwra.com
 Web cams on the slopes: magnifeye.com
 Road conditions: 1-800-427-7623
 Weather: nws.mbay.net/home.html
 Info on all ski areas: onthesnow.com

SKIZETTE FOR SEPTEMBER, 2009



P.O. Box 20321
Castro Valley, CA 94546

The next meeting will be
September 16

Don Jose's Restaurant
3430 Village Dr
Castro Valley, CA
510-538-3290

(meetings start at 7:30 pm)

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



ASPEN & SNOWMASS