



Castro Valley, CA 94546  
www.cvskiclub.org

# CVSC SkiZette

September, 2012



## EVENTS CALENDAR

(f) = flyer in this issue

### SEPTEMBER

- 12 CVSC board meeting at Karen & Jim's
- 14 BAC/DSUSA Oakland A's fundraiser/tailgate/fireworks
- 19 CVSC general meeting at Bent Creek Winery, Livermore

### OCTOBER

- 10 CVSC board meeting at Pat's
- 17 CVSC general meeting at Don Jose's\*
- 10/17-11/5 Australia & New Zealand trip (non-skiing)

### NOVEMBER

- 14 CVSC board meeting at Claudia's
- 21 CVSC general meeting at Don Jose's

### UPCOMING

- 2013:
- 1/26-2/2 CVSC Ski Week at Crested Butte, CO (f)
- 9/18-10/3 Borneo Adventure

**\*MEMBERSHIP DRIVE!!!!**

### BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: [skibac.org](http://skibac.org)

Far West Ski Assoc: [fwsa.org](http://fwsa.org)

### Inside this issue:

Marketplace/Notice on Membership Drive/Racing article	2
President's Messg/ Word from our VP	3
Travel Update	4-6
Membership Application/Waiver	7-8
Open League Racing Schedule 2012/13	9
Ski Workout— Getting Ready for Skiing (by Sandy Beecher)	10-12
CVSC 2013 Ski Week at Crested Butte, CO	13
Avid Skiers in Control	Back page

### SEPTEMBER BIRTHDAYS

Mary Chang	1	Jan Phillips	18
Sherna Svensson	7	Jill Linsk	19
Becky Cox	7	Mary Alexander	19
Cherri Gurney	10	Gene Rockemann	23
Else Shepard	12	Peter Diage	26
Dave Meinhardt	15	Kathy Johnson	27
Chris Cotton	15	George Isaacs	28
Valerie Caveglia	17	G.H. Constantine	30



Visit our Website at [www.cvskiclub.org](http://www.cvskiclub.org)

## SkiZette Policy NEWSLETTER

### DEADLINE: last week 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@att.net



*Didn't get your newsletter? - Change of Address? -  
PLEASE Contact Dave Silva, VP Membership  
email: silvadave@yahoo.com*

## MARKETPLACE

### DESPARATELY SEEKING TENNIS PARTNERS!!!!

Looking to play singles, doubles, preferably on weekends, once a month, weekly, whatever.....

(please contact your humble editor)

## ANNUAL MEMBERSHIP DRIVE COMING IN OCTOBER

Yes it's that time of year again to start thinking about tuning up those skis and get ready for the ski season. With that in mind don't forget to renew your Castro Valley Ski Club membership for the upcoming year.

**Mark** your calendar for **October 17<sup>th</sup>** club meeting night at Don Jose's. This year the club will be hosting a Membership Drive night serving up appetizers as our way of saying thank you to all renewing members and any new members interested in joining a ski club. If you know anyone who is interested in joining a ski club, please invite them to attend our membership drive evening.

**October** is the month for renewing your membership. And not to forget the **Membership Renewal Discount** if you pay your membership dues prior to **October 31<sup>st</sup>** with No Lapse in Membership. Your membership yearly dues cover you from October 1<sup>st</sup> thru September 30<sup>th</sup>.

**2012/2013** Membership Application included in the CVSC SKIZette newsletter. For membership information contact Dave Silva, VP Membership...

Racers,

Well, the race schedule for the upcoming season is now available! With weather unpredictable it could change, but for now, here it is.

The Race Committee usually meets in late September. Any surprises that come out of the meeting will be forwarded to potential racers early thereafter. The point system should stay basically the same as last year. I write "basically" because I never quite understood the system we are now using. Nevertheless, first place finishers can earn 25 points, but only if you finish within your handicap. And if you just finish the race you get 1 point. **I can still remember going through an entire race season without earning a single point.**

I know that I am getting excited about the upcoming race season. The weather has not turned yet, but I expect it will within a few weeks.

For anyone who would like to try out racing, come on up for a weekend. Anyone can try the racecourse for a small fee that can be applied to league registration. Just be there by 8AM on race day.

Watch the Open League website for the latest information - [www.olrc.org](http://www.olrc.org). (Follow the link to the new Open League website and enjoy browsing.

Keith

## President's Message

Hello Everyone,

I hope everyone had a great Summer - had lots of great times with friends and family, including some of the events with Castro Valley Ski Club. While it is bitter-sweet to see Summer on its way out, we have lots of great stuff to look forward to this Fall season and beyond.



Karen Wehrman  
President

Normally we would be heading back to Don Jose's Restaurant in Castro Valley for our regular September meeting, but our Past President, Ralph Sherman, has something else in mind for us. We will be meeting on Wednesday, September 19, at Bent Creek Winery in Livermore. Their address is 5455 Greenville Road, Livermore 94550. You can check them out at [www.bentcreekwinery.com](http://www.bentcreekwinery.com) and get directions, etc, from their website.

Please watch for an email regarding this meeting, but we will start a little early, at 6:30, not for Bar-B-Que, but you can bring something to eat for yourself, and a finger food to share. I've been assured that the wines at Bent Creek are quite good, and this should be a fun meeting.

In October, we will be back at Don Jose's at our regular time, 7:30, as we get closer to the ski season - lots to talk about. It is also time to renew your membership with Castro Valley Ski Club, so come join the fun!!

Watch for more information regarding our planned trip to Mammoth Mountain in March, 2013. Jim Silva is firming up arrangements for room and lift ticket packages at Mammoth Mountain Inn, and will have that information out very soon.

Many thanks to everyone who came out to the Bar-B-Que meetings this summer - you added to the fun in your own special way, not to mention all the great food that was brought and shared. Yum!! We certainly have some good cooks in this club.

So, good-bye to Summer, and Hello to Fall (and that much closer to skiing!)

Stay safe,

Karen

## A Word from our VP

### Hot stuff for September

Well, Labor Day has arrived and it's officially time to begin praying for snow, thinking about snow, or whatever it is you do. I thought I was improbably seeing snow a couple of weeks ago in Truckee. I arrived late in the day after a terrific thunderstorm accompanied by hail. Walking outside the next morning I see these giant piles of what looked like snow. In August? I was very impressed by my snow wishes, until I learned about the hailstorm and inspected the "snow" closely. The ground was carpeted with green pine needles, and a neighbor's tomato plants were stripped of leaves. Plants took a pounding, and storm drains were eroded.



Ron White  
Vice President

Good news about the BAC/DSUSA A's game: 150 tickets sold out! Some extra tickets were made available until the end of August. The BAC tailgater should be a blowout.

A new special pass deal has been announced, supplementing the individual ticket deals of the past, now being revised (no returns from some resorts). We are part of Vail Resorts' season pass program! We will now be able to get early season rates up until November 30<sup>th</sup>, 2012 - 3 months past the normal end date for those rates. We will be able to order season passes using a special code directly online. There will be four passes available - Adult Epic Local Pass, Adult Tahoe Local Pass, Adult Tahoe Value Pass and the Adult Tahoe Value Senior Pass. Adult Tahoe Local Pass may be the best value, providing 7 day a week access to Northstar, Kirkwood and Heavenly, except for a few blackout days. The Adult Epic Local Pass provides access to all of Vail resorts (with some limits.) BAC will receive benefits based on the number of passes sold, including 1 complimentary pass for every 20 sold. More details will be forthcoming.

Regards,

Ron



**HOT NEWS – Beaver Creek has been chosen for the FWSA 2014 Ski Week JAN 25 – FEB 1, 2014.**

---

### **CASTRO VALLEY SKI CLUB 2013**

Crested Butte, Colorado – [www.skicb.com](http://www.skicb.com)

JANUARY 26 – FEBRUARY 2, 2013

see flyer



---

### **2012 - AUSTRALIA & NEW ZEALAND**

SYDNEY, GREAT BARRIER REEF, CAIRNS, MELBOURNE, CHRISTCHURCH, QUEENSTOWN, MILFORD SOUND, AUCKLAND

Oct. 16th - Nov. 5th, 2012. **SOLD OUT**

---

### **2013 Borneo Adventure**

Kuala Lumpur, Kuching, Batang Ai, Miri, & Kota Kinabalu plus Penang  
Island optional extension

**Castro Valley Ski Club**

**Malaysia & Borneo Adventure**

**September 18<sup>th</sup> – Oct. 3<sup>rd</sup>, 2013**

**\$3600 per person**

Single Supplement: \$895.00 per person



Join us on a fascinating journey to the island of Borneo, Malaysia, where a mosaic of indigenous tribes, intriguing history, beautiful, ancient rain forests, rivers and diversified wildlife await. In addition, you'll visit one of the most dynamic and fascinating Asian cities, Kuala Lumpur. Here you'll explore exotic markets, lantern-lit streets, temples and other remnants of Malaysia's unique and colorful heritage tucked among the skyscrapers, shopping malls, restaurants, exciting nightlife and other icons of modern life.

## Includes;

Round-trip airfare from Los Angeles to Kuala Lumpur via China Air including fuel surcharges and airport taxes (*subject to change until ticketed*) **working on getting air from SFO , it looks good**

- All tours & transfers via private air-conditioned transportation
- 13 nights hotel accommodation for the main program
- Breakfast daily, 6 lunches and 6 dinners
- English speaking tour guide throughout
- Entrances fees where applicable
- Internal flights as required
- Airport taxes
- Tips
- **And more.....**

**Highlights** Kuching, Mulu, Kuala Lumpur. The Sarawak Cultural Village, Niah National Park & Mt. Kinabalu

## Itinerary at a Glance

Sept 18 - Depart USA  
Sept 19- En route  
Sept 20 - Kuala Lumpur  
Sept 21 Kuala Lumpur  
Sept 22 - Kuala Lumpur & Kuching  
Sept 23 - Kuching  
Sept 24 - Kuching  
Sept 25 - Kuching & Batang Ai  
Sept 26 - Batang Ai & Longhouse Excursion  
Sept 27 - Batang Ai & Kuching  
Sept 28 - Kuching & Miri  
Sept 29 - Miri  
Sept 30 - Mira & Kota Kinabalu  
Oct 1- Kota Kinabalu  
Oct. 2 - Kota Kinabalu & Kuala Lumpur  
Oct 3 -Kuala Lumpur/USA



Borneo Adventure itinerary map

**Penang Island Post-Tour Extension** (waiting on final price, approx. \$6250)

E-mail us if you are sending in your deposit. Space is very limited

Tucker - CVSC Travel Director & Kathy, assistant

925-371-1910 [tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)

**CVSC CST # 2081040**



## FWSA TRAVEL



### **FWSA 2012 – 3RD ANNUAL DIVE TRIP:**

The next dive trip will be held September 1–8, 2012 led by a master diver himself, our own President Randy Lew. This will be his 3rd dive trip as our leader taking the group to Cayman Brac where you will enjoy seven nights at the Brac Reef Beach Resort, daily breakfast and dinner, six days of two-tank boat dives and so much more! **Contact Randy Lew at [fwsa13randy@telis.org](mailto:fwsa13randy@telis.org).**

### **FWSA 2013 INTERNATIONAL SKI WEEK:**

Mark your calendar and allocate your travel dollars for next 2013 International Ski Week from March 2 – 10, 2013 in Innsbruck, Austria. You will spend seven nights at the four-star Hotel Grauer Bar with daily breakfast and dinner included. Innsbruck, the Tyrolean capital, hosted the Winter Olympics in 1964 and 1976. It has over 320 miles of trails easily accessible in 25 surrounding village resorts. There are nine major ski areas that provide varied terrain for all levels of skiers. The post extension trip from March 10–17 will offer five nights in Garmisch for skiing and adventure, then two nights in Munich, Germany. Both weeks will offer optional tours for both skiers and non-skiers alike. **Contact Debbie Stewart at: [FWSAIntlTrvl@prodigy.net](mailto:FWSAIntlTrvl@prodigy.net)**

### **Panama Canal Cruise**

It is not too late to sign-up: We will set sail from Los Angeles September 28, 2012 for a 14-day cruise on the Norwegian "Pearl" ship. The ports of call for this cruise are: Cabo San Lucas, Puerto Vallarta, Huatulco, Puerto Chiapas, Puntarenas, (Transit the Panama Canal) and Cartagena. We will arrive in Miami on October 12.

For details and sign-up information for this cruise, contact **Gloria Raminha at [fwsa.natravel@bak.rr.com](mailto:fwsa.natravel@bak.rr.com)** or call 661-800-8229. Full payment is due in July so do not hesitate to sign-up soon if you're interested in this trip. Prices will vary for different category levels.

### **Ski Week 2013 at Aspen/Snowmass, Colorado**

Aspen/Snowmass, Colorado is the location of our 2013 ski week. The ski week will be held February 2 to 9. Aspen/Snowmass offers one lift ticket good for four mountains (Snowmass Ski Area, Buttermilk Mountain, Aspen Mountain and Aspen Highlands). The four mountains await our presence.

Ski week activities will consist of: Welcome Super Bowl Party 5 or 6 Days of Lift Tickets Pub crawl Races Après Party Mountain lunch Awards Banquet and Dance & More.

**Contact Paula Kinahon – BAC Travel Director @ [Pkinahon@Gmail.com](mailto:Pkinahon@Gmail.com)**

---

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

925-371-1910 [tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)



**CVSC CST # 2081040**



cvskiclub.org

## Membership Application

**October 1, 2012 thru September 30, 2013**

**PLEASE PRINT LEGIBLY:**

Member's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Family Members in Same Household:	Relationship:	Birthdate:
_____	_____	_____
_____	_____	_____
_____	_____	_____

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Phone No's: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

*(Please provide e-mail address to receive the clubs newsletter 'CVSC SkiZette')*

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Membership Dues: Yearly - October 1<sup>st</sup> thru September 30<sup>th</sup>**

☐ \$50.00 Primary Member / \$20.00 Each Additional Family Member

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

☐ \$35.00 Primary Member / \$15.00 Each Additional Family Member

*\* New members joining after July 1<sup>st</sup>, membership is valid thru Sept. of the following year.*

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
- Interested in joining our Ski Race Team?   ☐ Yes   ☐ No
- New Member; how did you here about our club? \_\_\_\_\_
- Renewal Member; when did you first join CVSC?   Month \_\_\_\_\_   Year \_\_\_\_\_

**YOU MUST READ AND SIGN THE RISK AGREEMENT ON THE REVERSE SIDE,  
OR YOUR APPLICATION CANNOT BE ACCEPTED!**

Please send the application and the appropriate dues to: **Dave Silva, V.P. Membership**  
**P.O. Box 2292 Castro Valley, CA 94546** / email: silvadave@yahoo.com

## **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 leasees 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, her/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)

## Open League Race Schedule 2012 – 2013 (As of August 25, 2012)\*

Date	Day	Location	Event
Dec 6, 2012	Thurs	Northstar	Carving Cup
Dec 16, 2012	Sun	Northstar	Clinic*
Jan 5, 2013	Sat	Alpine Meadows	Race 1 –GS
Jan 6, 2013	Sun	Alpine Meadows	Race 2 – TBD
Jan 12, 2013	Sat	Squaw Valley	GS (Sierra/Singles League) **
Jan 13, 2013	Sun	Squaw Valley	TBD(Sierra/Singles League) **
Jan 19 –21, 2013	Sat – Mon	No Open League Races	MLK Weekend
Jan 26, 2013	Sat	Northstar	Race 3 – SL
Jan 27, 2013	Sun	Northstar	Race 4 –GS
Jan 26-Feb 2	Sat-Sat	Crested Butte, CO	CVSC Ski Trip
Feb 2-9, 2013	Sat-Sat	Aspen/Snowmass, CO	Far West Ski Week
Feb 16 – 18	Sat –Mon	No Open League Races	President's Weekend
Feb 23, 2013	Sat	Northstar ***	Super G Clinic (Sierra Lg)
Feb 24, 2013	Sun	Northstar ***	Super G (Sierra League)
Mar 9, 2013	Sat	Alpine Meadows	Race 5 – SL
Mar 10, 2013	Sun	Alpine Meadows	Race 6 – GS
Mar 16-17	Sat-Sun	TBD	Clinics*
Mar 23, 2013	Sat	Alpine Meadows	Race 7 – GS
Mar 23, 2013	Sat	Location TBD	Open League Awards Party
Mar 24, 2013	Sun	Location TBD	Race 8 – Possible Make-Up
Apr 5	Fri	Alpine Meadows	Pacesetters/Clinic
Apr 6	Sat	Alpine Meadows	Far West Champs
Apr 7	Sun	Alpine Meadows	Far West Champs

\* Check the Open League Website for updates and clinics ([www.olrc.org](http://www.olrc.org)) – follow link

\*\* Check the Singles League Website for more information

\*\*\* Sponsored by Sierra League, Check their website for more information

It is time to start working out and get in shape for the ski season!

## **Ski Workout - Get Ready for Skiing**

These exercises are designed to help strengthen the muscles used in skiing - legs, abs, back and arms. It also challenges your balance, core strength and stability--all things that are challenged in skiing. Do this workout 2-3 nonconsecutive days a week or add some of the exercises to your usual workouts.

### ***Squat with Front Sweep***



Stand with feet hip-width apart and hold a med ball or dumbbell. Squat as low as you can (knees behind toes and abs contracted) and touch the ball to the floor. Press through the heels to press back up while sweeping the weight up and overhead. Keep the movement controlled and try not to use momentum.

### ***Pushups/Side Planks***



In pushup position (on knees or toes), perform one pushup. As you come up, shift weight to left arm, twist to the side while bringing the right arm up towards the ceiling in a side plank. Lower the arm back to the floor for another pushup and then twist to the other side.

### ***Lunge On The Ball***



Prop right shin on a ball (or step) behind you and bent front knee, slowly lowering into a lunge. Squeeze through the heels to raise back up, making sure knee is behind toe and torso is straight, abs in. Adjust the ball as needed to keep your knee behind your toe. Add dumbbells for more intensity.

### ***Deadlifts with Row***



Stand with feet hip-width apart holding weights in front of thighs. Keeping abs in and back straight, tip from the hips and lower the weight down (skimming the legs) as low as your flexibility allows. Squeeze to come up and then lower back down until torso is parallel to the floor, turn the hands so that they're parallel and pull the weights up in a row. Repeat, alternating deadlifts and rows for all reps.

### ***Side to Side Lunge***



Stand with feet wide, toes out slightly, holding weight at chest level. Lunge to the right, bending the right knee (keeping that knee behind the toe) and touching the weight to the floor while keeping the abs engaged, torso straight. Press back to start and lunge to the left, touching the ball to the floor. Take your time and try not to use momentum.

### ***BOSU Squat Jumps***



Stand in front of BOSU Balance Trainer or, if you don't have one, a step or low bench. Bend the knees and, keeping the body very low, jump onto the BOSU with both feet, landing in a squat with soft knees. Step down and repeat, moving as quickly as you can.

### ***One-legged Balance with Tricep Kickback***



Stand on right leg taking the left leg straight out behind you, both leg and torso parallel the floor. Bring the right elbow up next to your torso while holding a weight and, maintaining your balance, extend the elbow until the arm is straight by contracting the triceps. Maintain this position for all kickbacks and then switch sides



Stand with feet together. Bend the knees and jump to the right as far as you can--think of jumping laterally rather than vertically. Land with soft knees and immediately jump laterally to the left. Repeat.

#### ***Seated Row***



Prop ball against a wall with bands on either side. Prop the feet against the ball with bent knees and sit up tall, handles in both hands. Keeping torso straight and abs engaged, squeeze shoulder blades together as you bend the elbows, pulling them just behind the torso. Release and repeat, keeping legs active so that the ball doesn't move.

#### ***Back Extension***



Lie facedown with ball under your hips and lower torso. On toes or knees and with hands behind the head, lift chest off the ball, bringing your shoulders up until your body is in a straight line. Lower & repeat

#### ***Ball Rollout***



Place your arms on the ball, parallel to one another. Pulling your belly button towards your spine and tightening your torso, slowly roll forward until your chest touches the ball. Keeping form, slowly pull your body back using your arms and abdominals. Don't collapse as you roll forward

# CASTRO VALLEY SKI CLUB GOES TO... CRESTED BUTTE, COLORADO

JANUARY 26 – FEBRUARY 2, 2013

**Plaza Condominiums - \$735.00 per person - 2 bed/2 bath (sleeps 4)**

Located just 100 yards from the main Silver Queen quad lift. These units offer condominium conveniences in a hotel-like setting. The Plaza is an easy walk to the action packed ski area base area.

**The Grand Lodge - Emmons Studio Suite \$835.00 (sleeps 2)**

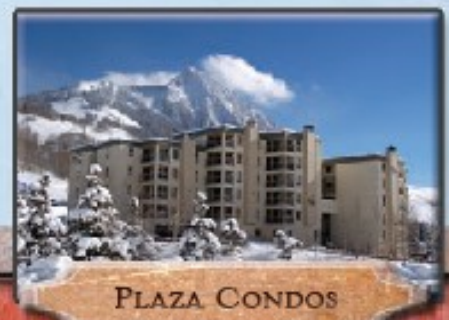
The Grand Lodge is a full-service hotel located just 200 yards from the ski lifts. The Emmons Studio comes equipped with a king size bed and a pull-down Murphy bed in the living area. In addition, our oversized Emmons Studios have mini kitchenettes with a microwave, dishwasher, dishware, sink, one burner stove, and refrigerator.

## Includes:

- 7 nights Lodging at either the Grand Hotel Emmons Studios or the Plaza Condos
- 5 day lift ticket
- Porter at Hotel
- Welcome Party
- Mountain Picnic
- CVSC Dinner

## Not Included:

- R.T. Air into Gunnison with Transfers add \$450 (est.)
- Optional sleigh ride dinner



**CRESTED  
BUTTE**  
COLORADO

For details, call Tucker at  
925-371-1910

Send your \$200 deposit to:  
Tucker Hoffmann  
CVSC Travel Director  
2657 Rivers Bend Circle  
Livermore, CA. 94550  
tkhoffmann@comcast.net  
CVSC CST # 2081040



## ***2011/2012 Avid Skiers in Control***

President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
Vice President	Ron White	925-443-3106	ronkewwhite@gmail.com
VP Membership	Dave Silva	510-538-2322	silvadave@yahoo.com
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	dennieluu1@att.net
Web Manager	Ray Jong	925-447-5148	mozoro@comcast.net
Race Director	Keith Wilson	925-828-8265	Keithwilson108@sbcglobal.net
Activity Director	Pat Green	925 846-7250	greendm@comcast.net
Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@AOL.com
Past President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Trustee	Kathy Hoffman	925-371-1910	tkhoffmann@comcast.com
Safety Chair	Sandy Beecher	707-255-4139	srbeecher@aol.com

WEBSITE: [www.cvskiclub.org](http://www.cvskiclub.org)

## **WEBSITES & PHONE NUMBERS**

Singles league racing:  
[slracing.tripos.com/schedule.htm](http://slracing.tripos.com/schedule.htm)

Open league racing: [olrc.org](http://olrc.org)

Weather: [nws.mbay.net/home.html](http://nws.mbay.net/home.html)

Best weather website for snow: [Tahoeweatherdiscussion.com](http://Tahoeweatherdiscussion.com)

Far West Racing Assoc: [fwra.com](http://fwra.com)

Web cams on the slopes: [magnifeye.com](http://magnifeye.com)

Road conditions: 1-800-427-7623

Info on all ski areas: [onthesnow.com](http://onthesnow.com)

Take a bus to the slopes: [nacski.com](http://nacski.com) & [bayareaskibus.com](http://bayareaskibus.com)

Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)

***SKIZETTE FOR SEPTEMBER, 2012***



The next meeting will be  
September 19

Bent Creek Winery  
5455 Greenville Road  
Livermore, CA  
(meeting starts @ 6:30 pm)

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



**ASPEN & SNOWMASS**