



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

October, 2023



EVENTS CALENDAR

(f) = flyer in this issue



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OCTOBER

- 7-14 FWSA 12th Annual Scuba Dive Trip, Little Cayman
- 11 CVSC Board meeting at Maggie & Ray's
- 14 CVSC OktoberFest — **SAVE THE DATE!!**
- 18 CVSC General meeting at Don Jose's Mexican Restaurant

NOVEMBER

- 15 CVSC General meeting at Don Jose's Mexican Restaurant

DECEMBER

- 2-13 CVSC Christmas Markets Along the Rhine (f) pg 8
- 20 CVSC Christmas Dinner at Claudia's

UPCOMING

- 2024:
10/9-19 CVSC Portugal & the Douro River Cruise (f) pg 13

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 2024:
1/27-2/3 FWSA Ski Week to Steamboat, CO (f) pg 9
2/25-3/3 FWSA Int'l Ski Week to Madonna Di Campiglio, Italy (f) pg 10
3/17-22 FWSA Mini Ski Week to Copper Mt, CO (f) pg 12

OCTOBER BIRTHDAYS

Laury Riley	2
Erika Meinhardt	4
Karen Lawlor	7
Tucker Hoffmann	9
Dan Davis	11
Teddi Loader	13
Ray Jong	13
John Fagan	15
Marjory Jong	25



Visit our Website at www.cvskiclub.org

Castro Valley Ski Club Newsletter

President's Message

Happy Fall everyone!! Getting ready for the holidays and snow. However, this is quite a heatwave to start out our fall.

We had a nice turnout at our Lake Chabot meeting, good bbq, salads and desserts...

Thank you Rich and Dennie for setting up our BBQ every time, it is so appreciated. This was a great way to say goodbye to summer, good friends and fun and of course food.

This month we will meet at Don Jose's October 18th, for more fun, food and friends. So we hope to see you there.



Claudia Fernandes
President

Oktoberfest is coming up at Jim Silva's home in Castro Valley, October 14th. Make sure you have RSVP to Pat that you are attending.

We will continue to look for events and activities that you, our members, may be interested in. Pleasanton had an event Forkful that some of us attended and Castro Valley Rotary had a restaurant walk last month that others attended.. everyone, let us know if you hear of other activities of interest.

Have a great October and stay safe and have fun!

Happy Halloween



Claudia

SkiZette Policy NEWSLETTER

DEADLINE: 5th 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 EXCHANGE

Got any sporting equipment (i.e. skis, snowboards) and/or clothing that you no longer can use, don't want, etc..... let me know & I'll put it here!!!!

OR.... If you need the above let me know as well!!!

This also goes for winter/ski cabins that you'd like to offer for rent or are looking for same.... Let me know!!!!

(Dennie—your editor — 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!!!!

BALANCE WITH BOSU BALL

As skiers, we know that balance is an essential skill, but it's one we often take for granted. While we know that building muscle strength and endurance in the gym will help improve our skiing ability, we don't think of improving balance and coordination in the same way.

Improving balance is about more than just learning to stay centered. It's about motor control and proprioception—that is, understanding how to move your body to adapt to changes in your environment. “It's about how your brain perceives where you are in terrain, relative to the ground,” explains JC Cole, Human Performance Director for Ski and Snowboard Club Vail in Minturn, Colo.

It's one of the most fundamental skills in skiing, yet it often goes overlooked in the gym: balance training. We take it for granted that we can stand balanced on our skis, but balance isn't finite. It's not only a question of if you are balanced on your skis, but how well. You may have a balanced athletic stance when you ski intermediate groomed runs, but can you remain balanced when the pitch or snow conditions suddenly change? Even professional skiers continue to work on balance and proprioception—awareness of your body within space—because the better your balance, the better your ability to react to changing conditions. A Bosu ball is versatile piece of equipment can be used in many ways, but no matter how you use it, you'll challenge stabilizer muscles big and small. Bonus: A Bosu offers a low-impact modification for plyo moves.

Bosu Ball Movements



Squat + Squat Jump

Starting Position: Stand on ball, feet hip-width apart. Lower to squat, keeping head and chest forward, knees over ankles.

Move To: From squat, push off of Bosu to explode straight into the air; land back on Bosu in squat position.



Stand on Bosu and shift weight onto right leg, making sure right foot is centered on ball. Slowly bend right leg and push hips back to lower into pistol squat. Engage glutes, hamstring, quad, and core to return to standing.

Bosu Reverse Lunge



Start Position: Stand on ball with feet centered.

Move To: Shift weight onto right leg and step back off the Bosu with left leg into lunge; left knee drops directly down towards floor, right quad is at 90 degrees. Hold for balance, then return to standing. Complete reps on one leg before switching sides.

Lateral Hop Across Bosu



Start Position: Stand next to Bosu, feet hip-width apart.

Move to: Soften knees and jump laterally onto Bosu and land in squat (for extra challenge, land on single leg). Hold for balance. Push off of Bosu to hop and land back in squat on other side of Bosu. That's one rep. Repeat towards other side to return to start position.

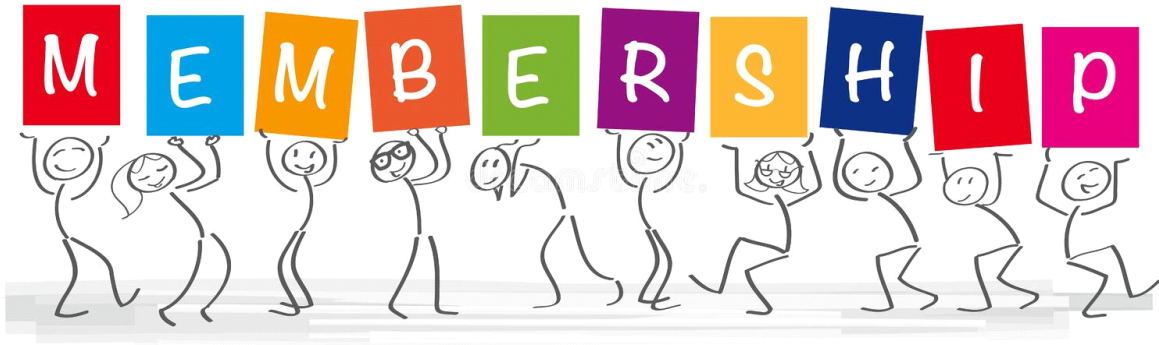
Alternating Lunge Jumps



Start position: Get into lunge position, back foot on floor and forward foot centered on ball.

Move to: Push off both feet to explode straight into the air; switch legs midair to land back in lunge position, other foot forward. Hold for balance, then repeat.

(submitted by Sandy Beecher, Safety Chair)



FINAL CALL!

**CASTRO VALLEY SKI CLUB MEMBERS:
TIME IS RUNNING OUT!**

Get your renewal checks in by October 31 and save.

Dues received by October 31 are \$35 for the first person and \$15 for each additional person in the same household for renewing members with NO lapse in membership.

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.

Make checks payable to the Castro Valley Ski Club.

Please send the membership application form, signed waiver and dues to:

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



cvskiclub.org

Membership Application

October 1, 2023 thru September 30, 2024

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
OR*

Enter: "US Postal Service" to get the CVSC SkiZette by US mail

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)

Christmas Markets Along the Rhine

A Pre-Holiday River Cruise from Switzerland to Amsterdam

\$4545 - \$4445 (depending on cabin choice)

December 2-13, 2023

...with optional extensions to Brussels & Bruges, Belgium & Basel, Switzerland



IT'S INCLUDED:

- **International airfare, airport transfers, government taxes, fees, and airline fuel surcharges, unless you choose to make your own air arrangements**
- **Accommodations** for 10 nights aboard a private river ship with wireless Internet access now in all common areas and cabins
- **ALL meals:** 10 breakfasts, 10 lunches, and 10 dinners—plus all onboard house beer & wine, as well as soft drinks at all times
- **7 included tours** with personal headsets, **up to 7 Christmas markets**, and **4 Exclusive Discovery Series events**—Home-Hosted *Kaffeeklatsch* • German Christmas Traditions conversation • *Stollen* baking demonstration • *Operation Market Garden* conversation
- **Local Program Directors, a Grand Circle Cruise Line exclusive:** These dedicated experts are with you and your group from beginning to end to provide insider's knowledge and a local perspective
- **Gratuities** for local guides and motorcoach drivers
- **Baggage handling** for 1 piece of luggage per person, including tips
- **All port charges**



FAR WEST SKI WEEK

Steamboat.

Steamboat, Colorado

JAN 27 – FEB 3, 2024



Lodging & Amenities Package Includes:

- 7 Nights Lodging
- Welcome Reception
- Council Dinner
- Giant Slalom Race
- Farewell Party

Not Included:

- Optional - Airfare (TBD)
- Optional - Ground Transportation (TBD)
- Optional - Lift Tickets (TBD)

Lodging Options (prices are per person):

Trappeur's Crossing

~Shuttle service to ski area and downtown, hot tub, indoor pool, underground parking

- 2 Bedroom/2 Bathroom Condo - \$1,985 pp
- 3 Bedroom/3 Bathroom Condo - \$1,765 pp

Chateau Chamonix

~Ski in/out location, slope side ski valet and locker room, hot tub, pool

- 2 Bedroom/2 Bathroom Condo - \$2,590 pp

The Lodge

~Shuttle service, business center, hot tub, swimming pool, near gondola, restaurants, shops, no elevator

- 2 Bedroom/2 Bathroom Condo - \$1,595 pp
- 3 Bedroom/3 Bathroom Condo - \$1,454 pp

Lift Tickets and **ONLINE registration** will be handled by Sports America. Follow this link to the online registration site: <http://bac83.sat.tours>

To hold your spot - send in your \$200 Deposit check payable to: Bay Area Council of Ski Clubs.
Mail to: Karen Albrecht, BAC Trip Leader, 712 Matsonia Drive, Foster City, CA 94404
iplaythird@yahoo.com 650-515-9532

FWSA CST#2036983-40 BAC CST# 2050870-40

FWSA 2024 Int'l Ski Trip to Madonna Di Campiglio, Italy

BASIC Ski Week – Madonna Di Campiglio, Italy February 25–March 3, 2024

(Group Air Departs US Feb. 23rd, 1 night stay at airport hotel on Feb. 24th, and returns to US from Milan Malpensa Airport on Mar. 4, 2024)

Opt. Extension Trip: Milan, Verona and La Spezia, Italy, March 3–10, 2024

(Group Air Departs US Feb. 23rd, 1 night stay at airport hotel on Feb. 24th, and returns to US from Milan Malpensa Airport on Mar. 11, 2024)



HOLIDAY SKI TOURS

All Prices are based on an exchange rate of 1 Euro vs. \$1.10 USD and subject to change.

4* Lodging at Hotel Relais Des Alpes!

Lodging packages start at \$1979.00pp double occupancy. Single Supplements are available.

Prices are based on a minimum of 67 people and are subject to change if the minimum is not met. Air transportation is sold separately.



Madonna di Campiglio, a discreet and elegant town nestling at an altitude of 5085 feet in the stupendous valley between the Brenta Dolomites and the glaciers of Adamello and Presanella, is today most certainly Italy's number one ski resort as well as one of the most important resorts in the Alps and they have **3 Michelin Star Restaurants**. The variety of its mountain surroundings means that in winter it is possible to ski over countless miles of runs, up to an altitude of 8530 feet and with different degrees of difficulty. What's more, you can set out from the center of the town and return there without ever removing your skis. Today the Ski Area has 57 lifts, and 93 miles of ski runs, with a capacity of more than 31,000 people per hour, 12 acres of snow park, 25 miles for Nordic skiing with access to Pinzolo, Folgarida and Marilleva.

Lodging Package includes:

- Transfer between Milan's Malpensa Airport via private coach to Madonna Di Campiglio.
- 7 nights' accommodation at the 4 Star Hotel Relais Des Alpes – includes portorage, local taxes & fees.
- Bus transfer from the Malpensa Airport Hotel to Madonna di Campiglio.
- Breakfast daily & 5 nights' dinner at the Relais Des Alpes Hotel (2 nights to dine out in Madonna Di Campiglio).
- Multi-lingual guide meeting the FWSA Group Air people upon arrival.
- Wi-Fi for 1 device per person (Additional devices for 15 Euro at front desk).
- Welcome/Orientation on Feb. 25th at The Hotel Relais Des Alpes – 2 beverages and lite snacks.
- Après Ski & Farewell events – details to be provided.
- Optional mid-week, day tour - details to be provided.

Ext. Trip No. Italy – Milan, Verona, and La Spezia-Cinque Terra

March 3 to 10, 2024

\$1785.00pp - Double. Occ. & \$2396.00pp - Single Supp.

Based on a minimum of 35 people. Pricing is subject to change if the minimum is not met.

Prada, Versace, Dolce e Gabbana...these luxury brands find their home in the fashion capital of the world and find irreplaceable experiences in Milan. Milan, Italy's second largest city and capital of the Lombardi region, is home to elegance, art, luxury, castles, museums and much more. Our group will crane their neck to take in all that the Duomo di Milano, Milan's staggering cathedral and we'll be offering an optional tour to the Santa Maria delle Grazie church, home of Da Vinci's "Last Supper".



Trip includes:

- All airport ground transfers for both weeks.
 - 2 nights in Milan - 4 Star Hotel Nasca or similar hotel.
 - 2 nights in Verona - 4 Star Hotel Palace Verona or similar hotel.
 - 3 nights in La Spezia - 4 Star CDH La Spezia Hotel or similar hotel.
 - 1 night hotel stay at the Malpensa Airport Hotel – Mar. 10th.
 - English speaking tour escort/manager for entire tour.
 - Breakfast daily
 - Day excursions – details to be provided.
 - Day tours in Milan, Lake Como, Balsamic tasting in Modena, Verona, Cinque Terre, Portovenere & Genova
- **Stand Alone Northern Italy ONLY is available. (Excludes Madonna Di Campiglio ski week)**
- **Contact Debbie Stewart for details and pricing.**

For more information contact: Debbie Stewart at FWSAIntTrvl@prodiav.net or cell: 559/737-0882

State of California Registered Seller of Travel #2036983-40



Bay Area Sports Council trip to Whitefish, Montana March 3-9, 2024

<p>Lodging and Amenities Package. \$856 based on double occupancy. Single Supplement \$399 Includes:</p> <ul style="list-style-type: none"> - 6 nights at Grouse Mountain Lodge - Welcome Reception and Group Dinner - Free daily hot breakfast - 4 days shuttle to/from the ski resort - On demand shuttle to downtown Whitefish - Large hot tub, outdoor firepits, bar and restaurant - Cross country trails next to the lodge 	<p>Additional Options</p> <ul style="list-style-type: none"> - Group Airfare on Alaska Airlines : SFO to/from Kalispell. \$580 - Shuttle from/to Kalispell airport. \$45 - Lift tickets, dependent on age bracket (\$26-\$75 per day) - Adventure trip to Glacier National Park <p>Register online, select options and pay a deposit of \$200 to Sports America</p> <p>Follow this link: http://bac-whitefish.sat.tours/</p>
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Once you have registered, you can pay a deposit by check or credit card. There is a 3% fee when using a credit card. A deposit of \$200 deposit will hold your spot. Make checks payable to Sports America and mail to: 1700 County Rd, Suite B, Minden, NV 89423

Final Payment is due December 1, 2023

Questions? Ask the Trip Leader: Janet Spencer 925-639-9948 or email jspen52@gmail.com
or Gail Burns, gailb3098@gmail.com

BAC CST # 2050870-4

"The Voice of the Western Skier"



Far West Ski Association's 2024 Mini Ski Trip March 17—22, 2024

Copper Mtn., CO

TRIP PACKAGE PRICE STARTING AT
\$944

*Based on double occupancy. Single supplement pricing is available.
Price does NOT include air, transfer, or lift tickets.*

*Sign up by October 1st and you will get a discount on your trip price.
Early Bird discount expires October 2, 2023*

Trip Insurance is highly recommended to protect your trip costs

Gold Quality Condo Lodging is supreme level of accommodation strategically located throughout the Center Village allowing convenient access in all the Resort's exciting activities. Amenities include a fitness center, outdoor spa and heated pool, underground parking. Buildings are within 0-4 min. walk to closest chairlift. Gold lodging have one bed in each bedroom and a sofa sleeper in the living room.

The Cambria Hotel is the newest building at Copper Mtn. located on the Ten Mile Creek in Center Village. Sophisticated, modern finishes throughout and a short walk to the slopes, retail, and dining. Other amenities: lobby bar open every evening and breakfast available to purchase each morning, mini fridge, comp WIFI, two outdoor hot tubs overlooking the creek, exercise room and outdoor uncovered parking.

150 Runs—25% Beginner; 24% Intermediate; 34% Advanced; 17% Expert

Contact: Nancy Ellis – 530-414-8261 – FWSAtravelnancy@sbcglobal.net

Information & Online Signup: <http://fwsaminiCP.sat.tours>

FWSA CST #2036983-40

Included:

Five night's lodging

- Cambria Hotel
- *1bdrm Condo (K/Q Bedding)
- *2bdrm Condo (K/Q Bedding)
- * Gold Quality Condo Lodging

Welcome Reception

Optional for Purchase:

3-day Adult Lift Ticket—\$273

4-day Adult Lift Ticket—\$346

Discounted Equipment Rental

Copper is on the IKON Pass
(Resort Access w/out reservations;
Unlimited Access without Blackout
dates)

Optional Activities:

- Sledding
- Ice Skating
- Mountain Coaster
- NASTAR Racing
- Snowshoeing
- Sleigh Rides
- Free Mountain Tours
- Snow Maze

2024 Castro Valley Ski Club

Portugal & the Douro River Cruise

October 9-19th, 2024



\$5490 to \$6199 (depending on cabin choice)

Experience the unique sites and culture of Portugal with a taste of Spain on this combination land and river cruise Main trip. We start our journey by flying into Lisbon and we stay there for two nights in a four-star hotel. We then travel to Fatima and sightsee in Coimbra and then board the *MS Emerald Radiance* for our seven-night river cruise along the Douro River. We also venture to Rodrigo, Vega Terron, and Salamanca Spain. We end the trip in the home of Port wine, Porto, and fly back to the US.

Your tour includes:

- RT air from LAX or SFO
- Two-night hotel stay and touring in Lisbon, Portugal before cruising
- 7 night Duoro River Cruise on the Emerald Radiance
- 23 Meals (8 dinners, 6 lunches, and 9 breakfasts)
- Airport transfers on tour dates when air is provided
- Included shore excursions escorted by local, English-speaking guides in Salamanca, Pocinho, Lamego and Porto
- All onboard meals feature local and international specialties
- All onboard lunches and dinners are four courses and served with complimentary regional wines, beer and soft drinks
- All gratuities included
- Complimentary WiFi onboard

Send \$400 per person non-refundable deposit to:

Tucker Hoffmann - CVSC Travel Director
2657 Rivers Bend Circle Livermore, CA 94550
510-329-4242 tkhoffmann@icloud.com

Note: due to the popularity of this trip please send us an email to let us know if you're sending a deposit. We already have quite a few already signed up.

CVSC CST # 2081040

Portugal and the Douro River Cruise



Experience the cosmopolitan charm of Lisbon, Portugal



Feel the rhythm of the city in the Plaza Mayor, Salamanca, Spain

DAY 1 Depart the USA: Depart the USA on your overnight flight to Lisbon, Portugal.

DAY 2 Lisbon, Portugal: Upon arrival, you'll be met by a representative of Mayflower Cruises & Tours and transferred to your hotel. The remainder of the day is at your leisure to explore Lisbon. This evening, join your Mayflower staff and fellow travelers for an included dinner. **Meal: D**

DAY 3 Lisbon: After breakfast, an included tour highlights the famous sites of the city. During a panoramic coach tour, see 'Monument to the Discoveries,' and Belem Tower, a UNESCO World Heritage Site. Visit Jerónimos Monastery and discover the unique architecture and history. Enjoy a free afternoon to shop, dine and experience this cosmopolitan city on your own. **Meal: B**

DAY 4 Fátima – Coimbra – Porto: Depart Lisbon by coach and journey to the ship in Porto. Enroute, visit Fátima, home to the Sanctuary of Fátima, an important Catholic pilgrimage site. The city's fame originates from the apparitions of Our Lady of the Rosary that appeared to three shepherd children in the nearby fields. Continue to Coimbra and its famous university before arriving in Porto to embark the *MS Emerald Radiance*, home for the next seven nights. **Meals: B, D**

DAY 5 Porto – Pinhão: Today is a day of sailing through the twists and turns of the Douro Valley. Designated a UNESCO World Heritage Site, this area is sparsely populated by quaint villages, sun-drenched vineyards and small farms. Later today, arrive in the village of Pinhão, perfectly situated on a river bend surrounded by terraced hillsides that produce some of the world's best Port wine. Tonight, enjoy a welcome reception and dinner. **Meals: B, L, D**

EmeraldPLUS: A Portuguese cooking demonstration onboard

DAY 6 Pinhão – Vega de Terrón: Begin the day with a visit to the beautiful 18th-century estate of Quinta do Têdo Vineyard with spectacular views of the Douro Valley. Learn about wine production, its importance to the culture and economy, and enjoy a tasting of the local vintage. This afternoon, the ship sails for Vega de Terrón, gateway to Spain. **Meals: B, L, D**

EmeraldACTIVE*: A guided walk through the vineyards

EmeraldACTIVE*: Kayak experience in Pinhão

*The included tour and both ACTIVE tours all operate simultaneously. Only one can be selected.

DAY 7 Salamanca, Spain: Today's excursion takes you to the UNESCO World Heritage Site of Salamanca, Spain. During the guided walking tour, see amazingly detailed and intricately carved buildings of the university and the House of Shells. Regal splendor abounds in the Plaza Mayor, the heartbeat of the city. Visit the market and taste the local products including cheese, olives and bread. You'll have free time for lunch and to explore independently before returning to the ship in Portugal. **Meals: B, D**

EmeraldPLUS: Entertainment by a Tuna music band in Salamanca

DiscoverMORE: Tour of Castelo Rodrigo (instead of city tour to Spain – additional expense)

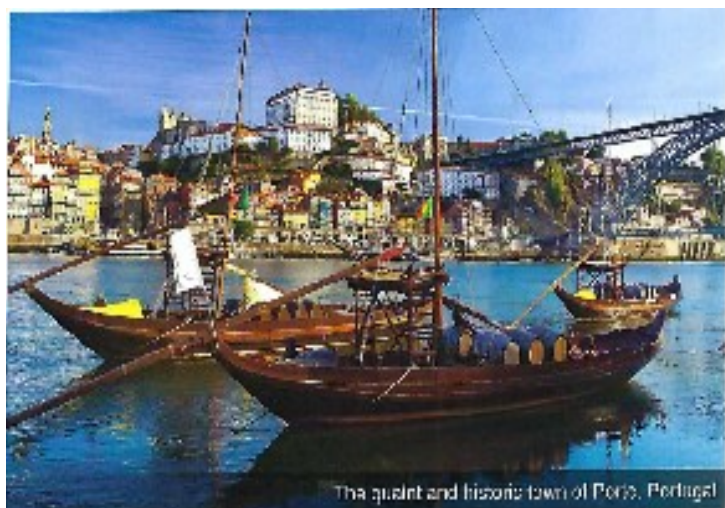
DAY 8 Pocinho / Régua, Portugal: Arrive in Pocinho and disembark for a morning tour to the Côa Valley Museum. Designed to blend in with its surroundings, the museum's concrete structure houses prehistoric stone carvings made by the early inhabitants of the Douro which were uncovered during construction of a nearby dam project. Return to the ship for lunch and relax on deck as the ship sails through idyllic surroundings on the way to Régua. This evening, enjoy an off-ship dinner at a traditional vineyard estate. **Meals: B, L, D**

DiscoverMORE: Archaeological 4x4 Tour at Côa Museum (additional expense)

The included tour and DiscoverMORE operate at the same time.

EmeraldPLUS: Port wine cocktail lesson onboard

EmeraldPLUS: Dinner at a vineyard estate



The quiet and historic town of Porto, Portugal

DAY 9 Régua – Lamego: From Régua, journey to the marvelous baroque village of Lamego, home to the Sanctuary of Our Lady of Remedies - one of the most important pilgrimage sites in Portugal. Visit the Sanctuary perched atop the hill, with its iconic 686-step granite staircase, decorated with the traditional Portuguese blue and white 'azulejos' tiles. During a guided walk through the village, learn about the importance of wine production to the local area. Return to the ship in Régua after the excursion. **Meals: B, L, D**

EmeraldACTIVE: Walk down the stairs of the Sanctuary

DiscoverMORE: Visit to Mateus Manor House (additional expense)
This tour operates at the same time as the included visit of Lamego.

EmeraldPLUS: Mosaic tile painting lesson onboard

DAY 10 Porto: Having traversed the Douro River, the ship returns to Porto – a city with an eclectic mix of modern and ancient architecture. An included tour highlights the sights from its scenic beauty to the historic landmarks of the Castelo da Foz and Castelo do Queijo. The remainder of the afternoon is at leisure in Porto. **Meals: B, L, D**

EmeraldACTIVE: A guided walking tour of Porto
(instead of included tour)

DiscoverMORE™: Guided bike tour to the Atlantic Ocean
(additional expense)

DiscoverMORE®: Visit to Quinta do Aveleda with Vinho Verde tasting
(additional expense)

EmeraldPLUS: Evening cruise through Porto's enchanting waters
* The DiscoverMORE's operate at the same time; only one can be selected.

DAY 11 Porto / USA: This morning, disembark the *MS Emerald Radiance* and bid a fond farewell to Portugal, filled with memories of this remarkable cruise along the 'River of Gold.' **Meal: B**

Itinerary is subject to change.



Exceptional Inclusions

- **22 Meals:** 3 breakfasts, 5 lunches and 8 dinners
- **Airport transfers** on four dates when air is provided by Mayflower Cruises & Tours
- **Visit two countries**
- **Two-night hotel stay and touring** in Lisbon, Portugal before cruising
- **Seven-night cruise** on the *Emerald Radiance*
- **First-class service** by an English-speaking crew
- **Onboard Activity Manager** will support all EmeraldACTIVE excursions and host daily onboard wellness activities, games, classes and evening entertainment
- **Shore excursions** with English-speaking local guides
- **All gratuities included**
- **Personal listening device** for onboard excursions
- **Many meals included** onboard with a variety of **international cuisine**
- **Complimentary regional wines, beer and soft drinks** accompany onboard lunches and dinners
- **Complimentary bottled water** in your stateroom
- **Complimentary WiFi onboard**
- **Variety of onboard evening entertainment**

CRUISE AND HOTEL ACCOMMODATIONS

Days 2 and 3 – Avani Hotel or similar, Lisbon, Portugal

Days 4 through 10 – Aboard the *MS Emerald Radiance*



2023/2024 Avid Skiers in Control

President	Claudia Fernandes	510-435-5263	Claudia.fernandes4108@gmail.com
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Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@icloud.com
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
 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 & tahoeskkitrips.com
 Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/

SKIZETTE FOR OCTOBER, 2023



All monthly general meetings are held
 at Don Jose's Mexican Restaurant,
 3430 Village Dr., Castro Valley, CA

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



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