



P.O. Box 20321
Castro Valley, CA 94546

CVSC SkiZette

December, 2009
Celebrating our 25th year!!



Special Events:

CVSC Christmas Party
Dec 9

EVENTS CALENDAR

(f) = flyer in this issue

DECEMBER

- 2 CVSC general meeting at Don Jose's
- 9 CVSC Christmas party at Sequoyah Country Club (f)
- 11 CVSC board's Christmas party at Ralph's
- 16 CVSC general meeting at Don Jose's

JANUARY 2010

- 1/6 CVSC general meeting at Don Jose's
- 1/13 CVSC board meeting at Paula & Jim's
- 1/20 CVSC general meeting at Don Jose's
- 1/30-2/6 FWSA Ski Week at Keystone, CO (f)

FEBRUARY

- 3 CVSC general meeting at Don Jose's
- 10 CVSC board meeting at Jim & Karen's
- 17 CVSC general meeting at Don Jose's

UPCOMING

- Dates TBD Fun Fest
- Game Night (Dennie & Rich Warren)
- 7/17 Hawaiian Luau (Pat & Dan Green)
- 9/29-10/12 Trip to Turkey (f)

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DECEMBER BIRTHDAYS

Wendell Jeong	5	Pamela Nicholson	23
Dan Green	5	Eva Lanphear	27
Christine Noutsios	11	Dwight Lang	27
Dennie Warren	13	Kay Grieze	27
Ronald Pletcher	13	Daniel Brown	28
William Sunnergren	20	Steve Tadevich	30



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: dennieluu@comcast.net

Didn't get your newsletter? - Change of Address? -

PLEASE Contact Karen Wehrman, VP Membership at (510)538-2872; email: kwehrman@comcast.net



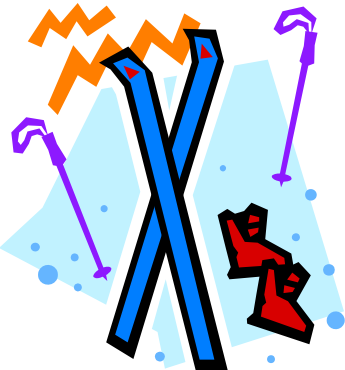
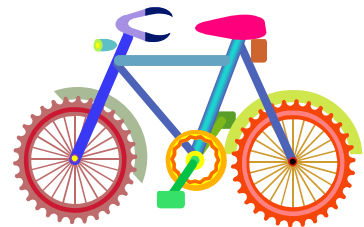
~SPORTS EXCHANGE~

We have two pairs of women's ski boots, like new!
The first pair are Lange - World cup 120 W women's size 9
The second pair are Nordica "BEAST" 1010 W women's size 9
These are both high performance boots \$50- per pair.

We also have a pair of skis, Rossignol RPM 177 cm 107-70-97 with bindings. These are great all mountain skis. \$75-

510-538-2872
Boots—Karen Wehrman
Skis—Jim

Thanks, Jim Silva



Hi Skiers,

Thank you to everyone who recently renewed your membership for the upcoming year. We have many great activities and trips planned for this year, and I hope to see you at one of these events.



A special thank you to everyone who so generously donated to DSUSA at the time of our annual auction in November. Because of your generosity, we will be able to enable another disabled skier the chance to experience an activity that we all enjoy so much.

Also, we have recently included the We Care committee into the Membership position, so if you know of anyone who is experiencing an unusually difficult time, please let me know by Email or telephone my number is on the last page of the Skizette), and a card will be sent by the club.

Thank you, too, to all the volunteers who make CVSC the wonderful club that it is! Without volunteers this club would not exist.

See you on the slopes!

Karen Wehrman
Membership VP

CASTRO VALLEY SKI CLUB SEIGFRIED CONDO

To all members,

Castro Valley Ski Club has access to a 4 bedroom, 3 bath, condo at the St. Francis Lakeside in Tahoe City. The rental fee is \$150- per night. It is available Sept. thru May any night of the week.

The condo is booked on a first come first served basis. The CVSC Race Team has already reserved the condo for this year's race dates.

There is no cancellation policy. Once the condo is booked we must pay for those days.

The first person to reserve the condo gets first choice of the bedroom they would like. This person also becomes the "condo captain" and they are responsible for collecting rent from any last minute renters and distributing it to the renters who have already paid.

For the race team your condo captain is Dave Cunningham or his proxy.

For more information or to reserve the condo please contact Jim Silva at : jpsilvaconstruction@yahoo.com or at: 510-755-3008.



This is probably the last thing anyone decorating for the holidays wants to hear, but here goes - decking the halls can be dangerous to your health.

During November and December of each year, about 10,000 people are treated in U.S. emergency rooms as a result of falls, cuts, shocks and burns related to holiday decorating, according to a federal government agency.

Dried-out Christmas trees are involved in about 200 fires each year, resulting in 10 deaths and about \$10 million in property damage. Candles cause about 14,000 fires each year, resulting in 170 deaths and \$350 million in property damage.

To make sure everyone has a happy and safe holiday season this year, here are a few holiday decorating safety tips.

HOLIDAY SAFETY TIPS

Trees

- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.
- Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.

Lights

- Check all tree lights-even if you've just purchased them-before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

Decorations

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.
- In homes with small children, take special care to avoid decorations that are sharp or breakable. Keep trimmings with small removable parts out of the reach of children to prevent them from swallowing or inhaling small pieces. Avoid trimmings that resemble candy or food that may tempt a young child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.
- Remove all wrapping papers, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child or can cause a fire if near flame.

Food Safety

- Bacteria are often present in raw foods. Fully cook meats and poultry, and thoroughly wash raw vegetables and fruits.
- Be sure to keep hot liquids and foods away from the edges of counters and tables, where they can be easily knocked over by a young child's exploring hands.
- Wash your hands frequently, and make sure your children do the same.
- Never put a spoon used to taste food back into food without washing it.
- Always keep raw foods and cooked foods separately, and use separate utensils when preparing them.
- Always thaw meat in the refrigerator, never on the countertop.
- Foods that require refrigeration should never be left at room temperature for more than two hours.

Fireplaces

- Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open.
- Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

Have a Safe and Healthy Holiday Season
Sandy Beecher

Partly from American Academy of Pediatrics

Come and Enjoy a
Holiday Dinner Meeting
Of the
Castro Valley Ski club
At
Sequoyah Country Club
4550 Heafey Road
Oakland, California 94605
WEDNESDAY, December 9, 2009

Business Casual or Better (no jeans!)
No Host Cocktails 6:00 - 7:00
Dinner/Meeting 7:00

CVSC Members: \$35 (chicken or salmon), non-members \$45

Send Check payable to CVSC to:
Pat Green, 4655 Cope Ct.,
Pleasanton, CA 94566
(925)846-7250

YES! I want to attend the CVSC Christmas Party!

Name (s) _____

Phone # _____ ***email*** _____

No. of Salmon Dinners @ \$35 _____ ***total \$*** _____

No. of Chicken Dinners @ \$35 _____ ***total \$*** _____

Total Amount of check enclosed ***\$*** _____

Send Check payable to CVSC to:
Pat Green, 4655 Cope Ct.,
Pleasanton, CA 94566



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



Castro Valley Ski Club

Presents



Treasures of Turkey

ISTANBUL, ANKARA, CAPPADOCIA, ANTALYA, PAMUKKALE,
IZMIR, EPHEBUS, CANAKKALE & TROY

SEPT. 29 - OCT. 12, 2010

\$2600

INCLUDED IN THE CVSC PACKAGE IS:

- Round trip airfare from SFO on Lufthansa via Frankfurt (LAX \$75 more)
- Airline fuel surcharge
- Intra-Turkey ground transportation and transfers
- Accommodations at first class hotels
- 19 meals: 12 full buffet breakfasts, 7 dinners
- Comprehensive sightseeing tours
- English-speaking tour guide throughout
- TIPS – bus driver & guides

WHAT IS NOT INCLUDED:

- US departure taxes and airline fees: \$122 per person (subject to change).
- Turkey Visa Fee (currently \$20 per person, subject to change)
- Insurance \$139 per person

Contact Tucker for more info on this trip

Tucker Hoffmann, CVSC Travel
2657 Rivers Bend Circle, Livermore CA. 94550
Phone 925-371-1910 E-mail TKHoffmann@aol.com

CVSC CST # 2081040



2009/2010 Avid Skiers in Control

President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Vice President	Paula Kinahon	510 357-6127	paula.kinahon@mckesson.com
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VP Weekend Trips	Jim Silva	510-538-2872	kwehrman@comcast.net
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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 DECEMBER, 2009



P.O. Box 20321
Castro Valley, CA 94546

The next meeting will be
Dec 2

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