



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

December, 2021

Merry Christmas



EVENTS CALENDAR

(f) = flyer in this issue



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DECEMBER

- 8 CVSC Christmas Trolley
- 17 CVSC Board Christmas meeting at Claudia's

JANUARY, 2022

- 12 Board meeting at Pat's
- 19 General Meeting at Don Jose's Restaurant
- 22-29 CVSC Aspen Snowmass Ski Week, Snowmass, CO (f) pg 9

FEBRUARY

- 9 Board meeting at Ray & Maggie's
- 16 General meeting at Don Jose's Restaurant
- 26-3/5 FWSA Sölden Ski Week in Austria (f) pg 13

UPCOMING

- 5/15-26 CVSC Bali trip (f) pg 11
- 7/11-23 CVSC Russia River Cruise (f) pg 12

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 2022:
- 3/20-25 FWSA Mini Ski Trip to Zermatt, UT (f) pg 10

DECEMBER BIRTHDAYS

Dan Green	5
Wendell Jeong	5
Laura Kelley	7
Dennie Warren	13
Carol Johnson	19
Jim Nicholls	21
Steve Tadevich	30



Visit our Website at www.cvskiclub.org

SkiZette Policy NEWSLETTER

DEADLINE: 1st of the month

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

Submit articles to:

Dennie Warren, Editor

email: dennieluuul@gmail.com



*Didn't get your newsletter? - Change of Address? -
PLEASE Contact Maggie Jong, VP Membership
email: mozoro25@gmail.com*

SPORTING GOODS EXCHANGE

I am clearing out my storage locker and would like to give away the following items – **ALL FREE**:

Assorted winter gloves/hats

Ski tuning vices (pair) and metal scraper

Men's Silver Giro ski helmet, size XL. It has extra pads for adjustments

Silver and black one-piece men's ski suit by Coulor, Size Large
Pair of The Royal Shaft ski poles measuring 46" from top of handle to tip of poles. They have adjustable Velcro straps

Please contact me if you are interested in any of these items at:
510-908-9592 (cell) or at: d.steven.james@comcast.net

Steve James

GREENHOUSE MARKET- PLACE

Do you do lots of canning (fruit — jams/jellies/preserves) and would like members to know about it — let me know & the word will go here!!!!

Are you blessed with culinary expertise (make pies, special desserts, etc) and would like to share?? Also, let me know!!!!

President's Message

Happy Winter Every-

one! I hope this finds you well and looking forward to the holiday month. It's getting a little colder yet lots of sun during the day, snow just isn't lasting yet.



Claudia Fernandes
President

Our last month's meeting was well attended and Don Jose's took good care of us. Hopefully 2022 we can get together again with everyone to celebrate a New Year filled with snow, health and good news!

The Christmas Trolley is this week and it is always a fun time with friends and family. Defi-

nitely a time to join in to celebrate the holiday. Thank you to Pat for getting this event together for us to enjoy the season...

Thank you to all who have already sent in contributions to the club for our charities, you will hear more from me about it this month.

My best to you all as you celebrate and stay connected with your friends and family during this festive season.

Stay safe, stay well and look forward to seeing you in the New Year!

Happy Holidays,

Claudia



Well, here we're at the end of 2021. I know we are all ready to hit the road again and we have some great trips on the horizon.

SNOWMASS 2022 - Jan. 22-29 - \$1290 (deduct \$247 if you don't need a lift ticket)

As of right now this trip is full. This will be a Castro Valley Ski Club Trip. We are going at the same time as the Sitzmarker's Ski Club, which is Wayne & Cindy's other club, lots of whom many of you know. With around 53 of us... should be a fun time. Final info was sent out.

BALI 2022: May 15-26

Full as of this update. Please send me an e-mail if you're interested in joining us - I may be able to get a few more spots. tkhoffmann@comcast.net

Russia 2022: July 11-23

Russia which was rescheduled for July 2022.

NEW 2023 TRIP: Christmas Market Cruise Along the Rhine

First Week of December, approx. pricing \$4000 with RT Air

Itinerary:

Switzerland: Basel

France: Kayserberg, Riquewihl, Strasbourg

Germany: Baden-Baden, Speyer, Mainz, Koblenz, Cologne

The Netherlands: Nijmegen, Amsterdam

COUNTRIES: 4

CITIES: 11

DAYS: 12

10 NIGHTS ABOARD THE RIVER HARMONY



Happy Skiing & Travels..... Tucker & Kathy

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

tkhoffmann@comcast.net

cell # 510-329-4242

CVSC CST # 2081040

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

Ski Jumps



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

(submitted by Sandy Beecher, Safety Chair)

OPEN LEAGUE RACE 2022

This schedule is subject to change so check back often. As of 09/24/2021 this is the current schedule.

www.olrc.org

SCHEDULE

The following dates are Confirmed:

Saturday, January 22, 2022, Alpine Meadows, Giant Slalom

Sunday, January 23, 2022, Alpine Meadows, TBD

Saturday, February 26, 2022, Alpine Meadows, Slalom

Sunday, February 27, 2022, Northstar, Giant Slalom

The following dates are Not Confirmed:

Saturday/Sunday, March 12-13, 2022, Sugar Bowl, Slalom

OR

Saturday, March 19, 2022, Northstar, Giant Slalom

Sunday, March 20, 2022, Sugar Bowl, Slalom

St. Anton Condos

Vacation Condo Rentals

Use your IKON pass @ Mammoth Mountain

Stay with us at St. Anton Condos! Mention this flyer at booking to receive a total 15% discount on your stay!*

Ask about ski group discounts!



Be smart and book early!

Stay at St. Anton, 100 yards from the lifts and trails.



OUR BEAUTIFUL CONDOS FEATURE:

- 1 and 2 bedroom fully furnished units
- 2 outdoor jacuzzis, and sauna
- underground parking
- free wireless internet
- fully equipped kitchen & bath

*Non-holiday period. 15% discount is automatically applied to stays 5 nights or more NON-HOLIDAY PERIOD. Discount to be used by April 17th, 2022.

www.StAntonCondos.com

St. Anton Condos
Mammoth Lakes, CA
BOOK ONLINE or CALL:

1-800-821-8761

Castro Valley Ski Club

Presents



Ski 4 Mountains! Snowmass, Aspen, Aspen Highlands and Buttermilk

2022 CVSC Ski Week Snowmass, CO

Jan. 22-29, 2022

\$1290 with 4-day lift tix

CV Package Includes:

- 7 Nights Lodging (dbl. occ.) at Top of the Village 2bd/2b **Deluxe** Condos
- Welcome Wine & Cheese Party
- Catered BBQ dinner
- Catered Mexican dinner (or similar)
- 4 Day Senior lift ticket – 65 and older

Note: Aspen/Snowmass is on the Ikon Pass. If you have an Ikon Pass and don't need a lift ticket deduct \$247. If you are not a senior the price of 4-day lift ticket is \$286. You can also upgrade to 5 or 6 day ticket.

Accommodations: We are staying at the Top of The Village Condos. These are true ski in and ski out condos, spacious, comfortable, well-appointed and beautiful! We stayed there on our last trip to Snowmass, and everyone loved the place.



note: air/transfers not included in this price

Send \$200 deposit to:
Tucker Hoffmann - CVSC Travel Director
2657 Rivers Bend Circle, Livermore CA 94550

510-329-4242 tkhoffmann@comcast.net
CVSC CST # 2081040

"The Voice of the Western Skier"



Far West Ski Association's 2022 Mini Ski Trip March 20—25, 2022

Zermatt Utah Resort & Spa



TRIP PACKAGE PRICE STARTING AT

\$550

Price does NOT include air or ground transportation

\$25 discount if you book by September 30, 2021

4-STAR HOTEL AND VILLA PROPERTY WITH A FULL-SERVICE SPA AND WELLNESS CENTER, INDOOR/OUTDOOR POOL, HOT TUBS, 2 RESTAURANTS, A BAR, AND BAKERY, ALL ON SITE. RESORT IS 45 MINUTES FROM SALT LAKE INT'L AIRPORT; 11 MINUTES FROM DEER VALLEY SKI RESORT, AND 18 MINUTES FROM PARK CITY MOUNTAIN. SUNDANCE RESORT SKIING IS JUST 20 MINUTES AWAY.

ENJOY A SOAK IN A 10,000- YEAR OLD CRATER HOT SPRINGS!

Contact: Gloria Raminha 661-800-8229 or 661-829-5996

Garski2011@gmail.com

Nancy Ellis – 530-582-0566 or 530-414-8261

Fwsatravelnancy@sbglobal.net

FWSA CST #2036983-40

Included:

Five night's lodging

- 2 Queen Alpine Room or
 - 2 Queen Deluxe Alpine Room or
 - 2-bedroom Villa
- Welcome Reception**
Farewell Party
Happy Hours

Optional for Purchase:

- 1 or 2- day lift tickets Deer Valley & Park City Ski Resorts
- 1-day lift ticket Sundance Resort
- IKON Pass

Optional Activities:

- Crater Hot Springs
- Spa Services
- Hot Tubs
- Sleigh Rides
- Ice Skating
- Tubing



Breathtaking Bali with the Castro Valley Ski Club

\$2999

May 15-26, 2022

YOUR TOUR INCLUDES

- Round-trip international airfare from Los Angeles or San Francisco
- Airfare taxes, fees & fuel surcharges
- Ground transportation in an air-conditioned motor coach
- Accommodations at first-class hotels and beach resort
- 15 meals: 9 breakfasts, 4 lunches, and 2 dinners (may be adding more)
- Comprehensive sightseeing tours including admission fees as indicated in the itinerary
- Professional, English-speaking Tour Director throughout
- Refillable water bottle provided at the start of the tour
- TIPS & More.....



ITINERARY AT A GLANCE

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



TOUR HIGHLIGHTS

- Tanah Lot Temple at sunset
- Participate in a traditional Balinese purification ceremony in holy spring water (Sebatu Village)
- Traditional Balinese cooking class with a professional chef
- Visit to Bali Aga, home of Bali's original inhabitants
- Besakih Temple (the Mother Temple)
- Goddess of the Lake Temple (Ulun Danu)
- Waterfalls at Munduk



WE ARE NOW ACCEPTING DEPOSITS

Travel insurance will be available on this trip;

- Basic plan \$179 per person
 - Upgraded plan CFAR \$329 per person (Cancel For Any Reason)
- Insurance premium is non-refundable.

Send your refundable \$300 deposit to:
Tucker Hoffmann 2657 Rivers Bend Circle, Livermore CA 94550
tkhoffmann@comcast.net

Castro Valley Ski Club

Presents

Russian River Cruise with Emerald Waterways

*Moscow • Uglich • Yaroslavl • Goritsy • Kizhi •
Mandroggi • St. Petersburg*

July 11-23, 2022



Price from \$5464

Includes:

- RT Air from SFO & LAX
- 32 Meals (11 breakfasts, 10 lunches and 11 dinners)
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Fully escorted by an English-speaking Tour / Cruise Director
- Eleven-night cruise aboard the *MS Rossia*
- **All gratuities onboard and onshore**
- Shore excursions with English-speaking local guides
- Personal listening device for excursions
- Visits to many UNESCO World Heritage Sites
- Selection of complimentary drinks to accompany meals
- Variety of onboard entertainment
- All port charges included

WHAT IS NOT INCLUDED:

- Travel Insurance
- Russian Visa

Make Checks payable to Castro Valley Ski Club (CVSC) Send payments to:

Tucker Hoffmann, CVSC Travel
2657 Rivers Bend Circle, Livermore CA. 94550
Phone 925-371-1910 Cell 510-329-4242
Email: tkhoffmann@comcast.net

CVSC CST # 2081040

FWSA 2022 Sölden Ski Week & Black Forest Region Extension



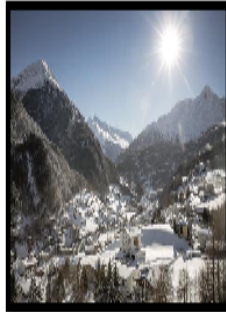
Basic Ski Week: Feb. 26 – Mar. 5, 2022 (depart US Feb 25th)



You will enjoy 34 lifts taking you up 3000 meters. Attention James Bond Fans...be sure to visit the 007 Elements cinematic experience inside the summit of Gaislachkogel mountain!

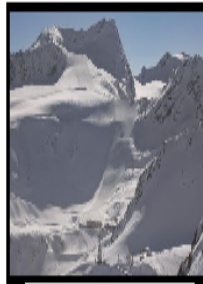
Optional Extension March 5 - 11, 2022

The largest ski resort in the Otztal Valley and the Austrian hospitality is incomparable!



BIG 3 – Think BIG, Think SÖLDEN!

Sölden is Austria's first resort offering three mountain peaks beyond 10,000 ft.



Sölden hosts the Alpine Ski World Cup and one of Europe's most renowned Ski & Snowboard resorts. The infinite number of slopes and ski trails for all levels over 91 miles of slopes including 2 glaciers!

BASIC TRIP Land Package: The 4* TYROLERHOF Hotel (Not including Air Transp. or Lift Tickets)

- Approximate lodging package costs – starting at \$1998.00 per person based on double occupancy
- Pricing is based on exchange rate of 1.20 USD vs. 1.00 Euro – subject to change
- Basic land package pricing is based on a min. of 65 people & the Extension pricing is based on a min. of 34 people – subject to change if requirements are not met. All local taxes are included
- Single Supplement and Upgraded rooms are available – quantities are limited

Land Package Includes:

- All airport ground transfers with Multi-lingual guide meeting the FWSA Group Air people upon arrival
- 7 nights' accommodations - breakfast and dinner daily at hotel
- Free Wi-Fi in hotel and Complimentary use of Wellness Center
- Complimentary 2-hour Mountain Tour 1st day of skiing. (Be sure to select skier level on registration form - groups of 12)
- Welcome/Orientation at the hotel with Tourist office, ski area and ski guide representatives
- Local guide at the hotel each evening for 1 hour
- Optional Day Tour, Mid-week Après Ski Party, and Farewell Party with light snacks – details to be provided

Air Transportation Information - It is HIGHLY recommended to use FWSA air transportation!

- Group Air - SFO & LAX air transportation
- Stand Alone Trip Air – contact Debbie Stewart
- Alternate airport and/or post trip deviations are available – (they are limited)

*Air prices DO include estimated Fuel surcharges, Taxes, and current Exchange Rate – subject to change.

If you are arranging your OWN flights but wish to take the FWSA bus transfers, you **MUST** coordinate your flight schedule with the FWSA group air schedule. No special alternate pick-up or drop offs by the bus will be permitted.

Make checks out to: Far West Ski Association (FWSA).

Please reference "FWSA 2022 Sölden/Black Forest" on each check.

Send to: Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277

FwsalntlTvl@prodigy.net

mobile: 559/737-0882

CST # 2036983-40

Extension trip to the Black Forest Region, Germany – March 5 – 11, 2022

Approx. Land Package – Double Occ. = \$1709.00pp & Single Supp. = \$2169.00

A Stand-Alone trip is available! (No Sölden)

Discuss the Stand-Alone trip details with Debbie Stewart, VP of Int'l Travel



Experience Local Culture



Create New Memories
with Friends,
Old and New!



FREE TIME
TO EXPLORE!



Enjoy Regional Cuisine



Photos: © Hochschwarzwald Tourismus GmbH

The Black Forest Region in Germany is one of Europe's hottest destinations—and for good reason! Beyond the stunning landscapes and bustling cities lies a rich culture just waiting to be explored!

Black Forest Trip includes:

- Transfer between Sölden and Titisee/Neustadt via Lindau on a private coach
- English speaking guide throughout the tour
- Pricing is based on exchange rate of 1.20USD vs. 1.00 Euro – subject to change
- Stay for 5 nights at the 4 Star Hotel Maritim
<https://www.maritim.com/en/hotels/germany/titiseehotel-titisee-neustadt/hotel-overview>
- Breakfast buffet daily
- Visit Freiburg & Triberg towns with the tour manager
- Guided city tour of Colmar with local guide and time at leisure in Kayersberg
- Guided city tour of Heidelberg and entrance to Heidelberg Castle
- Guided city tour of Strasbourg and entrance to Strasbourg Cathedral
- Transfer by motorcoach to Frankfurt with a guided city tour of Frankfurt with overnight at 4 Star NH Frankfurt airport Hotel. <https://www.nh-hotels.de/hotel/nh-frankfurt-airport>
- All local taxes

Make checks out to: Far West Ski Association (FWSA).

Please reference "FWSA 2022 Sölden/Black Forest Region Trip" on each check.

Send to: Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277

FwsalntlTvl@prodigy.net

mobile: 559/737-0882

CST # 2036983-40



2021/2022 Avid Skiers in Control

President	Claudia Fernandes	510-435-5263	Claudia.fernandes4108@gmail.com
Vice President	Anne Wilburn	925-200-2801	annewilburn@comcast.net
VP Membership	Maggie Jong	925-447-5148	mozoro25@gmail.com
VP Club Activities	Pat Green	925 846-7250	greendm@comcast.net
Secretary	Phyllis May	925-371-1667	phyllismay@comcast.net
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Newsletter Editor	Dennie Warren	510-759-3415	dennieluuu1@gmail.com
Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@aol.com
Past President	Karen Wehrman		
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@comcast.net
Trustee	Paula Kinahon	510-910-2707	pkinahon@gmail.com
Safety Chair	Sandy Beecher	707-479-6272	srbeecher@aol.com

WEBSITE: www.cvskiclub.org

WEBSITES & PHONE NUMBERS

Singles league racing:
slracing.tripos.com/schedule.htm

Open league racing: olrc.org

Weather: nws.mbay.net/home.html

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 DECEMBER, 2021



No general meeting for December.

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



ASPEN & SNOWMASS