



P.O. Box 20321
Castro Valley, CA 94546

CVSC SkiZette

February, 2009

Celebrating our 25th year!!



Special Events:

CVSC Ski Trip
Beaver Creek, CO
Jan. 31—Feb. 6

FWSA European
Ski Trip to
Austrian Alps
Feb. 27—March 7

EVENTS CALENDAR

(f) = flyer in this issue; (tt) = see travel table



CVSC Ski Trip to
Beaver Creek, CO
Jan 31—Feb 6



FWSA European Ski
Trip to Austrian Alps
Feb 27—March 7

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FEBRUARY

- 1/31-2/6 CVSC Ski Trip to Beaver Creek, CO (f,tt)
- 4 CVSC general meeting at Don Jose's
- 11 CVSC board meeting at Jim & Paula's
- 18 CVSC general meeting at Don Jose's
- 27-3/7 FWSA European Ski Trip to Austrian Alps (f,tt)

MARCH

- 4 CVSC general meeting at Don Jose's
- 11 CVSC board meeting at Karen & Jim's
- 12-17 BAC Ski Park City, Utah (f,tt)
- 18 CVSC general meeting at Don Jose's

APRIL

- 1 CVSC general meeting at Don Jose's
- 8 CVSC board meeting at Dave Cunningham's
- 15 CVSC general meeting at Don Jose's

UPCOMING

- 8/21-9/2 CVSC Ski & Sightsee Argentina (f,tt)
- 10/18-25 CVSC Cruise to Caribbean on Carnival Victory (f,tt)
- 2010 FWSA Ski Week at Keystone, CO
Trip to Turkey—possibly June or September

Open league racing:

Feb: 7&8th Bear Valley; 28th Sugar Bowl

March: 1st Sugar Bowl; 14th Homewood; 15th Alpine Meadows; 20&21st Sugar Bowl
[21st Awards location TBA]; 22nd Sugar Bowl

Visit our Website at www.cvsclub.org

Castro Valley Ski Club Newsletter

FEBRUARY BIRTHDAYS



Gregg Phelps	12
Frank Perez	12
Barbara Wobser	12
Hyeja Busse	14
Jeff Glickman	15
Bruce Anderson	15
Sandi Read	18
Richard Sites	18
Debbie Brown	27
Steve James	27

2008-2009 OPEN LEAGUE RACE SCHEDULE

Date	Event	Location	Date	Event	Location
02/07/09	Race: SL	Bear Valley	03/21/09	NorCals: SL	Sugar Bowl
02/08/09	Race: GS	Bear Valley	03/21/09	AWARDS	TBA
02/28/09	Race: SL	Sugar Bowl	03/22/09	NorCals: GS	Sugar Bowl
03/01/09	Race: GS	Sugar Bowl	04/03/09	FWRA:clinic	Northstar
03/14/09	Race: GS	Homewood	04/04/09	FWRA: SL	Northstar
03/15/09	Race: SL	Alpine Meadows	04/05/09	FWRA: GS	Northstar
03/20/09	Clinic	Sugar Bowl			

Race day registration is 8:00 to 8:30am on race days. Unaccompanied minors must have a designated guardian form signed by their parent or legal guardian. Courtesy racers may race for \$15 per day and must register NO LATER than 8:30am on race day (no exceptions).

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

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:

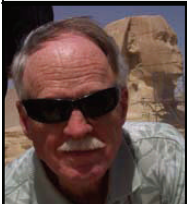
Dennie Warren, 16606 Selby Drive, San Leandro, CA 94578
Phone (510) 759-3415; Fax (510) 276-2444; dennieluuu@comcast.net



TRAVEL TABLE—FWSA, BAC, CVSC trips featured

Destination/Sponsor	Dates	Cost	Contact	What
CVSC Ski Week to Beaver Creek, CO	Jan. 31-Feb. 6, 2009	\$1035+air (~\$300)	Tucker Hoffmann (510) 278-7660 tkhoffmann@aol.com	6-nites lodging, deluxe rooms, ski -in/out, xfers from Denver, 4-day lift ticket, CVSC party, services
FWSA European Ski Week to Austrian Alps	Feb 27-March 7	\$1690+\$275 fuel charge	Norm Azevedo (925) 944-9816 fwsaitravel@Sbcglobal.net	RT Air from LAX/SFO; grnd transp; 9 nites lodging in 4 star hotel with cont bkfst&dinner. Munich-Prague ext.: \$855
BAC Ski Trip to Park City, UT	March 12-17	\$997	Paula Kinahon (415) 983-7145	RT air SFO-Salt Lake City, charter bus, welcome party, 5 nites lodging, bkfst, 4-day lift ticket
CVSC Ski & Sightsee in Argentina, South America	Aug 21-Sept 2	\$2750 (plus taxes/fuel surcharges)	Tucker Hoffmann	RT air LAX on LAN - Bariloche: 5 nts lodging Buenos Aires: 3 nts lodging Iguazu Falls: 3 nts lodging
CVSC Southern Caribbean Cruise	Oct. 18-25	\$639-\$749 + air to Puerto Rico	Tucker Hoffmann	NO days at sea! Visit St. Thomas/St. John, Dominica, Barbados, St. Lucia, Antigua, St. Kitts. Includes port charges. Parties!

President's Message



2009 - Happy New Year!

Are you ready to start celebrating 25 years of Castro Valley Ski (and adventure) Club? It has been quite an adventure with those years crammed with opportunities to socialize, garner new friends and have a heck of a lot of fun. With many activities and events to celebrate, I want to focus of an amazing diary of the club's travels over the past 14 years of my membership. In those years with FWSA and CVSC we have skied in Italy's Dolomite Alps at Moena and Val Gardena; the French Alps including Morzine, Meribel and Val d' Isere; The Swiss Alps at Davos, Grindelwald and Zermatt; Andorra in the Pyrenees mountains between Spain and France; Canada at Whistler and other resorts; Big Sky Montana; Colorado most recently at Steamboat, Beaver Creek and others; and Japan. I can't name the many, many other countries and resorts skied prior to my membership and I may have forgotten some from the last four-teen years as well. This certainly paints a picture of the incredible skiing opportunities and the accompanying "family" fun we have had together in so many beautiful areas of the world.

When I describe CVSC to friends and happen to mention the places we have been, as an example, Africa, they respond with something like "where do you ski in Africa?" That's when the "adventure" part of our travels gets explained. We have set our feet in an amazing number of places all over the world, just during my membership years. Not in any particular order and some likely forgotten: Hungary, Poland, St Petersburg Russia; Botswana, Tanzania, Zimbabwe, and Kenya in Africa; Copenhagen Denmark, Finland, Estonia, Norway; Italy's Sicily, Capri, Rome, Pizza, Sorrento, Florence, Amalfi Coast; Innsbruck, Austria; Geneva and Zurich Switzerland; Athens, the Greek islands of Patmos, Santorini and Mykonos; a luxury barge tour down France's Seine River; Estrela Portugal and other villages: Spain's Costa del Sol, Seville, Barcelona, and Granada with a ferry boat side trip to Morocco; Gibraltar; China to Beijing, Shanghai, Xian, Chang Jiang, the Great Wall, and a multi-day cruise down the Yellow River; Thailand, Viet Nam, Cambodia's Ankor Wat; Equador's Galapagos Islands, Peru's Machu Pichu; Egypt's Pyramids, the Sphinx, and many of that country's historic temples and archeological digs. I almost forgot a relaxing stay in Puerto Vallarta, Mexico. Wow! That's a lot of typing and so many places. We have missed a few of the world's wonders but if we live long enough, Tucker and Cathy will get us there before we go to a heavenly (not the ski resort) gated community. Ya better be good if you want to go on this trip. It's to die for. ooow. Bad humor.

What's next? CVSC Adventure trips to Argentina, South America, South Caribbean cruise, Turkey (2010) and FWSA ski trips to the Austrian Alps and to Park City, Utah and others in the works. Better get on board before the "Sold Out" sign appears.

Our praise and thanks to our superb CVSC Travel Planners, Kathy and Tucker Hoffmann for their dedication and expertise, making travel easy and enjoyable for us.

Happy Anniversary CASTRO VALLEY SKI CLUB!!!!!!

Ralph

Consider this....



Greetings! I just returned from a great FWSA ski week at Big Sky Montana. A great time was had by all – mountain & snow awesome. Look for a write up in next month's SkiZette.

Bay Area Snow Sports Council News

Dennis Heffley accepted the nomination for BAC President at the January BAC meeting. By right of acclamation Dennis will serve his sixth term. Dennis has built a strong team of officers & has done a great job leading the council. It has been my pleasure to work with him over the years and I now wish him continued success.

Nominations & elections for other BAC board positions will be forthcoming in the March & April time frame.

The Far West Ski Association 77th Annual Convention hosted by Sierra Council June 2-7, 2009 @ the Peppermill Resort Casino in Reno, Nevada: The Reno, Nevada venue will surely draw large numbers so now is the time to book your room reservation. Reference Group Code AFWSA09 when making your reservation to get the special FWSA rate.

The Peppermill Resort Casino Reno
 \$125 Montego Bay Wing
 \$135 Peppermill Tower
 Per night plus tax, based on double occupancy
 Tuscany Suites also available at FWSA discounted rates.

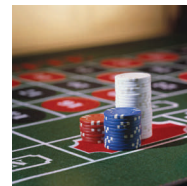
Contact the Peppermill at 800 282-2444 or www.peppermillreno.com **Group Code AFWSA09**

Check out convention flyer is available online @ http://www.fwsa.org/docs/2009_convention/2009_conv_flyer.pdf for a snapshot of convention events & activities.

I look forward to seeing you at the February meetings. Meanwhile, I hope you're having fun – on and off the slopes.

Best regards,

Paula Kinahon
 VP & BAC Representative
 415 983-7145 (day)
 510 357-6127 (evening/weekend)
Pkinahon@Gmail.com





CHARITYSMITH ABILITY CELEBRATION

March 10 – 14, 2009 Alpine Meadows, CA
Honoring Wounded Warriors



CHARITYSMITH Wounded Warrior Ability Camp, March 10 – 14
CHARITYSMITH Ability Challenge Race, Friday, March 13
CHARITYSMITH Ability BASH Dinner, Saturday, March 14

Please join us in celebrating the abilities of our honored guests by sponsoring or participating in the Abilities Celebration. For more information, please visit: www.disabledsports.net/special.shtml or call (916) 722-6447

“If I Can Do This, I Can Do Anything!”sm

Plans are well under way for the 3rd annual Disabled Sports USA Far West “**Ability Challenge**” being held on March 13, 2009, at Alpine Meadows Resort. We are looking for companies, groups of friends or clubs to enter a four person team in this exciting event.

The CHARITYSMITH “**Ability Challenge**” (formerly the “Ski challenge”) highlights the capabilities of people with disabilities while raising funds to support our life-changing programs. This year’s event will include a team ski race, an exciting poker run and an après ski party held in Alpine Meadows’ lodge overlooking the slopes. Each team will be joined by a disabled skier offering a close-up view of the remarkable skills possessed by our Disabled Sports participants.

Since 1967, the goal of Disabled Sports has been to provide individuals with disabilities the tools to achieve success through adaptive recreational activities. In addition to our world renowned snow sports program we also offer instruction in water skiing, cycling and golf. Our programs serve over 1,000 people with disabilities a year. You may refer to our website www.disabledsports.net for further information.

—Mary Roll

Castro Valley Ski Club Newsletter

2008 CVSC Livermore Bike Ride – November 22

In 2008, we decided that a fall bike ride might bring cooler weather to an event that had previously been subject to some blistering heat. We were not disappointed with our decision as the day turned out to be absolutely marvelous. Blue skies and moderate temperatures greeted us when we arrived at the Livermore Public Library, the beginning and ending terminus of the fifteen mile ride.

The peloton of pedalers for this year's ride included our club president Ralph Sherman, Dan Green, Steve James, Ron White, Susan Schmidt, Jacky and Peter Poulsen, Dave Silva, new club members Ray and Maggie Jong, Elizabeth Yagle, and your author.

After greeting one another and commenting upon one another's outstanding bicycling fashion statements we headed south from the library towards Concannon Blvd., and were immediately presented with a palette of colors. The grape vines located in the Concannon vineyards were exhibiting leaves of the finest green, red, orange, yellow, and brown. As we continued our ride through the grape growing region of Livermore, this event, much to our delight, would be repeated over and over at different vineyards.

From Concannon Blvd, we turned right onto Wentle Street, and continued on Wentle to Marina, passing more vineyards and open fields. Marina offered us a gradual climb until we reached Arroyo Road. Turning left, we followed the bike path that parallels Arroyo on the south side of the road. It was downhill and then gently uphill to Wetmore Road where we said goodbye to Ralph, who had other commitments that day.

From there, it was all downhill to Sycamore Grove Park, opposite the Wentle champagne cellars and golf course. After a brief bio-break at the park entrance, we meandered three miles through the park, stopping occasionally to view the local flora and fauna. Once through the park, we headed left on Wetmore and followed it a short distance to Vallecitos Road. Another left onto Vallecitos, a long block, and then a right onto Vineyard. Vineyard is a nice, relatively old, two-lane road that is now home to a few mini-mansions and requisite mini-vineyards. This road took us to Isabel Avenue, an avenue that is anything but old and quaint. Fortunately, after turning right on Isabel, we had to ride only a block until we were able to exit onto the broad bike path that parallels Isabel.

On this path, we were able to ride side-by-side and talk about the great ride we were enjoying. Continuing along this path, and gradually climbing, we eventually came to the Arroyo Mocho bike trail that would take us back to the library. The tree-shrouded Arroyo Mocho trail winds through the neighborhoods that encompass downtown Livermore. You are in the middle of the city but, at the same time, isolated from the traffic. Part of the trail presented itself to some off-piste riding so Ron, on his mountain bike, took the opportunity to test his bike handling skills in the arroyo dirt. He eventually returned to us, unscathed, as we neared the end of our ride.

Upon returning to the Livermore Library, we said goodbye to Ray and Maggie, and then retired to the sculpture garden that is located between the Livermore Police and City Hall buildings. There, in the midday sun, we enjoyed our picnic lunches and one another's company, as we reflected on the beauty of the day and the fabulous ride we had shared with our fellow club members.

Wayne

THE COLD FACTS

The Problem

In the course of a year, individuals in the United States suffer 1 billion colds, according to some estimates. Colds are most prevalent among children, and seem to be related to youngsters' relative lack of resistance to infection and to contacts with other children in day-care centers and schools. Children have about six to ten colds a year. In families with children in school, the number of colds per child can be as high as 12 a year. Adults average about two to four colds a year, although the range varies widely. Women, especially those aged 20 to 30 years, have more colds than men, possibly because of their closer contact with children. On average, individuals older than 60 have fewer than one cold a year.

Cold Season

In the United States, most colds occur during the fall and winter. Beginning in late August or early September, the incidence of colds increases slowly for a few weeks and remains high until March or April, when it declines. The seasonal variation may relate to the opening of schools and to cold weather, which prompt people to spend more time indoors and increase the chances that viruses will spread from person to person.

Seasonal changes in relative humidity also may affect the prevalence of colds. The most common cold-causing viruses survive better when humidity is low -- the colder months of the year. Cold weather also may make the nasal passages' lining drier and more vulnerable to viral infection.

How Colds are Spread

- Depending on the virus type, any or all of the following routes of transmission may be common:
- Touching infectious respiratory secretions on skin and on environmental surfaces and then touching the eyes or nose.
- Inhaling relatively large particles of respiratory secretions transported briefly in the air.
- Inhaling droplet nuclei: smaller infectious particles suspended in the air for long periods of time.

Much of the research on the transmission of the common cold has been done with rhinoviruses, which are shed in the highest concentration in nasal secretions. Studies suggest a person is most likely to transmit rhinoviruses in the second to fourth day of infection, when the amount of virus in nasal secretions is highest. Researchers also have shown that using aspirin to treat colds increases the amount of virus shed in nasal secretions, possibly making the cold sufferer more of a hazard to others.

Prevention

Handwashing is the simplest and most effective way to keep from getting rhinovirus colds. Not touching the nose or eyes is another. Individuals with colds should always sneeze or cough into a facial tissue, and promptly throw it away. If possible, one should avoid close, prolonged exposure to persons who have colds.

Because rhinoviruses can survive up to three hours outside the nasal passages on inanimate objects and skin, cleaning environmental surfaces with a virus-killing disinfectant might help prevent spread of infection.

A cold vaccine? The development of a vaccine that could prevent the common cold has reached an impasse because of the discovery of many different cold viruses. Each virus carries its own specific antigens, substances that induce the formation of specific protective proteins (antibodies) produced by the body. Until ways are found to combine many viral antigens in one vaccine, or take advantage of the antigenic cross-relationships that exist, prospects for a vaccine are dim. Evidence that changes occur in common-cold virus antigens further complicate development of a vaccine. Such changes occur in some influenza virus antigens and make it necessary to alter the influenza vaccine each year.

Source: National Institute of Allergy and Infectious Diseases

(safety articles submitted by Sandra Beecher)

Castro Valley Ski Club Newsletter

Avoiding Frostbite, Hypothermia...

Old Man Winter delights us with his gifts, but to the unwary he can be the harbinger of misery in the form of frostbite, hypothermia, risk of snowblindness or altitude sickness. Knowing what to look for can help you avoid these situations, and knowledge of how to handle such occurrences if they do arise will lessen your stress in the outdoors.

Frostbite

Frostbite most commonly occurs to the extremities of the body — nose, cheeks, ears, fingers, and toes. Exposing your skin to the cold can result in crystals forming either superficially or in the fluids and underlying soft tissues. Frostbite can range from mild discomfort to damage of the skin tissue, especially if the area has been thawed and refrozen.

The skin may appear slightly flushed before frostbite sets in, turning to white or grayish yellow. Initially the affected part may have a painful tingle, but this usually subsides. The area will feel intensely cold and numb. Often the victim is unaware of the problem until an observer notices the pale, glossy skin.

Protect frostbitten areas from further trauma and quickly rewarm by immersing in warm (102-105 degrees Fahrenheit), not hot, water. If the area has thawed and refrozen, warm at room temperature and do not use excessive heat such as a stove or hot water bottle. If water is unavailable or impractical, carefully wrap the affected area in warm clothing or blankets. Do not massage the injured area as you may damage frozen tissue. Swelling will occur after thawing. Discontinue warming as soon as the part becomes flushed. If feet are affected and the victim must walk to obtain assistance, do not attempt to thaw beforehand. For anything other than a very minor affliction, seek medical attention.

Hypothermia

Hypothermia develops when the body's core temperature drops below the level where the body can reheat itself. If immediate steps are not taken, it can result in damage to vital organs. Signs of hypothermia include slurred speech, numbness, shivering, mental confusion, impairment of judgment, stumbling and uncoordinated walk, failing eyesight, exhaustion, and/or drowsiness.

First aid for hypothermia includes removing wet clothing and rewarming the body, chest, shoulders, and stomach areas first. Use heating pads, hot water bottles, blankets, or other people next to the victim to transmit body heat. Keep the heat source warm — not hot — as skin sensitivity may be reduced or lost. Elevate feet and lower the head to increase circulation to the chest area. Keep a close eye on the respiratory system. If the victim is conscious you can administer warm liquids, but do not give alcohol or sedatives. Do not massage any area. Call for medical assistance as soon as possible.

Put the victim's feet up and head down for quicker circulation to the chest and vital organs. Keep a close eye on the respiratory system. If the victim is conscious you may administer warm liquids but no alcohol or sedatives. Do not massage any area. Call for medical assistance as soon as possible.

Snowblindness

Snowblindness can occur on medium-bright to intensely sunny days. Symptoms include dizziness, severe headache, and/or sensitivity to light. Treatment is immediate removal to a totally dark area. Avoiding it is simple — wear a good pair of sunglasses or goggles.

Altitude sickness

Oxygen decreases the higher the elevation. Those who live at sea level, but vacation at high altitudes, may start to feel sick because of the sudden change in oxygen.

Symptoms of altitude sickness are much like the flu — dizziness, headaches, insomnia, nausea, fatigue. And that's a mild case. Altitude sickness can bring on vomiting or diarrhea, or in very severe cases, a victim can develop pulmonary edema, which is life-threatening. The vast majority of cases will be mild, however.

Avoiding altitude sickness is simple: Start your vacation slowly. Just because it's possible to get on an airplane in New York City in the morning and be skiing in Colorado by noon doesn't mean you should. Drink lots of water, and very little or no alcohol the first day. Eat light meals.

If altitude sickness is a persistent problem, pay attention to base-area elevations (because that's where you spend most of your time, including sleeping), and vacation at resorts with lower elevations. Among the largest destination resorts in North America, the highest base-area elevations are in Colorado, northern New Mexico (Taos Ski Valley) and the Cottonwood Canyons near Salt Lake City (Snowbird, Alta, Brighton, Solitude), all at 7,800 feet or higher. The lowest base-area elevations, generally speaking, are resorts east of the Mississippi River (Killington, Boyne Mountain, for instance) and the Pacific Northwest (Whistler/Blackcomb, Mt. Bachelor, Sun Valley, for example), all below 6,000 feet.

A final word

Beware of the wind and understand how it adds to the effects of exposure. Learn to read storm warning signs and heed them. Use common sense in dressing for the outdoors, and avoid fatigue, smoking, and drinking alcohol, all of which lessen the body's ability to cope with cold. Stay attuned to both physical signs and mental symptoms of frostbite, hypothermia, and snowblindness. With a bit knowledge and common sense there is nothing to fear in enjoying the invigorating and stimulating pastime of outdoor winter sports.

Source: Weather.com

Castro Valley Ski Club Newsletter

Winter Safety Tips

Whether winter brings severe storms, light dustings or just cold temperatures, the American Academy of Pediatrics (AAP) has some valuable tips on how to keep your children safe and warm. Please feel free to excerpt these tips or use them in their entirety for any print or broadcast story, with acknowledgment of source.

What to Wear

- o Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Clothing for children should consist of thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.
- o The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- o Blankets, quilts, pillows, sheepskins and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant's sleeping environment. Sleep clothing like one-piece sleepers is preferred.
- o If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby's chest, so the infant's face is less likely to become covered by bedding.

Hypothermia

- o Hypothermia develops when a child's temperature falls below normal due to exposure to cold. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing.
- o As hypothermia sets in, the child may shiver and become lethargic and clumsy. His speech may become slurred and his body temperature will decline.
- o If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Frostbite

- o Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that her skin burns or has become numb.
- o If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips.
- o Do not rub the frozen areas.
- o After a few minutes, dry and cover him with clothing or blankets. Give him something warm to drink.
- o If the numbness continues for more than a few minutes, call your doctor.

Winter Health

- o If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- o Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter.
- o Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu.
- o Children between the ages of 6 and 59 months should get the influenza vaccine to reduce their risk of catching the flu.

Winter Sports and Activities

Set reasonable time limits on outdoor play to prevent frostbite. Have children come inside periodically to warm up.

Ice Skating

- o Allow children to skate only on approved surfaces. Check for signs posted by local police or recreation departments, or call your local police department to find out which areas have been approved.
- o Advise your child to: skate in the same direction as the crowd; avoid darting across the ice; never skate alone; not chew gum or eat candy while skating.
- o Consider having your child wear a helmet while ice skating.

Sledding

- o Keep sledders away from motor vehicles.
- o Children should be supervised while sledding.
- o Keep young children separated from older children.
- o Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- o Consider having your child wear a helmet while sledding.
- o Use steerable sleds, not snow disks or inner tubes.
- o Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- o Sled slopes should be free of obstructions like trees or fences, be covered in snow not ice, not be too steep (slope of less than 30°), and end with a flat runoff.
- o Avoid sledding in crowded areas.

Snow Skiing and Snowboarding

- o Children should be taught to ski or snowboard by a qualified instructor in a program designed for children.
- o Never ski or snowboard alone.
- o Young children should always be supervised by an adult. Older children's need for adult supervision depends on their maturity and skill. If older children are not with an adult, they should always at least be accompanied by a friend.
- o The AAP recommends that children under age 7 not snowboard.
- o Consider wearing a helmet.
- o Equipment should fit the child. Skiers should wear safety bindings that are adjusted at least every year. Snowboarders should wear gloves with built-in wrist guards.
- o Slopes should fit the ability and experience of the skier or snowboarder. Avoid crowded slopes.
- o Avoid skiing in areas with trees and other obstacles.

Snowmobiling

- o The AAP recommends that children under age 16 not operate snowmobiles and that children under age 6 never ride on snowmobiles.
- o Do not use a snowmobile to pull a sled or skiers.
- o Wear goggles and a safety helmet approved for use on motorized vehicles like motorcycles.
- o Travel at safe speeds.
- o Never use alcohol or other drugs before or during snowmobiling.
- o Never snowmobile alone or at night.
- o Stay on marked trails, away from roads, water, railroads and pedestrians.

Sun Protection

The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover your child's exposed skin with sunscreen.

Fire Protection

Winter is a time when household fires occur. It is a good time to remember to:

- o Buy and install smoke alarms on every floor of your home
- o Test smoke alarms monthly
- o Practice fire drills with your children

Castro Valley Ski Club

Travel Update..... Tucker Hoffmann CVSC Travel Director



2009 CVSC Ski & Sightsee in Argentina, South America Aug 21st – Sept 2nd \$2750
(plus taxes & fuel surcharges, est \$420) -- send a \$1200 check to Tucker. Check to "CVSC"

2009 CVSC Southern Caribbean Cruise OCTOBER 18 – 25

This price includes port & fuel charges. \$639.00 OUTSIDE ROOM
\$779.00 BALCONY ROOM -- SOLD OUT
We have 70 members from CVSC going on this Cruise.

Bariloche
ARGENTINA

2010 CVSC Turkey – we will be taking deposits for this trip soon. Looking at either first part of June or September 2010.

BAC & Far West Ski Association

HOT NEWS.....

Keystone, Colorado

FWSA 2010 SKI WEEK - Jan. 30th to Feb. 6th, 2010

Pricing & lodging are still in the works

CVSC is taking \$200 per person deposits now. Priority placement will be based on first received deposits.
\$25 is non-refundable from BAC should you cancel.



AIR TRAVEL & LUGGAGE:

Always tag your luggage. The airline will insist upon it. Missing luggage at the end of a flight is a problem on many occasions and is the responsibility of the airline. On many flights, luggage is removed from the plane to meet weight requirements. This is especially true when flying to ski resorts. The combination of smaller planes, weather, altitude, and air temperature all affect a plane's ability to gain lift. Thus luggage is sometimes removed and sent on a later flight.

Do not panic or get upset. Report any missing luggage (you will need to check the bar code of the missing piece) to the airline baggage claim desk. They will handle the problem. Let them know where you are staying (at the beginning of the trip) or your home address (at the end of the trip). When the luggage is located, it will be delivered to you. Usually, it will arrive later that same day or sometimes the following day. Let them know what is missing (skis, boots, clothing, etc.) and that you will not be able to ski without them. The airline should reimburse you for any expenses (rental of equipment and/or clothing that you will incur). And always keep a set of underwear, socks, a basic toilet kit and your prescription medicines in your carry-on. That will get you through the first day of vacation if your luggage is ever lost or delayed

Tucker - CVSC Travel Director & Kathy - Assistant Travel

18351 Standish Ave. Hayward, CA 94541

tkhoffmann@aol.com

CVSC CST # 2081040





FWSA 2010 SKI WEEK

Jan. 30th to Feb. 6th, 2010

HOT NEWS..... Keystone, Colorado

Pricing & lodging is still in the works

Package will include 7 nights lodging and amenity package:

- Registration
- Welcome Party
- 3 Races
- BAC Council Night Party or Dinner
- Mountain Picnic
- Apres Ski Party
- Farewell Awards Banquet with Dancing
- 5 of 7 day Lift Ticket

CVSC is taking \$200 per person deposits now. Priority placement will be based on first received deposits. \$25 is non-refundable from BAC should you cancel.

Make checks out to Castro Valley Ski Club (CVSC) and send to:

Tucker Hoffmann
CVSC Travel Director
18351 Standish Ave.
Hayward, CA 94541
510-278-7660
tkhoffmann@aol.com

CVSC CST # 2081040

Castro Valley Ski Club

presents

2009 Beaver Creek Ski Week



Jan. 31st-Feb. 6th, 2009
\$1035 plus air (around \$300)

Package Includes:

- 6 Nights Lodging DELUXE ski-in ski-out Highlands Condos
- Round Trip transfers from Denver
- 4-Day Lift Ticket
- Porter Fee
- All Taxes
- Daily Maid Service
- CV Party and more.....



The Highlands are luxury Ski-In/Ski-Out Condos - 3 Bedroom / 3 Bath - Fireplace, Kitchen & Balcony - Daily Maid Service - Jacuzzi, Pools, Health Club - Free In-Town Shuttle

Send a \$200 deposit made out to CVSC to:

Pat Green, CVSC Trip Leader
 4695 Cope Ct. Pleasanton, CA 94566
 925-846-7290
greenidm@comcast.net



Cancellation penalties will apply
 must be a member of the Castro Valley Ski Club
 CVSC CST # 2081040



Austrian Alps FWSA Ski Trip

February 27 to March 7, 2009

\$1690 per person*



You will stay at the Elisabethpark four star hotel, which is in the heart of Bad Gastein and an hour drive from Salzburg. The Gasteineralp mountains rise on three sides of the Gastein Valley. Bad Gastein is a charming historic village with a world famous spa. The town has many restaurants and shops for you to peruse. Winter snow blankets more than 125 miles of slopes, drawing all levels of skiers and boarders to the Gastein ski region which is one of Austria's largest.

The Elisabethpark Hotel has a spa, wellness treatment centre, health club, bar/lounge, and indoor swimming pool. They have a large dining room where you will enjoy a breakfast buffet in the morning and a five course dinner at night. Trip cost includes hotel, meals as described, ground transportation to and from hotels and airports, and flights from/to LAX or SFO. Day trips will be announced later.

Upgrade to Deluxe Room : \$100 extra Single Room Supplement: \$235 extra

* Estimated US departure taxes, customs, immigration and fuel charge: \$275

Munich and Prague Extension

\$855 per person* March 7 - March 14, 2009

(Must be taken in conjunction with Basic Ski Week)



Travel by private coach from Bad Gastein to Munich. Spend three nights in Munich at the Four Star Holiday Inn City Centre. Includes half day Munich guided tour. Travel by private coach between Munich and Prague with English speaking guide. Enjoy four nights accommodations in Prague at the Four Star Ametyst Hotel. Includes a half day Prague guided tour. Hospitality desk with English speaking Guide and Breakfast are included at all hotels.

Single Supplement \$475 extra * Estimated fuel charge for extension: \$30

\$200 per participant deposit required to hold a place on the Basic Ski Week and \$200 for the Post Extension. A \$25.00 fee will be charged for all cancellations. Deposits are refundable until November 1, 2008. Make checks out to Far West Ski Association (FWSA). Please include the following with your check: (1) your legal name and address, (2) phone number, and (3) email address. Send to: FWSA International Travel, 901 Sousa Dr., Walnut Creek, CA 94597-2922.

For information contact Norm Azevedo at 925-944-9816, or email: fwsatravel@sbcglobal.net FWSA CST # 2036983-40



WWW.SKIBAC.ORG



PARK CITY
 MOUNTAIN RESORT

**Three Unique Mountains
 One Great Town!**

MARCH 12-17, 2009

\$997.00

including flights

Your Vacation Includes:

- Five nights Hotel Accommodations
 Park City Peaks Hotel - 2 per room
 Daily hot breakfast & cookie man visits
- Four Days Skiing
 1 @ Park City, 1 @ The Canyons & 1 @ Deer Valley -
 You pick the 4th day!!
- Roundtrip airfare San Francisco to Salt Lake City
- Charter Bus - Salt Lake to Park City
- Welcome reception

For More Information

Paula Kinahon
 415-983-7145 day
 510-357-6127 evening
pkinahon@gmail.com

CARIBBEAN CRUISE

OCTOBER 18-25, 2009



Dear Ski Club Cruisers,

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

You have selected a:

Balcony Room - \$749

(price is per person - 2 in a room)

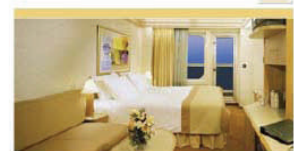
Please review the following deposit and cancellation policy:

Deposits:

\$25 DEPOSIT PER PERSON
 \$100 DUE JULY 1st, 2008
 \$250 DUE APRIL 1st, 2009
 FINAL DUE JULY 1st, 2009

Cruise Cancellation Policy

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



Balcony

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

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



2008/2009 Avid Skiers in Control

President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Vice President	Paula Kinahon	510 357-6127	paula.kinahon@mckesson.com
VP Membership	Karen Wehrman	510-538-2872	kwehrman@comcast.net
VP Weekend Trips	Jim Silva	510-538-2872	kwehrman@comcast.net
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Treasurer	Claudia Fernandes	925-462-6573	Claudia.fernandes@jud.ca.gov
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Trustee	Jim Korn	510-357-6127	jimkorn@sbcglobal.net

WEBSITE: www.cvskiclub.org

Websites/Phone numbers

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

SKIZETTE FOR FEBRUARY, 2009



P.O. Box 20321
Castro Valley, CA 94546

ADDRESS SERVICES REQUESTED

ADDRESS LABEL
HERE

The Next Meeting will be
February 4
DON JOSE'S
MEXICAN RESTAURANT
3430 Village Dr.
Castro Valley
510 538-3290

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



ASPEN & SNOWMASS