



P.O. Box 20321,
Castro Valley, CA 94546

CVSC SkiZette



OCTOBER, 2008
CELEBRATING OUR TWENTY FOURTH YEAR

Special Events:

VOLUNTEER PARTY
Oct. 17

HALLOWEEN PARTY
Oct. 25

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EVENTS CALENDAR

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



VOLUNTEER PARTY—OCT 17



HALLOWEEN PARTY—OCT 25

OCTOBER

- 1 CVSC Meeting at Don Jose's
- 4 Napa Wine Tour
- 8 CVSC Board Meeting at Pat Green's
- 15 CVSC Meeting at Don Jose's
- 17 CVSC Volunteer Party
- 25 CVSC ~~halloween party~~ at the Green's (flyer on page 10)

NOVEMBER

- 5 CVSC Meeting at Don Jose's
- 12 CVSC Board Meeting at The Hoffmann's
- 19 CVSC ANNUAL AUCTION (flyer on page)
Meeting at Don Jose's

DECEMBER

- 3 CVSC General Meeting at Don Jose's
- 10 CVSC Annual Christmas Party
- 17 CVSC Board Christmas Party at the Chase's
- 25 ~~Christmas Day~~
- 31 New Years Eve

UPCOMING

- Dec 10-14 Keystone Nationals (flyer on page 13)
2009
- January 24-31 BAC Ski Week to Big Sky, Montana (f,tt)
- Jan 31-Feb 6 CVSC Ski Trip to Beaver Creek (f,tt)
- Feb 27-Mar 7 FWSA European Ski Week to the Austrian Alps (f,tt)
- Mar 12-17 BAC Ski Trip to Park City (f,tt)
- Aug 20-Sep 7 CVSC Ski & Sightsee Argentina (tt) -trip sold out
- Oct 18-25 CVSC CRUISE to Caribbean on *Carnival Victory* (f,tt)

OCTOBER BIRTHDAYS



Elizabeth Yagle	1	John Fagan	15
Pam Hampton	1	Susan Schmidt	15
Anthony Steiner	2	Sheila McClellen	16
Erika Meinhardt	4	Jim Korn	18
Jay Tyer	5	Cindy Hastings	20
Fred Burrell	8	Nancy Meyer	20
Astra Gabriel	8	Sandy Perez	21
Roland Kutaka	9	Lloyd Chase	24
Tucker Hoffmann	9	Marjory Jong	25
Gene Anderson	10	Dru Burrell	27
Renee Pletcher	10	Steve Adams	28
Raynard Jong	13	Steven Nicholson	30
Cynthia Michael	13	Marleene Schlottman	31

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: 22nd of the month

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

Submit articles to:

Jim Korn, 15447 Heron Drive, San Leandro, CA 94579-2741;

Phone (510) 357-6127, Fax (510) 352-3757,

email: jimkorn@sbcglobal.net

Didn't get your newsletter? - Change of Address? - PLEASE Contact Karen Wehrman, VP Membership at (510)538-2872; email: kwehrman@comcast.net



TRAVEL TABLE - FWSA, BAC, CVSC trips featured

Destination/Sponsor	Dates	Cost	Contact	What
FWSA Ski Week to Big Sky, MT	Jan. 24-31 2009	\$965+air	Linda Hennings (209)538-3590 lindahennings@sbcglobal.net	RT Air, 7-nite lodging, welcome party, pub crawl, racing, mountain picnic, après ski party, awards banquet, 5-day lift ticket.
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 tick., CVSC Party, services
FWSA European Ski Week to the Austrian Alps	Feb 27-Mar 7	\$1690+\$275 Fuel charge	Norm Azevedo 925 944-9816 fwsaitravel@sbcglobal.net	RT Air from LAX/SFO; grnd transp; 9 nite's lodging in 4★ hotel with cont. b'fst+dinner. Munich-Prague ext.: \$855
BAC Ski Trip to Park City, UT	Mar 12-17	\$997	Paula Kinahon (415)983-7145 pkinahon@gmail.com	RT air SFO-Salt Lake City, Charter Bus, Welcome Party, 5 nites lodging, b'fast, 4-day lift ticket
CVSC Ski & Sightsee Argentina	Aug 20-Sep7 2009	\$2750 +air, fuel surcharge	Tucker Hoffmann (510)278-7660 tkhoffmann@aol.com	RT air, all transfers, lodging, daily b'fast, shows, tours.
CVSC Southern Caribbean Cruise	Oct. 18-25 2009	\$639-\$749 +air to Puerto Rico	Tucker Hoffmann (510)278-7660 tkhoffmann@aol.com	NO days at sea!; visit St. Thomas/St. John, Dominica, Barbados, St. Lucia, Antigua, St. Kitts. Includes port charges. Parties!

SOLD OUT

Presidents Message



I hope you are all enjoying the great weather we are having with summer drawn to a close as fall begins. Let's cross our fingers for a great snow season, deep enough to start skiing in about two months.

Once again with the arrival of October, our general meetings are on the first and third Wednesday of the month through April 2009. We had a great turn-out for the September meeting and it was fun to see so many happy faces, some of whom we missed through the off-ski season.

Jacky and Peter Poulsen's Del Valle hike and barbeque lunch may have come and gone by the time you get this news letter. As I write this column it's still six days off and I know it will be another fun packed morning with eager and energized friends from CVSC. Thanks (in advance) to Jacky and Peter for another enjoyable Fall event.

Dave Silva will have Auction donation forms at the next meeting on October 1 and they are also available in this issue of the Skizette. The date is November 19 so you have ample time to come up with some great items to auction off. Auctioneer extraordinair **Tucker Hoffman** will be keeping things lively, working the crowd to bring in the funds used to support club activities and to pay for all

those margaritas we'll enjoy that evening. In the past, auction items have included wine, assorted items in colorful baskets, jams and jellies ala Joleine, Ben's gourmet homemade vinegar, a weekend at a mountain cabin, tickets to a theater production, ski items such as ???, a Delta poker run (Walt's specialty hint, hint), a delectable meal prepared for you at the donor's house or at the home of the high bidder, champagne brunch, tickets for the Wine Train, a moonlight dinner, Warren Miller DVDs, a round of golf, a sightseeing airplane flight, antique sleds and skis, an outing on the Bocce courts, and many others. Use your imagination to create something priceless and unique like a weekend wine tour of Livermore wineries for four in my new purple Smart Car. To see if you really read this, tell me why the above donation can't work?

A word of thanks to **John Houseman** with his donation of a weekend outing to the Byington Winery for 30 people. The location has slipped my mind. **Pat Green** will be coordinating ticket sales with a tentative Spring 09 date to be announced.

Time to get out there and make this a great day for yourself and others. Donate your smile to brighten someone's day. It's one of the greatest freebies you can so simply share.

Ralph

CASTRO VALLEY SKI CLUB LOGO CONTEST

It has been mentioned that our ski club logo could use some updating. Because the time has come to order new items for the Club Store, we would like anyone who has some great ideas for the logo to submit them in the form of a drawing, a sketch, or full-color graphic design to the Board of Directors (shirts, caps, luggage tags, patches, etc.)

We are winding up our LOGO CONTEST and would like to order some new items for our Ski Club Store managed by Dean Michael. (shirts, caps, luggage tags, patches, etc.) So please submit any ideas you have to me by September 15th. You can fax them to me at 510-582-2589 or Email me at jpsilvaconstruction@yahoo.com. We are looking forward to receiving your submissions and rewarding the winner with lavish prizes like two tickets to the annual Christmas

Thank you, in advance, for your input and ideas.

Jim Silva





Consider This...

Greetings. Now that fall is officially here, bells & whistles are firing in my head reminding me to get moving, figuratively & literally, with my pre-ski season fitness regiment. Slacked off some this summer? Not to worry, there's time aplenty to shape up for ski season...

provided of course you start now! Even the worthiest of goals, though, doesn't stand a snowballs chance without a plan. So the plan is to dust off your fitness program & get moving. Need some tips on getting started? Check out SkiZette article 'A Busy Person's Guide to Pre-ski Fitness' by Seattle Times staff reporter Carol Ostrom.

Bay Area Snow Sports Council News

The BAC is sponsoring a trip to **ski Park City, Utah March 12 - 17, 2009**. The trip, an excellent value @ \$997 per person, includes Roundtrip air SFO – SLC, 5 nights lodging at Park City Peaks Hotel with daily hot breakfast buffet, 4 days skiing, ground transportation, and welcome reception. For signup and information, contact Paula Kinahon at @ PKinahon@gmail.com / 415 983-7145 day / 510 357-6127 evening. The Park City trip flyer is included in this SkiZette.

The **FWSA Ski Week @ Big Sky Montana** in January 2009 still has openings. Hennings, BAC Travel Director is leading the trip so contact her directly if you're interested. The trip flyer in this SkiZette has her contact information.

The **BAC Discount Lift Ticket Sales campaign** is underway & the BAC Benefits Director, Sandra Kiyomura, is busily gathering ticket pricing for the various resorts. The ordering form most likely won't be available until mid-October so keep your eyes & ears open for more information in that timeframe. For those who returned tickets last year, please keep in mind that a sales order must be submitted for purchase of new tickets. October 31, 2008 is the deadline for ordering new & repurchased tickets for the upcoming ski season. The order form & information will be distributed electronically and also available at the October 15 club meeting.

I look forward to seeing you at Don Jose's on the first & third Wednesday this month. Meanwhile, I hope you're having fun.

Best regards,

Paula Kinahon
BAC Benefits Director
415 983-7145 (day)
510 357-6147 (evening/weekend)
Paula.kinahon@mckesson.com



CVSC WE CARE ...

Castro Valley Ski Club is an active club with many loyal members. Throughout the year we have a number of social events as a club and travels together on both ski and adventure trips. It was decided over one year ago

that one of the ways we could continue to stay active and vital as a club is to recognize as a club when a member has a health issue or is injured in a ski accident or experiences a death in the family or other traumatic family issues.

Thus the We Care Program was initiated.

While it is a simple act of signing a card we hope it reminds the recipient that they are part of a larger group that cares and thinks about them.

For the past year I have enjoyed being the **WE CARE** person. But this year I am turning over the program to **Marleen Schlottman**.

I welcome Marleen to this position. I hope she enjoys WE CARE as much as I have. I want to thank every one for contacting me and letting me know when we needed to show we cared.

Thank you
Eva Lauphear.

Marleen Schlottman

Boomars32@sbcgkibal.net
is our new We Care Person

RELEASE, WAIVER AND INDEMNITY AGREEMENT

In consideration of my being allowed to participate in CASTRO VALLEY SKI CLUB Events and activities, I HEREBY AGREE AS FOLLOWS:

I HEREBY ASSUME ALL RISKS INVOLVED IN MY PARTICIPATION IN CASTRO VALLEY SKI CLUB EVENTS AND ACTIVITIES.

I HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the Club members, its officers, participants, promoters, sanctioning organization or any subdivision thereof, owners and leasees of the premises used to conduct said events, and each of them, all for the purposes herein referred to as “releasee” from all liability to the undersigned, her/her personal representative, assignees, heirs, and next of kin for any and all loss or damage on account in injury (including death) or property.

I HEREBY AGREE TO INDEMNIFY, SAVE AND HOLD HARMLESS the releasees, and each of them, from any loss, liability, damage or cost they may incur due to the presence of the undersigned in anyway while participating in any event and whether caused by negligence or releasees or otherwise for losses, damage (including attorney’s fee) which may be brought against me or against any of them by anyone claiming to be injured (including death) as a result of any injury caused by me or injury to me or the claimant’s property which may occur as a result of my participation.

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)*

A BUSY PERSON'S GUIDE TO PRE-SKI FITNESS

From an article by Carol M. Olstrom
Seattle Times staff reporter

Exercise to go

"People always say they don't have time," says Rhonda Vowinkel, a personal trainer.

Everything you need to exercise is always there, in Vowinkel's view: stairs, walls, chairs, even pop cans in a hotel room mini-bar. You can exercise on a plane, in a stairwell, in a car. In line at the post office, Vowinkel, a former professional figure skater, pulls shoulders back, points toes ahead, stands tall and tightens her tummy muscles — and breathes — until she's served.

Killer thighs

Dr. Eric Larson, medical director for the Stevens Pass Ski Patrol, has two pieces of advice: If there are stairs, climb them. "Look for every opportunity," he advises. "If you go gradually, you'll become quite fit."

Buy a pedometer. Do a couple of baseline readings, and start increasing. Your goal: 10,000 steps per day.

Breaking a sweat

"I talk to patients all the time about how to incorporate exercise into their lives," says Dr. Kim Harmon, a team physician for the UW. If you haven't exercised regularly, start slowly — one flight of stairs at a time. Or take a 20-minute walk three days a week, gradually adding hills and speed. "Then consider breaking a little sweat."

Always warm up

Target warm-ups to the exercise you'll be doing: If you're going to run, walk first. Go easy for the first 10 minutes, and concentrate on your core body. Ideally, Harmon says, you should allow six weeks to get in shape for skiing or snowboarding.

Balance

You can use a balance board or an exercise ball. Or, just practice putting yourself off balance and "sticking" to the spot when your foot lands. "You're teaching your muscles how to work, how to balance themselves." Then, when your ski starts to slide, "your muscles know what to do to engage and maintain control of your leg."

Harmon suggests one-legged squats for balance. Or standing on one foot with your eyes closed. Too easy? Stand on a cushion.

Core

The biggest part of your body — your "core," as trainers now refer to the middle section — works hard during most sports.

Do sit-ups while watching TV. Abdominals stabilize everything in the middle, so work those puppies!

Thighs

Thighs do a lot of work when you're skiing or snowboarding. Strengthening them also helps your knees. Squats, lunges, working out on a stair-climber, walking hills — all help you get "thighs of steel."

Harmon likes wall sits: Stand, back against a wall, slide to chair-sitting position (but not so low your knees hurt) and hold. Time yourself. How long until your legs shake?

That's baseline; increase each week by five seconds, she suggests.

Balance

Harmon also likes plyometric exercise, which involves jumping. Jumping rope, hopping, lunges and jump squats all qualify. But be careful, because they're injury-producing, too.

Put a piece of rope on the ground and jump across it, Harmon suggests.

When you get more confident, jump over something bigger. Experts say plyometric exercises force muscles to contract rapidly from a full stretch position, their weakest point. By conditioning this way, muscles can better respond to the stresses of the slopes. Start on a surface that won't damage your feet when you land, and start slowly so you don't twist an ankle.

Seniors

As one gets older, muscle strength in the lower extremities and balance are especially important, and particularly for a sport like skiing, snowboarding or cross country skiing, muscle strength is just about everything. If you're alone in a room, face a wall, put your hands on it and start walking backwards to stretch hamstrings. Lunges, with the back heel down, will stretch the backs of your legs.

Know your limits

All these fitness gurus know this is harder to do than say. After all, how do you know you can't ski double black diamonds until you try? Ideally, says Larson, a program of conditioning will give you some hints about your limits. Getting in shape for what you're going to do makes it much more likely you'll have fun — not injuries.



Join the Sitzmark Cabin this Year: It's a Good Deal for Skiing!

We are once again planning to lease the "Sitzmark cabin" in Tahoe Donner area near Truckee. For those of you who are not familiar with this cabin, it has six sleeping rooms, extensive kitchen and dining facilities, and a large common area with TV and computer access. A lease is not yet in hand; we are waiting for the cabin owner to inform us of his dates for occupying the cabin in March. When that is settled we will send out a cabin package to previous members and advertise the cabin at club meetings, as well as posting the info on the website cvsc.org. If you want to know more now, contact Lloyd Chase at skisail-loyd@comcast.net, or telephone (925) 447-3659. We have established the rate schedule for the coming year. For the first time in three years, we are modestly increasing membership and nightly costs to reflect increases in rent and utilities and maintenance costs. The rate schedule is as follows:

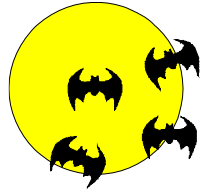
Family membership	\$275/year
Single membership	\$225/year
<u>Nightly fees per person:</u>	
weekdays/nonholidays	\$20/night
weekends/holidays	\$25/night
children under 5 (sharing room)	no charge
children 6 – 12 (sharing room)	\$5/night
guests	\$50/night

When you think about lodging in the Tahoe area, these rates are a bargain! Most hotels/motels are charging \$150 - \$200 and more per night for a room with no kitchen or dining facilities. The cabin also offers socialization with other club members in a pleasant and convenient environment for après ski parties, potluck dinners, and sharing of DVD movies and other group activities.

It is one of the best bargains for ski lodging in the Tahoe area!



**COME AND HAVE FUN AT
THE
CVSC
HALLOWEEN
PARTY**



*SATURDAY, OCTOBER 25TH
7 PM*

At
Dan & Pat Green's*

\$5.00/person

**GET YOUR FAVORITE COSTUME
OUT!**

Prize for the Best One !!

BYOB and an appetizer to share

*4655 Cope Ct.,
Pleasanton
925 846-7250

Same location as the JULY BBQ





CASTRO VALLEY SKI CLUB

Annual Auction 2008

Our Annual Ski Club Auction Fund-Raiser is a must not miss event, so mark your calendar as this years auction will be held Wednesday, November 19th with FREE margarita happy hour starting at 6:30 PM and AUCTION to follow at 7:30 at DON JOSE'S MEXICAN RESTAURANT IN CASTRO VALLEY.

COME JOIN THE FUN, BRING A FRIEND, AND DON'T FORGET TO BRING YOUR CHECKBOOK, as you will want to BID on all the wonderful items that have been donated for this event. Remember as you push to be the high bidder that all proceeds from the auction go to help subsidizes and fund our club events throughout the year.

Each year we are continually amazed with all the wonderful items, events, and services donated and pleasantly surprised with the hoopla and terrific results from the bidding frenzy.

As you are marking your calendar to attend this year's auction you will also want to start thinking of ITEMS, EVENTS, AND/OR SERVICES, which you would like to DONATE. Just fill out an AUCTION FORM below and return it to DAVE SILVA AS SOON AS POSSIBLE...

CVSC ANNUAL AUCTION FUND-RAISER

WEDNESDAY, NOVEMBER 19, 2008 / TIME: 7:30 PM

DON JOSE'S MEXICAN RESTAURANT

FILL OUT THE AUCTION FORM BELOW AND RETURN IT VIA EMAIL, FAX, OR MAIL

TO: DAVE SILVA, EMAIL: silvadave@yahoo.com, Fax: 510-538-0922,

MAIL: 1883 Strobridge Avenue, Castro Valley, CA 94546

AUCTION FORM

Donated By: _____ Phone: _____

Email: _____ Estimated Value: _____

DESCRIPTION OF Item to be Auctioned:

Thank you for your donation !!



2008 CVSC INDIA & NEPAL TRIP - OCT 20TH - NOV 3RD

We are off to India & Nepal in a few weeks with 32 members. This will be an exciting trip! We will have your airline tixs, information packets and trip guide ready for pick up the Oct. 1st meeting.

- Taj MahalElephant-back ride to Amber Fort..... Boat ride at dawn on the Ganges

2009 CVSC Beaver Creek Trip - Jan. 31 - Feb. 6th

Pat Green - greendm@comcast.net- will be the trip leader for this Castro Valley trip. We have reserved space for 42 members. The trip is sold out but send an e-mail to Pat to be put on the waiting list.

**2009 CVSC Ski & Sightsee in Argentina, South America Aug 21st - Sept 2nd \$2750
Bariloche, Iguazu Falls & Buenos Aires**

Trip is **SOLD OUT** at 52 members - to be put on the wait list send a \$200 check to Tucker. Your check will not be cashed until you have a spot and have been notified. Check to "CVSC"

Confirmation Package has been e-mailed. If you are signed up for this trip you should have received it by now.

Round trip flight LAX on LAN: All transfers

Bariloche

- 5 nights lodging in Bariloche on the Lake
- Daily buffet breakfast plus 2 dinners and 2 Cocktail Parties
- Ski bus from hotel to Cerro Cathedral ski resort

Buenos Aires

- Three Nights Lodging in Buenos Aires
- Daily Breakfast
- 1/2 day City Tour
- Dinner & Tango show

Iguazu Falls

- 3 nights lodging at the 4* Sheraton Hotel next to the Iguazu Falls
- Daily buffet breakfast
- Argentine Iguazu Falls Tour



2009 Southern Caribbean Cruise OCTOBER 18 - 25

This price includes port & fuel charges. \$639.00 OUTSIDE ROOM (2) \$779.00 BALCONY ROOM (2)

WOW.....As of right now we have 73 members from CVSC going on this Cruise. We will be starting to work on group air this month, going in the day before to San Juan and spending the night before we board the cruise ship. I'll be sending out more info in the next week.

BAC & Far West Ski Association

January 24-31, 2009 - FWSA Ski Week will be held in Big Sky Resort, Montana

contact Linda Hennings, BAC Travel Director lindahennings@sbcglobal.net or Paula Kinahon PKinahon@gmail.com,

March 12-17, 2009 - BAC Ski Park City, UTAH Cost: \$997 pp

Contact: Paula Kinahon, 510 357-6127, PKinahon@gmail.com,

What: RT Air, 5-nites lodging, welcome party, 4-day lift ticket, daily breakfast

Tucker - CVSC Travel Director & Kathy - Assistant Travel

18351 Standish Ave. Hayward, CA 94541

tkhoffmann@aol.com

CVSC CST # 2081040



PARK CITYSM

MOUNTAIN RESORT

**Three Unique Mountains
One Great Town!**

MARCH 12-17, 2009

\$997.00

including flights

Your Vacation Includes:

- **Five nights Hotel Accomodations**
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

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

4655 Cope Ct. Pleasanton CA 94566

925-846-7250

greenm@comcast.net



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



KeystoneNationals



4th Annual Keystone National Races
12/10/2008 to 12/14/2008

Lodging Options: 4 Nights Lodging Priced at two people per bedroom or hotel room

Inn at Keystone Hotel- Hotel Room(2ppl) \$252.00 per person
River Run- One Bedroom (2ppl) \$399.00 per person
River Run- Two Bedroom, 2 Bath (4ppl) \$271.00 per person
Soda Ridge/Forest Condos- One Bedroom (2ppl)\$290.00 per person
Soda Ridge/Forest Condos- Two Bedroom, 2 Bath (4ppl)\$195.00 per person
Soda Ridge/Forest Condos- Three Bedroom (6ppl)\$190.00 per person
Ground Transfers: Roundtrip from Denver Airport to Lodging in Keystone, 5-7 Passenger Van \$1040.00 per charter
12 Passenger Van \$1160.00 per charter
15 Passenger Van \$1265.00 per charter
42 Passenger Coach \$1587.00 per charter
52 Passenger Coach \$1799.00 per charter
3 Day Lift Ticket**08/09 rates not released yet- UNCONFIRMED** \$135.00 per person
Air- call for availability and rates
TO BOOK Your Trip Contact Ryan Jordi ryan@ski.com 1-866-665-1041

Trip Insurance if accepted. For questions, please call a representative at the 24-hour help desk at 1-866-204-7287. Use product ID # 001000012. Trip Insurance costs is 7% of per person package price.

All prices include taxes unless otherwise stated. The prices reflected in this proposal are based upon payment by check. However, Ski.com can offer the convenience of payment by credit card for an additional 3%. A signed credit card authorization is required.

2008 Keystone National Races www.keystonenationals.com
Register to RACE: email Keystonenationals@sbcglobal.net
Racing & Party (banquet, après party, racing, awards) \$175.00 per person
12/11 Qualifier Race
12/12 Giant Slalom Race

- 12/13 Slalom Race, Banquet
1. Only National Recreational Championship Ski Race.
 2. Eleven skill race classes each competitor can be placed in.
 3. Three age groups, 17 and under, 18-49, and 50 and above.
 4. Authorized by the National Ski Council Federation.
 5. Race with skiers of similar ability, sex, and age.
 6. Great early season skiing and competition.
 7. Fun après ski parties.
 8. Opportunity to ski additional days at other Vail Resort Ski Areas
 9. Includes two race runs on each of three days.
 10. Also qualifies as NASTAR races.
 11. Any level skier or racer has an opportunity to win their class.
 12. A great way to meet skiers and racers from all over the country.
 13. Bring a team from your Ski Council and compete for the Keystone Council Cup.
 14. Includes fun filled Awards Banquet on final evening.

Go to
www.keystonenationals.com
for registration information and forms

Contact
Ryan Jordi at
ryan@ski.com
1-866-665-1041
To book lodging

For More info
Call Nancy at (775)338-3438
Email: keystonenationals@sbcglobal.net
Website: www.keystonenationals.com



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: fwsaitravel@sbcglobal.net FWSA CST # 2036983-40



FAR WEST SKI ASSOCIATION 2009 SKI WEEK BIG SKY January 24 - 31, 2009

Average Price \$965

*Price does NOT include air or ground transportation.
Prices vary depending on lodging selection.

Price includes 7 nights lodging (double occupancy) and the FWSA amenity package.
(FWSA amenities packages will NOT be sold separately)

The FWSA amenity package includes:

- Registration
- Welcome Party
- Pub Crawl
- 3 Races
- Mountain Picnic
- Après Ski Party
- Farewell Awards Banquet
- 5 day Lift Ticket

Bay Area Snow Sports Council (BAC) is accepting \$200 per participant deposits. Deposits are fully refundable until July 1, 2008. Make checks payable to BAC with FWSA Big Sky noted in the "for" space. Please include the following with your check: (1) your legal name and address, (2) phone numbers, and (3) e-mail address. Send to: BAC Travel, 1908 Columbar Way, Modesto, CA 95351. For information contact Linda Hennings at 209-538-3590 (evenings), or email: lindahennings@sbcglobal.net

Must be a Member of Far West Ski Association CST # 2036983-40

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 1st, 2008 \$25 PENALTY PER PERSON
AFTER OCT. 1st, 2008 \$100 PENALTY PER PERSON
AFTER JULY 1st, 2009 \$350 PENALTY PER PERSON
AFTER SEPT. 1st, 2009 \$500 PENALTY WITH PORT CHARGES
AFTER OCT 1st, 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.



2007/2008 Avid Skiers in Control

President	Ralph Sherman	925 449-7941	shermscape47@yahoo.com
Vice President	Paula Kinahon	510 357-6127	PKinahon@Gmail.com
VP Membership	Karen Wehrman	510 538-2872	kwehrman@comcast.net
VP Weekend Trips	Jim Silva	510 538-2872	kwehrman@comcast.net
VP Sitzmark Cabin	Lloyd Chase	925 447-3659	skisailloyd@comcast.net
Reservation Manager	Erlyn Lucas	925 922-6119	erlynlucas@yahoo.com
Secretary	Eva Lanphear	510 793-3863	ejlanphe@pacbell.net
Treasurer	Claudia Fernandes	925 462-6573	claudia.fernandes@jud.ca.gov
Newsletter Editor	Jim Korn	510 357-6127	jimkorn@sbcglobal.net
Web Manager	Rindie Chase	925 447-3659	clarinett@comcast.net
Race Director	Dave Cunningham	925 455-1333	tahoeskier@mail.com
Activity Director	Pat Green	925 846-7250	greendm@comcast.net
Travel Director	Tucker Hoffmann	510 278-7660	tkhoffmann@aol.com
Past President	Walt Johnson	510 881-8201	granite53@aol.com
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WEBSITE: www.cvskiclub.org

BAC

Web Site: www.skibac.org

Singles League Racing:

<http://slracing.tripod.com/schedule.htm>

Open League Racing: www.olrc.org

Far West Ski Association: www.fwsa.org

Websites/Phone Numbers

Far West Racing Ass'n: www.fwra.com

Web Cams on the Slopes: www.magnifeye.com

Road Conditions: 1-800-427-7623

Weather: www.nws.mbay.net/home.html

SKIZETTE for OCTOBER, 2008



P.O. Box 20321

Castro Valley, CA 94546

stamp

ADDRESS SERVICES REQUESTED

ADDRESS LABEL
HERE

The Next Meeting will be

October 1st, 2008

At

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