



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

October, 2010



EVENTS CALENDAR

(f) = flyer in this issue

Inside this issue:

Company Store	2
Pres Mssg/Word from VP	3
Membership	4
CVSC Membership app/Waiver	5-6
Travel Update	7-8
Make a Difference Day	9
Ski Workout	10-12
CVSC Halloween Party	13
CVSC Annual Auction	14
CVSC Holiday Dinner Meeting	15
FWSA Ski Week at Sun Valley, ID	16
CVSC Danube River Cruise	17
Avid Skiers in Control	Back page

OCTOBER

- 10/6 CVSC general meeting at Don Jose's
- 10/19 CVSC board meeting at Pat's
- 10/20 CVSC general meeting at Don Jose's
- 10/23 Make a Difference Day (f)
- 10/30 Halloween Party (Pat & Dan Green) (f)

NOVEMBER

- 11/3 CVSC general meeting at Don Jose's
- 11/10 CVSC board meeting at Claudia's
- 11/17 CVSC general meeting at Don Jose's ***ANNUAL AUCTION***

DECEMBER

- 12/1 CVSC general meeting at Don Jose's
- 12/8 CVSC Holiday Dinner Meeting at Sequoyah Country Club (f)
- 12/15 CVSC general meeting at Don Jose's

UPCOMING

- 2011:
 - Date TBD Green River (Utah) rafting trip
 - 1/22-29 FWSA Ski Week Sun Valley, ID (f)
 - 4/29-5/13 13 day Danube River Cruise (f)
- 2012:
 - Date TBD Australia & New Zealand trip (non-skiing)



Visit our Website at www.cvskiclub.org

Castro Valley Ski Club Newsletter

The Company Store

The following Castro Valley Ski Club promotional items, with logo, are available to members :

Black Ball Caps \$10
Gold Key Rings \$5
Logo Luggage Tags \$1.50; 4/\$5
Logo Fanny Packs \$20
Club Patches \$1
Club ski pole flags \$5

SEE DEAN OR JOLENE MICHAEL TO PURCHASE ANY OF THESE GREAT ITEMS
510-632-9353; deanfromoak@sbcglobal.net
or jolenemichael@yahoo.com

SkiZette Policy NEWSLETTER

DEADLINE: last week of the month
Articles submitted by this date will be included in the following month's newsletter - space permitting.

Submit articles to:

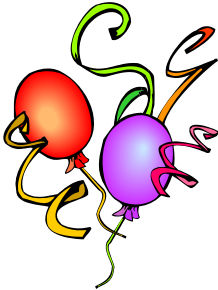
Dennie Warren, Editor

email: dennieluuu@comcast.net



*Didn't get your newsletter? - Change of Address? -
PLEASE Contact Paula Kinahon, VP Membership*
email: paula.kinahon@mckesson.com

OCTOBER BIRTHDAYS



Steve Tracy	1
Pam Hampton	1
Elizabeth Yagle	1
Anthony Steiner	2
Erika Meinhardt	4
Jay Tyer	5
Astra Gabriel	8
Tucker Hoffmann	9
Ray Jong	13
John Fagan	15
Sherry Prickett	16
Sheila McClellan	16
Jim Korn	18
Cindy Hastings	20
Sandy Perez	21
Lloyd Chase	24
Cecil Johnson	25
Marjory Jong	25
Stephen Adams	28
Steven Nicholson	30
Marleen Schlottman	31



Castro Valley Ski Club Newsletter

President's Message

Hi All,

Oh, those leaves are turning colors and falling to the ground!! Yes, Autumn is here, the kids are back in school, and we all know what is just around the corner. Actually, for many of our lucky members that would be their departure for Turkey later this month. We wish all the travelers a great journey. And, this is further evidence that every season has its blessings when you are a member of Castro Valley Ski Club.



Karen Wehrman
President

Thanks to so many wonderful volunteers, this summer has been a busy and fun one - with lots of social activities making it easy to keep in touch with other members.

We will be back to two meetings a month in October - the first being October 6 at Don Jose's. I hope to see you there if you are not in Turkey!

Dan and Pat Green are hosting the Halloween party again this year - and this party is always great fun. So get your scariest/silliest/cutest/craziest costume together and join in the fun. Thank you Dan and Pat for hosting this great event.

Our second meeting in October will be on the 20th and we'll be able to hear about all the adventures that were to be had in Turkey from our returning travelers. So, come on down to Don Jose's and find out what happened in Turkey - hopefully what happened in Turkey won't stay in Turkey!

This year Dave Silva will again be chairing the annual auction on November 17, so please start thinking of what your auction items might be. Hosting a dinner, week-ends at your mountain or seaside home, or other interesting items that the members might like to bid on. This meeting is always lively, fun, and well-attended. I hope to see you there with your checkbook. This is the club's one fund-raiser of the year, and 25% of the proceeds go to support Disabled Sports USA, so join the fun and help support a great cause.

I'll see you soon at one of these fun events,

Karen

A Word from our V.P.

I have mentioned some of the events planned by the BAC at meetings, and I've found that this is less than satisfactory. It's too wordy to give out all the needed details, and of course this misses the bulk of the club that isn't attending that night. So I plan, and I am just learning my job here, to give you a link to the monthly BAC newsletter. This is even better than attaching it, as it simplifies Dennie's task and lightens the email bulk. So here it is, the September BAC newsletter link: www.skibac.org/archives/BACnewsletter_currentmonth.pdf



Ron White
Vice President

By the looks of it, this link will work in the future too for the "current month". I will continue to point out particular events that may hold a lot of appeal, and that don't conflict with our other activities.

It was unfortunate that the "Summer Fest" we planned in the club was cancelled, with too few signups. There was a lot going on in the club that was competing. I understand that Ralph Sherman and Anne Wilburn are working on a variant of that event that may hold broader appeal, and take place at a time when members are looking for something. Let's wish them luck.

I don't have much information yet on discounted lift tickets. I'll pass it along when I do.

Yours,

Ron

Membership Matters
By Paula Kinahon



Paula Kinahon
Membership

Take a moment right here, right now to complete your membership renewal. It's a snap –
Fill out the Castro Valley Ski Club Membership Application
Sign the Release, Waiver and Indemnity Agreement (people often forget to do this)
Write a check*
Mail or hand deliver aforementioned to:

Paula Kinahon
V.P. Membership, CVSC
15447 Heron Drive
San Leandro, CA 94579

While considering what to write about, I came to the realization that membership in Castro Valley Ski Club is a fabulous bargain. And who amongst us doesn't love that. The CVSC annual membership fee* -- \$35 for early birds, \$50 for everyone else – is a mere pittance. Being a member of CVSC opens the door to a plethora of snow sports, social, and travel opportunities throughout the year. Club sponsored events for certain but also events and programs made available through far reaching organizations like Bay Area Snow Sports Council (BAC), Far West Ski Association (FWSA), and beyond.

***Annual Dues Renewing Members:**

- \$35 primary member - paid by Oct. 31 (Early bird rate)
- \$50 primary member – paid Nov. 1 or after
- \$15 each additional family member - paid by Oct. 31 (Early bird rate)
- \$25 each additional family member - paid Nov. 1 or after

Until next time, I leave you with these thoughts...

*When one door of happiness closes, another opens,
But often we look so long at the closed door that we do not
See the one that has been opened for us.*
— Helen Keller

Paula Kinahon
V.P. Membership
Castro Valley Ski Club
510 357-6127
PKinahon@Gmail.com



CASTRO VALLEY SKI CLUB / Membership Application

cvskiclub.org

October 1, 2010 thru September 30, 2011

Please Print Information Legibly

Member Name: _____ Birthdate: _____

Family Members in Same Household: _____ Relationship: _____ Date of Birth: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work / Cell Phone: _____

E-mail Address: _____

Emergency Contact: _____ Phone: _____

Address: _____

Annual Dues Renewing Members:

\$35 primary member - paid by Oct. 31

\$50 primary member - paid Nov. 1 or after

\$15 each additional family member - paid by Oct. 31

\$25 each additional family member - paid Nov. 1 or after

New Members:

\$35 primary member / \$15.00 each additional family member

New members joining after July 1st, membership is valid through Sept. 30th of the following year)

Amount Paid: \$ _____

Skiing ability: Novice _____ Intermediate _____ Advanced _____

Would you be interested in joining our ski race team? Yes _____ No _____

In what area would you be most likely to volunteer?

Phone committee _____ Activities _____ Chair event _____ Other _____

New Member: How or from whom did you hear about CVSC? _____

Renewing member: When did you first join CVSC? Month _____ Year _____

**YOU MUST READ AND SIGN THE RISK AGREEMENT ON THE REVERSE SIDE,
OR YOUR APPLICATION CANNOT BE ACCEPTED!**

Please send the application and applicable fees to: Paula Kinahon V.P. Membership
15447 Heron Drive, San Leandro, CA 94579 / 510 357-6127 / PKinahon@Gmail.com

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/his personal representative, assignees, heirs, and next of kin for any and all loss or damage on account in injury (including death) or property.

I HEREBY AGREE TO INDEMNIFY, DEFEND, SAVE AND HOLD THE RELEASEES, AND EACH OF THEM, HARMLESS from and against any and all claims, losses, damages, liabilities and fees (including attorney's fees), damage to personal property, personal injury or death that any of them may incur as a result of, or relating to my participation at any event, and whether caused by the negligence of releasees or otherwise, and whether such claims, losses, damages, liabilities and fees (including attorney's fees) including any personal injury or death are brought against me or any of the releasees.

EACH OF THE UNDERSIGNED FURTHER EXPRESSLY AGREES that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by law in the State/Province in which the event is conducted and that if any portion thereof is held invalid it is agreed that the balance shall continue in full force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THIS RELEASE, WAIVER AND INDEMNITY AGREEMENT and further agrees no oral representations or inducements apart from the foregoing have been made.

I HAVE READ THIS RELEASE (ALL APPLICANTS MUST SIGN)

Parents or guardian must sign for those under 18 year of age.

(signature)

(date)

(signature)

(date)

(signature)

(date)

Castro Valley Ski Club

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



WHAT'S ON THE AGENDA.....

2010 CVSC Turkey Trip - We are getting ready to leave on the Turkey Trip on Sept. 29th with 40 members. So.....who's going?

Tucker Hoffmann

Kathy Hoffmann

Gisele Ferras

Dennis Sorensen

Cynthia Hillman

Wayne Stolfus

John Houseman

Pam Quinn

Ken Calkins

Lynnell Calkins

Steve Nicholson

Pam Nicholson

Booth Myers

Barbara Myers

Dennie Warren

Rich Warren

Terry Walton

Deborah Weller-Walton

Tom White

Suzanne White

Sandy Kiyomur

Arnold Jang

Karen Kimball

Claudia Fernandes

Sheron Bealer

Debbie Scalon

Christine Noutsios

Jane Fontius

Dean Schlax

Dave Silva

Connie Wolzinger

Sandy Beecher

Shirley Thompson

Carla Kramer

Elsa Wholey

Inge Terpening

Jim Spaustat

Lynda Nestlebusch

Pam Hampton



Cappadocian cave houses.

BAC & Far West Ski Association



FWSA 2011 SKI WEEK

Jan. 22nd - 29th, 2011

Sun Valley, Idaho

pricing does not include air or transfers



Sun Valley Lodge (hotel rooms)	\$1325
Sun Valley Lodge Deluxe Apartments	
2 bedroom/2 bath condos (king/2 twins)	\$1225
3 bedroom/3 bath condos(king/queen/2 twins) upon availability	\$1150

Pat Green is the trip leader. Make sure you let her know what lodging you prefer, hotel room or condo and roommate preferences. - greendm@comcast.net

If you are interested in this trip you need to get in touch with PAT right away.

CVSC Danube River Cruise - includes Transylvania/Dracula's Castle extension
April 29 - May 13th, 2011

Vienna to Bucharest - Seven Countries
Austria, Slovakia, Hungary, Croatia, Serbia, Romania & Bulgaria

We have 60 people signed up so far. If you want to sign up send \$1800 (deposit & 2nd payment) in to us right away. We still may be able to get you on but time is running short.

Air from either SFO or LAX

PRICING: includes extension & port charges of \$168

Cat. C cabins - lower deck (rear) - \$3990

Cat. B cabins - lower deck - \$4190 **1 left**

Cat. A cabins - upper deck - \$4290 **SOLD OUT**

MS Kleine Prinz

Value World River Cruises



We have several trips on the horizon. If you are interested in either of these you need to e-mail us to get on the interest list.

2012 - New Zealand & Australia - sight seeing trip, not a ski trip. We will probably go in November.

South Africa and Cape Town - date to be determined depending on amount of interest.



Yes, we are still looking into the Amazon down the road

Tucker - CVSC Travel Director & Kathy
2657 Rivers Bend Circle, Livermore CA 94550
925-371-1910
tkhoffmann@aol.com



CVSC CST # 2081040

CASTRO VALLEY SKI CLUB JOINS
NATIONAL MAKE A DIFFERENCE DAY

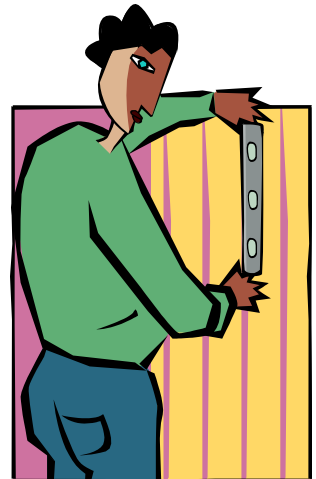
SATURDAY, OCTOBER 23, 2010
9:00 AM TO NOON

We need several teams of two or three members. Each team will visit 2 or 3 homes. On this day, people all over the country will be helping those with special needs. Please join in with your ski club friends and be a part of this community service. It is bound to give you a warm, fuzzy feeling that you have gotten back more than you have given. Someday in the future some of us will have a need to be helped in this manner.

We are shooting for 18 to 20 who want to make a difference in the lives of others, members who are willing to sacrifice their Saturday morning for a great cause. Some day as senior citizens we may all have needs that are impossible for us to do. Now is an opportunity to experience on the other end, what might be a part of our future.

Please let Ralph Sherman (shermscape47@aol.com or 925-449-7941) know of your interest no later than our 1st club meeting, Oct. 6.

Items needed: drills, screwdrivers, step ladders



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 non-consecutive 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



COME AND HAVE FUN AT THE

CVSC



HALLOWEEN

PARTY

SATURDAY, OCTOBER 30TH

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**





CASTRO VALLEY SKI CLUB Annual Auction 2010

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 17th** 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 proceeds from the auction go to help subsidize and fund our club events throughout the year. In addition, 25% of proceeds are earmarked to go to DSUSA (Disabled Sports).

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 17, 2010 / 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 Strobbridge Avenue, Castro Valley, CA 94546

AUCTION FORM

Donated By: _____ **Phone:** _____

Email: _____ **Estimated Value:** _____

DESCRIPTION OF Item to be Auctioned:

~~Thanks for your donation!~~

Come and Enjoy a

Holiday Dinner Meeting

Of the

Castro Valley Ski club

At

Sequoiah Country Club

4550 Heafey Road

Oakland, California 94605

WEDNESDAY, December 8, 2010

Business Casual or Better (no jeans!)

No Host Cocktails 6:00 - 7:00

Dinner/Meeting 7:00

CVSC Members: \$39 (chicken or salmon), non-members \$49

Send Check payable to CVSC to:

Pat Green, 4655 Cope Ct.,

Pleasanton, CA 94566

(925)846-7250

YES! I want to attend the CVSC Christmas Party!

Name (s) _____

Phone # _____ ***email*** _____

No. of Salmon Dinners @ \$39 _____ ***total \$*** _____

No. of Chicken Dinners @ \$39 _____ ***total \$*** _____

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

Send Check payable to CVSC to:

Pat Green, 4655 Cope Ct.,

Pleasanton, CA 94566



FWSA 2011 SKI WEEK

Jan. 22nd - 29th, 2011



Sun Valley, Idaho

\$1150-\$1325

does not include air or transfers

Sun Valley Lodge	\$1325
Sun Valley Lodge Deluxe Apartments	
2 bedroom/2 bath condos (king/2 twins)	\$1225
3 bedroom/3 bath condos (king/queen/2 twins) upon availability	\$1150

<http://www.sunvalley.com/SVLodging/info/svl.aspx>

Package will include 7 nights lodging and amenity package:

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



Cancellation policy and payment schedule will be sent to you within the next few weeks.

CVSC is taking \$200 per person deposits now

Priority placement will be based on first received deposits.

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

Pat Green, CVSC SV Trip Leader
4655 Cope Court, Pleasanton CA 94566

925-846-7250 greenm@comcast.net

CVSC CST # 2081040



CVSC DANUBE RIVER CRUISE

April 29 - May 13th, 2011

10 night cruise plus 2 nights in Brasov, a medieval resort town set high in the scenic Carpathian Mountains with tour of Dracula's Castle & last night in Bucharest

Pricing from \$4000 p.p. depending on cabin choice

Vienna to Bucharest - Seven Countries
Austria, Slovakia, Hungary, Croatia, Serbia, Romania & Bulgaria

PRICING:

Cat. C cabins - lower deck near rear - \$4000
Cat. B cabins - lower deck - \$4200
Cat. A cabins - upper deck - \$4350

INCLUDES:

- ❖ Round trip airfare from SFO or LAX
- ❖ Airline fuel surcharge
- ❖ 10-night Riverboat Cruise - stopping each day
- ❖ Port Charges (\$168)
- ❖ Breakfast, Lunch & Dinner on Cruise ship
- ❖ sightseeing tours and shore excursions all included
- ❖ English-speaking cruise director and tour guides throughout
- ❖ 2 nights with breakfast & dinner & a visit to the magnificent Peles (Dracula's) Castle
- ❖ 1 night in a Bucharest hotel

Not included:

- ❖ airport taxes - \$145 (subject to change)
- ❖ Tips



\$300 non-refundable deposit due now
send to:

Tucker Hoffmann - CVSC Travel Director
2657 Rivers Bend Circle, Livermore CA. 94550
tkhoffmann@aol.com

CVSC CST # 2081040



2010/2011 Avid Skiers in Control

President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
Vice President	Ron White	925-443-3106	ronkewwhite@gmail.com
VP Membership	Paula Kinahon	510-357-6127	pkinahon@gmail.com
VP Weekend Trips	Jim Silva	510-538-2872	kwehrman@comcast.net
Secretary	Eva Lanphear	510-793-3863	ejlanphe@pacbell.net
Treasurer	Claudia Fernandes	925-462-6573	Claudia.fernandes@jud.ca.gov
Newsletter Editor	Dennie Warren	510 759-3415	dennieluuu@comcast.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	925-371-1910	tkhoffmann@aol.com
Past President	Ralph Sherman	925-449-7941	shermscape47@yahoo.com
Trustee	Kathy Hoffman	925-371-1910	tkhoffmann@aol.com
Trustee	Jim Korn	510-357-6127	jimkorn@sbcglobal.net

WEBSITE: www.cvskiclub.org

Websites/Phone numbers

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

SKIZETTE FOR OCTOBER, 2010



The next meeting will be
October 6

Don Jose's Restaurant
3430 Village Dr
Castro Valley, CA
(meetings start at 7:30 pm)

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



ASPEN & SNOWMASS