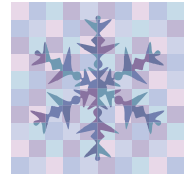




Castro Valley, CA 94546  
www.cvskiclub.org

# CVSC SkiZette

January, 2016



## EVENTS CALENDAR

(f) = flyer in this issue

### Inside this issue:

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### JANUARY, 2016

- 13 CVSC board meeting at Anne's
- 20 CVSC general meeting at Don Jose's
- 30-2/6 FWSA/CVSC Ski Week Telluride, CO (f) pg10

### FEBRUARY

- 10 CVSC board meeting at (TBD)
- 17 CVSC general meeting at Don Jose's
- 27-3/4 BAC Mini Ski Week Sun Peaks, BC (f) pg9

### MARCH

- 9 CVSC board meeting at (TBD)
- 10-15 BAC Ski Trip to Park City, UT
- 16 CVSC general meeting at Don Jose's

### UPCOMING

- 10/2-12 CVSC Fall Foliage Cruise (f) pg13

### BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: [skibac.org](http://skibac.org)

Far West Ski Assoc: [fwsa.org](http://fwsa.org)

### JANUARY BIRTHDAYS

Dean Schlax	4	Sheron Bealer	18
Richard Warren	7	Ron Zelizer	19
Connie Wolzinger	8	Cheryl Niese	20
Robert Petersman	8	David Towar	22
Carol Wulff	9	Barbara Johnson	23
Shirley Thompson	10	Deborah Walton	24
Peggy Valley	11	Jan Tadevich	29
Linda Melliush	13	Suzanne White	29
David Silva	14	Carol Jensen-Latta	30
Jenny Miedema	17		



Visit our Website at [www.cvskiclub.org](http://www.cvskiclub.org)

## **SkiZette Policy** **NEWSLETTER**

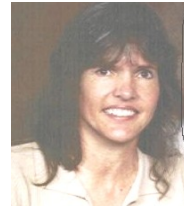
### **DEADLINE: 1st of the month**

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

Submit articles to:

Dennie Warren, Editor

email: dennieluuu1@att.net



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

## **See INFO below from (Formerly) Disabled Sports USA Far West**

***We are excited to begin this winter season with a new, more empowering name:***



**AchieveTahoe**

Founded in 1967 and known as Disabled Sports USA Far West since 1998, we have a rich history and a proven track record of success. In fact, we became well known throughout the country for our groundbreaking work and were instrumental in establishing Disabled Sports USA, which is now a thriving national organization with over 120 active chapters. Achieve Tahoe will continue to be a chapter of Disabled Sports USA.

“We are proud to be the founding chapter of Disabled Sports USA; however, there has always been name and brand confusion between our local chapter and our esteemed national organization” said Haakon Lang-Ree, Executive Director of Achieve Tahoe. “It was also important for us to remove the outdated word “disabled” from our name and choose a more empowering one that highlights the essence of what we do.”

Our mission: “To provide affordable inclusive physical and recreational activities that build health and confidence” and our motto: “*If I Can Do This, I Can Do Anything!*” will remain unchanged. The new name and identity of Achieve Tahoe is designed to communicate a clearer message to the community, reach a wider audience and result in the opportunity to provide services to more people.

“We remain as committed as ever to serving our participants and their families by providing first-class opportunities to achieve greater independence and improved self-esteem through sport,” said Lang-Ree. “Our new, more empowering name also celebrates the abundant bounty of the Tahoe region and with a strong “El Nino” weather pattern predicted, we look forward to a winter season of exciting achievement.”

# Castro Valley Ski Club Newsletter

## President's Message

Happy New Year!!!

It's snowing and what a great start to the ski season and the new year!!!

I hope everyone had a wonderful holiday and how are those New Years' resolutions coming?



Claudia Fernandes  
President

This month at the general meeting January 20<sup>th</sup> we have a representative from Vail Resorts joining us to talk about what is happening at their resorts this season. I hope you all can make it. We hope to have more speakers at our upcoming club meetings throughout the coming year.

We had a good turnout at the holiday trolley event. It was a fun time and thank you Pat for making this happen.....we look forward to trying this again next year with some added fun and food....

Once we get the day and time scheduled for the food bank Wayne and Elizabeth will let us know.

Please let me know what other events, speakers and projects you would like to see our club pursue.

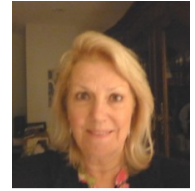
I wish you all a fabulous 2016!!!!!! See you at the meetings and hope to hear from you.

Best always,  
Claudia



## Our Vice President

Happy New Year to you all, it is a time to reflect on the past and look forward to this New Year.



Anne Wilburn  
Vice President

I hope you all had a Very Merry Christmas and Santa was good to you and yours. The trees are coming down; decorations being put away and the clearance sales are going gang busters. I don't know how we survive it all each year, this year it snuck up on me and I for one am glad it is a blurred memory, but a Very Good One!

CVSC had a very good 2015, so many great activities for us to join in, ski trips, cruises, faraway places to visit, picnics, bike rides, BBQ's, the Christmas Trolley ( don't miss it next year, a very fun time) and of course our club meetings. Wow, we were busy! We have so many great members to Thank for all they do to enrich our lives.

Snow is falling and from reports the skiing in Tahoe looks for a great season. Yeah!!

Are you ready? Winter weather is here and if you are traveling up to the snow make sure your car is prepared to meet the challenge and the unexpected. You will need good tires, chains or cables, gloves, pliers, and kitty litter for icy roads. Check your fluids and make sure they are for low temperatures; you will want a clear windshield, and don't forget the windshield scrappers. Always carry water, snacks, warm blankets, t/p and plastic bags in case nature calls and you are stuck on the road. Review your rules for driving on icy roads, downshift to slow down when possible, braking can cause a skid, oops, and turn into the skid. Turn on your 4 wheel drive or your car's rendition once the road starts to get slick. And, make sure you have a full tank of gas. Dennis Heffley did a great and more detailed version in the December issue of the BAC Newsletter, [bacski.org](http://bacski.org).

Speaking of BAC, Telluride is the end of this month and CVSC has a great group going, I for one am looking forward to the slopes and all the camaraderie that takes place, catching up with old friends from different clubs and making new friends. BAC has many trips to join in, Sun Peaks, BC Feb.27-Mar. 4, Park City, UT mini trip March 10-15<sup>th</sup>, and a Crested Butte, CO mini trip is in the planning for March or early April. Our CVSC Newsletter Editor Dennie will have flyers with more details.

See you on the 20<sup>th</sup> at Don Jose's for our first meeting of 2016!

Anne Wilburn



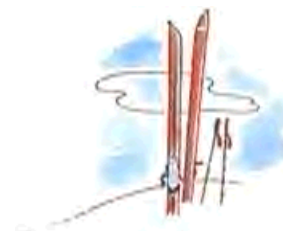
**Happy New Year fellow travelers.** We have some great trips lined up for 2016, starting off in a few weeks with the FWSA Telluride trip.

## **January 2016 - FWSA Telluride Ski Trip - Jan. 30 - Feb. 6**

We have 43 members from the Castro Valley Ski Club signed to join BAC and FWSA.

Wayne Ainsworth  
Eberhard Busse  
Hyeja Busse  
Lloyd Chase  
Karen Christensen  
Kathy Hoffmann  
Tucker Hoffmann  
Ruth Johnson  
Cecil Johnson  
Ray Jong  
Maggie Jong  
Sandy Kalinowski  
Young Kang  
Paula Kinahon  
Eva Lanphear  
Carol Latta  
Richard Ludt  
David Meinhardt  
Lina (Erika) Meinhardt  
Lynda Nestlebush  
Steve Nicholson

Pam Nicholson  
Frank Perez  
Sandy Perez  
Ham Ramsay  
Debbie Scanlon  
Jim Silva  
Fran Slate  
Kirby Slate  
Annemeik Storm  
Nancy Summers  
Terry Walton  
Deborah Walton  
Denise Warren  
Richard Warren  
Karen Wehrman  
Mary Wilburn  
Cathy Wilson  
Carol Wulff  
Kenn Wulff  
Elizabeth Yagle



## **2016 FALL FOLIAGE CRUISE**

We have a group of 28 so far going on this cruise Oct. 2-12, 2016 from Quebec, Canada to New York. We start in Quebec, Canada, then onto Corner Brook, Newfoundland... Sydney, Nova Scotia...Halifax, Nova Scotia, Saint John, New Brunswick...Bar Harbor, Maine...Boston, Mass....Newport Rhode Island and end up in New York.

If you are interested call Tucker at 510-329-6838 or email at [Tuckerhoffmann@aol.com](mailto:Tuckerhoffmann@aol.com). You can put a deposit on your credit card. Deposit is fully refundable until middle of next year. SEE FLYER

Tucker Hoffmann  
Kathy Hoffmann  
Dennie Warren  
Rich Warren  
Karen Wehrman  
Jim Silva  
Ken Calkins  
Lynnell Calkins  
John Houseman  
Pam Quinn  
Gary Niese  
Cheryl Niese  
Pam Nicholson  
Steve Nicholson  
Dennis Nickelson

Dean Schlax  
Debbie Scanlon  
Anne Wilburn  
Deborah Walton  
Terry Walton  
Sherri Reid  
Roy Faulhaber  
Keith Wilson  
Janet Wilson  
Sherna Svenneson  
Jerry Svennson  
Jane Fotius  
Bob Senft



## 2016 Croatia Cruise Adventure - Aug 2-14 SOLD OUT

### Split, Dubrovnik & Trstenik plus Zagreb - Plitvice Lakes optional pre-tour extension

We have chartered the whole boat, which holds 38 people.

Croatia offers gorgeous scenery, historic cities, impressive architecture, charming villages, great food and wine, and plenty of outdoor activities. It is quickly becoming one of the most desirable destinations for travelers seeking a European destination with a twist.

Enjoy the special features on board the MV Futura including a spectacular dinner while cruising along the Old Town city walls of Dubrovnik. Taste some of the finest Croatian wine excellently paired with Croatian delicacies in Korčula and have fun at an authentic Croatian village party & dinner in Kuna. You'll visit the beautiful Mljet National Park and enjoy Croatia's rich history with guided walking tours in Dubrovnik, Hvar, Korčula, and Split. Evenings are spent docked in picturesque port towns, offering an opportunity to try the local restaurants and specialties.

**If you are interested in this trip email Tucker and get on the waiting list. It's still early!**

tkhoffmann@comcast.net



"Voice of the Western Skier"



**2017 FWSA SKI WEEK BRECKENRIDGE Jan. 28-Feb. 4, 2017**

**2017 FWSA MINI SKI WEEK Sun Peaks, Canada- Mar. 21-28, 2017**

Happy Skiing & Travels.....



Tucker - CVSC Travel Director & Kathy, assistant  
2657 Rivers Bend Circle, Livermore CA 94550  
925-371-1910 [tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)  
cell # 510-329-4242

**CVSC CST # 2081040**

## High Altitude, Cold Climate, and Alcohol Do Not Mix

You're getting ready for a great day on the slopes but you're a bit tired; your breathing is a bit faster and deeper and you feel a bit short of breath from the high altitude. The weather is much colder than the Bay Area but you have the necessary layers to stay warm and dry during your skiing adventure. Don't forget that flask full of your favorite brandy or schnapps to keep your insides nice and warm.

Many people have the misconception about alcohol that it is the cheapest and easiest way to warm up the body. At high altitudes the weather is a bit colder and drinking alcohol is actually an invitation for hypothermia. Alcohol increases the rate of adrenalin that causes blood vessel to dilate; this dilation makes the blood flow to the surface of the skin. The heat in the blood is then transferred to the environment. This makes the skier feel warmer from inside but it actually decreases the temperature of the body. Hypothermia can be of mild, moderate or severe. Symptoms of hypothermia include: uncontrolled shivering followed by confusion, dizziness, clumsy movements and difficulty walking, feeling tired, breathing becomes shallow and pulse becomes slow and loss of consciousness.

Another kind of sickness is Acute Mountain Sickness (AMS), also called altitude sickness. The higher you go, the lower the barometric pressure, the air is thinner and less oxygen is available. Alcohol also reduces the amount of oxygen that gets to the brain. One alcoholic drink at high altitude is equivalent to 3 drinks at sea level. When alcohol is consumed and /or you're in high altitude, water level in the body decreases resulting in dehydration. Some of the symptoms from AMS are: headache, dizziness, weakness, vomiting and insomnia.

### Ways to protect yourself from Hypothermia and Acute Mountain Sickness

- Ease into your physical activity by taking it easy the first day or two.
- Drink plenty of fluids such as water or sports drinks.
- Avoid drinking a lot of alcohol, coffee, or tea. They will cause you to urinate more often and become dehydrated.
- Avoid smoking. Smoking makes it more difficult for your body to get oxygen.
- Avoid sleeping pills. They may cause shallow breathing at night, making it more difficult for your body to absorb oxygen while you sleep.
- If symptoms continue seek medical attention.

Stay healthy and enjoy your skiing adventure!!!

Sandy Beecher





## Far West Ski Association's

### 2016 Mini Ski Trip

March 21st to 26th, 2016

**Adult & Senior package prices range from:  
\$580 to \$775**

*Price does NOT include air or ground transportation*



**Mountain Resort** is considered a holdout, retaining its small town charm and adventurous soul that it's always had. The mountain has an abundance of wide open green & blue groomed trails to more advanced long cruisers & the famous extreme limits of the North Face & Headwall. The mountain has it all.



### Included:

Five night's deluxe lodging  
@ Slopeside Grand Lodge  
(Condos available upon request)  
3 or 4 Day Lift Tickets  
Welcome Party  
Farewell Party

### Optional Activities:

Snowmobiling  
Snowbiking  
Zipline Tours  
Day Spa  
Sleigh Ride Dinner  
Snowshoe Tours

### Adventure Park:

Mini Golf  
Bungee Trampolines  
Tubing  
Wall Climbing

*This trip is limited to a maximum of 100 participants  
(Dates are flexible based on availability)*

Contact Gloria Raminha  
661-829-5996 or 661-800-8229  
[garski2011@gmail.com](mailto:garski2011@gmail.com)

or

Signup and make payments online at [www.fwsa.org](http://www.fwsa.org)  
Must be a Member of a Far West Ski Association  
affiliated club or a FWSA Direct Member

FWSA CST #2036983-40



# **Bay Area Snow Sports Council**

## **San Jose Barracuda Hockey Night**

**San Jose Barracuda vs the San Diego Gulls**

*BAC Fund Raiser Benefiting the Far West Foundation*

**If we quickly get 30 sign ups, after the game our BAC Group  
will go down on the ice and shoot pucks at "our boss"!**

**WHEN:** Saturday March 26, 2016 @ 7:30PM

**WHERE:** SAP Center at San Jose

**PRICE:** \$30

**SEATS:** Section 123 Our Group Has Rows 4 ~ 12 & we can get more!

*Ticket Ordering Deadline Friday March 11, 2016*

**Purchase Tickets:** [www.skibac.org](http://www.skibac.org) and click on the Paypal link

**Contact:** Dennis Heffley [skiheffley@aol.com](mailto:skiheffley@aol.com) or 925-998-4415 with questions

**Optional Pre Game "Stretch":** The Britannia Arms from 5:00 to 6:30PM





SUN PEAKS  
RESORT



## Bay Area Snow Sports Council

Sun Peaks, British Columbia

Feb. 27 - Mar. 4, 2016

6 nights at the Cahilty Lodge, Ski-In/Ski-Out Slope Side!

Ski 4 days at Sun Peaks Resort

Amenities Include:

- Daily Breakfast Buffet
- Welcome Reception
- Various trip options available including:
  - Non-skiers pricing when signing up
- Roundtrip Airfare via Alaska Airlines  
SFO to Kelowna
- Roundtrip Transfers included

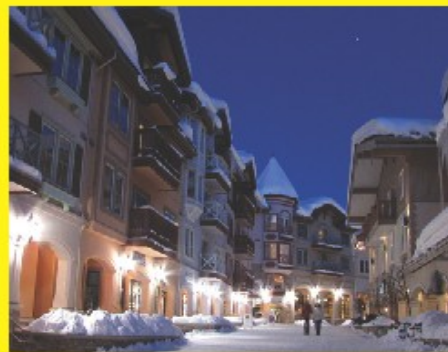
**Full Package: \$1285** - cash discount price  
3% fee paying via credit card

**Ground Only: \$785**

Deposit at sign-up: \$200, refundable till Dec. 8, 2015

Final Payment due: January 8th

Sign-up at: [www.sportsamerica.com/online/BAC\\_sunpeaks](http://www.sportsamerica.com/online/BAC_sunpeaks)



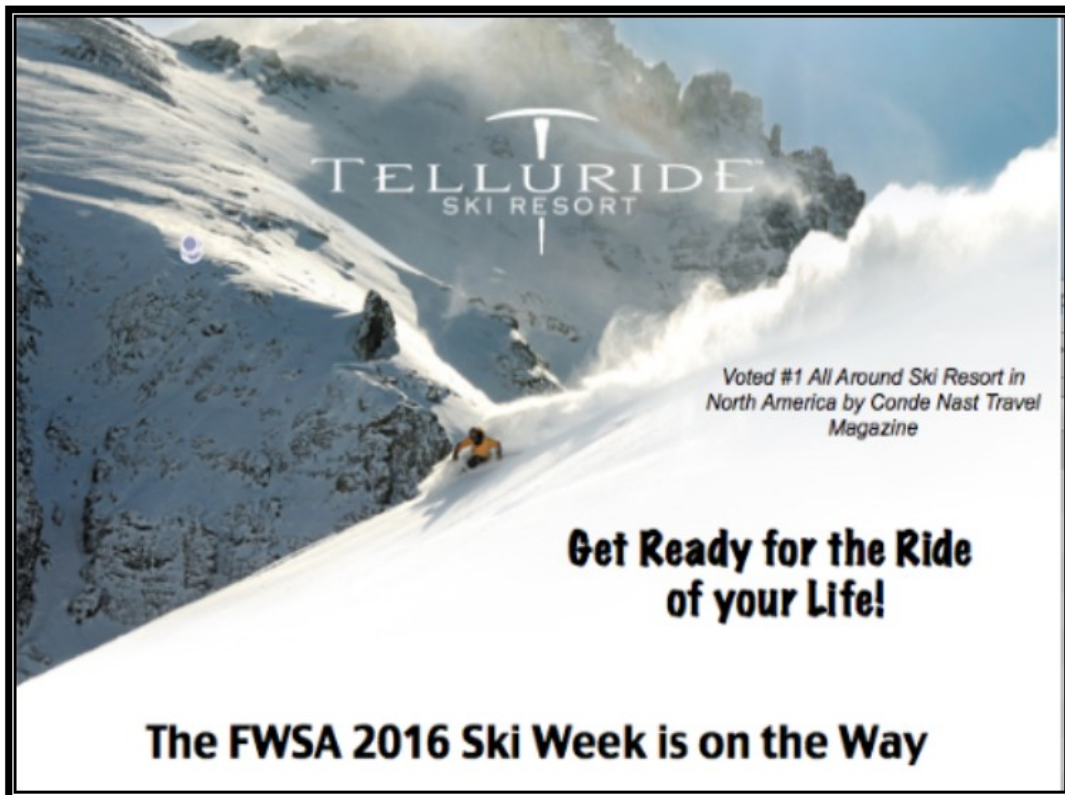
**For Additional Information, Please Contact:** Dennis Heffley

[skiheffley@aol.com](mailto:skiheffley@aol.com) . (925) 998-4415

Bay Area Snow Sports Council CST #2050870-40 . Sports America Tours CST # 1006711-40

# Far West Ski Association

## Castro Valley Ski Club/Bay Area Council



**January 30th to February 6th, 2016**

**\$1215-\$1495 (depending on your choice of accommodations)**

**Lodging - Mountain Lodge, ski-in ski-out**

**Land Package Includes:**

- 7 Nights Lodging (dbl. occ.)
- Registration
- Welcome Party
- Ski Week Picnic
- Farewell Banquet
- BAC Party
- Après Party
- 5 day Lift Ticket



*note: air and transfers not included in this price*



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

925-371-1910 [tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)  
**CVSC CST # 2081040**



**Bay Area Snow Sports Council Presents**  
**Park City, UT Ski Trip**  
**Mar 10 – 15, 2016**  
**\$1,158 per person**

Come join the BAC Park City trip for the opportunity to ski  
**The Greatest Snow on Earth®**

The BAC is now accepting reservations for the Park City, Utah trip coming in March 2016. A deposit of \$200 will secure your spot.

**Package includes:**

- 5 Night's lodging at the DoubleTree Hotel formerly The Yarrow (double occupancy)
- 4 Day Ski Pass at Park City Resort, Canyons, and Deer Valley
- Round Trip Air on United Airlines SFO to SLC
- Daily Hot Breakfast
- Welcome Party

Register today: [http://www.sportsamerica.com/online/bac\\_parkcity](http://www.sportsamerica.com/online/bac_parkcity)

**Contacts:**

Trip information and general questions contact  
**BAC Trip Leader**

Paula Kinahon at 510 910-2707 / [pkinahon@gmail.com](mailto:pkinahon@gmail.com)

Assistance with online registration and payments contact  
Sports America Representative Sara Clemons at 800 876-8551 ext. 125

**Epic Pass Promotion:**

- Anyone who purchases an Epic Pass (any variety) from Sports America and attends the - BAC Park City Trip will receive a \$50 lodging credit.
- Anyone who purchases an Epic Pass (any variety) from Sports America but does not attend the Park City Trip will receive a \$25 credit good toward any other 2016 BAC trip or event.

**Additional trip information:**

- Epic Pass holders and non-skiers deduct \$273.
- Ski pass includes one day each at Canyons, Deer Valley, and Park City Mountain. 4<sup>th</sup> ski day is participant choice.
- Deer Valley lift tickets are \$85 per day.
- Air itinerary may change as schedules, prices, and baggage policies for other carriers become available. More to come on this topic in the August/September timeframe.



# Bay Area Snow Sports Council

PRESENTS

**PARK CITY**  
MOUNTAIN RESORT



## March 10-15, 2016

### Package Includes

- Five Nights Lodging  
DoubleTree/Yarrow Hotel - w/daily hot breakfast
- Four Day Lift Tickets  
Valid at Park City (which includes Canyons) & Deer Valley  
Epic Pass holders can deduct tickets for a \$273 savings!
- Roundtrip Airfare to Salt Lake City  
Final pricing & schedule TBD
- Roundtrip Transfers  
- between airport & lodging
- Welcome Reception



**\$1158\***  
per person

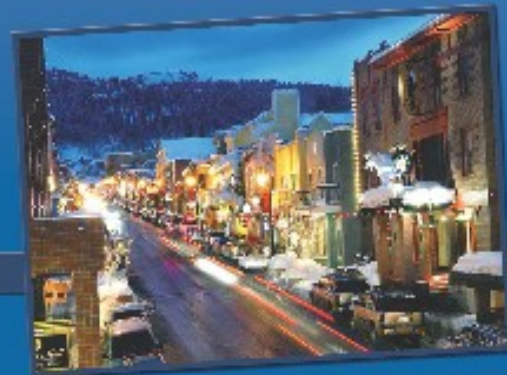
\* 3% fee if paying by credit card

### FOR ADDITIONAL INFORMATION:

Please contact the trip leader:

Paula Kinahon

(510) 910-2707 pkinahon@gmail.com



REGISTER TODAY: [www.sportsamerica.com/online/BAC\\_parkcity](http://www.sportsamerica.com/online/BAC_parkcity)



BAC CST #2050870-40 & SAT CST#1006711-40



Spectacular Ships • Affordable Balconies • World-Class Dining & Entertainment



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## 10 DAY FALL FOLIAGE CRUISE ON THE CARIBBEAN PRINCESS OCTOBER 2-12, 2016

Prices are per person double occupancy:

\$1,499.00 Inside

\$2,099.00 Window

\$2,499.00 Balcony

Call for price on Mini-Suite

\$195.00 PORT FEES & TAXES PER PERSON

Air & transfers not included

Group Cocktail Party Included

Ex Military: \$100.00 onboard credit, I will send the form if needed

### Ships Cancellation Policy

FULL REFUND ON DEPOSIT TO JULY 7th, 2016

JULY 8th - JULY 31st, 2016 10% PENALTY

AUGUST 1st - 30th 50% PENALTY

AUGUST 31st - SEPTEMBER 10th 75 % PENALTY

After Sept. 22nd - no refund



Day	Port / Date	Arrive	Depart
1	Quebec City, Quebec Sunday, October 2		Overnight Stay
2	Quebec City, Quebec Monday, October 3		5:00 PM
3	At Sea Tuesday, October 4		
4	Corner Brook, Newfoundland Wednesday, October 5	8:00 AM	5:00 PM
5	Sydney, Nova Scotia Thursday, October 6	8:00 AM	5:00 PM
6	Halifax, Nova Scotia Friday, October 7	8:00 AM	4:00 PM
7	Saint John, New Brunswick (for the Bay of Fundy) Saturday, October 8	8:00 AM	5:00 PM
8	Bar Harbor, Maine Sunday, October 9	7:00 AM	6:00 PM
9	Boston, Massachusetts Monday, October 10	7:00 AM	4:00 PM
10	Newport, Rhode Island Tuesday, October 11	9:00 AM	6:00 PM
11	New York City (Manhattan or Brooklyn), New York Wednesday, October 12	7:15 AM	

Call Tucker Hoffmann to book your cabin. You will need to give him your credit card number

FINAL PAYMENT DUE JULY 1st 2016

[tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)

925-371-1910 -home - 510-329-6838 - cell  
Castro Valley Ski Club Travel CST#2081040-40





## **2015/2016 Avid Skiers in Control**

President	Claudia Fernandes	925-462-6573	Claudia.fernandes4108@gmail.com
Vice President	Anne Wilburn	925-200-2801	annewilburn@comcast.net
VP Membership	Maggie Jong	925-447-5148	mozoro25@gmail.com
VP Club Activities	Pat Green	925 846-7250	greendm@comcast.net
Secretary	Eva Lanphear	510-793-3863	ejlanphe@pacbell.net
Treasurer	Keith Wilson	925-828-8265	Keithwilson108@sbcglobal.net
Newsletter Editor	Dennie Warren	510 759-3415	dennieluuu1@att.net
Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@aol.com
Past President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@comcast.net
Safety Chair	Sandy Beecher	707-255-4139	srbeecher@aol.com

**WEBSITE: [www.cvskiclub.org](http://www.cvskiclub.org)**

## **WEBSITES & PHONE NUMBERS**

Singles league racing:  
[slracing.tripos.com/schedule.htm](http://slracing.tripos.com/schedule.htm)

Open league racing: [olrc.org](http://olrc.org)

Weather: [nws.mbay.net/home.html](http://nws.mbay.net/home.html)

Best weather website for snow: [Tahoeweatherdiscussion.com](http://Tahoeweatherdiscussion.com)

Far West Racing Assoc: [fwra.com](http://fwra.com)

Web cams on the slopes: [magnifeye.com](http://magnifeye.com)

Road conditions: 1-800-427-7623

Info on all ski areas: [onthesnow.com](http://onthesnow.com)

Take a bus to the slopes: [nacski.com](http://nacski.com) & [bayareaskibus.com](http://bayareaskibus.com)

Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)

***SKIZETTE FOR JANUARY, 2016***



The next meeting will be  
Jan. 20

Don Jose's Restaurant  
3430 Village Dr.  
Castro Valley, CA

(meeting starts @ 7:30p)

**SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES**

*First With Safety Awareness Slogan award sponsored by:*



**ASPEN & SNOWMASS**