



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

February, 2026



EVENTS CALENDAR

(f) = flyer in this issue

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FEBRUARY

- 11 CVSC Board meeting at Carrie's
- 18 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm
- 22-27 FWSA Mini Ski Trip to Schwietzer Mtn., ID
- 22-27 BAC Mini Ski Week at Sun Peaks, B.C., Canada
- 28-3/7 FWSA Int'l Ski Trip to Chamonix, France

MARCH

- 18 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

APRIL

- 15 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

UPCOMING

- 2026:
- 6/27-7/12 CVSC Sicily Trip, Italy (f) pg 5
 - 9/15-26 CVSC Lyon & Provence River Cruise with pre trip to Nice (f) pg 8

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 2026:
- 9/26-10/3 FWSA Dive Trip, Cayman Islands (f) pg 9
 - 11/30-12/8 BAC Christmas Markets Cruise along the Danube (f) pg 10

Carrie Brunnings

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**FEBRUARY
BIRTHDAYS**



Castro Valley Ski Club Newsletter

President's Message

Happy Valentine's Day

everyone!  Weather's been pretty nice for the start of February, 71-74 degrees is quite nice except for wanting snow. Hope you all are doing well!



Claudia Fernandes
President

We had a nice turnout for our first meeting of 2026, thank you everyone who attended it was a good start for the new year and good discussions!

We have a work day coming up at the Alameda County Food Bank, they are in need of bodies please let Wayne Ainsworth (ainsworthgen@gmail.com) know if you are able to help that day we have a nice group started.

Our upcoming meeting is February 18 we will have more information on upcoming travels and trips. Also, we will discuss upcoming events. Hope to see you there, appetizers will be provided!

This year the FWSA convention will be in San Diego in Mission Bay, June 11-14, let me know if you are attending and interested in being a delegate. Should be a great time with speakers, sponsors and their annual auction of snow trips. This may be their last, although we hope not, great gathering of friends and clubs.

Have a wonderful February and hope to see you at the food bank event, and our general meeting. Be safe and enjoy your Valentine's Day, the Super Bowl and the Winter Olympics. What a busy February!!

Best always,
Claudia



SkiZette Policy

NEWSLETTER

DEADLINE: 5th 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@gmail.com



Didn't get your newsletter? - Change of Address? -

PLEASE Contact Maggie Jong, VP Membership

email: mozoro25@gmail.com

SPORTING GOODS EXCHANGE

Got any sporting equipment (i.e. skis, snowboards) and/or clothing that you no longer can use, don't want, etc..... let me know & I'll put it here!!!!

OR.... If you need the above let me know as well!!!

This also goes for winter/ski cabins that you'd like to offer for rent or are looking for same.... Let me know!!!!

(Dennie—your editor — dennieluuu1@gmail.com)

GREENHOUSE MARKET-PLACE

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

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



Besides our 2026 trips we have set up a new one for 2027. One that you've been asking for, a Mississippi River Cruise.

2026...June 22 or 27-July 12 Sicily's Ancient Landscapes & Timeless Traditions -FULL Overseas Adventure Trip - Sicily travel experience, you'll discover an Italian island with more than 3,000 years of history. Once home to a Greek colony, a Roman province, an Arab emirate, a Norman kingdom, and more, traces of ancient conquerors can still be found in Sicily's well-preserved ruins, elegant architecture, and gastronomic delights. And thanks to our expert Trip Leader and small group size you can go behind the scenes and off the beaten path. This is a small group trip. Only 18 spots were available.

2026...Sept. 15-26th Lyon & Provence River Cruise with Nice - FULL - WAIT LISTED
We have 34 members going on this adventure. We start off with 3 days in Nice before we board a 7-day River Boat to Lyon, France. Remember this trip is all inclusive & includes all tips & air and many excursions

2027...May 19-26 MISSISSIPPI RIVER CRUISE - New Orleans to Memphis
You've been asking for it so we've working on it. We have a date of May 19th, 2027 set up.

It will include one pre night in New Orleans.

Cruise fare includes: All meals while onboard the ship (including drinks with meals) and a nightly cocktail party with hors d'oeuvres. A full enrichment package with guest speakers and nightly entertainment is offered throughout the cruise. All Featured Shore Excursions are included. Taxes, gratuities, and port charges and fees are included in the cruise fare.

Price for a Standard water view is \$4625, Standard Balcony \$5335. Other staterooms available. Air if needed is \$495. Many of us have miles we can use. We will be on the American Splendor Paddlewheller. More info soon. If you're interested in this trip send us an email. This boat will fill fast, other groups are also booking.

*Tucker & Kathy
CVSC Travel*



Tucker - CVSC Travel Director & Kathy
2657 Rivers Bend Circle, Livermore CA 94550
tkhoffmann@comcast.net cell # 510-329-4242

CVSC CST # 208104

Castro Valley Ski Club

Presents

Sicily's Ancient Landscapes & Timeless Traditions

PRE-TRIP Puglia: Italy's Undiscovered Heel
Small group trip only 18 spots



JUNE 22 OR 27- JULY 12, 2026 - SOLD OUT

Single Supplement: FREE

On this Sicily travel experience, you'll discover an Italian island with more than 3,000 years of history. Once home to a Greek colony, a Roman province, an Arab emirate, a Norman kingdom, and more, traces of ancient conquerors can still be found in Sicily's well-preserved ruins, elegant architecture, and gastronomic delights. And thanks to our expert Trip Leader and small group size you can go behind the scenes and off the beaten path, where you'll discover authentic cultural experiences with the friendly, fiercely proud Sicilian people.

Pre-trip extension to Puglia: Italy's Undiscovered Heel departs the US on: **June 22, 2026**

Main tour departs US on: **June 27, 2026**

Returns to US on: **July 12, 2026**

PRICING (per person)

Pre-trip extension to Puglia: **\$1895** Main Tour: **\$4995**

Airfare from SFO: **\$2100** (but we can fly travelers to/from any US commercial airport)

IT'S INCLUDED:

- 14 nights accommodation
- Airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- All land transportation
- 30 meals—14 breakfasts, 9 lunches, and 7 dinners (including 1 Home-Hosted Lunch)
- 24 small group activities
- Services of a local O.A.T. Trip Experience Leader
- Gratuities for local guides, drivers, and luggage porters

5 infectious diseases you should watch out for in 2026

The Centers for Disease Control and Prevention (CDC) has flagged specific pathogens that are showing unusual activity early this year. Here are some to guard against.

1. Influenza (H3N2 strains)

The 2025-2026 flu season has been classified as **moderately severe** by the CDC, a downgrade from earlier optimism. The primary concern this year is the dominance of the Influenza A(H3N2) virus, specifically “subclade K.” H3N2 seasons are historically harder on older adults and often result in higher hospitalization rates. The emergence of subclade K adds a layer of unpredictability, as it may evade some of the immunity built up from previous infections. If you haven’t received an updated flu shot, you might be more vulnerable to these more aggressive strains.

2. Measles

Measles was once considered eliminated in the U.S., but it has returned with force. In just the first few weeks of 2026, the CDC reported **171 confirmed cases** across nine states.

This resurgence is driven almost entirely by declining vaccination rates and pockets of unvaccinated communities. Measles is not a mild rash — it is one of the most contagious viruses on earth. A single infected traveler can spark an outbreak that spreads through a community. If you are unsure of your immunity status, a simple blood test can confirm if you need a booster.

3. Whooping cough (pertussis)

Pertussis cases have surged to levels not seen in over a decade. Reports from late 2025 indicated an **11-year high** in some states, and that momentum has carried into 2026.

The danger this year is two-fold: waning immunity from older vaccines and a cyclical natural increase in bacteria levels. Whooping cough is particularly dangerous because it often mimics a standard cold in adults, leading them to unknowingly infect vulnerable infants.

Experts recommend that adults verify they have received a Tdap booster within the last 10 years. This type of vaccination protects against tetanus and diphtheria as well as pertussis.

4. Mycoplasma pneumoniae

Often called “walking pneumonia,” this bacterial infection is behaving differently this season. While historically a problem for school-aged children, 2025 and 2026 data show a **sharp rise in infections among toddlers (ages 2–4)**.

This shift in demographics is concerning because younger children may not be present with the classic cough, making diagnosis difficult. Since common antibiotics like penicillin do not kill this bacterium, misdiagnosis can lead to prolonged illness.

5. Respiratory Syncytial Virus (RSV)

RSV activity remains high, though it has stabilized compared to the post-pandemic spikes. The critical factor for 2026 is the uptake of **new immunization options**.

There are now vaccines available for older adults and pregnant women, and monoclonal antibodies for infants. However, early data suggests that uptake is lagging. Without broad use of these tools, hospitalization rates for seniors could creep back up.

(submitted by Sandy Beecher, Safety Chair)

CVSC January General Meeting



A small but MIGHTY group we are!!!!!!

Castro Valley Ski Club

Sensations of Lyon & Provence River Cruise with 3 nights in Nice

SEPTEMBER 15TH – 26TH, 2026 – SOLD OUT

\$5465-\$6669 including air (depending on choice of cabin and special discounts)



Embark on an unforgettable journey through the heart of Europe with Mayflower Cruises and Tours'. As you navigate the serene waters of the Rhône, explore legendary cities like Lyon, known for its vibrant culinary scene, and Avignon, with its storied Palais des Papes. Each stop invites you to experience the unique flavors and sights of the region, from sampling celebrated Côtes du Rhône wines to wandering through ancient Roman ruins. Our luxurious cruises provide not only comfort and elegance but also educational enrichment, thanks to our expertly guided tours and on-board cultural experiences

Highlights

- 23 Meals: 10 breakfasts, 6 lunches and 7 dinners
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Three-night hotel stay in Nice, France
- Touring in Monaco and Monte Carlo
- Seven-night cruise through southern France
- First-class service by an English-speaking crew
- Shore excursions with English-speaking local guides
- Personal listening device for onboard excursions
- All meals included onboard with a variety of international cuisine
- Complimentary regional wines, beer and soft drinks accompany onboard lunches and dinners
- Complimentary bottled water in your stateroom
- **All gratuities included**
- Complimentary WiFi onboard
- Complimentary bicycles onboard for use ashore



FWSA 2026 DIVE TRIP Cayman Brac Beach Resort

September 26 - October 3, 2026

Grand Cayman 2nd Week October 3-10, 2026 Extension Available

BASIC Dive Package: \$2,669 pp (double occupancy)
Non-Dive Package: \$2,244 pp (double occupancy)

Oceanfront Room Upgrades and Standard Single supplement rooms are available.

Cayman Brac Beach Resort Land Package Includes:

7 Nights Beach View Accommodations (*Double Occupancy*)

Three Meals Daily & 21 Drink Package (alcoholic & non-alcoholic)

Complimentary Wi-Fi

PADI 5-star dive operation

6 Days of Diving - 17 Boat Dives with Dive Master, Tanks and Weights Included

Complimentary Nitrox and use of a dive computer

Resort Fees, Taxes & Gratuities (dive gratuities are not included)

Round trip ground transfer from Cayman Brac Airport



Incredible world-class diving in the Cayman Islands!



Enjoy a fantastic resort on the beach - perfect for the diver and non-diver to experience!

Contact: Randy Lew
FWSA Dive Trip Leader
829 SE 11th Place
Battle Ground, WA 98604
Cell: 530/304-0802
E-mail: fwsa13randy@telis.net

Gloria Raminha
FWSA VP of Int'l Travel
12707 Windy Ridge Drive
Bakersfield, CA 93312
Cell: 661/800-8229
E-mail: garski2011@gmail.com

You must be a Member of a Far West Ski Assn. affiliated club or a FWSA Direct Member!

State of California Registered Seller of Travel # 2038883-40



Bay Area Snow Sports Council presents ...

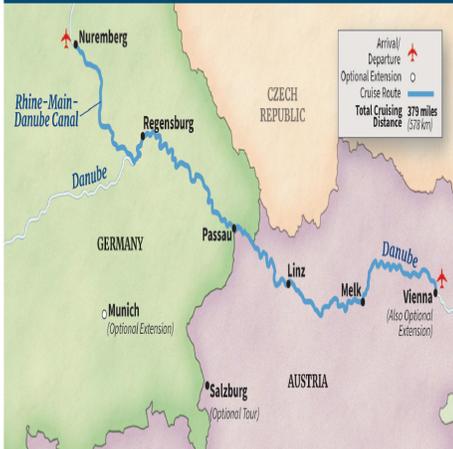
Cruise aboard our privately owned 162-passenger M/S River Adagio

Christmas Markets Along the Danube

Germany: Nuremberg, Regensburg, Passau | Austria: Linz, Melk, Vienna

8 days from **\$2,995**
River Cruise Tour only

9 days from **\$4,445**
with international airfare
from San Francisco



IT'S INCLUDED

- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges, unless you choose to make your own air arrangements
- **Accommodations** for 7 nights aboard a private river ship with wireless Internet access in all common areas and cabins
- **20 meals:** 7 breakfasts, 6 lunches, and 7 dinners—plus all onboard house beer & wine, as well as soft drinks
- **5 included tours** with personal headsets, **up to 5 Christmas markets**, and **6 Exclusive Discovery Series events**—Main-Danube Canal conversation • German language lesson • Regensburg choral concert • Stollen baking demonstration • *Christmas Traditions* conversation • Wachau Valley conversation
- **Local Program Directors, a Grand Circle Cruise Line exclusive:** These dedicated experts are with you and your group of 38-45 travelers from beginning to end to provide insider's knowledge and a local perspective
- **Gratuities** for local guides and motorcoach drivers
- **All port charges**
- **Baggage handling** for 1 piece of luggage per person, including tips
- **5% Frequent Traveler Credit** toward your next trip



Reservations & Information 1-800-221-2610

ITINERARY OVERVIEW

Departure **NOVEMBER 30, 2026**
Return **DECEMBER 8, 2026**

Day 1 • Depart U.S.

Day 2 • Vienna, Austria

Embark ship

Day 3 • Melk • Wachau Valley

Included Tour Melk Abbey

Day 4 • Linz

Optional Tour Salzburg

Day 5 • Passau, Germany

Included Tour Passau

Day 6-7 • Regensburg

Included Tour Regensburg

Day 8 • Nuremberg

Included Tour Nuremberg

Day 9 • Nuremberg • Return to U.S.

Disembark ship

MAXIMIZE YOUR DISCOVERIES & VALUE

OPTIONAL EXTENSIONS

all with FREE Single Supplements

Vienna, Austria
3 nights pre-trip from \$895

Munich, Germany
3 nights post-trip from \$945

PLEASE MENTION THIS CODE WHEN BOOKING **G6-29997**

Group Size

- This trip has a group size of 38-45 travelers (with approximately 3-4 groups onboard) each with a local Program Director exclusive to Grand Circle

Pacing

- 9 days, with 7 nights aboard a private river ship
- Return flights to U.S. often require departing from ship in early morning hours

Physical Requirements

- Included features on your trip may consist of 3-4 hours of physical activity each day. Travelers should be able to walk 1-3 miles unassisted within a time frame of 1-2 hours, and walk on uneven surfaces, including steep and unpaved paths, hills, riverbanks, 25-50 stairs without handrails, and cobblestones, which can be slick in wet, colder or frozen conditions

WHAT TO EXPECT

- Optional activities and walks may be offered in addition to the above mentioned activity level
- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them throughout the trip
- We reserve the right for Program Directors to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- Changes in water-level depths may require adjustments to your itinerary
- Docking for the following locations may be up to 1 hour outside of the city center, with transportation to and from the ship by motorcoach: Regensburg, Germany; Nuremberg, Germany; Passau, Germany

Climate

- Daytime temperatures range from 38-45°F during cruising season
- Rain, ice, snow, and wind are possible during the holiday season

Terrain & Transportation

- Diverse terrain and uneven walking surfaces, including steep paths, hills, riverbanks, 25-60 stairs without handrails, and cobblestones
- Travel by 162-passenger river ship and 49-seat coach

YOUR ITINERARY

DAY 1 • Depart U.S.

Depart the U.S. today on your flight to Vienna, Austria.

DAY 2 • Vienna, Austria • Embark ship

You'll be met at the airport today and transferred to your private river ship. Mingle with your fellow travelers during dinner onboard this evening. If you began your discoveries early with our optional pre-trip extension to Vienna, Austria, you will join your main group today.

D—M/S River Aria or M/S River Adagio

DAY 3 • Melk • Wachau Valley discussion

After setting sail this morning, enjoy hot chocolate and relax onboard as your ship

cruises along the Wachau Valley. Your Program Director will provide enlightening commentary about this UNESCO World Heritage Site consisting of sculpted hills and medieval towns built along the river during an **Exclusive Discovery Series** discussion. Later, disembark in Melk for an excursion to the dramatic 900-year-old Baroque Melk Abbey.

B,L,D—M/S River Aria or M/S River Adagio

DAY 4 • Linz • Optional Salzburg tour

This morning the ship calls at the port of Linz. You have the day free to explore this Old World city. It offers a wealth of discoveries—from its Hauptplatz, one of the loveliest squares in Europe, to the 17th-century Abbey of St. Florian, where Linz's native son, Anton Bruckner, was the

organist and composed many of his famed masterpieces of church music.

Or, join us for an optional full-day tour of Salzburg, the Baroque city of Mozart. Savor hearty Austrian fare over lunch at a local restaurant. Tonight, celebrate the holidays with your fellow travelers at the Captain's Farewell Dinner.

B,L,D—M/S River Aria or M/S River Adagio

DAY 5 • Passau, Germany • German language lesson • German Christmas Traditions discussion

Begin the day with an **Exclusive Discovery Series** German language lesson, where you can learn some German phrases—such as, *Schöne Feiertage* (Happy Holidays)—commonly used during the Christmas season. In mid-morning, disembark to

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Vienna, Austria

explore Passau on an included walking tour, which includes visits to St. Stephen's Cathedral and the Bishop's Residenz. After time to admire the remarkable artistry displayed at the festive Christmas handcrafts market, gather onboard for an **Exclusive Discovery Series** conversation on the history of German Christmas traditions, as your ship cruises along the picturesque Danube River to Passau.

B,L,D—M/S *River Aria* or M/S *River Adagio*

DAY 6 • Regensburg • Choral concert

Today, you'll arrive and dock around mid-morning in Regensburg, Germany's largest medieval city. Then, enjoy a walking tour of this hidden treasure. Since the city suffered no damage during World War II, it remains beautifully preserved. Your tour features the Old Town Hall, the famous Stone Bridge, Germany's oldest, and the Regensberg *Christkindlmarkt* (Christmas market) in

Neupfarrplatz. After dinner onboard, join us for an **Exclusive Discovery Series** event as we walk to a local church to hear a choral concert featuring festive holiday music.

B,L,D—M/S *River Aria* or M/S *River Adagio*

DAY 7 • Regensburg • Main-Danube Canal discussion • Stollen baking demonstration • Captain's Farewell Dinner

Enjoy a leisurely morning onboard today. Your cruise toward Nuremberg begins shortly after lunch. During the afternoon, you'll enjoy two **Exclusive Discovery Series**: a discussion outlining how the Main-Danube Canal's innovative system of locks has made Europe's rivers navigable, and a *Stollen* baking demonstration, where you'll learn how to prepare this traditional German bread made with fruit and nuts, and topped with powdered sugar.

B,L,D—M/S *River Aria* or M/S *River Adagio*

DAY 8 • Nuremberg

Your ship docks at Nuremberg quite early this morning. After breakfast, you disembark for a tour of Nuremberg, one of the most important cities of the Franconia region. Later, visit Nuremberg's famous *Christkindlmarkt* (Christmas market), where you have free time to browse on your own. This is Germany's most famous tradition: Christmas market, and it is open throughout the holiday season.

B,L,D—M/S *River Aria* or M/S *River Adagio*

DAY 9 • Disembark ship • Return to U.

After breakfast, disembark and transfer to the airport for your flight home, or join *Munich, Germany* post-trip extension.

B



Regensburg, Germany

Christmas Markets Along the Danube

Departure NOV 30, 2026
Return DEC 8, 2026

DECK

A	Serenade w/balcony	\$3,345
B		
C	Sonata	\$3,295
D		
E	Cantata	\$3,245
F		
G		\$3,145
H	Prelude	\$2,995

AIR ADD-ON

San Francisco	\$1,450
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Additional departure cities are available. Call for details.

Deposit: \$750 per person.

Travel Protection: Starting from \$389.

Single Supplement: \$795. Single accommodations are limited. To avoid the single supplement, ask about our Roommate Matching Service.

Standard Policies and Terms & Conditions apply; see www.gct.com/tc for details. See www.gct.com/ for full policy details. Every effort has been made to publish this information accurately. We reserve the right to correct errors.

Travel Protection Plan (Recommended)

Protect your trip with our Travel Protection Plan, administered by TripMate.

- **100% cancellation protection, for any reason**—up to and including the day of departure.
- **Pre-existing condition coverage**—100% cash reimbursement if purchased within 14 days of initial trip deposit.
- **Medical benefits and assistance**—including emergency evacuation and more.
- **Comprehensive coverage**—includes trip interruption, trip delay, medical expenses, and baggage protection.

Learn more at www.gct.com/tpp

Good Buy Plan

The earlier you pay, the more you save based on a trip value of \$6,500 per person

Months Prior to Departure (Must Pay in full from a checking account)	Guarantee Your Price and Receive:	Savings Per Person:	Savings Per Couple:
15 months or more	10%	\$650	\$1300
14 months prior	9%	\$585	\$1170
13 months prior	8%	\$520	\$1040
12 months prior	7.5% off	\$488	\$975
11 months prior	6% off	\$390	\$780

Good Buy Plan savings is calculated based on total reservation cost

For more information, visit www.gct.com/gbd

Reservations & Information:

Call Toll-Free: 1-800-221-2610

Prices, dates and itinerary are subject to change

PLEASE MENTION THIS CODE WHEN BOOKING **G6-29997**





2025/2026 Avid Skiers in Control

President	Claudia Fernandes	510-435-5263	c.fernandes08@icloud.com
VP/BAC Rep	Anne Wilburn	925-200-2801	annewilburn@comcast.net
Membership	Maggie Jong	925-447-5148	mozoro25@gmail.com
Club Activities	Pat Green	925 846-7250	greendm@comcast.net
Secretary	Carrie Brunnings	925-202-1740	carriesouza@comcast.net
Treasurer/Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
Newsletter Editor	Dennie Warren	510-759-3415	dennieluu1@gmail.com
Travel Director	Tucker Hoffmann	510-329-6838	tuckerhoffmann@aol.com
Trustee	Kathy Hoffmann	510-329-4242	tkhoffmann@icloud.com
Trustee	Paula Kinahon	510-910-2707	pkinahon@gmail.com
Safety Chair	Sandy Beecher	707-479-6272	srbeecher@aol.com
Past President	Karen Wehrman		In Memorium

WEBSITE: www.cvskiclub.org

WEBSITES & PHONE NUMBERS

Singles league racing: slracing.tripos.com/schedule.htm
 Open league racing: olrc.org
 Weather: nws.mbay.net/home.html
 Best weather website for snow: Tahoweatherdiscussion.com

Far West Racing Assoc: fwra.com
 Web cams on the slopes: magnifeye.com
 Road conditions: 1-800-427-7623
 Info on all ski areas: onthesnow.com

Take a bus to the slopes: nacski.com & tahoeskitrrips.com
 Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/

SKIZETTE FOR FEBRUARY, 2026



All monthly general meetings are held at Don Jose's Mexican Restaurant, 3430 Village Dr., Castro Valley, CA

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



ASPEN & SNOWMASS