



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

March, 2012



EVENTS CALENDAR

(f) = flyer in this issue

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MARCH

- 1-6 BAC Salt Lake City, UT ski trip
- 14 CVSC board meeting at Dave Silva's
- 21 CVSC general meeting at Don Jose's

APRIL

- 11 CVSC board meeting at Claudia's
- 18 CVSC general meeting at Don Jose's

MAY

- 9 CVSC board meeting at Kathy & Tuckers'
- 16 CVSC general meeting at Don Jose's

UPCOMING

- Amazon Riverboat Adventure:
- 5/3-6/3 Group 1
- 6/9-17 Group 2
- Oct/Nov Australia & New Zealand trip (non-skiing)
- 2013:
- 1/26-2/2 CVSC Ski Week at Crested Butte, CO

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org



March Birthdays

Ron White	1	Paula Kinahon	20
Sandra Hughes	3	Jim Nachbar	22
Kenn Wulff	9	Ginny Danelek	26
R. Dean Michael	12	Agnes Johnson	27
Young Kang	12	Dennis Sorensen	30
Trisha Wood	16	Olga Eames	31
Annemiek Storm	18	Julie Herberth	31



Visit our Website at www.cvskiclub.org

SkiZette Policy NEWSLETTER

DEADLINE: last week of the month

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

Submit articles to:

Dennie Warren, Editor
email: dennieluuul@att.net



*Didn't get your newsletter? - Change of Address? -
PLEASE Contact Dave Silva, VP Membership
email: silvadave@yahoo.com*

Racers,

We finally got our first race in this season. And we are still asking "Where is the snow!" Last season, at this time, we were buried in snow. The snow coverage at Northstar was much better than expected. For those who know this mountain, the race course was moved to Ax Handle (on the front side). It made a real nice run for the first race of the season.

It was a wonderful weekend in the Sierra, with bright blue skies and moderate temperatures. Weather threatened late in the week, held off then arrived late Sunday, after the resort closed. For Race #1, congratulations to **Brian Taylor** for first in open skier Class 2, to **Steve White** for 1st in open skier Class 7, and to **Ron White** for 3rd and to me, **Keith Wilson**, with a 4th in veteran skier Class 7. Watch out for **Steve White**. He is getting faster and faster. He is getting close to getting strikes in Class 7. This turned out to be a great race weekend despite minimal snow coverage!



Keith Wilson
Race Director

The February races at Sugar Bowl are coming up this weekend (the 25th and 26th).

March races are at Alpine Meadows (10th & 11th) then at Sugar Bowl the 17th and 18th then NorCals at Alpine Meadows (23rd to 25th). The awards banquet is March 24th at Granlibakken Resort. This year, the snow season is compressed. It could be over before we know it.

Websites: www.sugarbowl.com and www.alpinemeadows.com. Check Race schedule and race results at: www.olrc.org and follow the link to the new website.

Keith

Castro Valley Ski Club Newsletter

President's Message

Hello Everyone,

As I write this I am aware that this is leap year - an extra day in the year to do whatever we would like to do - skiing perhaps? It certainly has been an interesting year in terms of weather, most pointedly SNOW. It looks like more snow is on the way, and winter may actually be coming. So, please keep "thinking snow" so we can continue to enjoy a good ski season.



Karen Wehrman
President

Our ski club has always been an ardent supporter of DSUSA (Disabled Sports USA), and this year there is a very good opportunity to support this wonderful organization and have some great fun in the bargain. Please see the flyer, in this Skizette, about the event happening March 30 and 31, and join in the fun at Alpine Meadows and at the annual Bash at Squaw Valley. You will be so glad you did - just a great experience to support our wounded warriors who have given all of us so much. This is a great way to give back and show our appreciation for all their sacrifices - doing so is a life-changing experience. With the snow that is coming, it is also a great opportunity for a wonderful ski day. I hope to see you there.

Many thanks to Ralph Sherman for bringing Dr. Lacy to speak to us at the regular meeting in February. She offered good tips on staying fit and healthy while skiing and participating in other sports activities. Everyone present enjoyed hearing this type of information and I'm sure we all benefited from being reminded to stay limber and fit for a better skiing experience. Thanks, Ralph! If you know someone who has a presentation that would appeal to our members (ie: related to skiing, sports, health, travel, etc.) please let me or one of our Board members know.

Well, I am off to enjoy this bonus day given to me this year, and I hope you are doing the same. Stay limber, fit, and healthy and I'll see you on the slopes.

THINK SNOW!!!

Karen

A Word from our VP

It's that time of year for the B.A.C. annual Man and Woman of the Year selection, and our Club's opportunity to participate by naming our own M&WotY. If any of us have suggestions for candidates, we need to bring them forward at or before the next regular meeting on March 21, so that we can vote on our selections. Nominations should name specific contributions to our sport.



Ron White
Vice President

The Man and Woman of the Year nominees will be honored at Don Jose's Restaurant in Castro Valley on April 12, 2012. Nominees will be treated to dinner, and a panel of judges will briefly interview each nominee after dinner. BAC will also be providing the BAC Woman and Man of the Year a \$50 gift certificate to Sports Basement. So you can see that there are substantive as well as appreciative rewards. Winners will go on to compete for Far West recognition.

At the Far West level, one overall Man of the Year winner & one overall Woman of the Year winner each receive 5 nights lodging plus two 5-day lift tickets at Big White. (Lodging & lift tickets are based on availability and restrictions may apply.)

As I write this from lodging near Park City, I have to tell you that snow coverage is much better here than in our home areas. But relief seems to be at hand. We are getting more snow here now and, according to reports, more is falling in the Sierra as well. We must be living right.

Yours,

Ron



CASTRO VALLEY SKI CLUB 2013SKI TRIP
Crested Butte, Colorado - www.skicb.com
JANUARY 26 – FEBRUARY 2, 2013

Plaza Condominiums - \$735.00 2 BED 2 BATH (sleeps 4)

Located just 100 yards from the main Silver Queen quad lift. These units offer condominium conveniences in a hotel-like setting. The Plaza is an easy walk to the action packed ski area base and offers the most on-site amenities of any complex in Mt. Crested Butte.

The Grand Lodge - Emmons Studio Suite \$835.00 (sleeps 2)

The Grand Lodge is a full-service hotel located just 200 yards from the ski lifts. The Emmons Studio comes equipped with a king size bed, and for your convenience, there is also a pull-down king size Murphy bed in the living area. In addition, our oversized Emmons Studios have mini kitchenettes with a microwave, dishwasher, dishware, sink, one burner stove, and refrigerator.

INCLUDES

- 7 nights Lodging at either the Grand Hotel Emmons Studios or the Plaza Condos
- 5/DAY LIFT TICKET
- PORTER AT HOTEL
- Welcome Party
- Mountain Picnic
- CVSC Dinner

Not included:

- R.T. Air into Gunnison with Transfers add \$450 (est.)
- Optional sleigh ride dinner

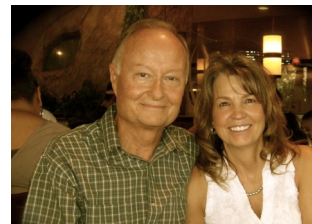
Send your \$200 deposit to:

Tucker Hoffmann
CVSC Travel Director
2657 Rivers Bend Circle
Livermore, CA. 94550

Tucker - CVSC Travel Director & Kathy, assistant

925-371-1910 tkhoffmann@comcast.net

CVSC CST # 2081040



Ability Challenge

March 30 & 31, 2012



This year's **Ability Challenge** is an all mountain challenge designed to accommodate and challenge skiers and snowboarders of all levels. Utilizing GPS technology, the Challenge will take skiers all over the mountain through a series of checkpoints with a few bonus challenges mixed in. All participants must agree to raise a minimum amount of pledges to benefit Disabled Sports USA Far West.

Disabled Sports Program Center
lower (subway) parking lot,
Alpine Meadows Ski Resort

*Registration Fees:

Adult Individual Registration	\$50
Youth Individual	\$25
Team (4-8 persons)	\$200
Youth Team (4-8 persons)	\$100
Person with a disability (Adult or Youth)	\$0

*Plus minimum pledges of \$200 per person

Visit www.abilitychallenge.net



or contact Michael for more information
530-581-4161 x208

18th Annual Ability BASH Banquet

Saturday, March 31

6:30 to 10:30 pm

The Lodge at Alpine Meadows



The **Ability Bash** is the culmination of this week-long winter sports camp held for the 25 Wounded Warriors disabled in the wars in Iraq and Afghanistan. These men and women will be honored and recognized during the event through an uplifting presentation.

Gourmet Dinner

Fine wines and micro-brews

Dance to your favorite tunes played by Wax Vinyl's DJ Brookio

Silent auction and mystery raffle

Tickets are \$100

Reserved Tables for 10: \$1,000

Must be 21 or older to attend

Contact Mary for more Bash Info 530-581-4161 x205



Cold Facts- *Source: National Institute of Allergy and Infectious Diseases*

The Problem

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

Cold Season

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

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

How Colds are Spread

Depending on the virus type, any or all of the following routes of transmission may be common:

- Touching infectious respiratory secretions on skin and on environmental surfaces and then touching the eyes or nose.
- Inhaling relatively large particles of respiratory secretions transported briefly in the air.

Inhaling droplet nuclei: smaller infectious particles suspended in the air for long periods of time.

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

Prevention

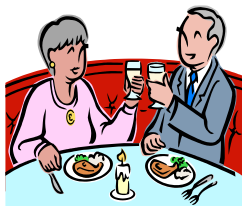
Handwashing is the simplest and most effective way to keep from getting rhinovirus colds. Not touching the nose or eyes is another. Individuals with colds should always sneeze or cough into a facial tissue, and promptly throw it away. If possible, one should avoid close, prolonged exposure to persons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

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

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

(submitted by Sandy Beecher)

CVSC END OF SEASON BANQUET



Saturday, May 12, 2012

Black tie optional

CROW CANYON COUNTRY CLUB

711 Lake Dr., Danville, CA 94526

\$37 per person (CVSC Member)

\$47 per person (Non-member)

EVENING EVENTS

6pm – Hors d'oeuvres/no-host cocktails

7pm – Dinner

Installment of new CVSC Board

Awards for Officers & Members

Door prizes & raffle

Dancing to the music of 'Get Down Productions'

Eston - DJ

to 11:30

MENU CHOICES

#1 Potato Crusted Salmon

#2 Sliced Angus Striploin

All entrees include salad, seasonal vegetables and chef's choice of potatoes or rice,
bread & butter, coffee, tea, and dessert. (wine served with dinner)



DON'T MISS THIS GALA EVENT!!!

BANQUET RESERVATION FORM

Complete reservation form & mail to Pat Green, 4655 Cope Ct., Pleasanton, CA 94566

By Sunday, April 29, 2012

(Enclose check payable to CVSC)

Name(s)	Menu choice #	Member?	Amt enclosed
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
Phone _____			
Email _____			Total amount enclosed\$ _____

CASTRO VALLEY SKI CLUB's Ski Week SNOWMASS, CO



.....the view!!!!



..... the snow!!!!

On January 21st 52 CVSC members arrived at a very snowy Snowmass, what a site. The remaining week when it snowed it snowed at night which made for great Colorado powder.

Sunday we had a welcome cheese and wine party while we all watched the playoff game. What a game even though the 49ers did not win.

Tuesday night we had a catered rib and chicken dinner enough food and wine and beer for all.

Thursday Christine Noutsios put on a wonderful tea for the girls, also on the last night we had a farewell wine and cheese party. What a great week had by all.

I want to thank everyone who came on this wonderful trip for all their cooperation and kind words. Special thanks to Cecil Johnson for making the caipirinhas on Sunday, to Christine Noutsios for the great tea, Jim and Karen and Frank and Sandy Perez for transporting some wine, and all their help, and to Kathy and Tucker Hoffman for doing the catered dinner on Tuesday night.

As always this was a great Castro Valley trip.

Thanks Again

Pat Green



Tuesday we all enjoyed a delicious dinner!



Thursday Christine hosted a traditional English Tea for all the ladies.





2011/2012 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	Dave Silva	510-538-2322	silvadave@yahoo.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	dennieluu1@att.net
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Race Director	Keith Wilson	925-828-8265	Keithwilson108@sbcglobal.net
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Travel Director	Tucker Hoffmann	925-371-1910	tkhoffmann@comcast.net
Past President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Trustee	Kathy Hoffman	925-371-1910	tkhoffmann@aol.com
Safety Chair	Sandy Beecher	707-255-4139	srbeecher@aol.com

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: Tahoeweatherdiscussion.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 & bayareaskibus.com

Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/

SKIZETTE FOR MARCH, 2012



The next meeting will be
March 21

Don Jose's Restaurant
3430 Village Dr.
Castro Valley, CA
(meeting starts at 7:30 pm)

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



ASPEN & SNOWMASS