



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

March, 2015



EVENTS CALENDAR

(f) = flyer in this issue

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MARCH

- 5-10 BAC Park City, UT ski trip
- 11 CVSC board meeting at Keith's
- 18 CVSC general meeting at Don Jose's
- 30- FWSA Mini Ski Trip, Whitefish Mt Resort, MT
- 4/4

APRIL

- 8 CVSC board meeting at Ron's
- 15 CVSC general meeting at Don Jose's

MAY

- 9 CVSC End of Season Banquet (f) pg8
- 13 CVSC board meeting at Claudia's

UPCOMING

- 8/10-20 CVSC Alaska Cruise (f) pg6
- 8/22 BAC/FWSA/DSUSA Oakland A's F/R Tale-gate fireworks (f) pg10
- 10/28-11/13 CVSC trip to Burma (f) pg7
- 2016:
- 1/30-2/6 FWSA Ski Week Telluride, CO (f) pg5

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
Rosa Lee	1	Paul McCaul	24
Kenn Wulff	9	Ginny Danelek	26
Richard Ableser	11	Agnes Johnson	27
Young Kang	12	Catherine Ratto	31
Annemiek Storm	18		



Visit our Website at www.cvskiclub.org

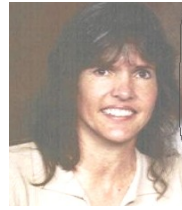
SkiZette Policy NEWSLETTER

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*

INTERESTED IN A POSITION ON THE BOARD OF DIRECTORS?

Please visit our website (under "Membership" then "Bylaws") for details on all positions. You may also contact any of the current board members with questions.

A DAY AT THE RACES.....

After a big month of racing in January, the entire ski league took February off to find snow in Canada and Colorado. As it turned out, that was a good idea! The Super G at Northstar was cancelled due to lack of snow. Nobody wants to run a ski race on dirt! The race league tried to hold a GS race on the man-made snow to make up for it, but that got snowed out! Come-on Mother Nature, give us a break!

I just got back from Park City, Utah with a group outside of BAC. It was pretty good! BAC has a trip there, starting March 5th, ski-in, ski-out condos right next to the lifts. That should be good! Meanwhile, the local Sierra is starting to get more snow. It's about time! Let's hope for lots of good snow in March!



Keith Wilson
Race Director

Races in March are on the 14th and 15th at Northstar. That will be SL and a GS for race 6 and 7. Then it's back to Alpine Meadows on March 21st and 22nd for the last race and a possible make up race. Check the Open league website for details.

Check out the Open League website, <https://sites.google.com/site/openleagueracing>. You can go there for links to **weather** and **conditions** at your favorite ski resorts.

Websites for races: www.northstarcalifornia.com and www.skialpine.com. As always, ski and race conditions can change, so check the Open League website often.

Keith Wilson
Race Director

President's Message

Hello All,

Well, here we are with the ski season just about gone, and lo and behold, new snow in the Sierras ~ a miracle March, you say? I, for one, sure hope so ~ we could use some real snow at the ski areas that are still open. It has been a challenge to find enough snow to make a day of it this season, but still many people do. I've been hearing from members about fun short days of skiing ~ some of our members are real die-hards for sure.



Karen Wehrman
President

Some of us traveled to Whistler, B.C. or Steamboat Springs, Colorado and found the conditions a little less than optimal but still far better than the Sierras, so I hope you have been able to find a little bliss somewhere in the West this year. Where there is a will there is a way!!

Back at home we have some exciting news to share. Every year we recognize two members who have generously given of their time and energy to foster Castro Valley Ski Club, and this year we would like to honor Ray and Maggie Jong as Man and Woman of the Year. Maggie, as VP of Membership, has jumped right into the job and done an exemplary job of it, too. Ray, as the Club's Webmaster, has updated and streamlined our website, making it a wonderful resource for spreading the word about our wonderful Club and referring potential new members toward more information about us. Maggie also organized and lead a Livermore bike ride last Fall, and both Ray and Maggie are always game for a challenge when one is presented. When you see Ray or Maggie, please congratulate them both. They both deserve a great pat on the back and a heartfelt "Thank you".

I hope I will see you all at our regular meeting on Wednesday, March 18 at Don Jose's. Complimentary margaritas will be served and I'm hoping that everyone will come with a grand tale of skiing or travelling. We have lots of news to share, so please show up, enjoy a margarita and have fun with many of your fellow members ~ you will be missed if we don't see you there.

See you soon,

Karen

A Word from our VP

Last month I was AWOL, so this month I want again to continue on a few thoughts about handling risk in activities that include it, skiing and riding in particular. I suggested that prioritizing risks is a cornerstone of so-called 'Steep Life Protocols', a terrain management system that increases a skier's safety. Six key backcountry protocols to help us prioritize risk that I covered in three previous months were 1) Be physically and mentally ready, 2) Monitor weather, 3) Travel with a team mentality, 4) Select practical equipment, 5) Evaluate surface snow conditions, and 6) Assess snow stability. Here are some descriptions for identifying terrain hazards.

Concave terrain is usually a chute, couloir, or bowl that commonly gets loaded with more snow due to wind deposits and snow sloughing in from the sides. This is where powerful avalanches can occur due to funneling. Like splitting an atom, avalanches in concave terrain can release drastically more energy.

Convex features are lower angle slopes that abruptly get steeper; the main face only becomes visible when you ski over the roller. Convex features are risky due to the forces of weight vs. angle with gravity playing a much bigger role. Imagine how fast 500 tons of snow can release underneath you. Even if you trust it, take a diagonal descent to the high side if it presents a double fall line.

Unsupported slopes, prone to avalanches, are frequently hanging over cliffs, foliage, rock reefs, or road—anything that disrupts slope continuity. Unsupported slopes lack the sound structural value found on angle dissipation slopes (where structure begins at the base and continues up).

Terrain traps are places where snow can pile deeply (V-shaped and smaller U-shaped terrain, benches, gullies, and steep-to-flat). Skiers buried deeply generally have poor chances for survival. Great skiers and guides love dissipation slopes for safety and performance and strive to avoid terrain traps.

More next time, on selecting terrain with a 3-Strike Methodology.

Ron



Ron White
Vice President



January 2016 - HOT NEWS

In 2016 FWSA will be going to Telluride. This is proving to be a popular trip. We have 38 members with deposits in. If you are interested don't wait.

January 30th to February 6th, 2016

\$1215-\$1495

See flyer

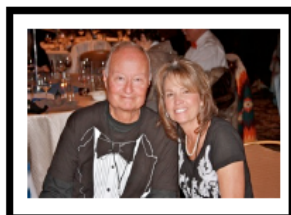
AUGUST 2015: Join us on a 10 day cruise out of SFO on the Golden Princess We already have a great group signed up. Dates are **Aug 10-20th**. You don't have to worry about booking air or your luggage being over weight. Who's going so far ...

Tucker & Kathy Hoffmann
Karen Wehrman & Jim Silva
Steve & Jan Tadevich
Valerie & Jerry Caveglia
Bob Petersman & Cherri Gurney
Wayne Ainsworth & Elizabeth Yagle
Steven James

OCTOBER 2015: We will be departing on an exciting Adventure Trip to Myanmar, formally Burma, on Oct. 28th. Myanmar, is a hot destination for two reasons: firstly, the door has been opened on a piece of Asia that has been isolated from the pressures of development (and, indeed, tourism) for five decades; and secondly, it offers so much to the traveler it is hard to know where to begin. We will be on a DELUXE Riverboat for 10 days.



So far we have 48 signed up for this trip and may be able to add one more cabin.
SEE ATTACHED FLYERS FOR THESE TRIPS.....

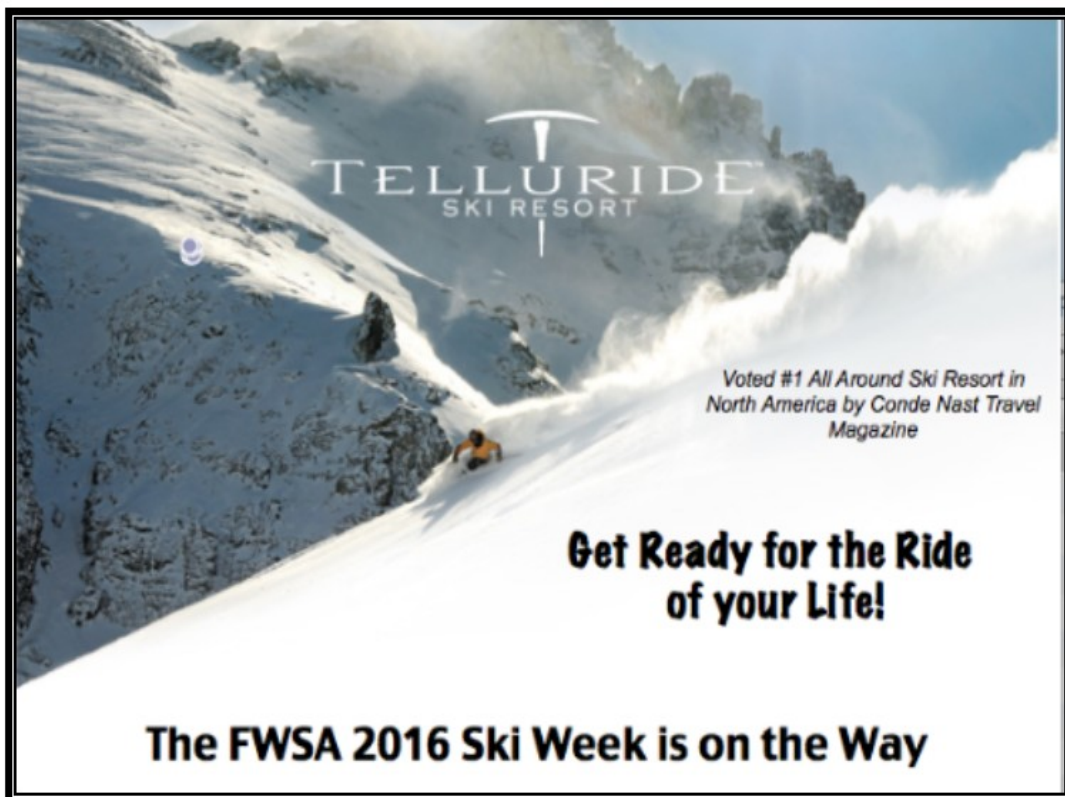


Tucker - CVSC Travel Director & Kathy, assistant
2657 Rivers Bend Circle, Livermore CA 94550
925-371-1910 tkhoffmann@comcast.net
cell # 510-329-4242

CVSC CST # 2081040

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
CVSC CST # 2081040

CASTRO VALLEY SKI CLUB

10-DAY ALASKA on the GOLDEN PRINCESS

Aug 10-20th, 2015

Cruise is out of San Francisco; don't worry about booking air or luggage being overweight

ITINERARY:

Ports: San Francisco, California; Juneau, Alaska; Skagway, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Victoria, British Columbia; San Francisco, California

CABIN PRICING: per person double occupancy

INTERIOR	OCEANVIEW	BALCONY	MINI-SUITE	SUITE
\$1,349.00	\$2,049.00	\$2,299.00	\$2,599.00	\$3,599.00

NOT INCLUDED: Taxes, Fees & Port Expenses additional: \$225.00 USD

DEPOSITS:

\$200.00 PER PERSON DUE NOW
MAY 1st, 2015 FINAL PAYMENT DUE

CANCELLATION POLICY:

NO PENALTY TO CANCEL
PRIOR MAY 1st, 2015

EX MILITARY: \$100.00 ON BOARD

CREDIT I will send the form if needed



**DEPOSIT MAY BE MADE BY CREDIT CARD OR CHECK,
YOU NEED TO CONTACT ME BY E-MAIL OR PHONE AS TO YOUR METHOD OF PAYMENT**

SEND TO:
TUCKER HOFFMANN
2657 Rivers Bend Circle
Livermore, CA 94550

tkhoffmann@comcast.net
510-329-6838 – cell

CST#2081040-40



CASTRO VALLEY SKI CLUB

presents

Burma & the Irrawaddy River - Cruising the Road to Mandalay



Oct. 28 – Nov. 13, 2015

Limited to 48 includes air from LAX or SFO

Pre-trip to Bangkok - \$399

Post-Trip to Inle Lake, Myanmar - \$1099

Myanmar, formally Burma, is a hot destination and for two reasons: firstly, the door has been opened on a piece of Asia that has been isolated from the pressures of development (and, indeed, tourism) for five decades; and secondly, it offers so much to the traveler it is hard to know where to begin. The country has all the beauty of Thailand's coastal and mountain regions but only a fraction of it has been seen by outsiders. Myanmar is truly a "last chance to see" (Malaysia/Thailand 30 years ago, Vietnam 15 years ago, Cambodia 10 years ago - take your pick).

We will be on a DELUXE Riverboat for 10 days.
There are different categories of cabins depending on the deck level.
We have reserved the WHOLE boat for our group.

Here are the prices WITH air from either LAX or SFO

Irrawaddy Suite B2 - 2 cabins - \$5652

Maugham Suite B1 - 8 cabins - \$5852

Orwell Suite - 16 cabins - \$6052



Call for more info.

Send your \$500 (\$300 is non-refundable) deposit to:
Tucker Hoffmann, CVSC Travel
2657 Rivers Bend Circle Livermore CA 94550
925-371-1910

CST #2081040

CVSC END OF SEASON BANQUET

Saturday, May 9, 2015

Black tie optional

CROW CANYON COUNTRY CLUB

711 Lake Dr., Danville, CA 94526

EVENING EVENTS

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

7pm – Dinner

Installment of new CVSC Board

Awards for Officers & Members

Door prizes & raffle

Dancing 'til 11:30

MENU CHOICES

CVSC members—\$39; Non-members—\$49

#1 Salmon or #2 Steak

All entrees include salad, seasonal vegetables and chef's choice of potatoes or rice,
bread & butter, coffee, tea, and dessert.

DON'T MISS THIS GALA EVENT!!!

BANQUET RESERVATION FORM

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

By Saturday, May 2, 2015

(Enclose check payable to CVSC)

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

MEASLES OUT BREAK IN CALIFORNIA

The measles outbreak that started at Disneyland and one other California theme park is expanding, with 59 confirmed cases in patients ranging in age from 7 months to 70 years. The California Department of Public Health has linked 42 of these cases to people who visited Disneyland or Disney's California Adventure Park.

Initially, cases were linked to people who visited the parks in mid-December, but health officials now say that other people with measles were at the parks in January while infectious and also have spread the disease.

Vaccination status is known for 34 of the California patients. State officials say that 28 were not vaccinated at all, one was partially vaccinated and five were fully vaccinated. Six of the unvaccinated were babies.

Measles was declared eliminated from the United States in 2000, but can still be reintroduced if someone from another country is infected and travels to the U.S., or an unvaccinated person in the U.S. travels abroad and brings the illness back., too young to be vaccinated.

If you were born before 1957, you are presumed to be immune to measles, because the disease was so widespread before the introduction of the vaccine. For years, only one dose was recommended; it protects 95 percent of people. The second dose was recommended starting in 1991. If you don't know your vaccine status, Harriman said you can safely get the MMR vaccine — if it's an extra dose it won't hurt you, she said.

The measles outbreak comes after years of increases in the number of parents who refuse to get their children vaccinated. In California, the rate of kindergarten parents choosing the "personal belief exemption" to refuse vaccines doubled from 2007 to 2013. While the statewide rate of personal belief exemptions reached 3.15 percent, geographic clusters had significantly higher opt-out rates.

But that steady increase in vaccine refusals was halted with the current school year — likely due to a [new California state law](#). This school year is the first when parents who chose to opt out needed to meet first with a health care provider to discuss vaccines and vaccine preventable illnesses. The goal is to dispel misinformation and fear of vaccines. The opt-out rate dropped from 3.15 to 2.54 percent, nearly a 20 percent decrease.

Senate passed [AB 2109](#), a bill to make this exemption a little tougher. Under the bill, parents who don't wish to have their children vaccinated must meet with a health care provider to talk about risks and benefits of vaccines. The provider can be a doctor, nurse practitioner, physician assistant, osteopathic physician, naturopathic doctor or a credentialed school nurse. The provider must sign a form and the parent must still provide a written statement.

Sandy Beecher
Safety Chair



Oakland Athletics
vs. Tampa Bay Rays



*** * * *SAVE THE DATE* * * ***

**Bay Area Snow Sports Council
Presents our 10th Annual
FUND RAISER for
Disabled Sports USA Far West
*All proceeds over cost go to DSUSAFW***

Saturday, August 22, 2015

Game time @ 6:05pm.

Seats in Sections 128R & 129R, Field Level, 3rd base side

Deadline for purchasing tickets: July 27th

BAC Pricing still to be determined

FIREWORKS NIGHT &

BAC Tailgate BBQ

(4:00 to 5:15 pm)

**Make this an Exciting
Summer Club Event**

For club group seating, please send one club check for all club members.
Make checks payable to Bay Area Snow Sports Council (BAC). Paypal will be available. Seating assigned based on when money is received by BAC.

Contact: Norm Azevedo
(925) 944-9816, nazevedo@sbcglobal.net
901 Sousa Dr. Walnut Creek, CA 94597
Contact: Dennis Heffley
(925) 998-4415, skiheffley@aol.com



2015

83rd Annual Convention

Far West Ski Association

Salute to San Diego



"The Voice of the Western Skier"



June 4-7, 2015

Town and Country Resort & Convention Center

500 Hotel Circle North, San Diego, CA 92108

800-772-8527 • www.towncountry.com

Hosted by San Diego Council of Ski Clubs

Town and Country Resort & Convention Center

Reservations call 800-772-8527

Group Name Far West Ski Association

Online Reservations <http://bit.ly/FWSA-lodging>

Room Rates per night plus tax single or double occupancy

(choice of Royal Palm Tower, Regency Tower/Courtyard, Garden Room)

Garden & Tower Rooms **\$145** (Rooms will be released May 10, 2015)

Hotel Features

- 32 lushly-landscaped acres in the heart of Mission Valley, 5 restaurants & 3 lounges, 3 Pools and Whirlpool, 14,000 sq. ft. Bella Tosca Day Spa-Salon-Fitness Center, 27-hole Championship Golf Course, adjacent to Fashion Valley Shopping Mall & Light Rail Trolley Stop
- NO Resort Fees; FREE Wi-Fi
- Parking is \$5 per day
- Rates are available 3 days pre and post Convention



Transportation

- Air transportation is via San Diego International Airport (SAN), located 7 miles from the Town & Country.
- Rental cars and shuttle services are available at the airport.
- **The Cloud 9 Super Shuttle** is currently \$11 per person one way.

Convention Highlights

- Silent Auction
- Travel Expo
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panel
- Saturday Awards Luncheon
- Celebrity Multi-Media Presentation
- Saturday Awards Dinner
- Far West General Meeting & Elections

Optional Activities

- Thursday Activities
 - San Diego Tours
 - Dinner on the USS Midway
- Friday Activities
 - Michael German Golf Tournament
 - Kayaking La Jolla Cove
 - Biking Mission Bay
 - San Diego Zoo
 - Pool Party

Jane Wyckoff

FWSA Convention Chairperson

janewyckoff1@cox.net or 949-933-9607

Jeannine Davis

Silent Auction / Travel Expo Chairperson

SilentAuction@fwsa.org or 530-392-3185

Elleen Sanford

San Diego Host Council Convention Coordinator

HostConvention2015@fwsa.org or 858-695-1442www.fwsa.org



2014/2015 Avid Skiers in Control

President
Vice President
VP Membership
VP Club Activities
Secretary
Treasurer
Newsletter Editor
Web Manager
Race Director
Travel Director
Past President
Trustee
Safety Chair

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Ron White 925-443-3106
Maggie Jong 925-447-5148
Pat Green 925 846-7250
Eva Lanphear 510-793-3863
Claudia Fernandes 925-462-6573
Dennie Warren 510 759-3415
Ray Jong 925-447-5148
Keith Wilson 925-828-8265
Tucker Hoffmann 925-371-1910
Ralph Sherman 925-449-7941
Kathy Hoffmann 925-371-1910
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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, 2015



The next meeting will be
March 18

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