

Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

March, 2017



EVENTS CALENDAR

(f) = flyer in this issue

Inside this issue:

| | |
|---------------------|------|
| Pres & VP's Mes- | 2 |
| sages | |
| Travel Update | 3-4 |
| All about sunscreen | 5-6 |
| Andes to So Amer- | 7 |
| ica cruise flyer | |
| 2017 Cuba trip | 8 |
| flyer | |
| FWSA 85th Annu- | 9 |
| al Convention, Boi- | |
| se, ID | |
| Avid Skiers in | Back |
| Control | page |



MARCH

- 8 CVSC board meeting at Phyllis'
- 15 CVSC general meeting at Don Jose's
- 12-19 FWSA Int'l Ski Trip to St. Anton am Arlberg, Austria
- 21-26 FWSA Mini Ski Week to Sun Peaks, BC

APRIL

- 12 CVSC board meeting at Maggie's
- 19 CVSC general meeting at Don Jose's

MAY

- 10 CVSC board meeting at Keith's
- 17 CVSC general meeting at Don Jose's

UPCOMING

- 10/16-26 CVSC Cuba trip (f)pg8
- 12/3-20 CVSC Andes to So America cruise (f)pg7

- 2018:
- May CVSC Morocco (f)pg3
- July CVSC Iceland (f)pg4

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 6/7-11 FWSA 85th Annual Convention in Boise, ID (f)pg9

MARCH BIRTHDAYS

| | |
|-----------------|----|
| Ron White | 1 |
| Kenn Wulff | 9 |
| Richard Ableser | 11 |
| Paula Kinahon | 20 |
| Agnes Johnson | 27 |



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*



President's Message

Happy snow days everyone! We have 185% of normal snow in Tahoe according to the news and still more to come. Hope you have been able to get to the ski areas. It has been a blessing for some and a curse for others.



Claudia Fernandes
President

At our last general meeting everyone there shared their ski stories for this season. We had many stories of great weather and fabulous powder and others that weren't able to get to their destinations based on weather, wind and other obstacles. Overall great trips and stories were shared. More to come. This month there are trips to Sunpeaks and Austria we wish those traveling a wonderful trip. Most of all be safe.

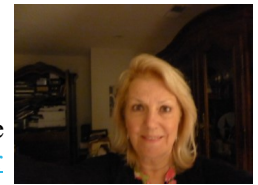
We will have a speaker at our next meeting so hope to see you there. We are also planning more impromptu get togethers so stay tuned. Also the Far West Ski Association convention is coming up June 7-11, in Boise, Idaho. We will have some spots open for delegates so think about it and let me know if you are interested in attending. We pay partial registration fees to members attending as delegates from our club. However the number of delegates is limited.

If you have pictures of your ski adventures please send to both Ray for the website and Dennie for the ski-zette.

Enjoy the season!
Claudia

Our Vice President

March is here and records for rain and snow falls are off the charts. Flooding and heavy snow falls have caused difficult road conditions which make it hard to navigate. The good news is [that our drought is over for the time being, our reservoirs are not only full, but overflowing and](#) the snow levels should keep us on the slopes for a long time.



Anne Wilburn
Vice President

Spring is just around the corner, birds are singing, the daffodils are blooming and the trees and shrubs are budding and blooming. Daylight savings starts March 12th, and spring officially begins March 20th.

Upcoming Events:

Sun Peaks, Canada: March 21, 2017

Ability Challenge: Saturday April 1, 2017 Squaw Valley, Fun, Games, Raffle and Apres Party

A's game: Aug. 12, 2017. Game ticket price is \$36. Norm Azevedo is handling tickets.

Hockey: A San Jose Barracuda game will be planned for early 2018.

FWSA 2017 85th Annual Convention June 8-11 in Boise ID, by Intermountain Council. Register to enjoy the Silent Auction on Friday night, as well as mountain biking, golf, and local wineries. Events will be held at the Grove Hotel downtown. Register at www.fwsa.org.

Future Travel: FWSA

Baniff, Canada: Feb. 3-10, 2018; **Alaska, Iditarod & Ski**

Alyeska: Feb. 25-Mar. 4, 2018; **Les Trois Vallees –Brides les Bains, France:** March TBD 2018; **Valle Nevado, Chile:** TBD Summer 2018

Have a Happy Saint Patrick's Day

Anne



This year we have 2 great trips going....

CUBA - This trip is full and we are running a wait list. We have 36 going. Nothing has changed as far as the situation there.

SOUTH AMERICA CRUISE - We still have some space on this trip. 30 going right now. See new flyer as prices and perks have changed.

We have had a great response to our 2018 trips. We normally take around 32 members. We are trying to get more space on the Iceland trip since we had so many emails and have quit a long list. Here's a little update.

ICELAND - It looks like we may be flying from LAX & SFO so that's good news. Of course it's too early to book the air but we will keep you updated. We are also waiting for confirmation from the hotels, we have requested end of July or early Aug. I will send exact dates as soon as we receive them.

MOROCCO - the Morocco Trip will start on MAY 1st, 2018. We will ALL be flying out of LAX. due to the problematic flight schedule from SFO. More info soon on this exciting trip.

Majestic Morocco May 1st 2018 – 13 days

CASABLANCA, MARRAKESH, DADES, ERFOUD, FEZ & RABAT

The Morocco trip will be around \$3200 with air from LAX.

Itinerary at a glance

- 1 night in Casablanca
- 3 nights in Marrakesh
- 1 night in Dades
- 2 nights in Erfoud
- 2 nights in Fez
- 2 nights in Rabat

Tour Highlights

- Hassan II Mosque (Casablanca)
- Koutobia Minaret (Marrakesh)
- Jemaa El Fna (Marrakesh)
- Essaouira Medina
- Ait Ben Haddou
- Todra Palmeraie Gorge (Erfoud)
- Erg Chebbi Desert
- Camel Ride in the Dunes
- Royal Palace (Rabat)
- Horse Cart Ride with Dinner & (Marrakesh)

Your tour of Morocco Includes:

- Round-trip airfare from LAX
- Airfare taxes, fees & fuel surcharges
- Intra-Morocco ground transportation and transfers
- Accommodations at First Class hotels
- 18 meals: 11 full buffet breakfasts, 2 lunches and 6 dinners
- Comprehensive sightseeing tours including admission fees
- Experienced English speaking Tour Director throughout
- Tips



Iceland Summer Adventure July/August 2018

REYKJAVIK, VIK, WESTMAN ISLANDS, SELFOSS & BLUE LAGOON

Estimated price \$3600

Itinerary at a glance

- Overnight flight on Icelandair
- 2 nights in Reykjavik
- 2 nights in Vik
- 2 nights in Selfoss
- 2 nights in Reykjavik
- Return flight on Icelandair

Tour Highlights

- Reykjavik City Sightseeing
- Eyjafjallajökull (Volcano)
- Seljalandsfoss & Skogafoss (Waterfalls)
- Skaftafell National Park
- Vatnajökull (Glacier)
- Westman Islands
- Thingvellir National Park
- Geysir (Hot spring)
- Gullfoss (Waterfall)
- Blue Lagoon

Your Iceland tour package includes

- Round-trip, non-stop flight on IcelandAir from West Coast (SFO or LAX looks promising)
- Airfare taxes, fees & fuel surcharges
- Ground transportation
- Accommodations at centrally-located, Scandinavian-style hotels (simple)
- 14 meals: 9 breakfasts (B) and 5 dinners (D)
- Comprehensive sightseeing as per itinerary
- Experienced, English speaking guides

FWSA NEWS.....

2017 FWSA MINI SKI WEEK SUN PEAKS, CANADA MAR. 21-28, 2017



2018 FWSA SKI WEEK - BANFF, CANADA

BAC Travel Director, Gail Burns, will be running this trip. As soon as I get more info and a flyer I will send out all info in a special email blast.

Happy Skiing & Travels.....

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

CVSC CST # 2081040



Spring skiing is here and I hope everyone is protecting their skin.

Know how to select and apply a good sunscreen to protect your skin from sunburn and other skin damage.

How do sunscreens work?

Sunscreen absorbs, reflects or scatters UV light. It's divided into three wavelength bands — ultraviolet A (UVA), ultraviolet B (UVB) and ultraviolet C (UVC). Only UVA and UVB rays reach the earth. Sunscreens provide either physical or chemical protection from UV light.

- **Physical sunscreens** form an opaque film that reflects or scatters UV light before it can penetrate the skin. These sunscreens contain ingredients, such as zinc oxide and titanium dioxide, which protect against both UVA and UVB rays. Original formulations of physical sunscreens remained white when applied to the skin. Newer formulations blend more with your skin tone and are less noticeable.
- **Chemical sunscreens** absorb UV rays before they can cause any damage. They contain one or more ingredients, such as avobenzone or oxybenzone, which absorb UVA or UVB rays. For broad protection, chemical sunscreens often contain more than one ingredient to protect against both UVA and UVB rays. A newer over-the-counter sunscreen contains mexoryl (Anthelios SX) and offers protection against both UVA and UVB radiation.

What reduces the effectiveness of sunscreen?

How much protection your sunscreen offers depends on many factors, including how likely your skin is to burn (your skin type), the amount and type of sunscreen used, how often the sunscreen is applied, and how intense the UV rays are.

In addition, many factors can make sunscreen less effective. These include:

- High humidity
- Sweating
- Drying or rubbing your skin with a towel
- Swimming, showers or other contact with water

SPF =Sun Protection Factor

In the United States the Sun Protection Factor of a product tells how long you may stay in the sun without burning from UVB light. SPF is only a sunburn meter allowing tanning with enough sun exposure. UVA light has not been formally tested to acquire a SPF rating but manufactures commonly include them in a broad screen sunblock.

SPF means Sun Protection Factor using this equation.

1. Take the time you would normally burn in the sun without protection. 20 minutes would normally produce redness on a light skinned individual.
2. Multiply that number by the SPF factor of your product. Example: with an SPF 15 X's 20 minutes of sunburn time = $15 \times 20 = 300$ tells how many minutes you may stay in the sun without burning. 300 minutes divided by a 1 hour of 60 minutes = 5 hours of sun protection without sunburn.

What should you look for when buying sunscreen?

Not all sunscreens are the same. Be sure to:

- **Select a broad-spectrum sunscreen with an SPF of at least 15.** Broad-spectrum products provide protection against both UVA and UVB radiation. Look on the ingredient labels for oxybenzone, sulisobenzene, avobenzone (Parsol 1789), ecamsule, titanium dioxide or zinc oxide.
- **Watch for added ingredients that may irritate your skin.** Some sunscreens contain fragrances, preservatives and other ingredients that cause skin reactions in some people. If you have sensitive skin, look for sunscreen that doesn't contain potential allergens, such as fragrances or dyes, and is specifically designed for your type of skin.
- **Understand labels.** Look for sunscreens labeled "water resistant," which offers some protection against washing off in water or when perspiring heavily. Sunscreens can no longer be labeled "waterproof" because all sunscreens wash off to some extent. Other terms that can no longer be used on sunscreen product labels include "sun block" (no product actually blocks all UV rays) and "all-day" (no sunscreen lasts all day).

Make sure any product you use actually contains sunscreen. Many tanning oils and lotions don't. Products that don't contain sunscreen are required by law to clearly indicate that on the label.

How much sunscreen is necessary, and how often should it be applied?

Most people use sunscreen too sparingly. A liberal application is 1 ounce (29 milliliters) — the amount in a shot glass — to cover all exposed parts of the body. If you have a 4-ounce (118-milliliter) bottle, you'll be using about one-fourth of it for one application. Be sure to rub the sunscreen in well.

To maximize protection, apply sunscreen liberally 30 minutes before going outdoors and reapply every two hours, or sooner as needed.

Is sunscreen enough to protect your skin?

Though it offers some protection, no sunscreen blocks out all of the UV rays. Therefore, sunscreen shouldn't replace other protective measures, such as limiting the time you spend in the sun and covering your skin. For the most complete sun protection, use all three of these methods:

- **Avoid the sun between 10 a.m. and 4 p.m.** Because the sun's rays are strongest during these hours, try to schedule outdoor activities for other times of the day. Seek shade whenever possible. If you're unable to avoid being in the sun, limit the amount of time you're outdoors during these peak hours.
- **Cover up.** Wear tightly woven clothing that covers your arms and legs and a broad-brimmed hat, which provides more protection than does a baseball cap or golf visor. Also, consider wearing clothing or outdoor gear specially designed to provide sun protection.

Use sunscreen frequently and liberally. Apply sunscreen liberally 30 minutes before going outdoors and reapply about every two hours. Use it even on cloudy or hazy days. UV rays can penetrate cloud cover.

(article submitted by Sandy Beecher)

© 1998-2010 Mayo Foundation for Medical Education and Research (MFMER).

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



PTAGL H9067 • © Princess Cruises 2009. Ships of Rembrandt registry. This promotional piece is created and distributed by an independent travel agency, not by Princess.

17 DAY ANDES & SOUTH AMERICA LOS ANGELES TO SANTIAGO ON THE EMERALD PRINCESS

December 3-20, 2017

Prices are per person double occupancy:

\$1699.00 Oceanview
\$1999.00 Balcony
\$2299.00 Mini-Suite

\$205.00 PORT FEES & TAXES PER PERSON

Air & transfers not included

Group Cocktail Parties Included

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



Departing from: Los Angeles, California

Ports of Call: Cabo San Lucas, Mexico • Puntarenas, Costa Rica • Callao (Lima), Peru • General San Martin (Pisco), Peru • Coquimbo (La Serena), Chile • Valparaiso (Santiago), Chile

Ships Cancellation Policy

FULL REFUND DEPOSIT until Sept. 19, 2017

| | |
|---------------------|--------------|
| Sept. 20, 2017 | \$100 |
| October 8, 2017 | 50% PENALTY |
| November 5, 2017 | 75 % PENALTY |
| After Nov. 19, 2017 | no refund |

**Right now there is a new promotion going on. \$100 deposit.
Free gratuities and \$150 per person on board spending money.**

Call Tucker Hoffmann to book your cabin. You will need to give him your credit card number
FINAL PAYMENT DUE September 17, 2017


PRINCESS CRUISES

925-371-1910 -home - 510-329-6838 - cell
tuckerhoffmann@aol.com/tk hoffmann@comcast.net
Castro Valley Ski Club Travel CST#2081040-40

2017 Castro Valley Ski Club Rediscover Cuba

October 16 – October 26, 2017



\$4,399.00 per person

Your tour includes

- **Round-trip airfare from Miami**
- Airfare taxes, fees & fuel surcharges
- Health insurance in Cuba (mandatory)
- Cuban Visa (for US Citizens) & Cuban Departure Tax
- Intra-Cuba ground transportation and transfers
- Pre-night in Miami Airport Hotel
- Accommodations at First Class hotels in Cuba
- 27 meals: 10 full buffet breakfasts (B), 10 lunches (L) and 7 dinners (D)
- Comprehensive People-to-People experiences and cultural tours including admission fees, following U.S. regulation CFR 515.565
- Experienced Cuban English-speaking guide and a USA Tour Director throughout
- **All Tips**

Highlights

- A true “people-to-people” experience with cultural exchanges such as visits with artists, musical performances, and local organizations
- Riding in American Vintage Automobiles (Havana)
- Home of Ernest Hemingway (Havana)
- Cigar Factory (Havana)
- Casa Fuster (Havana)
- Bay of Pigs Museum (Giron)
- Walking Tour of Trinidad
- Camaguey Ballet Company
- Beaches of Guardalavaca (Holguin)
- Neon Theater (Holguin)

Itinerary at a glance

- 1 night in Miami
- 3 nights in Havana
- 2 nights in Cienfuegos/Sancti Spiritus
- 2 nights in Camaguey
- 2 nights in Holguin

Optional overnight in Miami upon return to the states - \$100. The flight from Cuba doesn't get in until around 8pm if it's on time. Since everyone is doing their own air to Miami you may not be able to get a flight out that late.

Optional Insurance - \$169



85th Annual Far West Ski Association Convention

June 7-11, 2017

BOISE CENTRE
850 W. Front St., Boise, ID 83702
208-336-8900 • www.boisecentre.com

hosted by
*Bogus Basin Ski Club &
Intermountain Ski Council*

boise



THE GROVE HOTEL — DOWNTOWN BOISE

245 S. Capitol Blvd., Boise, ID 83702

www.grovehotelboise.com

Reservations call **888-961-5000** or **208-489-2222** Option 1

Group Name **Far West Ski Association**

Reservations Online at <http://blt.ly/FWSA2017-lodging>

Room Rates per night plus tax single or double occupancy — **\$134**

Room Registration Deadline May 16, 2017

HOTEL FEATURES

- The Grove Fitness Center and Spa
- Emilio's Restaurant & The Bar
- NO resort fees, FREE Wi-Fi in guest rooms
- Self-Parking \$10; Valet \$16; Garages nearby
- Rates are available 3 days pre and post Convention
- Walking distance to shops, restaurants, museums, theaters & more

TRANSPORTATION

- Air Transportation is via Boise Airport (BOI), located 10 minutes from Boise Centre.
- The Grove Hotel offers free airport shuttle service. Call 208-333-8000 when you arrive. Ask for the Front Desk for ground transportation.

CONVENTION HIGHLIGHTS

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

OPTIONAL ACTIVITIES

- **Wednesday**
 - "A Taste of Idaho"
(Hot Springs & Dutch Oven Dinner)
- **Thursday**
 - Rafting on Payette River
 - Wine Wobble & Pub Crawl
- **Friday**
 - 11th Annual Michael German Memorial Golf Tournament
 - A Day on the Mountain, Bogus Basin Mountain Recreation Area
 - Boise Greenbelt & Nature Center Biking
 - Fountain Party (The Grove Plaza)

Jane Wyckoff

FWSA Convention Chairperson

janeWyckoff1@cox.net or 949-933-9607

Jeannine Davis

Silent Auction Chairperson

SilentAuction@fwsa.org or 415-328-2333

Mike Bouton

Intermountain Host Council Convention Coordinator

mbouton0559@msn.com or 208-703-0444

A PORTION OF THE SILENT AUCTION PROCEEDS WILL BENEFIT THE COLLEGE OF IDAHO SKI TEAM.

www.fwsa.org



2016/2017 Avid Skiers in Control

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

Claudia Fernandes 925-462-6573
Anne Wilburn 925-200-2801
Maggie Jong 925-447-5148
Pat Green 925 846-7250
Phyllis May 925-371-1667
Keith Wilson 925-828-8265
Dennie Warren 510 759-3415
Ray Jong 925-447-5148
Tucker Hoffmann 925-371-1910
Karen Wehrman 510-538-2872
Kathy Hoffmann 925-371-1910
Sandy Beecher 707-255-4139

Claudia.fernandes4108@gmail.com
annewilburn@comcast.net
mozoro25@gmail.com
greendm@comcast.net
phyllismay@comcast.net
Keithwilson108@sbcglobal.net
dennieluuu1@att.net
skibuff@comcast.net
Tuckerhoffmann@aol.com
kwehrman@comcast.net
tkhoffmann@comcast.net
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

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

Best weather website for snow: Tahoeweatherdiscussion.com

Take a bus to the slopes: nacski.com & bayareaskibus.com

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

SKIZETTE FOR MARCH, 2017



The next meeting will be
March 15

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

(meeting starts @ 7:30 pm)

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



ASPEN & SNOWMASS