



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

April, 2014



EVENTS CALENDAR

(f) = flyer in this issue

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APRIL

- 9 CVSC board meeting at Ron's
16 CVSC general meeting at Don Jose's

MAY

- 3 CVSC End of Season Banquet (f)
14 CVSC board meeting at Claudia's

JUNE

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

UPCOMING

- 8/2 Mexican Fiesta at Pat & Dan's (details forthcoming)
8/22- CVSC Ireland & Scotland (w/optional London 3 day ext.)
9/6
10/29- CVSC Tahiti Pacific Princess Cruise (f)
11/8
2015:
1/31- CVSC Ski Week at Steamboat Springs, CO (f)
2/7

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org



APRIL BIRTHDAYS

Ken Calkins	3	Barbara Gilmartin	19
Kerma Cook	6	Lynnell Calkins	19
Norman Glickman	8	Diana Gartland	23
Janice Dark	10	Fran Slate	28
Linda Michaels	19		



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: dennieluuu1@att.net



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

A DAY AT THE RACES.....

There were three races in March; although four were planned. The **SL** race on March 1st was cancelled due to a snow storm. Well, you take the good with the bad! We **needed the snow**, badly. The race on **March 2nd** at **Alpine Meadows** came off as planned, even with the new snow. This was great for skiing, but probably made racing a bit tough as the soft snow probably made for deep ruts on the race course. **Brian Taylor** placed 2nd as a level 1 skier. **Abdi Nejad**, as **new racer** for Castro Valley, also placed 2nd as a level 4 skier.



Keith Wilson
Race Director

The next race weekend, on **March 22nd and 23rd** was at **Homewood**. The race course was located in the vicinity of some of the most breathtaking views of **Lake Tahoe**. This was a good place to finish the regular racing season. **Brian Taylor** was our only racer. He placed 1st on **Saturday** in his category and 3rd on **Sunday**. Well, Sunday is the big get-away day. Brian probably was thinking about the trip home; otherwise he probably would have won.

That does it for the regular racing season. Even though the regular season, snow-fall was measly, we still **got in 7 regular season races**. That is about as good as it gets for racing. Now that the skiing and racing season is almost over, we are getting storm upon storm. **That's not fair!**

The **Far West racing finals** are the weekend of **April 5 and 6 at Mammoth Mt.** There will be **plenty of snow**. We will see who shows up!

Website: www.mammothmountaincom. Check the Open League Race Committee **website** for latest news and results: www.olrc.org.

Keith Wilson

Castro Valley Ski Club Newsletter

President's Message

Hi All,

Well, can you even figure out what is going on with the weather - there's probably more snow on the ground right now than there has been all winter. It seems as if we are having a very delayed winter as March comes to an end and we head into Spring. Whatever the date, I hope you are able to enjoy some of this "windfall" snow having some great ski days.



Karen Wehrman
President

Please come to the CVSC regular meeting at Don Jose's Restaurant on Wednesday evening, April 16, and share your late-season ski adventures with your fellow members - so we can all be jealous! There may be still some more snow on the way, so don't put those skis away just yet.

I hope you can join everyone at the End of Season Banquet on Saturday, May 3, too.

Pat Green, our awesome Activities Director, has been putting a fun party together for us, complete with a gourmet dinner, dancing, and other festivities, too. Please come join in the fun and dance your sox off!

For upcoming Spring activities, we are looking for a few good women and men to lead a fun bike ride on a route of your choice to share with other bike enthusiasts. Maggie and Ray Jong organized a great ride in the Livermore Valley last year with lunch at a local winery after the ride, and everyone who participated had a great time. So, share your favorite route with some of your fellow members and foster biking and fitness in the bargain! You will have as much fun as your fellow riders.

Also, remember, that the Far West Ski Association annual Convention is coming up June 12 thru 15. The Convention takes place in wonderful Bend, Oregon, and lots of fellow members will be attending. If you have interest in the ski industry or in the Silent Auction on Friday evening, you will have a good time.

As usual, there are lots of fun activities to take advantage of, and I hope to see you all at one of these events.

Happy trails,

Karen

A Word from our VP

This month I want to continue with elaborating the several special awards made by the Far West Ski Association, that are given in addition to the Man and Woman of the Year awards. These four are the:



Ron White
Vice President

Safety Person of the Year
Western Ski Heritage
Club Historical Recognition
Charity and Community Service

and the deadline for submission this year was March 20.

This month I will discuss the third, the Club Historical Recognition.

The objective of this program award is to capture important information about snow sports from the participant's perspective and especially from the perspective of skiers/boarders who belong to a club. Documenting the history of your club, council or race league would be an example of a submission. Selection for this award is based on digital (preferable) or a snail mailed presentation of club, council or league history according to a set of weighted criteria. A certificate suitable for framing is presented. Any Far West Club or Council can apply for this recognition.

Candidates should send their forms directly to John Watson – history@fwsa.org Web Link to Detailed Information - <http://fwsa.org/MemberCorner/Programs/program-historical.html>

In the coming newsletter I will describe the one remaining award. We need to think about our own club and the members who would run strongly in these areas.

Ron



CVSC Travelers:

Lots of exciting trips coming up for CVSC members.

Next on the agenda is the Ireland/Scotland Trip in August. 44 members will be joining us on this adventure. Then in Oct. we have 40 members going on a 10 day Tahiti Cruise out of Papeete. Most of us will be spending 4 days in Tahiti before we board the cruise ship.

We have put together a CVSC Trip to Steamboat Springs next year. Many expressed that they would rather do a club trip, so here it is. We are starting to get deposits in and so far have a pretty good group going. See flyer and send us an email if you're interested. We will be sending in the deposit on the condos by April 15th.

We are seriously looking into Burma/Myanmar for our 2015 Adventure Trip. It would either be on a River Boat or doing a land tour, 14 days. The River Boat is more expensive but it looks like a really fun way to go. All meals on the boat are included. Send us your feedback on this trip.

TAHITI PACIFIC PRINCESS CRUISE

OCTOBER 29 – NOVEMBER 8, 2014 - 10 days

We still have openings on this trip. So far we have 42 CV members signed up. See flyer.

2015 CVSC Ski Week in Steamboat, CO

January 31st to February 7th, 2015

\$899-\$1029 – plus air

FWSA Whistler Trip – Jan. 31-Feb. 7, 2015

If you want to go to Whistler with FWSA, the BAC lodging pries are between \$1250 & \$1550. We est. air and transfer at around \$550. BAC will start taking deposits for this trip in April.

You will need to send your deposit directly to Paula and BAC TRAVEL. She or whoever takes over will be your group leader. If you need an address let me know.



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

CVSC CST # 2081040



TAHITI PACIFIC PRINCESS CRUISE

OCTOBER 29 – NOVEMBER 8, 2014 - 10 days

Marquesas & Polynesia

Round trip from Tahiti (Papeete), French Polynesia

These prices are just for the cruise itself. We are working on air (approx. \$1200) and do have optional lodging in Papeete before the cruise and after. It's always fun to go as a group so I hope you'll be joining us.

\$2,499.00 BALCONY BB LEVEL (2)

\$1,999.00 WINDOW

\$1,799.00 OBSTUCTED WINDOW

\$1,699/00 INSIDE

\$120.00 PER PERSON PORT FEES

Ports of Call:

PAPEETE

MOOREA

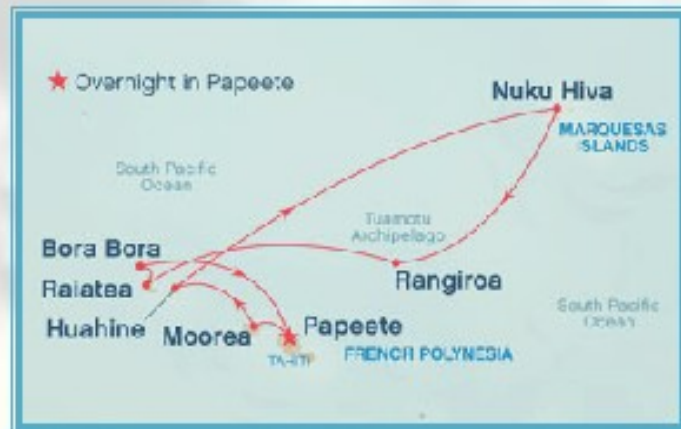
BORA BORA

HUAHINE

RANGIROA

RAIATEA

NUKA HIVA



\$550.00 PER PERSON DEPOSIT TO BOOK ROOMS

Make Checks payable to CVSC - Send payments to:

Tucker Hoffmann, CVSC Travel

2657 Rivers Bend Circle, Livermore CA. 94550

Phone 925-371-1910 E-mail tkhoffmann@comcast.net

CVSC CST # 2081040

Castro Valley Ski Club

Presents



2015 CVSC Ski Week in Steamboat, CO
January 31th to February 7th, 2015

\$899-\$1029 - plus air

We will be offering 2 lodging properties. Both are 3bd/3b condos. 2bd/2b condos are available upon request. The Sitzmarker Ski club will also be there at the same time. They are staying at The Lodge Condos; many of them have dual membership in CVSC and have traveled with us in the past.

Included will be:

- 7 nights lodging
- 5 out of 7 day lift ticket
- Porter fee
- Welcome Party
- 2 Group Dinners

Optional Strawberry Springs outing with
Sitzmarkers -\$40

Dulany Condos - very near gondola - \$1029

The Lodge Condos - just down the hill - \$899

note: air and transfers not included in this price

We guess coming from Denver it will be around \$350. We can also fly right into Hayden. Not sure of price as of yet.



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

925-371-1910 tkhoffmann@comcast.net

CVSC CST # 2081040

TICKS AND LYME DISEASE

There are several species of deer ticks across the United States that become infected with the spiral bacterium, *Borrelia burgdorferi*, which can cause Lyme disease. Anyone walking through woodlands and brushy areas may be bitten by a tick and never know it. The tiny ticks, some the size of poppy seeds, may stay on your body for hours to days. The tick engorges itself with blood. If infected, the spiral bacteria are transmitted to the bloodstream of the person or animal during the bite. Not all ticks are infected with the spiral bacterium, *B. burgdorferi*. If the tick is saved, tests can be run to detect Lyme disease.

Symptoms of Lyme disease:

Lyme disease is called the “great imitator” because it can look like other diseases. Many people with Lyme disease have been misdiagnosed with more familiar conditions such as Fibromyalgia or chronic fatigue. Partial lists of symptoms are as follows:

- Flu-like illness
- Rash (less than 60%)
- Bell’s palsy (facial paralysis)
- Extreme fatigue
- Sick feeling (malaise)

Stiff, aching neck, head ache, joint pain

- If bitten by a tick:
- Remove the tick immediately by grasping the tick as close to the skin as possible.
- Use tweezers or facial tissue to remove the tick, and never bare fingers
- Use a straight, steady pull. Do not twist or squash the tick.
- Save the tick for identification.
- Contact your local vector control office for identification.

If it is a western black-legged tick please consider sending the tick to a laboratory that is authorized to test the tick for Lyme disease. Igenex Laboratory in the South Bay is an authorized laboratory.

For additional information:

California Lyme Disease Association (www.lymedisease.org)

Lyme Info- (www.lymeinfo.net)

(article submitted by Sandy Beecher)

ARTICLE VII: DUTY OF THE OFFICERS

Section 7.1 All officers are expected to attend all meetings of the Executive Board, all general meetings of the club, and any special meetings, unless they are absent on ski club business (such as skiing)

Section 7.2 The President shall:

- a) Preside at all meetings of the Executive Board, general meetings of the club, and any special meetings;
- b) Appoint committee chairmen as specified in Article V;
- c) Appoint replacements for officers should vacancies occur;
- d) Sign all contracts with the Secretary after approval by the Executive Board;
- e) Arrange locations for meetings of the club and Executive Board;
- f) Attend meeting of the Bay Area Council of ski clubs;
- g) Serve as an ex officio member of all committees;
- h) Call special meetings when necessary;
- i) Promote snow sports.

Section 7.3 The Vice President shall;

- a) Perform the duties of the President in the event of the President's absence from a meeting of the Executive Board, general meeting of the club, or any special meeting called by the President;
- b) Attend general meetings of the Bay Area Council of ski clubs and act as the clubs' BAC representative;
- c) Perform such duties as assigned by the President.

Section 7.4: The Vice President of Membership shall:

- a) Accept membership applications and fees;
- b) Collect signed releases from all members and deliver them to the Secretary;
- c) Maintain the list of members, their addresses and phone numbers, keeping it current and making it available to the officers and members of the club, according to policy established by the Executive Board;
- d) Be responsible for the phone committee;
- e) Respond to inquiries from possible new members;
- f) Promote the club through membership drives and advertising (e.g., booths, fliers, posters, etc.)

Section 7.5 The Vice President of Weekend Trips shall;

- a) Arrange lodging, collect fees, and assign beds for all race-weekend sponsored snow ski trips.
- b) Get signed releases from all participants, and maintain a file on all releases.
- c) Give receipts and Article IX information to all participants on weekend trips.
- d) Turn in a financial report and all collected fees to the Treasurer for each weekend snow trip.
- e) Assign a condo box captain for the weekend trips, who will serve for the entire ski season.

Section 7.6 The Secretary shall:

- a) Record the minutes of all meetings of the Executive Board;
- b) Record all items of significance at each general or special meeting of the club;
- c) Sign all contracts with the President after approval by the Executive Board;
- d) Prepare all correspondence on behalf of the club as required; and
- e) Maintain a permanent file of all signed releases for activities of the club. Excluding weekend trips and major trips, which the appropriate board member will maintain.

Section 7.7 The Treasurer shall:

- a) Have charge and responsibility for all funds of the organization;
- b) Obtain either the Presidents' or vice Presidents' signature on all checks written by the club;
- c) Make a monthly financial report to the membership;
- d) Sign all checks with the President or Vice President;
- e) Collect financial reports from the Vice President of Weekend Trips, all committee chairs, and all others organizing club events;
- f) File the club's annual tax return;
- g) Develop a preliminary budget for review by the Executive Board by September 1, and a revised budget for approval by December 1.

Section 7.8 The immediate Past President shall;

- a) Attend meetings of the Executive Board and offer advice as he/she sees fit.

Section 7.9 All committee chairs shall:

- a) Attend Executive Board meetings and general club meetings as required by the President;
- Deliver to the treasurer within two weeks after the completion of each event within their responsibility, a financial report detailing the number of people

INTEREST FORM

Club elections are coming up in April, 2014

If you have thought about running for an office or would like to be considered as a candidate in the upcoming elections please complete this information below:

I am interested in the position of the

President: _____

Vice President: _____

Vice President of Membership: _____

Vice President of Weekend Trips: _____

Secretary: _____

Treasurer: _____

Name

Telephone number

CASTRO VALLEY SKI CLUB
INTEREST
IN
VOLUNTEERING???

Have you been interested in getting involved in the operations of Castro Valley Ski Club, but do not have the time to take on a leadership role or making a big time commitment???

Well you can still volunteer for a one time activity or a small time commitment activity.

Ideas---

_____ Phone Committee-The phone committee is always looking for individuals who will make a few phone calls a day or two before each meeting to other club members to remind them of the meetings. Interested???

_____ One Time Only Event- from time to time the club needs volunteers to participate in a community event such as helping seniors set video recorder clocks or change batteries in smoke detectors. Can we call you for these kinds of events????

_____ Working on/with a specific committee - like Racing or Nominations, or Weekend Trips - Let us know

OR do you have a idea for a club activity that you would like to organize?

Name

Phone Number

CVSC END OF SEASON BANQUET

Saturday, May 3, 2014

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 to the music of 'Get Down Productions'

Eston - DJ

to 11:30

MENU CHOICES

CVSC members—\$40; Non-members—\$50

#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, April 26, 2014

(Enclose check payable to CVSC)

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



2013/2014 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.fernandes4108@gmail.com
Newsletter Editor	Dennie Warren	510 759-3415	dennieluuu1@att.net
Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
Race Director	Keith Wilson	925-828-8265	Keithwilson108@sbcglobal.net
Activity Director	Pat Green	925 846-7250	greendm@comcast.net
Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@AOL.com
Past President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@comcast.net
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 APRIL, 2014



The next meeting will be
April 16

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