



Castro Valley, CA 94546  
www.cvskiclub.org

# CVSC SkiZette

April, 2016



## EVENTS CALENDAR

(f) = flyer in this issue



### Inside this issue:

Pictures of Bi-Ski	2
President's Mssg/ Our Vice President	3
Article on Sun- screen	4-5
End of Season Ban- quet	6
2016 Croatia Cruise	7
Pictures from BAC ski trips	8
Pictures from volun- teering at food bank	9
84th Annual FWSA Convention	10
CVSC Fall Foliage Cruise	11
Avid Skiers in Con- trol	Back page

### APRIL

- 13 CVSC board meeting at Karen's
- 20 CVSC general meeting at Don Jose's

### MAY

- 7 CVSC End of Season Banquet at Crow Canyon Country Club (f) pg6
- 11 CVSC board meeting at Maggie's

### JUNE

- 8 CVSC board meeting at Dennie's
- 8-12 84th Annual FWSA Convention at Scottsdale, AZ (f) pg10
- 15 CVSC general meeting at Don Jose's

### UPCOMING

- 8/2-13 CVSC Croatia Cruise (f) pg7
- 10/2-12 CVSC Fall Foliage Cruise (f) pg11

### BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: [skibac.org](http://skibac.org)

Far West Ski Assoc: [fwsa.org](http://fwsa.org)

### APRIL BIRTHDAYS

Ken Calkins	3
Kerma Cook	6
Norman Glickman	8
Janice Dark	10
Linda Michaels	19
Barbara Gilmartin	19
Lynnell Calkins	19
Diana Gartland	23
Stephen Tapson	25
Fran Slate	28



Visit our Website at [www.cvskiclub.org](http://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:

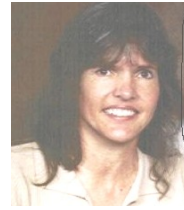
Dennie Warren, Editor

email: dennieluuu1@att.net

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

*PLEASE Contact Maggie Jong, VP Membership*

*email: mozoro25@gmail.com*



A Representative from Achieve Tahoe showing  
our members their bi-ski.



# Castro Valley Ski Club Newsletter

## President's Message

Happy spring everyone,

Hope you all had a wonderful snow season! We heard from many of you about your ski travels at our last club meeting. We heard how much fun was had at Telluride, Sun Peaks, Park City, and Vail to name a few....our thanks to all the trip leaders for making the season a special time. Thanks to Kathy and Tucker, Paula and Dennis, our great leaders this year!



Claudia Fernandes  
President

At our last meeting we had a wonderful speaker from Achieve Tahoe who presented updates about the organization (previously called Disabled Sports) and the various groups they support. She also brought a bi-ski to the meeting so we could see how it operates and how the new bi-ski we are buying will assist them better. We learned a lot about the volunteers and about how the organization is able to provide a service to those individuals challenged in enjoying snow sports. Our club will be presenting our check for the needed bi-ski to Achieve Tahoe's director at our End Of Season Banquet May 7. I hope many of you are able to attend. Thank you 'Achieve Tahoe' for the service you provide.

Many thanks to Wayne and Elizabeth for setting up our volunteer morning at the Food bank March 23rd. It was a great experience and an eye opener regarding the food needed in our county. A big thank you to all the CVSC volunteers that showed up to pack oranges at the food bank for the various organizations that are provided with this produce. We may make this an annual event.

In one of the upcoming meetings we will have a representative from April Showers, another of our charities, present to the club on their organization. Karen W. will let us know when they are available to present and attend our meeting.

This next meeting is our general elections, hope you can attend.

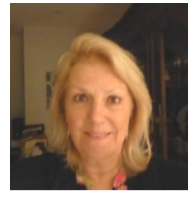
Enjoy your spring....more to come....

Always, Claudia

## Our Vice President

Here it is spring and everywhere you look the landscape is coming alive with a tapestry of color.

We had a fantastic amount of snow this winter for skiing; Mother Nature was kind to us this year. There is still snow, however, from this point on it is spring skiing. Many resorts are scheduling closure dates and getting ready to transition into summer activities. I have put my skis away for another year.



Anne Wilburn  
Vice President

BAC and FWSA have provided us many opportunities with great trips this year. Next year the "FWSA Ski Week" will be at **Breckenridge, Colorado Jan.28-Feb.4, 2017**. And a trip is being scheduled for Big White, and many more as they finalize dates and options.

**The FWSA Convention in Scottsdale, AZ is fast approaching, June 9<sup>th</sup> – 12<sup>th</sup>, 2016.** Registrations are open and forms can be found on the website, FWSA.org.

BAC will be scheduling another chance to **play golf in May at the Peter Hays Course at Pebble Beach**, date to be announced. Mark your calendar and join the fun **August 13<sup>th</sup> for tailgating and the Oakland A's vs the Seattle Mariners at the Oakland Coliseum.**

Nominations are open for the BAC Board; the April 11<sup>th</sup> meeting is the deadline to volunteer your services. Our March BAC Meeting Dr. Richard Schnabel gave a slide presentation and talk titled "Keeping Warm". He emphasized proper layering and the right clothing and equipment. He said this coming season will bring new technology in clothing and skis, but it will not come cheap. So keep your antennas up and research the webs and ski shops if you are interested.

I am looking forward to the upcoming **End of Season Banquet May 7<sup>th</sup>** for an evening of fellowship, good friends, great food and dancing. I hope to see you there.

Until next month,

Anne

## 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.

(submitted by Sandy Beecher)

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# CVSC END OF SEASON BANQUET

*Saturday, May 7, 2016*

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 "Moods & Tones"

to 11:30

### MENU CHOICES

CVSC members—\$40; Non-members—\$50

#1 Salmon or #2 Filet Mignon

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 30, 2016

(Enclose check payable to CVSC)

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



# 2016 Castro Valley Ski Club Croatia Cruise Adventure

Split, Dubrovnik & Trstenik plus Zagreb & Plitvice Lakes



**\$4,495.00 per person in twin/double sharing**  
**\$4,695.00 per person in twin/double sharing - Upper Deck**

## Included Items

- Round-trip flights from Los Angeles or San Francisco via Lufthansa Airlines including fuel surcharges, taxes & fees (*all surcharges, taxes & fees are subject to change until ticketed*)
- All ground transportation and transfers
- 2 nights' accommodation in Zagreb (deluxe rooms)
- 1 night accommodation in superior hotel in Split (pre cruise)
- 7 nights' accommodations in lower deck deluxe cabin
- 1 night post-tour accommodation in Frankfurt (post cruise)
- 20 meals: 11 breakfasts, 7 lunches, & 5 dinners including welcome reception, cocktail & dinner; Croatian village party & dinner in Kuna; dinner cruise in Dubrovnik; Captains farewell dinner with entertainment
- Croatian wine and appetizers tasting in Korcula
- Shore excursions including local guides and entrance fees
- Professional, English-speaking cruise manager on board cruise
- Visitor's tax & port fees



Croatia Cruise Adventure tour itinerary map

Tucker Hoffmann - CVSC Travel Director  
 925-371-1910 [tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)

CVSC CST # 2081040





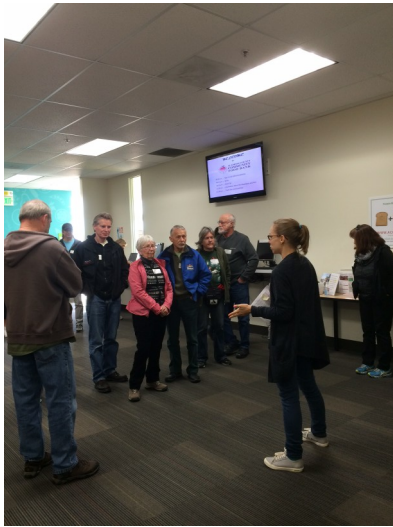
John, Dave and Steve approach the Bonanza ski lift from their rustic and quaint Ski-In/Ski-Out accommodations at the recent BAC Park City, Utah ski trip.



Nancy Green (second from left) visiting with CVSC club members Erica & Dave Meinhardt & Eva Lanphear at the BAC Sun Peaks, B.C. ski trip.



## A DAY AT THE ALAMEDA COUNTY FOOD BANK



As we arrived we got an orientation.



Boxes & boxes of oranges to pack up.



.... it's off to work we go!!!



The assembly line.



After our shift was done we could stay after for a tour of the facility.





# 84<sup>th</sup> Annual Far West Ski Association Convention

## June 9–12, 2016

**DoubleTree Resort by Hilton Paradise Valley - Scottsdale**  
5401 North Scottsdale Road, Scottsdale, AZ 85250-7090  
480-947-5400 • [www.paradisevalley.doubletree.com](http://www.paradisevalley.doubletree.com)

**HOSTED BY ARIZONA SKI COUNCIL**



*Arizona is Awesome*

### DOUBLE TREE RESORT BY HILTON PARADISE VALLEY - SCOTTSDALE

Reservations call 800-498-7396

Group Name **Far West Ski Association**

Online Reservations <http://bit.ly/FWSA-2016-Lodging>

Group Code **FWS**

**Room Rates per night plus tax** single or double occupancy — **\$99**

**Room Registration Deadline** May 18, 2016

### HOTEL FEATURES

- 2 heated pools and whirlpools and poolside bar
- Lighted tennis court & sports court & a 9-hole putting green
- Loggia Lounge and The Palm Cafe
- enFuego Restaurant award winning dining
- NO resort fees, NO parking fee, FREE Wi-Fi in guest rooms
- Rates are available 3 days pre and post Convention based on availability

### TRANSPORTATION

- Air transportation is via Phoenix Sky Harbor International Airport (PHX), located 12 miles from the DoubleTree Resort by Hilton.
- Rental cars and shuttle services are available at the airport.

### CONVENTION HIGHLIGHTS

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

### OPTIONAL ACTIVITIES

- Thursday
  - Western Journey– Museum of the West
  - Old Town Scottsdale Tour via Segway
  - Scottsdale Pub Crawl
- Friday
  - 10<sup>th</sup> Annual Michael German Memorial Golf Tournament
  - Spa Lamar Day
  - World Music Experience
  - Pool Party

#### Jane Wyckoff

FWSA Convention Chairperson

[janewyckoff1@cox.net](mailto:janewyckoff1@cox.net) or 949-933-9607

#### Jeannine Davis

Silent Auction / Travel Expo Chairperson

[SilentAuction@fwsa.org](mailto:SilentAuction@fwsa.org) or 415-328-2333

#### Linda Westlund

Arizona Host Council Convention Coordinator

[HostConvention2016@fwsa.org](mailto:HostConvention2016@fwsa.org) or 480-216-2010

[www.fwsa.org](http://www.fwsa.org)



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## 10 DAY FALL FOLIAGE CRUISE ON THE CARIBBEAN PRINCESS OCTOBER 2-12, 2016

Prices are per person double occupancy:

\$1,499.00 Inside

\$2,099.00 Window

\$2,499.00 Balcony

Call for price on Mini-Suite

\$195.00 PORT FEES & TAXES PER PERSON

Air & transfers not included

Group Cocktail Party Included

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

### Ships Cancellation Policy

FULL REFUND ON DEPOSIT TO JULY 7th, 2016

JULY 8th - JULY 31st, 2016 10% PENALTY

AUGUST 1st - 30th 50% PENALTY

AUGUST 31st - SEPTEMBER 10th 75 % PENALTY

After Sept. 22nd - no refund



Day	Port / Date	Arrive	Depart
1	Quebec City, Quebec Sunday, October 2		Overnight Stay
2	Quebec City, Quebec Monday, October 3		5:00 PM
3	At Sea Tuesday, October 4		
4	Corner Brook, Newfoundland Wednesday, October 5	8:00 AM	5:00 PM
5	Sydney, Nova Scotia Thursday, October 6	8:00 AM	5:00 PM
6	Halifax, Nova Scotia Friday, October 7	8:00 AM	4:00 PM
7	Saint John, New Brunswick (for the Bay of Fundy) Saturday, October 8	8:00 AM	5:00 PM
8	Bar Harbor, Maine Sunday, October 9	7:00 AM	6:00 PM
9	Boston, Massachusetts Monday, October 10	7:00 AM	4:00 PM
10	Newport, Rhode Island Tuesday, October 11	9:00 AM	6:00 PM
11	New York City (Manhattan or Brooklyn), New York Wednesday, October 12	7:15 AM	

Call Tucker Hoffmann to book your cabin. You will need to give him your credit card number

FINAL PAYMENT DUE JULY 1st 2016

[tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)

925-371-1910 -home - 510-329-6838 - cell

Castro Valley Ski Club Travel CST#2081040-40



## **2015/2016 Avid Skiers in Control**

President	Claudia Fernandes	925-462-6573	Claudia.fernandes4108@gmail.com
Vice President	Anne Wilburn	925-200-2801	annewilburn@comcast.net
VP Membership	Maggie Jong	925-447-5148	mozoro25@gmail.com
VP Club Activities	Pat Green	925 846-7250	greendm@comcast.net
Secretary	Eva Lanphear	510-793-3863	ejlanphe@pacbell.net
Treasurer	Keith Wilson	925-828-8265	Keithwilson108@sbcglobal.net
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Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@aol.com
Past President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@comcast.net
Safety Chair	Sandy Beecher	707-255-4139	srbeecher@aol.com

**WEBSITE: [www.cvskiclub.org](http://www.cvskiclub.org)**

## **WEBSITES & PHONE NUMBERS**

Singles league racing:  
[slracing.tripos.com/schedule.htm](http://slracing.tripos.com/schedule.htm)

Open league racing: [olrc.org](http://olrc.org)

Weather: [nws.mbay.net/home.html](http://nws.mbay.net/home.html)

Best weather website for snow: [Tahoeweatherdiscussion.com](http://Tahoeweatherdiscussion.com)

Far West Racing Assoc: [fwra.com](http://fwra.com)

Web cams on the slopes: [magnifeye.com](http://magnifeye.com)

Road conditions: 1-800-427-7623

Info on all ski areas: [onthesnow.com](http://onthesnow.com)

Take a bus to the slopes: [nacski.com](http://nacski.com) & [bayareaskibus.com](http://bayareaskibus.com)

Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)

***SKIZETTE FOR APRIL, 2016***



The next meeting will be  
April 20

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**