



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

May, 2012

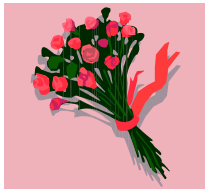


EVENTS CALENDAR

(f) = flyer in this issue

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REMEMBER
MOM



MAY
BIRTHDAYS

MAY

- 9 CVSC board meeting at Kathy & Tucker's
- 12 CVSC End of Season Banquet
- 16 CVSC general meeting at Don Jose's
- 5/25-6/3 Amazon Riverboat Adventure—Group 1

JUNE

- 6/9-17 Amazon Riverboat Adventure—Group 2
- 13 CVSC board meeting at Keith's
- 20 CVSC general meeting at Don Jose's

JULY

- 11 CVSC board meeting at Karen & Jim's
- 18 CVSC general meeting at Don Jose's

UPCOMING

- 10/17-11/5 Australia & New Zealand trip (non-skiing) 2013:
- 1/26-2/2 CVSC Ski Week at Crested Butte, CO (f)

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

Kirby Slate	2	Steve Kallal	17
Pat Green	6	Gisele Sorensen	17
Ron Dennis	6	Fred Rubis	18
Dave Cunningham	6	Debbie Scanlon	20
Sandra Beecher	7	Christina Moritz	20
Len Herberth	14	Wayne Ainsworth	23
Anne White	16	Janet Wilson	30



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*



Castro Valley Skiers,

This had to be one of strangest racing seasons on record. We had a late start, a deluge of snow and a stormy finish. Included is a photo of our best racer, **Brian Taylor**. This was taken at Northstar, our first race. **Brian** is now in skier, racer, class S-1. This is the just about the toughest class in the league. **Brian** had a good showing at the Far West Championships in early April with a fourth place in the slalom. The best racers from the Western states gathered at Mammoth Mountain to compete, and the competition was fierce! Congratulations to Brian for representing the **Castro Valley Ski Club**.



Keith Wilson
Race Director

The skiing season is now over. And all **Castro Valley Members** are dubbed honorary members of the **race team**. That is, until next season when the **real racers** step forward. We shall see!

Until then,

Keith Wilson
Race Director



Brian Taylor for Castro Valley Ski Club

“ON YOUR MARK.....”

Castro Valley Ski Club Newsletter

President's Message

Hello All,

I hope everyone got to ski lots and lots this season - even though conditions were often sketchy. This season really reminded me of how fortunate we are when we find great conditions on a bluebird day, skiing with friends or family and just really enjoying the sport of skiing. What a gift!! And what a gift Castro Valley Ski Club is in getting us to the slopes and lots of friends to ski with when we are there. I hope you will all come and celebrate the end of the season on May 12 at Crow Canyon Country Club. Pat Green has put together another great party - and I hope everyone will come and socialize, dance, and just have fun with skiing friends.

At our last meeting at Don Jose's, we voted on positions for our Board of Directors, and many thanks go to everyone who has volunteered to be on the Board and thanks for all their hard work to keep Castro Valley Ski Club running smoothly. We certainly can be proud of the quality of our volunteers in our club - the next time you see one of these great volunteers, be sure to give them a pat on the back and a word of encouragement and thanks - I know they will each appreciate it.

Our club has nearly 200 members, and each and every one of those members makes this club the dynamic, fun and interesting club that it is - I thank everyone for their continued membership and contributions.

We have our regular meeting at Don Jose's later this month on May 16, and I hope to see lots of you there. Then many of us are off to the Amazon!!

Bring a smile to the next meeting - and I will see you there. Enjoy this wonderful Spring weather and have sweet dreams of those bluebird days skiing like I will be.

See you soon,

Karen



Karen Wehrman
President

A Word from our VP

Well, the year has been a humdinger for skiers and riders. Seems like conditions around Tahoe were always marginal. Luckily many of us enjoyed visits to Colorado or Utah on club trips, and we were lucky on some of those in that snowfall was just-in-time.

Turning our thoughts to summer, there are some interesting events we can consider. Modesto Ski Club is planning a fun bike ride on June 30. It is the Jerry Shelton Sr Memorial Ride, starting at Modesto Ski Lodge in Truckee. There are two routes, an easy route around Donner Lake or a more challenging route over Donner Pass. This ride is in honor of Jerry and his zest for life, and to raise awareness about the silent dangers of heart disease. I'm considering the more strenuous route over the pass.

If you would consider such a thing as a more strenuous bike ride than some we have mounted, let me know. I have considered organizing one for CVSC. An excellent ride I did just 2 days ago (as I write), is just north of Castro Valley, the "Loop bike ride" around Chabot Lake and an adjacent golf course. The rises are short and moderate, a real cross-country ride instead of a b**l busting climb. There are great vistas, and places to lunch out of doors if desired, and there are nearby lunch venues too. These old bones leisurely covered it in about 2.5 hours with a rest stop or two.

And, dreaming of next year, remember the sign-ups for the Far West Snowmass and CVSC Crested Butte trips. I skied the Butte just 2-3 years ago, and it was fabulous. It's highly recommended, especially if you hit the CVSC-Snowmass trip this year.

Yours,

Ron



Ron White
Vice President

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)

CASTRO VALLEY SKI CLUB GOES TO... CRESTED BUTTE, COLORADO

JANUARY 26 – FEBRUARY 2, 2013

Plaza Condominiums - \$735.00 per person - 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 area.

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

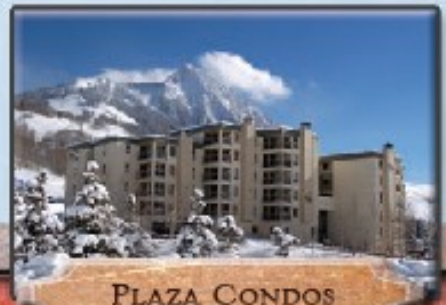
The Grand Lodge is a full-service hotel located just 200 yards from the ski lifts. The Emmons Studio comes equipped with a king size bed and a pull-down Murphy bed in the living area. In addition, our oversized Emmons Studios have mini kitchenettes with a microwave, dishwasher, dishware, sink, one burner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



**CRESTED
BUTTE**
COLORADO

For details, call Tucker at
925-371-1910

Send your \$200 deposit to:
Tucker Hoffmann
CVSC Travel Director
2657 Rivers Bend Circle
Livermore, CA. 94550
tkhoffmann@comcast.net
CVSC CST # 2081040



2011/2012 Avid Skiers in Control

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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 MAY, 2012



The next meeting will be
May 16

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