



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

May, 2014



EVENTS CALENDAR

(f) = flyer in this issue

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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

JULY

- 9 CVSC board meeting at Karen & Jim's
- 16 CVSC general meeting TBD

UPCOMING

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

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org



C Mark Read	1	Steve Kallal	17
Kirby Slate	2	Gisele Sorensen	17
Brian Taylor	3	Fred Rubis	18
Pat Green	6	Christina Moritz	20
Ron Dennis	6	Debbie Scanlon	20
Sandra Beecher	7	Wayne Ainsworth	23
Anne White	16	Janet Wilson	30



Visit our Website at www.cvskiclub.org

SkiZette Policy NEWSLETTER

DEADLINE: 1st of the month

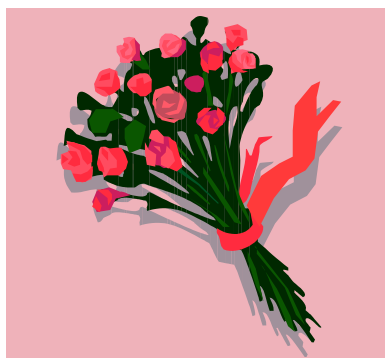
Articles submitted by this date will be included in the following month's newsletter .

Submit articles to:

Dennie Warren, Editor
email: dennieluuu1@att.net



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



We love you, mom!!!

Castro Valley Ski Club Newsletter

President's Message

Hello All,

I hate to continue to begin this column with remarks about the weather and how that relates to snow conditions, but when you see two feet of new snow falling in the Sierras over the last week you just have to wonder



Karen Wehrman
President

Oh, well, we will just focus on Spring and all the fun stuff going on with Castro Valley Ski Club and not think about skiing for awhile. (Ugh!)

I hope you will all be attending the End of Season Banquet on Saturday, May 3. A wonderful dinner, dancing, and a chance to acknowledge all the volunteers who make CVSC work will be the theme, and Pat Green gets great kudos for arranging the party. Thanks Pat!!!

Castro Valley Ski Club has been around for nearly 30 years and it is the dedicated volunteers who have made that happen. Many members volunteer their talents and their time to enrich the community that we all enjoy. If you feel you have a talent or a passion for an activity or a special interest that other members would enjoy, please feel free to share that with other like-minded members - the rewards will be fantastic. We have members who are avid bicyclists, and others who love to hike, while some members really enjoy fine wine and sharing that wine with friends. All of these activities and possibly a few others are the focus of some upcoming events, so please watch for those and join in the fun.

Meetings during the summer months (July and August) are bar-b-que get-togethers, so watch for the locations of those meetings - they are always fun and good eats and drinks.

So, here's to the volunteers, the fun events, and all the fellowship that CVSC offers to its lucky members. When you see one of the volunteers who are sharing their passion, give a big Thank You for keeping the spirit and fun that CVSC represents alive!

See you soon,

Karen

A Word from our VP

This month I want to drop for now covering the several special awards made by the Far West Ski Association, and elaborate on a scheme I covered last year related to the ordering of apparel and other items with the CVSC logo.



Ron White
Vice President

I have uploaded to the website for now our logo with no (thread) color specified. We can specify any from those available. We plan to specify a standard color set (or more) for convenience or desired uniformity. Our current logo number is a temporary one, for a few days, until it has been set up and approved. That should happen soon. I'll repeat the ordering steps below:

1. Go to www.landsend.com/business or [1-800-338-2000](tel:1-800-338-2000)
2. Decide what to want to order from the catalog. Most items are available including shirts, hats, bags, towels, cups, pens, etc.
3. Decide what color thread that you want for the logo
4. Enter or tell Land's End the Logo number: T6033024 (temporary)
5. Identify products
6. Add a monogram as desired
7. Give your name, billing and shipping addresses and payment method for person ordering to complete your order.
8. There does not appear to be a minimum order quantity for products
9. Most items ship in 7-10 days.
10. Typical 1 item shirt with all possibilities cost: Polo shirt \$40, Logo \$6, Monogram \$10, tax \$5, standard shipping \$10. Total \$71.

Standard delivery is 10 days. I'll let you know the (colorless) permanent number and the numbers of any with colors specified as soon as we have them.

In the next newsletter I will describe the one remaining FWSA 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

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



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

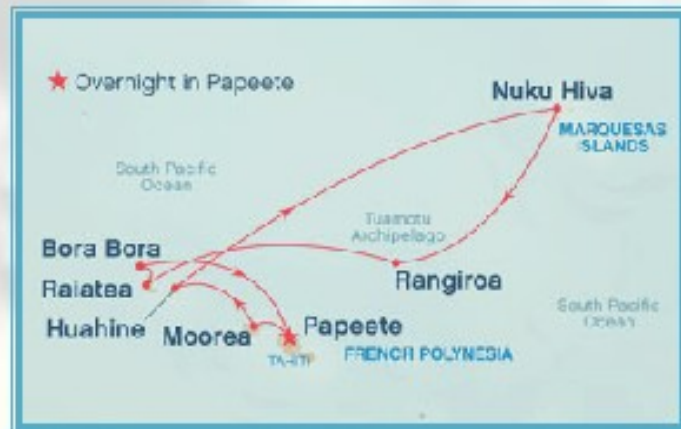
BORA BORA

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

Valley Fever

Most fungi are harmless, but some types can make you sick. Coccidioidomycosis, also called valley fever, is an illness caused by a fungus that is common in some parts of the United States

Valley fever is not new to residents in the desert areas of Arizona and California, particularly those who work outside and are exposed to desert dust. But according to the Centers for Disease Control and Prevention, valley fever cases in endemic areas are dramatically on the rise -- from 2,265 in 1998 to 22,401 in 2011. Many in the general public and even in the medical community know very little about the illness. The lack of knowledge can delay diagnosis and treatment. The Centers for Disease Control and Prevention says there are 10 things you should know about valley fever.

1. Valley fever is caused by a fungus that lives in the environment. There are an estimated 1.5 million species of fungi on Earth, but only about 300 of them can make people sick. Valley fever is a respiratory disease caused by a fungus called *Coccidioides*. Valley fever is becoming increasingly common. Nearly three-quarters of valley fever patients miss work or school because of their illness, for an average of two weeks, and more than a third of patients need to receive care in the hospital. The fungus *Coccidioides* lives in soil and dust in the southwestern United States and parts of Mexico, Central America, and South America. People get valley fever by breathing in the microscopic, airborne fungal spores. Sometimes, the number of people who get valley fever increases after there have been weather-related events that stir up more dust than usual, such as earthquakes or dust storms.

2. Valley fever is not contagious. Valley fever does not generally spread between people.

3. Symptoms of valley fever are usually similar to the flu. Approximately 40 percent of people who get the fungal infection do not show any symptoms. In the other 60 percent, valley fever can cause flu-like symptoms, including: Fever, Cough, Fatigue, Headache, Muscle aches, Joint pain. The symptoms of valley fever typically appear between one and three weeks after someone inhales the fungal spores. In many people, the symptoms will disappear in a few weeks. However, in severe cases, the infection can cause chronic pneumonia, and the symptoms can last for years. In less than 1 percent of people who get valley fever, the infection can spread from the lungs to the rest of the body, causing meningitis (spine and brain infection) or infection in the bones and joints.

4. Valley fever is common in the southwestern United States. In the U.S., over 65 percent of all valley fever cases occur in Arizona, and 30 percent occur in California. Most other cases occur in Nevada, Utah and New Mexico. Valley fever is a risk for people who live in these states but also for people who visit there. Studies have shown that in some areas where valley fever is very common, such as southern Arizona, valley fever causes an estimated 15 percent to nearly 30 percent of all community-acquired pneumonias, but that less than 15 percent of patients with pneumonia symptoms are tested for valley fever. This suggests that there may be many more people with the disease than are reported.

5. Reported cases are increasing. In 2011, the most recent year for which there is data, more than 20,000 cases of valley fever were reported in the United States. The increase could be because of: More people exposed to the fungus because of increased travel or relocation to the southwestern United States Changes in the way cases of valley fever are being detected and reported to public health officials, or changes in factors such as temperature and rainfall, which can affect the growth of the fungus in the environment and how much of it is circulating in the air.

6. Anyone can get valley fever if they live in or have visited an area where the fungus *Coccidioides* lives, especially southern Arizona or California's Central Valley. Although people of any age can get valley fever, it is most common among older adults, particularly those ages 60 and older. People who have recently moved to an area where the disease naturally occurs are at higher risk for infection.

7. Some people are at higher risk for developing the severe form of valley fever. Groups of people who are more likely to develop the severe form of valley fever or develop an infection that spreads beyond the lungs include: African Americans, Asians, and Pregnant women, particularly those in their third trimester People with weakened immune systems, such as those who have had an organ transplant or who have HIV/AIDS. The reasons why some racial groups are at higher risk are not completely understood but may have to do with genetics. Antifungal treatment is recommended for certain patient groups, such as those at high risk for developing the severe forms of the disease.

9. It can be difficult to avoid the fungus that causes valley fever in areas where valley fever is common. People with weak immune systems or who are at high risk for developing the severe form of the disease for another reason should consider trying to reduce their exposure to the fungus by limiting activities that disturb soil or generate dust, such as digging or excavation, in areas where the fungus lives.

10. More awareness about valley fever among the general community and among healthcare providers is needed. Health care providers should be aware that the symptoms of valley fever are similar to those of other common respiratory illnesses and should consider testing for valley fever in patients with flu-like symptoms who live in or have traveled to an area where it is common.

(submitted by Sandy Beecher)



MEXICAN FIESTA AT THE GREENS

4655 Cope Ct
Pleasanton, CA 94566



August 2, 2014

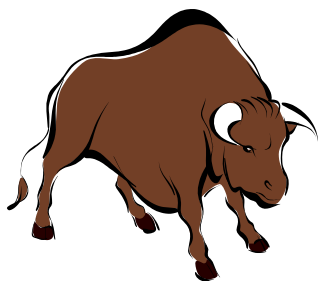
3:30pm



\$20.00 members; \$25.00 non member

Includes appetizers, margaritas, beer and soft drinks, dinner, dessert

ENJOY A GREAT DAY WITH FRIENDS!!



CVSC END OF SEASON BANQUET

Saturday, May 3, 2014

Black tie optional

CROW CANYON COUNTRY CLUB

711 Lake View 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
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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 MAY, 2014



The next meeting will be
May 3

Crow Canyon Country Club
711 Lake Dr.
Danville, CA

(meeting starts @ 7:30p)

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



ASPEN & SNOWMASS