



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

May, 2015



EVENTS CALENDAR

(f) = flyer in this issue

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MAY

- 9 CVSC End of Season Banquet
- 13 CVSC board meeting at Claudia's

JUNE

- 4-7 FWSA 83rd Annual Convention, San Diego, CA (f) pg 9
- 10 CVSC board meeting at Ray's
- 17 CVSC general meeting at Don Jose's

JULY

- 8 CVSC board meeting at Dennie's
- 15 CVSC general meeting/bbq at Ron's (details TBA)

UPCOMING

- 8/7 Concert in the Park (w/Tommy & the Four Speeds), Pleasanton (details TBA)
- 8/10-20 CVSC Alaska Cruise (f) pg5
- 10/28-11/13 CVSC trip to Burma (f) pg6

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 8/22 BAC/FWSA/DSUSA Oakland A's F/R Tale-gate fireworks (f) pg8

- 2016:
1/30-2/6 FWSA Ski Week Telluride, CO (f) pg4



**MAY
BIRTHDAYS**

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



Visit our Website at www.cvskiclub.org

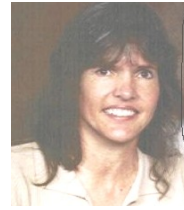
SkiZette Policy NEWSLETTER

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 Maggie Jong, VP Membership
email: mozoro25@gmail.com**

President's Message

Hello All,

It is officially the end of the 2014/2015 ski season. Boo! I hope everyone got in as much skiing as they wanted, although with the sparse nature of the snowfall in California this year, that might be wishful thinking. Well, whether you want to celebrate the season or commiserate with other members, you will have a chance to do so at our End-Of-Season Banquet next Saturday, May 9. Thanks to Pat Green, we will be enjoying a wonderful dinner, lots of drinks, dancing and good old camaraderie with other members.



Karen Wehrman
President

So, bring your tales of woe, your awesome ski day stories, or your tales of other exciting travels and join in the fun. You will also have an opportunity to help us install some new Board members and recognize and appreciate those leaving the Board. The Banquet will take place at Crow Canyon Country Club, a very elegant venue. I hope to see you there!

As we move into the Summer months, watch for information about the July and August Bar-B-Que meetings. They are always fun, casual and filled with great food. Also, Pat Green is organizing a group to attend a Summer "Concert in the Park" again this year, so watch for that info, too. Pat Green, our Club Activities Chair, is always thinking up ways for our members to have fun! Thank you, Pat.

For all of you who came out to the last regular meeting at Don Jose's, thank you for making the election night a success. We had a good turnout which makes electing new Board members a lot easier. Many thanks to Eva Lanphear for leading us through the process and keeping us on track.

So, on toward Summer ~ have fun, stay cool and I hope to see you at the events this season.

Karen

A Word from our VP

Having passed on some skiing survival issues related to terrain, now let's consider stuff we all enjoy shopping for: equipment. Reliable equipment is crucial. Having practical, dependable gear can help lessen risks and increase fun in the backcountry.



Ron White
Vice President

While modern ski equipment empowers us to become superhuman in the mountains, it must function correctly to lessen risk and increase our performance. Always inspect, tune, assess, and repair your equipment before heading into the mountains. We can use this guide to make sure our gear is practical and reliable.

Boots

Foot pain and cold toes are a huge distraction. Backcountry skiers need comfortable, lightweight boots that provide support and continuous blood flow to the toes. Downsizing your boots for performance is unnecessary (unless you're a downhill racer) as long as you use thermo-fit, high-density liners correctly. Heat-moldable liners form around your foot and the inside of your shell. Too much (extra) padding, thick foot beds, and boots that are too small can compromise circulation. So can too-tight buckles and straps, so don't over-tighten your boots.

Bindings

Today's advanced alpine-touring (AT) bindings like the Dynafit Beast 16 offer higher DIN settings and are durable enough for on- and off-piste skiing. Make sure the forward pressure and DIN are set correctly to prevent pre-release. The last thing you want is for your skis to release in hazardous/avalanche terrain.

Skis

Take advantage of modern wide skis and tune them accordingly. Detune the tip and tail edges from the point where the sidecut ends and the ski begins to taper. Those tapered tips and tails are designed to prevent snow build-up and provide catch-free float and steering when you're smearing and sliding to control speed or stay on line. Regularly file off burrs and nicks using a stone; keep your skis sliding effortlessly by maintaining your bases and edges; and use wax or silicone on the tops to prevent snow from sticking.

Next month we'll continue with auxiliary equipment. Be safe. Skiing is life!

Ron

**January 2016 - FWSA Telluride Ski Trip - Jan. 30 - Feb. 6**

We have 42 members from the Castro Valley Ski Club signed up at this time. All the lodging at the Mountain Lodge is gone. If you are thinking of going don't wait too long. BAC still has lodging at THE PEAKS and at the BEAR CREEK CONDOS. Call Tucker for more info .

2016 Croatia Cruise Adventure

Split, Dubrovnik & Trstenik plus Zagreb
Plitvice Lakes optional pre-tour extension

We have chartered the whole boat for an Aug. 6th date, which holds 38 people. That means we would fly in a day or two earlier on Aug. 4th. Still waiting on final pricing and air. The guesstimate price on this trip is around \$3900. This trip was announced at the board meeting and last ski club meeting. We have had an overwhelming response. We are now running a waiting list.

Croatia offers gorgeous scenery, historic cities, impressive architecture, charming villages, great food and wine, and plenty of outdoor activities. It is quickly becoming one of the most desirable destinations for travelers seeking a European destination with a twist. You will spend two nights in Split, one before and another after your Adriatic Sea cruise.

Enjoy the special features on board the MV Futura including a spectacular dinner while cruising along the Old Town city walls of Dubrovnik. Taste some of the finest Croatian wine excellently paired with Croatian delicacies in Korčula and have fun at an authentic Croatian village party & dinner in Kuna. You'll visit the beautiful Mljet National Park and enjoy Croatia's rich history with guided walking tours in Dubrovnik, Hvar, Korčula, and Split. Evenings are spent docked in picturesque port towns, offering an opportunity to try the local restaurants and specialties.

Email Tucker to get on the wait list. tkhoffmann@comcast.net

OCTOBER 2015: We will be departing on an exciting Adventure Trip to Myanmar, formally Burma, on Oct. 28th. Myanmar, is a hot destination 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. We will be on a DELUXE Riverboat for 10 days.

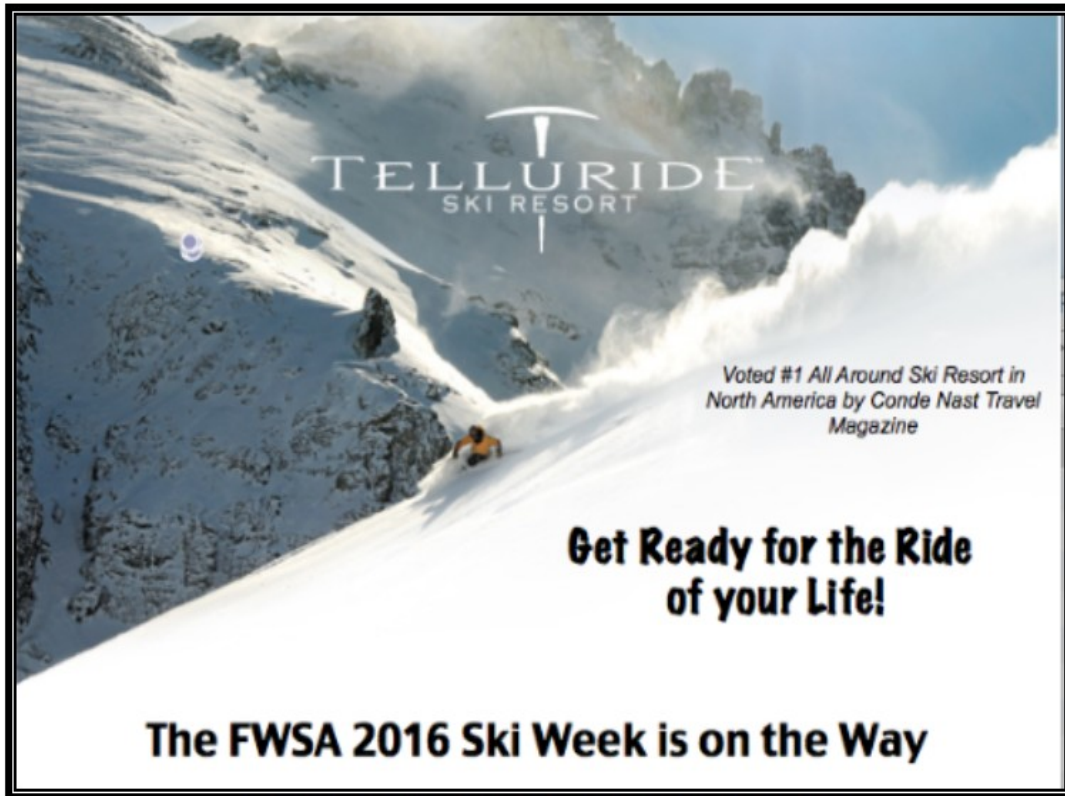


Tucker - CVSC Travel Director & Kathy, assistant
2657 Rivers Bend Circle, Livermore CA 94550
925-371-1910 tkhoffmann@comcast.net
cell # 510-329-4242

CVSC CST # 2081040

Far West Ski Association

Castro Valley Ski Club/Bay Area Council



January 30th to February 6th, 2016

\$1215-\$1495 (depending on your choice of accommodations)

Lodging - Mountain Lodge, ski-in ski-out

Land Package Includes:

- 7 Nights Lodging (dbl. occ.)
- Registration
- Welcome Party
- Ski Week Picnic
- Farewell Banquet
- BAC Party
- Après Party
- 5 day Lift Ticket



note: air and transfers not included in this price



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

925-371-1910 tkhoffmann@comcast.net
CVSC CST # 2081040

CASTRO VALLEY SKI CLUB

10-DAY ALASKA on the GOLDEN PRINCESS

Aug 10-20th, 2015

Cruise is out of San Francisco; don't worry about booking air or luggage being overweight

ITINERARY:

Ports: San Francisco, California; Juneau, Alaska; Skagway, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Victoria, British Columbia; San Francisco, California

CABIN PRICING: per person double occupancy

INTERIOR	OCEANVIEW	BALCONY	MINI-SUITE	SUITE
\$1,349.00	\$2,049.00	\$2,299.00	\$2,599.00	\$3,599.00

NOT INCLUDED: Taxes, Fees & Port Expenses additional: \$225.00 USD

DEPOSITS:

\$200.00 PER PERSON DUE NOW
MAY 1st, 2015 FINAL PAYMENT DUE

CANCELLATION POLICY:

NO PENALTY TO CANCEL
PRIOR MAY 1st, 2015

EX MILITARY: \$100.00 ON BOARD

CREDIT I will send the form if needed



**DEPOSIT MAY BE MADE BY CREDIT CARD OR CHECK,
YOU NEED TO CONTACT ME BY E-MAIL OR PHONE AS TO YOUR METHOD OF PAYMENT**

SEND TO:
TUCKER HOFFMANN
2657 Rivers Bend Circle
Livermore, CA 94550

tkhoffmann@comcast.net
510-329-6838 – cell

CST#2081040-40



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

Rattlesnake Fact Sheet

Awareness

There are several species of rattlesnakes common to California, but the Northern Pacific Rattlesnake is the most prevalent in the District's service area. The physical appearance of each snake is variable, but some general principles in distinguishing rattlesnakes are:

- Broad, triangular head with a noticeable "neck" behind the head.
- A rattle located at the tip of the tail. The rattle is used as a warning device when they are threatened.
- Vertical pupils (non-poisonous snakes have round pupils) though hopefully you would not be close enough to notice this!

Rattlesnakes can be found in rural areas, as well as suburban areas where there is sufficient natural habitat. In Northern California snakes will hibernate during cold months and are active March through September.

Treatment

Get to a hospital as soon as possible. In the meantime, these first aid steps can be taken:

- Wash the bite with soap and water.
- Immobilize the bitten area and keep it lower than the heart.
- A suction device may be placed over the bite to help draw venom out of the wound.

Antivenin treatment is typically used to block the tissue destruction, nerve damage, and blood-clotting disorders caused by rattlesnake venom. Keep snake bite victim calm to avoid elevating their heart rate and accelerating the circulation of venom within the body. Do not attempt to make incisions at or around bite sites, apply ice, or use tourniquets, as this could be more destructive than the venom itself.

Sandy Beecher
Safety Chair

**GOODBYE 14/15
CVSC RACE
TEAM!!!**



**OUR MIGHTY THREE.....
Brian Taylor, Keith Wilson,
Dave Cunningham!!!!**



Oakland Athletics vs. Tampa Bay Rays



Saturday, August 22, 2015

Game time @ 6:05pm.

\$32 seats

Bay Area Snow Sports Council, BAC
Presents our 10th Annual FUND RAISER for

Disabled Sports USA Far West

Proceeds over cost go to DSUSAFW

Contributions are greatly appreciated

FIREWORKS NIGHT

Sec.128/129R, Field Level, 3rd base side

Deadline for purchasing tickets: July 22nd



BAC Tailgate BBQ \$14

4:00 to 5:30 pm

Raffle Prizes!

BBQ will be held in parking lot B tailgate area, near the BART walkway entrance to the Coliseum. Lot B is on the South side of the Coliseum.

\$20 Parking Passes with game tickets available for \$16 thru BAC

Tailgate site supported by:

Pam Shelton, *State Farm* Agent

Insurance and Financial Services, 209-551-0221

3520 Oakdale Rd, Ste E, Modesto, CA 95357

For club group seating, please send one club check for all club members.

Make checks payable to Bay Area Snow Sports Council (BAC). Seating assigned based on when money received by BAC. No refunds available.

Contacts: (order tickets from Norm Azevedo)

Norm Azevedo, (925) 944-9816, nazevedo@sbcglobal.net, 901 Sousa Dr., Walnut Creek, CA 94597

Or Dennis Heffley, (925) 998-4415, skiheffley@aol.com;

PayPal (www.skibac.org, A's game button) is available with added Paypal fees to pricing



Event is supported by:

VAIL RESORTS
EXPERIENCE OF A LIFETIME™

2015

83rd Annual Convention

Far West Ski Association

Salute to San Diego



"The Voice of the Western Skier"



June 4-7, 2015

Town and Country Resort & Convention Center

500 Hotel Circle North, San Diego, CA 92108

800-772-8527 • www.towncountry.com

Hosted by San Diego Council of Ski Clubs

Town and Country Resort & Convention Center

Reservations call 800-772-8527

Group Name Far West Ski Association

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

Room Rates per night plus tax single or double occupancy

(choice of Royal Palm Tower, Regency Tower/Courtyard, Garden Room)

Garden & Tower Rooms **\$145** (Rooms will be released May 10, 2015)

Hotel Features

- 32 lushly-landscaped acres in the heart of Mission Valley, 5 restaurants & 3 lounges, 3 Pools and Whirlpool, 14,000 sq. ft. Bella Tosca Day Spa-Salon-Fitness Center, 27-hole Championship Golf Course, adjacent to Fashion Valley Shopping Mall & Light Rail Trolley Stop
- NO Resort Fees; FREE Wi-Fi
- Parking is \$5 per day
- Rates are available 3 days pre and post Convention



Transportation

- Air transportation is via San Diego International Airport (SAN), located 7 miles from the Town & Country.
- Rental cars and shuttle services are available at the airport.
- **The Cloud 9 Super Shuttle** is currently \$11 per person one way.

Convention Highlights

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

Optional Activities

- Thursday Activities
 - San Diego Tours
 - Dinner on the USS Midway
- Friday Activities
 - Michael German Golf Tournament
 - Kayaking La Jolla Cove
 - Biking Mission Bay
 - San Diego Zoo
 - Pool Party

Jane Wyckoff

FWSA Convention Chairperson

janewyckoff1@cox.net or 949-933-9607

Jeannine Davis

Silent Auction / Travel Expo Chairperson

SilentAuction@fwsa.org or 530-392-3185

Elleen Sanford

San Diego Host Council Convention Coordinator

HostConvention2015@fwsa.org or 858-695-1442www.fwsa.org



2014/2015 Avid Skiers in Control

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

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Ron White 925-443-3106
Maggie Jong 925-447-5148
Pat Green 925 846-7250
Eva Lanphear 510-793-3863
Claudia Fernandes 925-462-6573
Dennie Warren 510 759-3415
Ray Jong 925-447-5148
Keith Wilson 925-828-8265
Tucker Hoffmann 925-371-1910
Ralph Sherman 925-449-7941
Kathy Hoffmann 925-371-1910
Sandy Beecher 707-255-4139

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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, 2015



The next meeting will be
May 9

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