



Castro Valley, CA 94546  
www.cvskiclub.org

# CVSC SkiZette

June, 2012



## EVENTS CALENDAR

(f) = flyer in this issue

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Butte, CO	
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### JUNE\*

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

### JULY

- 11 CVSC board meeting TBD  
18 CVSC general meeting/bbq at Ron & Ann White's

### AUGUST

- 8 CVSC board meeting/bbq at Kathy & Tucker's  
15 CVSC general meeting TBD

### UPCOMING

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

\*No board meeting for June

DON'T



FORGET



DAD!!!!



## 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)

### JUNE BIRTHDAYS

Karen Koistinen	3
Robert Shepard	4
Gordon Ramsay	5
Antonio Cervantes	6
Brett Hoffmann	6
Norman Prickett	6
Marsha Simpson	8
Ben Newmarker	15
William Funkhouser	19
Lauren Nagle	21
Claudia Fernandes	24
Ralph Sherman	27
Terry Walton	30



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



## President's Message

Hello everyone,

Well, ski season is definitely over and what a season it was! Snow conditions this season were often sketchy but, upon taking a poll of members on how many days skiing they were able to do this season, there was actually an amazing amount of skiing to be had.

What a tenacious and perseverant group we are!!



Karen Wehrman  
President

For those of you who weren't able to attend the End-of-Season Banquet, you missed a great party. We celebrated in a new venue, Crow Canyon Country Club, and we connected with friends, acknowledged all the wonderful volunteers in our club, and danced the night away. Many thanks go to Pat Green for arranging this wonderful party and to Alan Ward and Becky Cox who helped us acquire this venue for the event.

This party really highlights the fact that this club is made up of the most wonderful and active volunteers - they really do make this club what it is, dynamic and active and interesting. If you missed this event, please consider coming next year - you will be glad you did.

Castro Valley Skiers,

Many of you know that you are **honorary members** of the **race team** for the summer months. Only some of you know what that means. Since a large number of you will be visiting the **Amazon** this month, I will save most of the explanation for later. But for now, there are **no scheduled races** in **June**, or **July**, or **August**, or **September**, or **November**.

So, enjoy yourselves!

Keith Wilson  
Race Director

While summer approaches, there will be lots of opportunities for fun - Fred and Marsha Rubis will be hosting the very popular Vin et Cuisine event again this year. It will take place on July 14, so mark your calendars and join in the fun and deliciousness of this event - I will see you there!

We will, again, have our July and August meetings outdoors, with BBQ and picnic. The July meeting will be hosted by our "Man of the Year", Ron White and his lovely wife, Anne. Ron and Anne have hosted a summer BBQ meeting for the past two summers, and they have a great venue in which to do the meeting.

The August BBQ meeting will be held at a public park still to be determined, so please watch the Skizette for more information.

Several of us are headed off to the Amazon with Tucker and Kathy, so I hope to see you at the regular meeting at Don Jose's on June 20 - the official beginning of Summer.

We will be able to share tales of the wonders of the rainforest, and hopefully, you will have some travel tales to share, too.

Happy trails to you,

Karen



Keith Wilson  
Race Director

CASTRO VALLEY SKI CLUB

*Presents*

# *Vin et Cuisine*

*A Celebration of Wine & Food Pairing*

**Saturday, July 14, 2012**

**Starting at 3:30 in the Afternoon**

**At the Home of**

**Fred & Marsha Rubis;**

**2465 Bess Avenue, Livermore, CA**

***You are cordially invited to bring your favorite dish with your paired wine selection and join others in an afternoon of wonderful sampling of taste delights.***

***Cooking grills and warming facilities will be provided for your food and icing, if required for your wine. The Club will provide disposable dinnerware and a light dessert for the occasion.***

***Your food and wine selection choice is yours!***

***Just bring enough tastings for about 10-12 servings and any needed serving utensils.***

**PARTICIPATE IN THIS CHANCE TO SHOW OFF YOUR CULINARY AND WINE SKILLS AND KNOWLEDGE!**

**Send a Check to Pat Green for \$6 PER PERSON at:**

**4655 Cope Ct, Pleasanton, CA 94566**

**Phone: (925)846-7250**

**Email: [greendm@comcast.net](mailto:greendm@comcast.net)**

## HEAT STRESS

Heat stress, from exertion or hot environments, places you at risk for illnesses such as: Heat Stroke, Heat Exhaustion and Heat Cramps.

<b>Heat Stroke</b>	<b>Heat Exhaustion</b>	<b>Heat Cramps</b>
A condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability.	The body's response to an excessive loss of water and salt, usually through sweating.	Affect anyone who sweats a lot during strenuous activity. Sweating depletes the body's salt and moisture levels.
<b>Symptoms</b> <ul style="list-style-type: none"> <li>• High body temperature</li> <li>• Confusion</li> <li>• Loss of coordination</li> <li>• Hot, dry skin or profuse sweating</li> <li>• Throbbing headache</li> <li>• Seizures, coma</li> </ul>	<b>Symptoms</b> <ul style="list-style-type: none"> <li>• Rapid heart beat</li> <li>• Heavy sweating</li> <li>• Extreme weakness or fatigue</li> <li>• Dizziness</li> <li>• Nausea, vomiting</li> <li>• Irritability</li> <li>• Fast, shallow breathing</li> <li>• Slightly elevated body temperature</li> </ul>	<b>Symptoms</b> <ul style="list-style-type: none"> <li>• Muscle cramps, pain, or spasms in the abdomen, arms or legs</li> </ul>
<b>First Aid</b> <ul style="list-style-type: none"> <li>• Request immediate medical assistance.</li> <li>• Move the affected person to a cool, shaded area.</li> <li>• Remove excess clothing and apply cool water to their body.</li> </ul>	<b>First Aid</b> <ul style="list-style-type: none"> <li>• Rest in a cool area.</li> <li>• Drink plenty of water or other cool beverages.</li> <li>• Take a cool shower, bath, or sponge bath.</li> </ul>	<b>First Aid</b> <ul style="list-style-type: none"> <li>• Stop all activity, and sit in a cool place.</li> <li>• Drink clear juice or a sports beverage, or drink water with food. <ul style="list-style-type: none"> <li>○ Avoid salt tablets.</li> </ul> </li> <li>• <b>Do not return</b> to strenuous activity for a few hours after the cramps subside.</li> <li>• Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.</li> </ul>

### Important things that you can do to prevent heat illness:

- Monitor your physical condition and that of your friends for signs or symptoms of heat illness.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
  - Avoid non-breathable synthetic clothing.
- Gradually build up to strenuous activities
- Schedule strenuous activities during the coolest parts of day.
- Take more breaks when doing strenuous activities, and in high heat and humidity.
- Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.

Contributions from OSHA, NIOSH. (article submitted by Sandy Beecher)

**From the secretary's desk..... by Eva Lanphear**

## **The End of Season Banquet – May 12, 2012**

This year we celebrated or mourned, or experienced both emotions, the end of Ski Season with a **celebration**. Many thanks go to Pat Green, Activities Director who organized the event with her usual flare and created a beautiful ambiance for us. Also many thanks go to Becky Cox and Allen Ward, for giving us the opportunity to celebrate in a new venue-the Crow Canyon Country Club. The setting was beautiful - expansive picture windows on each wall letting in the sun light. The view from the room looked out over green lawns, rolling green hills and mature trees. The sunset filled the room with golden light. What a wonderful way to enjoy dinner companions and good food.

Our D.J. provided us with a mix of good dance music and our usual fun group songs like "YMCA". He knows our likes and dislikes as he has been our D.J. for four years now. Maybe we can get him to join the club?????? And take him on the road with us.

Many thanks also go to Karen Wehrman, our Club President, for taking the time and energy to select and gift wrap each gift for each volunteer. She also was Mistress of Ceremonies for the evening, hosting not only the volunteer recognition but also the raffle.

The End of the Season Banquet is a time when the new board is introduced and acknowledges the outgoing board members. This year we were all one and the same. It is also the time when all the other volunteers who have contributed to the club over the past year are acknowledged... As a token of the club's appreciation for the time and energy commitment volunteers give, each volunteer was presented with an acknowledgement gift.

Ron White, Vice President, in turn, acknowledged Karen and reminded us of all of her many attributes as President which had led to a club that runs smoothly and orderly. The thrust of Ron's acknowledgement was the wisdom that Karen brings to the position.

What a nice tradition- the club would not function without all our volunteers  
**Hurrah** to all the volunteers.

The raffle was a fun time. Ball hats with the CVSC insignia were raffled off- lost count but at least 6-7 were offered. All winners were women except for one man. Beautiful hair-dos won out- no pictures of recipients modeling their winnings were taken. Bottles of wine, and bubbles were raffled off as well. The best part of the raffle was the final item-the free one year membership. Well, would you believe, every board member's number was randomly picked before a non-board member's number became available. The bet became- which board member's raffle ticket would come up next. Finally we ran out of board member raffle tickets and a winner was picked. Ann Wilburn is the lucky recipient of the free 2013 membership.

But everyone came home with a souvenir. Dinner wine was poured into a CVSC logo wine glass - which each guest was invited to take home- (THE EMPTY GLASS- not the dinner wine).

Eberhart Busse, club photographer, documented the whole evening.

So next year- 2013- clear your schedule now and come celebrate your best ski days of the year with us at the next End of the Season Banquet.





Enjoying our social hour.....



A wonderful dinner!!!



Recognizing our volunteers.....



And we do know how to cut up a rug!!!!!!  
 ("Dancin' the night away.....")



# 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)**

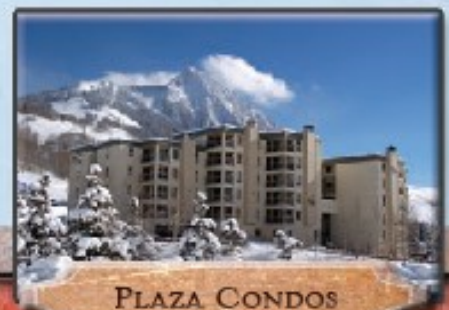
The Grand Lodge is a full-service hotel located just 200 yards from the ski lifts. The Emmons Studio comes equipped with a king size bed and a pull-down Murphy bed in the living area. In addition, our oversized Emmons Studios have mini kitchenettes with a microwave, dishwasher, dishware, sink, one burner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

President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
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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.fernandes@jud.ca.gov
Newsletter Editor	Dennie Warren	510 759-3415	dennieluu1@att.net
Web Manager			
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	tkhoffmann@comcast.net
Past President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Trustee	Kathy Hoffman	925-371-1910	tkhoffmann@aol.com
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 JUNE, 2012***



The next meeting will be  
June 20

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***