



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

June, 2013



EVENTS CALENDAR

(f) = flyer in this issue

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JUNE

- 6-9 FWSA 81st Annual Convention (f)
- 12 CVSC board meeting at Keith's
- 19 CVSC general meeting at Don Jose's

JULY

- 10 CVSC board meeting at Eva's (held at Dave's)
- 17 CVSC general meeting bbq at Pat & Dan Green's (details TBA)

AUGUST

- 2 BAC/DSUSA Oakland A's game tailgate/fireworks (f)
- 14 CVSC board meeting at Kathy & Tucker's
- 21 CVSC general meeting bbq at Ron & Ann White's (details TBA)

UPCOMING

- 9/18-10/3 Borneo Adventure
- 2014:
- 1/25-2/1 CVSC Ski Week at Beaver Creek, CO
- 8/22 CVSC Ireland & Scotland (w/optional London 3 day excursion) 2 wk trip (date is approximate)

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org



JUNE BIRTHDAYS

Karen Koistinen	3
Gordon Ramsay	5
Antonio Cervantes	6
Norman Prickett	6
Ben Newmarker	15
William Funkhouser	19
Edward Cook, Jr	21
Claudia Fernandes	24
Roland Lee	26
Terry Walton	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*



President's Message

Hi Everyone,

As Summer approaches, I think about my ski edges getting rusty, my ski boots in storage, and I pine for the snowy steeps of last season. But the warm, balmy days ahead do offer many pleasures that can be yours as a member of Castro Valley Ski Club.

Many of us are heading to Reno, Nevada, next week for the Far West Ski Association Convention. There we will have the opportunity to river raft on the Truckee River, hike the Tahoe Rim Trail, take in a Pub Crawl on the river, a round or two of golf, spa treatments and just all around fun with other attendees. I, personally, plan on coming home with a silent auction item of a fantastic ski trip somewhere in North America. Our own Bay Area Council is the host of this year's Convention, so our CVSC group has volunteered to do some fun jobs to help support the whole event. Getting involved makes the Convention more interesting and fun.

Speaking of getting involved, we have wonderful members who have volunteered to host the Summer Bar-B-Que meetings. Ron and Ann White will host one of the meetings and Dan and Pat Green will host the other. Please watch the Skizette to find out where the BBQ meetings will be taking place, and join fellow members for a great evening of good food, fine wine and great fellowship. You will also have a chance to test your knowledge of the history of skiing and snowboarding with a trivia contest to be held at the BBQ meetings. The contestant who answers the most correct answers combined at both meetings will win a fabulous prize! So please come join the fun and sharpen your trivia skills.

Many thanks, again, to Pat Green for arranging a wonderful End of Season Banquet last month. We had a wonderful dinner and much conversation – and we celebrated the fantastic volunteers that make this club the dynamic and fun club that it is.

We have many long months to go until ski season begins again, but we can enjoy the fruits of the season with friends and fellow skiers until the snows arrive again.

Stay safe and strong and have wonderful journeys this Summer, and I hope to see you at our regular meeting at Don Jose's Restaurant on June 19.

Karen



Karen Wehrman
President

A Word from our VP

The subject this month is obtaining sporting items with the club logo. There have been questions and suggestions for some time on this issue, with the pros and cons of past implementations. Now we have a new one, courtesy of Ed Pease of Inskiers, another BAC rep. After a straightforward procedure of establishing a design with the purveyor, Lands End, an outstanding, quality choice in my opinion, all you would do (yourself) is:

1. Go to www.landsend.com/business or 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 Account Number and Logo number (Acc# 6160360 for Inskiers, Logo number 1307470W for shirts, 1308140C for caps). [We could have similar for CVSC]
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.
11. Standard delivery is 10 days.

Of course, quantity discounts and specials decrease prices. The beauty of the process is—you're on your own! Order what YOU want, not what some club rep or committee wants, or wants to bother with. If there is sufficient interest, we will get together the data for the logo to establish with Lands End.

With great affection (but not too much),
Ron



Ron White
Vice President



Discover Ireland & Scotland 2014 Adventure Trip

Estimated Price with RT air from LAX or SFO -- \$4500

We have almost finalized the land portion of our 2014 trip to Ireland & Scotland with a 3 day extension to London. It will be a 2 week trip leaving **around** Aug. 22, 2104. Air prices won't be available until Sept. We have had a great response to this trip.

Here's what we are setting up:

Ireland: Dublin, Galway, Limerick , Waterford, Killarney, Kerry, and Belfast.

Scotland: Glasgow, Edinburgh, Inverness

London: (optional add-on) 3 nights

Call Tucker to get on a wait list. 925-371-1910



Blarney Castle

7 DAY COASTAL CRUISE ON THE GRAND PRINCESS OCTOBER 19-26, 2013

We are taking on a Coastal Cruise leaving from and returning to San Francisco.

If you want to join us let us know. 925-371-1910

ITINERARY:

SFO	4:00p.m. Depart
AT SEA	
SANTA BARBARA	7:00 - 6:00p.m.
LONG BEACH	7:00 - 6:00p.m.
SAN DIEGO	8:00 - 6:00p.m.
ENSENADA	8:00 - 5:00p.m.
AT SEA	
SFO	7:00a.m.

CABIN PRICING: all rooms are double occupancy

\$799.00	INSIDE
\$899.00	OBSTRUCTED WINDOW
\$999.00	WINDOW
\$1,199.00	BALCONY

NOT INCLUDED:

\$90.00 TAXES PER PERSON



CASTRO VALLEY SKI CLUB 2014 Trip – BEAVER CREEK, COLORADO Jan. 25-Feb 1st, 2014....\$1355



Next year we will be joining FWSA on the Beaver Creek Trip. Dates are Jan. 25 - Feb 1st, 2014. Castro Valley Ski Club has already requested lodging from BAC and sent in deposits for our CV members. We are already up to 40 sign-ups. The lodging will be in condos next year. Pricing will be \$1355, air and transfers not included. Send us a quick email to find out about availability.

Package Includes:

- Registration
- 7 Nights Lodging Highlands Lodge (FULL) or Kiva Lodge (across street)
- Welcome Party
- Pub Crawl
- Mountain Picnic
- Après Party
- Races
- Banquet with Dancing
- 5 day Lift Ticket
- BAC Council Night Party



note: air and transfers not included in this price

Lift tickets are included in the ski week package; however, EPIC passes will also be available and should be purchased from Sandy Gaudette at Skigroup.net by calling her at 1-800-500-2754.

Post Trip to Breckenridge

Castro Valley will also be doing a 4-day post trip to Breckenridge. It includes 4 nights lodging, porter & resort fees and your bus transportation (if needed) to Breckenridge and then on to Denver. Deduct \$60 if you are driving. Price will be \$380.00. in 2bd./2b condos staying at the Beaver Run Resort, ski-in, ski-out. If you purchase the Epic Pass or Epic Local Pass it will be good here otherwise lift tickets are \$226.00 for a 3 day.

Castro Valley Ski ClubMalaysia & Borneo Adventure with Penang extension September 18th – Oct. 3rd/6th, 2013 trip is full

Includes;

- RT Air LAX or SFO
- All tours & transfers via private air-conditioned transportation
- 13 nights hotel accommodation for the main program
- Breakfast daily, 6 lunches and 6 dinners
- English speaking tour guide throughout
- Entrances fees where applicable
- Internal flights as required
- Airport taxes
- Tips



Borneo Adventure itinerary map



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

CVSC CST # 2081040

HEAT STRESS

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

Heat Stroke	Heat Exhaustion	Heat Cramps
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.
Symptoms <ul style="list-style-type: none"> • High body temperature • Confusion • Loss of coordination • Hot, dry skin or profuse sweating • Throbbing headache • Seizures, coma 	Symptoms <ul style="list-style-type: none"> • Rapid heart beat • Heavy sweating • Extreme weakness or fatigue • Dizziness • Nausea, vomiting • Irritability • Fast, shallow breathing • Slightly elevated body temperature 	Symptoms <ul style="list-style-type: none"> • Muscle cramps, pain, or spasms in the abdomen, arms or legs
First Aid <ul style="list-style-type: none"> • Request immediate medical assistance. • Move the affected person to a cool, shaded area. • Remove excess clothing and apply cool water to their body. 	First Aid <ul style="list-style-type: none"> • Rest in a cool area. • Drink plenty of water or other cool beverages. • Take a cool shower, bath, or sponge bath. 	First Aid <ul style="list-style-type: none"> • Stop all activity, and sit in a cool place. • Drink clear juice or a sports beverage, or drink water with food. <ul style="list-style-type: none"> ○ Avoid salt tablets. • Do not return to strenuous activity for a few hours after the cramps subside. • 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.

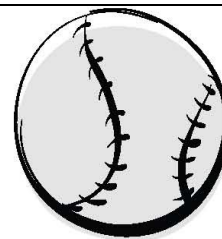
Important things that you can do to prevent heat illness:

- 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)



Oakland Athletics vs. Texas Rangers



Friday, August 2, 2013

Game time @ 7:05pm.

\$32 seats, Regularly \$35

Bay Area Snow Sports Council, BAC

Presents it's Eighth Annual

FUND RAISER for

Disabled Sports USA Far West



All proceeds over cost go to DSUSA

Additional contributions
will be greatly appreciated

Deadline for purchasing tickets: July 12th



FIREWORKS NIGHT

Section 104, 105 Lower Box, 1st base side

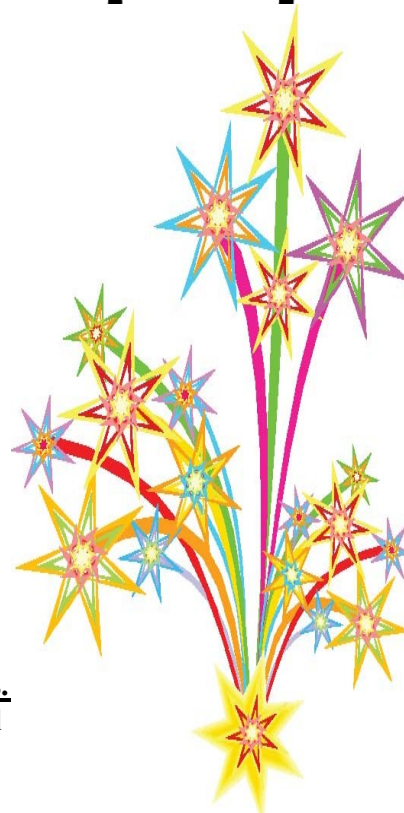
"Great view for fireworks"

BAC Tailgate BBQ for \$10

Raffling Prizes

5-6:30 pm

BBQ at the north side of the stadium, parking lot A,
South-East Corner. Look for a BBQ trailer,
Heffley's SUV with the BAC banner in front
and a large crowd having a great time.



For club group seating, please send one club check for all club members.
Make checks payable to Bay Area Snow Sports Council (BAC). Paypal will
be available. Seating assigned based on when money received by BAC.

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Contact: Norm Azevedo

(925) 944-9816, nazevedo@sbcglobal.net

901 Sousa Dr. Walnut Creek, CA 94597

EXPERIENCE OF A LIFETIME





Far West Ski Association

81st Annual Convention

Mountain Magic Moments

June 6-9, 2013

Grand Sierra Resort & Casino



2500 East 2nd Street Reno, NV 89595
(775) 789-2129 (reservations)
www.grandsierraresort.com

hosted by Bay Area Snow Sports Council



Grand Sierra Resort & Casino

Reservations call 800-648-5080 or 775-789-2129

Group Name Far West Ski Association 2013

Online <https://resweb.passkey.com/go/FarWestSki>

Room Rates per night plus tax single or double occupancy

Grand Sierra Room **\$79**

Summit Grand II Upgrade **\$104**

RV Spots at Grand Sierra: call 800-648-5080 or 775-789-2129

Hotel Features

- 11 Restaurants, 5 Bars & Lounges, Casino, Beach/Pool, Spa/Health Club, Movie Theater, Bowling, Miniature Golf
- NO Resort Fees, FREE In-room Wi-Fi, FREE Parking
- Rates available 3 days pre and post Convention
- FREE TRANSFER from Reno International Airport
- Room block release date is May 15, 2013

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

- Pub Crawl
- Michael German Golf Tournament
- River Run White Water Rafting
- Tahoe Rim Hike
- Grand Sierra Spa Day
- Grand Sierra Fun
- Beach Party

Information www.fwsa.org

• **Jane Wyckoff**
FWSA Convention Chair
janewyckoff1@cox.net or 949-933-9607

• **Mary Olhausen**
Silent Auction/Travel Expo Chair
omary52@comcast.net or 503-880-7383

• **Linda Indreboe**
BAC Host Convention Chair, 408-248-8426
bac.publicaffairs@skibac.org



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.fernandes@jud.ca.gov
Newsletter Editor	Dennie Warren	510 759-3415	dennieluuu1@att.net
Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
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	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 JUNE, 2013



The next meeting will be
June 19

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