



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

June, 2014



EVENTS CALENDAR

(f) = flyer in this issue

Inside this issue:

President's Messg/	3
Word from our VP	
Vitamin D	4
Travel Update	5
Tahiti Pacific Prin-	6
cess Cruise	
FWSA 2015 Ski	7-8
Week, Whistler, BC,	
Canada/lodging info	
Trip to Burma	9
CVSC 2015 Ski	10
Week, Steamboat,	
CO	
FWSA Mini Ski	11
Trip, Whitefish Mtn	
Resort, MT	
BAC/FWSA/DSUSA	12
Oakland A's F/R	
Mexican Fiesta	13
Avid Skiers in Con-	Back
trol	page

JUNE

- 10 CVSC board meeting at Keith's
- 18 CVSC general meeting at Don Jose's

JULY

- 10 CVSC board meeting at Karen & Jim's
- 16 CVSC general meeting/bbq at Ron & Anne White's

AUGUST

- 2 Mexican Fiesta at Pat & Dan's (f)
- 8 Concerts in the Park (see pg 2)
- 13 CVSC board meeting at Kathy & Tucker's
- 20 CVSC general meeting/bbq at Allen Ward & Becky Cox's
- 22- CVSC Ireland & Scotland (w/optional London 3 day ext.)
- 9/6

UPCOMING

- 10/29- CVSC Tahiti Pacific Princess Cruise (f)
- 11/8
- 2015:
- 1/31- CVSC Ski Week at Steamboat Springs, CO (f)
- 2/7

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	Edward Cook, Jr	21
Gordon Ramsay	5	Claudia Fernandes	24
Norman Prickett	6	Roland Lee	26
Ben Newmarker	15	Ralph Sherman	27
Dennis Nicholson	18	Hope Kinahon-Alvino	27
William Funkhouser	19	Terry Walton	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***

ATTENTION A'S FANS:

You will find the flyer for the A's F/R in this issue. BAC & FWSA are encouraging club members to send in a check for tickets if you want to go as a group and sit together. Details are on the flyer.

CONCERTS IN THE PARK

Aug. 8 @ 5pm, music starts @ 7pm

Featuring Tommy & the Four Speeds

Lions Wayside Park, Pleasanton
(First St & Neal St)

Bring a chair or sit on a blanket— also bring your drink of choice (alcohol is allowed), something to eat or an appetizer to share.

We will be there early to set out blankets. If you need any additional info please call me (Pat Green 925-846-7250). No need to RSVP.

Should be a fun evening—see you there!!

(you might want to bring an extra blanket and a jacket)

Castro Valley Ski Club Newsletter

President's Message

Hello Everyone,

Here comes summer!! Even though skiing is not really an option, there are still many fun things to take part in this summer. As the weather turns warmer, we get outside to get together and have fun. Please watch this Skizette for news about upcoming events, but I hope to see lots of you at the summer Bar-B-Que meetings. The July meeting will be at Ron and Anne White's house ~ always a good time, and the August meeting will be at Alan Ward and Becky Cox's lovely home in Crow Canyon Country Club area. I always appreciate the wonderful food that members bring to share, and am inspired by the recipes and goodies that appear.



Karen Wehrman
President

Many of us will head to Bend, Oregon for the Far West Ski Association annual Convention in June ~ and if the Convention is as fun as past conventions, we will have a great time. There will be information to share with membership, so look for that, too.

August will be an active month for Castro Valley Ski Club members ~ Dan and Pat Green are hosting their Mexican Fiesta event on August 2 ~ and if past Fiestas are any indication, a good time will had by all. Then on August 8, Dan and Pat will save spaces at the Downtown Pleasanton concert with Tommy and the Four Speeds playing good dancing music. All members are invited ~ no reservations needed, and watch for that information in the Skizette.

Watch, too, for information regarding our regular September meeting ~ there may be a change of venue that promises to be fun and interesting.

Sooooooooo, lots going on ~ hope all of you can join in the fun and bring your own special gifts to the gatherings. All of these events are possible because of great volunteers, of which we are blessed in Castro Valley Ski Club. Thank you to all of you who make the fun happen!!

Stay cool,
Karen

A Word from our VP

This month I want to postpone, again, covering the several special awards made by the Far West Ski Association, and elaborate on the information given last month related to the ordering of apparel and other items with the CVSC logo.



Ron White
Vice President

The permanent logo number is now available, and shown below with other useful information from Land's End:

Logo # 1361418W

Logo Size: 3 X 1.98

Logo Stitch Count: 4235

Logo Setup Fee: \$ 95 [CVSC already paid this for the initial one]

Logo Application Fee: \$ 5.95

- Guaranteed. Period.® If for any reason you're not satisfied with your purchase, simply return it for a replacement or refund. Even after we've added your logo.
- Even our screen print tees, non-apparel gifts and promotional items are covered by our same unwavering promise. See our full assortment online.
- Our normal timeframes are 10 to 14 business days from the time you place your order to when you receive it. Need an order faster? We can do it for you depending on your deadline needs and by upgrading the shipping, charging a \$100 rush fee.
- Free logo color changes – you want black thread on the khaki shirts and white thread on the true navy shirts? No problem – and no cost to you.
- No minimums! Lands' End-labeled styles carry no embroidery minimums.

Free logos with code EMLOGO until 6/13.

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

VITAMIN D

Deficiency

Research shows that vitamin D plays a crucial role in the health of the immune system, brain, heart and blood vessels, among other organs and systems.

Many doctors now monitor their patients' vitamin D levels and prescribe supplemental vitamin D when levels are too low. A lack of vitamin D may increase your risk of developing numerous diseases and conditions.

Autoimmune diseases—such as type 1 diabetes, multiple sclerosis, and rheumatoid arthritis—may be linked to a vitamin D deficiency. Autoimmune diseases occur when the immune system attacks the body's own tissues. Too little vitamin D has been linked to poor immune system function.

Vitamin D deficiency is also linked to a risk for type 2 diabetes, osteoporosis (a condition that results in brittle bones), heart disease, mood disorders, and even certain types of cancer. The active form of vitamin D helps control chronic inflammation. Ongoing inflammation has been linked to diseases such as hardening of the arteries (atherosclerosis), arthritis (painful, inflamed joints), and even cancer.

Vitamin D occurs naturally in some foods, such as salmon and Shiitake mushrooms. You can get vitamin D from exposure to sunlight, but to do this in a sensible way, you would need to consciously go outside and expose your arms and legs to 5 to 10 minutes of sunshine, then go back inside and apply your sunscreen for the day. Since most people would have trouble sticking with this routine, it may be better to have some salmon or tuna salad for lunch.

What if you don't like fish or you've had your fill of Shiitake mushrooms and egg yolks? Are there any other options? Of course there are. You could eat foods that have vitamin D added. In the United States, milk and orange juice are fortified with vitamin D. Some yogurts and cheeses also have vitamin D added. Don't like or can't stomach dairy? You may want to get your vitamin D from fortified breakfast cereals.

Supplementation Recommendations

Vitamin D may be taken as a supplement. Two forms are available: vitamin D3 and vitamin D2. Vitamin D3 is preferable, as it is better absorbed when taken by mouth.

Current government recommended dietary allowances for vitamin D range from 400 IU to 800 IU daily. Many experts argue that higher daily intakes than what's recommended are required to achieve better health outcomes. Some experts even recommend taking 2,000 to 7,000 IU of vitamin D3 every day.

Vitamin D Toxicity

Vitamin D toxicity, resulting from taking too much supplemental vitamin D, is relatively rare. The amount of supplemental vitamin D needed to cause vitamin D toxicity is more than 10,000 IU per day, taken every day for months. The Tolerable Upper Intake Levels published by the U.S. government range from 1,000 IU per day for infants to 4,000 IU per day for adults. This amount is considered too conservative by some experts.

(submitted by Sandy Beecher, Safety Chair)



Lots of exciting trips coming up for CVSC members in 2014 and 2015.

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 also put together a CVSC Trip to Steamboat Springs next year. Karen Wherman will be the trip leader for this trip. See flyer

We have chartered the WHOLE boat on the Burma trip. If you're interested send me an email and we will see if we can fit you in. We have had a great response to 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.



2015 CVSC Ski Week in Steamboat, CO

January 31th to February 7th, 2015

\$899-\$1029 – plus air



Far West Ski Association Annual Ski Trip



Tucker - CVSC Travel Director & Kathy, assistant

2657 Rivers Bend Circle, Livermore CA 94550

925-371-1910 tkhoffmann@comcast.net

CVSC 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

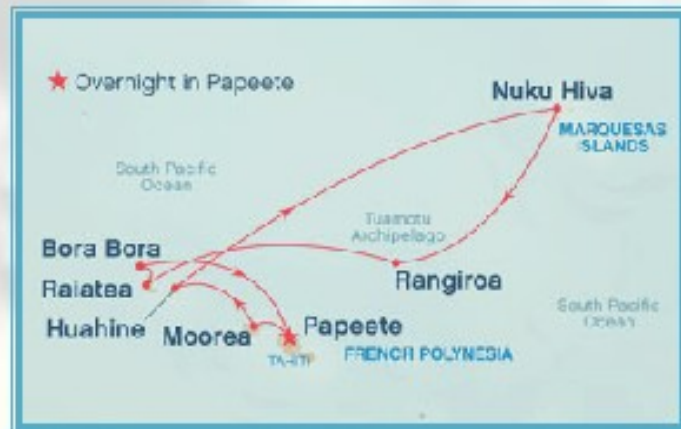
BORA BORA

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



THE JOURNEY BEGINS...



FAR WEST SKI ASSOCIATION

2015 SKI WEEK at Whistler BC, Canada

Jan 31 - Feb 7, 2015

Adult package price from \$ 1255 to \$1615

***Price does NOT include air or ground transportation**

Limited ski-in-ski-out lodging available / Prices vary depending on lodging

Price includes 7 nights lodging (double occupancy) and the FWSA/BAC amenity package

The FWSA/BAC amenities package includes:

- | | |
|--|--|
| <ul style="list-style-type: none">• Registration• Mountain Rally• Welcome Party• Races• Pub Crawl | <ul style="list-style-type: none">• Mountain Picnic• BAC Council Dinner• Banquet with dancing• Awards Après Party• 5-Day Ski Pass |
|--|--|

For more information contact:

Paula Kinahon, BAC Travel Director

pkinahon@gmail.com 510-910-2707

Mailing address:

BAC Travel c/o Paula Kinahon

15447 Heron Drive

San Leandro, CA 94579

Must be a Member of Far West Ski Association affiliated ski club or a FWSA Direct Member

FWSA CST #2036983-40 / BAC CST #2050870-40



Paula Kinahon
Travel Director
Bay Area Snow Sports Council
510 910-2707 mobile
510 357-6127 home
pkinahon@gmail.com

Council Payment Schedule:	Amount:	Due Date:
Initial Deposit:	\$ 200 / pillow	Due Now
Second Payment:	\$ 200 / pillow	July 15, 2014
Third Payment:	\$400 / pillow	October 1, 2014
Final Payment:	Balance	November 1, 2014

Cancellation Penalties/Refunds:

\$ 100 / pillow after July 15, 2014

\$ 200 / pillow after September 15, 2014

No Refunds after October 1, 2014. Replacements will be allowed but the person being replaced may be subject to a \$200 lodging cancellation penalty.

Please note that after September 15, 2014, you may be responsible for single supplements and any other fees incurred by BAC due to a cancellation.

2015 ski week will be held January 31 thru February 7, 2015.

Paula Kinahon
BAC Travel Director
pkinahon@gmail.com

April 24, 2014

Bay Area Snow Sports Council has available the follow lodging for FWSA Ski Week at Whistler:

Coast Blackcomb Studio Qu bed	2 person Condo	ski-in-ski-out	\$1,430	_____
Coast Blackcomb 2bd/2ba Kg/2Tw	4 person Condo	ski-in-ski-out	\$1,430	_____
Crystal Lodge Hotel 2 Dbl	2 person hotel room		\$1,295	_____
Crystal Lodge Hotel 1 Kg	2 person hotel room		\$1,295	_____
Crystal Lodge Deluxe Hotel Kg or Qu	2 person hotel room		\$1,410	_____
Delta Whistler 2bd/2ba Kg/2Tw	4 person Condo		\$1,255	_____
Four Seasons Hotel Kg or 2Tw	2 person hotel room		\$1,545	_____
Westin Studio Hotel Kg or Qu	2 persons hotel room		\$1,615	_____

*** Pricing includes lodging, amenities, ski pass.

Lift Ticket – trip cost includes 5 of 7 adult lift ticket; or 6 of 7 senior lift ticket. For 6 of 7 adult lift ticket add \$51; for 5 of 7 senior lift ticket deduct \$40

Please note:

- Bedding configurations are not guaranteed; however, BAC and FWSA will do their best to get the bedding you need. The above prices are based on double occupancy. These prices include lodging and the FWSA amenity package. The FWSA amenity package includes:

- Registration & Welcome Bag
- Welcome Party
- Pub Crawl
- Mountain Picnic
- Après Party
- Activities Fee—Races & Mountain Rally
- Banquet with Dancing
- BAC Council Night Dinner
- 5 day Lift Ticket

These prices do NOT include air or ground transportation.

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

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



WHITEFISH

MOUNTAIN RESORT

The Location of

Far West Ski Association's

2015 Mini Ski Trip

March 30th to April 4th, 2015

Adult package prices will range from \$550 to \$605

Price does NOT include air

"The Voice of the Western Skier"



FOUNDED 1930

Whitefish Mountain Resort is located at The Big Mountain in North-western Montana, located west of Glacier National Park in the Flathead National Forest. FWSA Lodging will be at **Grouse Mountain Lodge** where you will enjoy an authentic Montana experience.



Grouse Mountain Lodge

This trip is limited to 100 participants

Contact Nancy Ellis

530-414-8261 or 530-582-0566

fwsatravelnancy@sbcglobal.net

Must be a Member of a Far West Ski Association affiliated club or a FWSA Direct Member

FWSA CST #2036983-40

Included:

Airport Ground Transfers
4 or 5 Day Lift Tickets
Transfers to Ski Resort
Welcome Party
Farewell Party

More Options:

Snowmobile Tours
Summit Nature Center
Day Spa
Glacier Park Tours
Dogsled Adventures
Sleigh Rides





Oakland Athletics vs. Los Angeles Angels



Saturday, August 23, 2014

Game time @ 6:05pm.

\$27 seats, regularly \$30

Bay Area Snow Sports Council, BAC

Presents its Ninth Annual

FUND RAISER for

Disabled Sports USA Far West

All proceeds over cost go to DSUSAFW

Contributions are greatly appreciated

FIREWORKS NIGHT

Section 107R, Field Level, 1st base side

Deadline for purchasing tickets: Aug. 1st



BAC Tailgate BBQ for \$12

Raffle Prizes

4:00 to 5:30 pm

BBQ at the north side of the stadium, parking lot A,

Look for a LARGE BBQ,

Heffley's SUV with the BAC banner in front of it

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.



Supported by: **VAIL RESORTS**

EXPERIENCE OF A LIFETIME

Contact: Norm Azevedo

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

901 Sousa Dr. Walnut Creek, CA 94597





MEXICAN FIESTA AT THE GREENS

4655 Cope Ct
Pleasanton, CA 94566



August 2, 2014

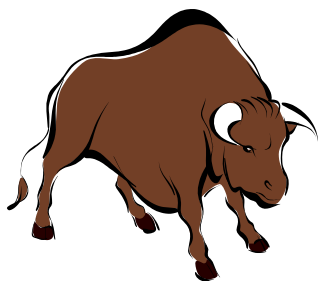
3:30pm



\$20.00 members; \$25.00 non member

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

ENJOY A GREAT DAY WITH FRIENDS!!





2014/2015 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	Maggie Jong	925-447-5148	mozoro25@gmail.com
Secretary	Eva Lanphear	510-793-3863	ejlanphe@pacbell.net
Treasurer	Claudia Fernandes	925-462-6573	Claudia.fernandes4108@gmail.com
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
Club 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	srbecher@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, 2014



The next meeting will be
June 18

Don Jose's Restaurant
3430 Village Dr.
Castro Valley, CA

(meeting starts @ 7:30p)

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



ASPEN & SNOWMASS