



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

June, 2015



EVENTS CALENDAR

(f) = flyer in this issue

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JUNE

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

JULY

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

AUGUST

- 7 Concert in the Park (w/Tommy & the Four Speeds), Pleasanton (details TBA)
- 10-20 CVSC Alaska Cruise (f) pg5
- 12 CVSC board meeting at Dennie's
- 19 CVSC general meeting/bbq at Ray & Maggie's (details TBA)
- 22 BAC/FWSA/DSUSA Oakland A's F/R Tale-gate fireworks (f) pg7

UPCOMING

- 10/28- CVSC trip to Burma (f) pg6
- 11/13

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

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



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*

JUNE BIRTHDAYS

Richard Ludt	2
Norman Prickett	6
Ben Newmarker	15
Dennis Nicholson	18
William Funkhouser	19
Edward Cook, Jr	21
Claudia Fernandes	24
Roland Lee	26
Ralph Sherman	27
Catherine Wilson	29
Terry Walton	30



President's Message

Hello All,

Alas, this is my final missive as President of Castro Valley Ski Club. If you should be a member who actually reads these columns every month, I sincerely thank you for that and hope you will continue to read columns written by your new President, Claudia Fernandes. The Club is surely in good hands with Claudia as our new President, and I would personally appreciate it if you would welcome her to the new job. Claudia has been on the Board for several years in different positions, most recently as Treasurer, so she knows the ropes and adds great positive energy to everything she takes on. We are very lucky to have her as President.



Karen Wehrman
President

We have some additional changes to the Board of Directors. Ann Wilburn has taken on the position of Vice President, replacing Ron White ~ who will be sorely missed and his time in this position is greatly appreciated. Ann is new to the Board and she will also add new energy to the position. Keith Wilson is our new Treasurer, an important job, and his willingness to take on this critical position is also much appreciated. Thank you to all new Board members, and a big Thank You, too, to continuing Board members. This industrious group of volunteers is the very reason that Castro Valley Ski Club is the dynamic and fun Club that it is.

So, it is with a little sadness that I leave the President's job behind, but knowing that the job is in such good hands makes it easier. It has truly been fun and a great honor to act as President of Castro Valley Ski Club for the past five years. I have had the opportunity to get to know many members much better while filling this position, and that has been a wonderful blessing. Thank You!

I hope to see all of you at one or more of the Summer activities ~ the BBQ meetings at Ron and Anne White's, the Concert in the Park on August 7 (thank you Pat Green), and the BBQ meeting at Ray and Maggie Jong's house in August. To my mind any opportunity to get together with other members and share a glass of wine and some great food, is always a good bet.

Welcome Claudia, Ann, and Keith to new jobs on the Board, and I'll see you around.

Karen

A Word from our VP

This will be the last gem of a column from yours truly, as I am passing on the baton to our new Vice President, Anne Wilburn, starting next month. We will all look forward to new blood, euphemistically speaking, in our favorite sport. Having passed on some concerns about essential equipment last month, this month we'll consider auxiliary equipment.



Ron White
Vice President

Backpack: Skiing is a low center of gravity sport, so a good ski pack is wider at the bottom, narrower at the top, and keeps the weight lower, so you don't get top heavy and thrown down the mountain. The best packs also have easy access to the bottom, so you can easily store and reach your heaviest items. What's more, packs can provide spinal protection, make great anchors, and even be used as a splint. You must carry a probe, shovel, extra warm layer, and water, and they should always be secured inside—never put these things on the outside of your pack. Use the chest and waist buckles.

What to Wear: Many skiers are overdressed and overheating, often making it harder to breath, focus, and perform well. Excessive sweating speeds up dehydration, so shed and add layers as necessary. If needed, briefly remove your shell to dry the sweat on the inside. Wear jackets and pants with ventilation zips, and jackets with high collars, combined with a thin silk or wool-blend neck gaiter, to help expel moisture and excess heat.

Avalanche Transceivers: Select a transceiver that makes practical sense for you. Wear it. Turn it on. And keep it on. Transceiver batteries can last weeks even when used daily, but check battery life daily. Replace them when they drop below 60 percent. Strap the transceiver to your chest high and tight, under your jacket, so it's not dangling and being a nuisance. Conduct a group transceiver check before heading out. If you're wearing a radio, situate the transceiver on the opposite side to prevent radio chirp. And, practice, practice, practice. Even the most highly trained pros can struggle with deep multi-burials in a stressful avalanche situation.

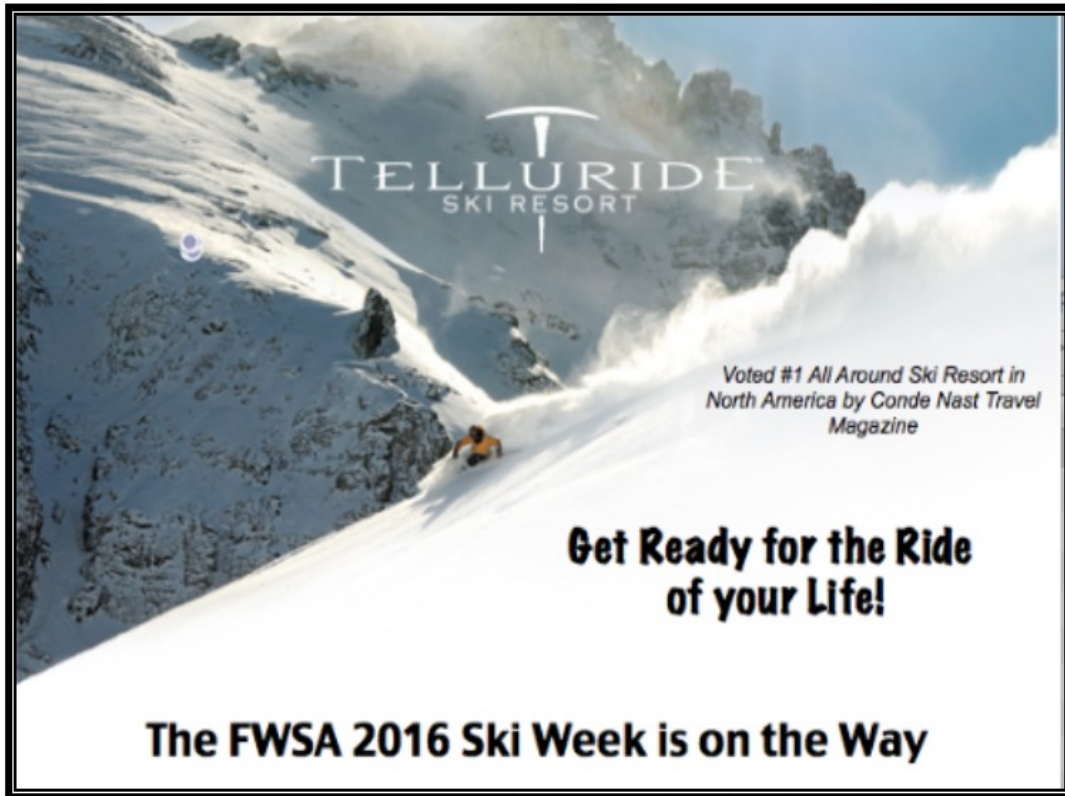
Helmet: Choose a helmet with excellent ventilation that doesn't compromise your ability to hear your partners or sounds coming from the snow pack.

Kneepads: Knees are vulnerable to impacts from ski edges, hard snow, rocks, trees, and stumps. Consider kneepads whenever you ski to protect your knees, keeping ligaments/joints warmer, and padding knees when kneeling in the snow.

Be safe. Skiing is life!
Ron

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
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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:

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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 JUNE, 2015



The next meeting will be
June 17

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