



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

July, 2013



EVENTS CALENDAR

(f) = flyer in this issue



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JULY

- 17 CVSC general meeting bbq at Pat & Dan Green's (f)
- 24 CVSC board meeting at Keith's

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)

SEPTEMBER

- 11 CVSC board meeting (TBA)
- 18 CVSC general meeting at Don Jose's
- 9/18-10/3 Borneo Adventure

UPCOMING

- 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

JULY BIRTHDAYS

Gary Niese	6	Lynda Nestlebusch	15
Jane Fontius	8	Walter Johnson	18
Linda Nunnally	11	Keith Wilson	20
David Weiner	11	Gary Imhoff	21
Atossa Shafa	12	Anne Wilburn	25
Linda O'Hare	14	Phyllis Fagan	25



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: dennieluuu1@att.net



*Didn't get your newsletter? - Change of Address? -
PLEASE Contact Dave Silva, VP Membership
email: silvadave@yahoo.com*

A DAY AT THE RACES.....

Castro Valley Skiers,

Don't forget that during the summer months, all **Castro Valley members** are on the race team. Here are the **rules**:

- There are **no race fees**
- There are **no forms** to fill out
- There are **no race clinics**
- There is **nothing on the internet**
- Races included are your own:
 - A race to the **beach**
 - A race to the **lake**
 - A race to the **mountains**
 - A race to the **park**
 - A tour race to **another country**
 - A race on a **bike**
 - A race on **rollerblades**



Keith Wilson
Race Director

Have **fun**, but don't hurt yourself!

And **enjoy**!

Keith Wilson
Race Director

Castro Valley Ski Club Newsletter

President's Message

Hi All,

I am often reminded of the great benefits of belonging to Castro Valley Ski Club, and never more so than at the recent Far West Ski Association Annual Convention in Reno, Nevada. Our club was very well represented there - 20 attendees - and a full complement of delegates who voted for the election of a new FWSA President, and conducted other business, too. Our own Bay Area Council hosted the Convention this year, and our club really stepped up to the plate to volunteer to make the event a great success. We took on the task of hosting the Sunday morning Eye-Opener with a 7:00 AM start and preparation beginning at 6:00 AM. We had a fearless (and mostly wide-awake) team that was an inspiration. This team took on whatever jobs that needed to be done, and we were ready to go at 7:00 AM. Many thanks to Eberhard and Hyeja Busse, Ron and Anne White, Jim and Diana Gartland, Eva Lanphear, John Houseman, Bill Funkhouser, Ben Newmarker, Jim Silva and Keith Wilson for really pitching in and getting the job done. A special thanks go to Tucker and Kathy Hoffmann for making the best Bloody Marys ever!!



Karen Wehrman
President

Thank you, too, to Sandy Beecher for donating lots of really great wine for our Castro Valley cocktail party on Saturday night. Sandy received a very special and personal phone call from Billy Kidd during the party - a wonderful addition the great vibe that was happening. Thank you, Sandy!!

A very big Thank You to Eva Lanphear and Paula Kinahon for showing up early to the Convention and helping with the stuffing of the goody bags that were handed out to registrants. Because our Club helped out, the job was done in record time!

The only way the Convention could have been better was if our fantastic Treasurer, Claudia Fernandes, could have been there. Due to a last-minute knee injury, Claudia was unable to attend and she was greatly missed!

The Far West Scholarship Foundation was originated by our own Tucker Hoffmann several years ago, and at the Convention Tucker was instrumental in getting a matching funds rally going - with Castro Valley stepping up first - generated great enthusiasm, fun and approximately \$8,000 to help young ski racers with the many expenses that go with racing. I was very proud of our participation in this wonderful effort, and you can also take pride in our club and Tucker for making it happen.

Don't forget that for July and August we meet for a Bar-B-Que - July at Dan and Pat Green's house and in August at Ron and Anne White's place. I hope to see you there, and I hope you will bring your knowledge of snowsports trivia along and play to win a fabulous prize for the most correct answers collected from both meetings. Remember that these meetings start a little earlier - around 6:00 - so come and eat, drink and be merry with fellow members/friends.

Stay cool,
Karen

A Word from our VP

The summer's here and Truckee is brown, brown, brown. And today brought a nice 93 degree day, I thought of all you sweltering back in the Bay Area at 100+, good thoughts though. A morning hike was nice down near the Tahoe southwest shore, in Sugar Pine Point State Park. Very, very nice area, trees, lake, geese, boats, swimming for the venturesome, bikinis on those for whom the sand has not already shifted to the bottom.



Ron White
Vice President

But I digress. The FWSA convention in Reno was very well done. If you have not attended one, you'll get another chance. It's near Mt. Bachelor next year, actually the Riverhouse Resort Hotel and Convention Center in Bend, Ore, a day's drive from the Bay Area. It's really interesting to sit down with resort representatives, hear about their resorts and amenities. I discovered several places I haven't been, that would be really nice. Some are too small to attract the FWSA, as Crested Butte was, for example. But we sure liked that one.

So, next month I'm going to tell you all about my operation. I know you're all waiting with bated breath. What is "bated breath", anyway? If it was abated I could understand. Google says it's idiomatic and defines it, but no notion of where it came from. Though it does add advice for bad breath, the sad part of "free" information. Anyway, my skier's knees have to go in for a retread on the 3rd. I had several add-on requests but they were only interested in my knees. And for them I wanted an xxl size so I could finally make about 5'10, a modest request I thought, but it was no dice.

I'm going to be very grouchy next month during the rehab, with the Nazi that makes me do things I DO NOT want to do, so if you think this month has been bad, tune out. Just do it.

Regretfully,
Ron

Valley Fever

Most fungi are harmless, but some types can make you sick. Coccidioidomycosis, also called valley fever, is an illness caused by a fungus that is common in some parts of the United States

Valley fever is not new to residents in the desert areas of Arizona and California, particularly those who work outside and are exposed to desert dust. But according to the Centers for Disease Control and Prevention, valley fever cases in endemic areas are dramatically on the rise -- from 2,265 in 1998 to 22,401 in 2011. Many in the general public and even in the medical community know very little about the illness. The lack of knowledge can delay diagnosis and treatment. The Centers for Disease Control and Prevention says there are 10 things you should know about valley fever.

1. Valley fever is caused by a fungus that lives in the environment. There are an estimated 1.5 million species of fungi on Earth, but only about 300 of them can make people sick. Valley fever is a respiratory disease caused by a fungus called *Coccidioides*. Valley fever is becoming increasingly common. Nearly three-quarters of valley fever patients miss work or school because of their illness, for an average of two weeks, and more than a third of patients need to receive care in the hospital. The fungus *Coccidioides* lives in soil and dust in the southwestern United States and parts of Mexico, Central America, and South America. People get valley fever by breathing in the microscopic, airborne fungal spores. Sometimes, the number of people who get valley fever increases after there have been weather-related events that stir up more dust than usual, such as earthquakes or dust storms.

2. Valley fever is not contagious. Valley fever does not generally spread between people.

3. Symptoms of valley fever are usually similar to the flu. Approximately 40 percent of people who get the fungal infection do not show any symptoms. In the other 60 percent, valley fever can cause flu-like symptoms, including: Fever, Cough, Fatigue, Headache, Muscle aches, Joint pain. The symptoms of valley fever typically appear between one and three weeks after someone inhales the fungal spores. In many people, the symptoms will disappear in a few weeks. However, in severe cases, the infection can cause chronic pneumonia, and the symptoms can last for years. In less than 1 percent of people who get valley fever, the infection can spread from the lungs to the rest of the body, causing meningitis (spine and brain infection) or infection in the bones and joints.

4. Valley fever is common in the southwestern United States. In the U.S., over 65 percent of all valley fever cases occur in Arizona, and 30 percent occur in California. Most other cases occur in Nevada, Utah and New Mexico. Valley fever is a risk for people who live in these states but also for people who visit there. Studies have shown that in some areas where valley fever is very common, such as southern Arizona, valley fever causes an estimated 15 percent to nearly 30 percent of all community-acquired pneumonias, but that less than 15 percent of patients with pneumonia symptoms are tested for valley fever. This suggests that there may be many more people with the disease than are reported.

5. Reported cases are increasing. In 2011, the most recent year for which there is data, more than 20,000 cases of valley fever were reported in the United States. The increase could be because of: More people exposed to the fungus because of increased travel or relocation to the southwestern United States Changes in the way cases of valley fever are being detected and reported to public health officials, or changes in factors such as temperature and rainfall, which can affect the growth of the fungus in the environment and how much of it is circulating in the air.

6. Anyone can get valley fever if they live in or have visited an area where the fungus *Coccidioides* lives, especially southern Arizona or California's Central Valley. Although people of any age can get valley fever, it is most common among older adults, particularly those ages 60 and older. People who have recently moved to an area where the disease naturally occurs are at higher risk for infection.

7. Some people are at higher risk for developing the severe form of valley fever. Groups of people who are more likely to develop the severe form of valley fever or develop an infection that spreads beyond the lungs include: African Americans, Asians, and Pregnant women, particularly those in their third trimester People with weakened immune systems, such as those who have had an organ transplant or who have HIV/AIDS. The reasons why some racial groups are at higher risk are not completely understood but may have to do with genetics. Antifungal treatment is recommended for certain patient groups, such as those at high risk for developing the severe forms of the disease.

9. It can be difficult to avoid the fungus that causes valley fever in areas where valley fever is common. People with weak immune systems or who are at high risk for developing the severe form of the disease for another reason should consider trying to reduce their exposure to the fungus by limiting activities that disturb soil or generate dust, such as digging or excavation, in areas where the fungus lives.

10. More awareness about valley fever among the general community and among healthcare providers is needed. Health care providers should be aware that the symptoms of valley fever are similar to those of other common respiratory illnesses and should consider testing for valley fever in patients with flu-like symptoms who live in or have traveled to an area where it is common.

(submitted by Sandy Beecher)

Rusty Bindings recognized at Far West Ski Association Convention, June 6-9, 2013

Report by Bob Campbell, Past President RB 2012-2014

The BAC was the host for the 2013 FWSA Convention this year, held at the Grand Sierra Resort in Reno, with a theme of "Mountain Magic Moments". Rusty Bindings was honored as the third placed AAA (i.e. large) Outstanding Club of the Year, based on an essay submitted by Theresa Dennes, outlining the huge array of activities that RB organizes for members and our charitable programs. Thank you Theresa and all our club members and officers who help organize and support our activities and events! This is a great honor.

Over ten RB members attended the convention and the official delegation was headed by Theresa Dennes, RB BAC rep 2012-13, and now Marketing Director for BAC. Also in our delegation were Bob Campbell, Jim Stewart, Barbara Selva, Kat Severin, Patti Zanotelli, Gary Brannan, Adrienne Brawley and Dennis Hefley, current BAC President.



This was the first time at FWSA Convention for many of us, and I can report that it was a well organized, educational and fun event. If you get a chance to attend in future years, I recommend that you make the effort to attend. You'll learn a LOT about the other ski clubs from the western region of the US, what they do and how we can keep our club vibrant. Below



is a brief recap of my weekend to give you an idea of what Convention is about.

The long weekend started with a welcome party on Thursday evening: a progressive dinner / pub crawl in downtown Reno, which was a fun way to meet representatives from other clubs and councils and ski industry reps who were also attending. On Friday, there were several activities to choose from including a golf competition, a day at the spa and a day hike up Mt. Rose. I participated in the hike with 24 other attendees. It was a very demanding and strenuous hike but the views from the top were amazing! We were a little late back and missed the pool party, which was another excellent mixer. On Friday evening there was a ski / travel / activity industry exhibition and silent auction with many ski / travel bargains to bid on. I'll be going to Aspen / Snowmass next season for 3 days skiing, as I had the winning bid on that package! It was very informative to meet the ski destination / travel industry representatives and discuss possible ideas for trips (both ski and other activities) that the club or BAC could organize for our members.

On Saturday, there was a special opportunity to meet with the industry reps in small groups and also participate in seminars to learn about ways to promote our clubs, how to run better and fun meetings (also useful at work!) and leverage the web and social media in running the ski clubs. We also had an opportunity to hear from the nominees for office on the FWSA board. Even with the formal activities, there was still time to socialize and get to meet other club members and delegates. In the evening, there was an award banquet with dancing. On Sunday morning: a formal business meeting and elections for the new FWSA board members.

A few takeaways (for me): FWSA Foundation supports a new generation of ski and snow sports athletes with scholarships and could use more of our help; FWSA Convention is fun; a well organized event with many educational and networking opportunities.

All photos courtesy Eberhard Busse

ALL THE FUN WE HAD



CVSC Crew



FWSA Truckee River Rafting Trip

ON OUR MARKS.....



GET READY.....



YEEEEEE HAAAAAAAAAAAA!!!!!!



OOOPSSS..... LOST ONE!!!

A HINT OF WHO WAS THERE.....



Rusty Bindings Club Delegates—2013



Candace Campbell
Special Guest Speaker
(she's in the middle)



FWSA Man of the Year
Mike Dhuey



FWSA Woman of the Year
Jennifer Milstein

CASTRO VALLEY SKI CLUB

SPECIAL MEETING AND BBQ

JULY 17, 2013

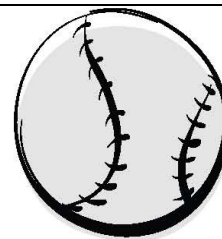
**PAT & DAN GREEN
4655 COPE CT
PLEASANTON, CA**

**THE CLUB WILL PROVIDE CHARCOAL
-- BYO DRINKS, MEAT TO COOK,
AND A DISH TO SHARE
(APPETIZER, SALAD, OR DESSERT)**

PLAN TO ARRIVE ~ 6PM



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

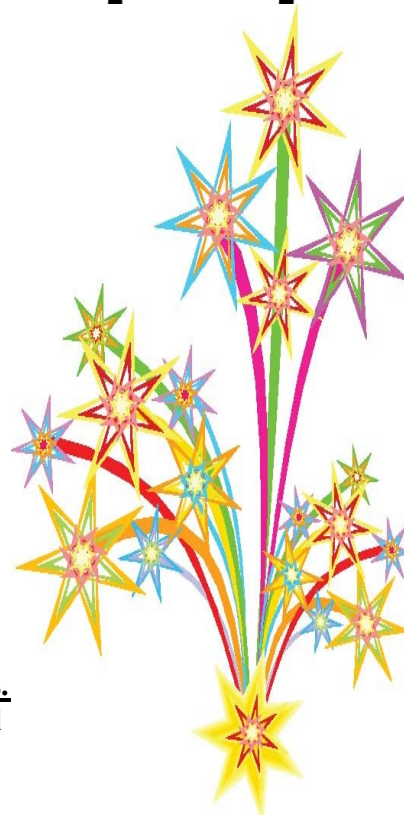
"Great view for fireworks"

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

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EXPERIENCE OF A LIFETIME





2013/2014 Avid Skiers in Control

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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 JULY, 2013



The next meeting will be
July 17

Pat & Dan Green
4655 Cope Ct
Pleasanton, CA
(meeting starts @ 6 pm)

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



ASPEN & SNOWMASS