



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

August, 2013



EVENTS CALENDAR

(f) = flyer in this issue

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AUGUST

- 2 BAC/DSUSA Oakland A's game tailgate/fireworks
- 14 CVSC board meeting bbq at Kathy & Tucker's (6 pm)
- 21 CVSC general meeting bbq at Ron & Ann White's (f)

SEPTEMBER

- 7 Kayak outing (f)
- 11 CVSC board meeting at Claudia's
- 18 CVSC general meeting at Don Jose's
- 9/18-10/3 Borneo Adventure

OCTOBER

- 9 CVSC board meeting at Dave's
- 12 CVSC Bike Ride in Livermore (f)
- 16 CVSC general meeting at Don Jose's *

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)

***FREE Margueritas & appetizers**

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

AUGUST BIRTHDAYS



Peter Meigs	1	Thomas Gilmartin	5	Jerry R. Svensson	16
Alan Ward	1	Craig Tangen	6	Jackie Imhoff	16
Nancy Summers	2	Tracy Johnson	7	Marsha Rubis	20
Igor Goulaevsky	2	Lawrence Nunnally	9	Joseph Loader	21
Baron Lum	2	Inge Terpening	10	Jim Ralbovsky	28
John Houseman	2	Kathy Hoffmann	12	Pam Quinn	29
Karen Kimball	4	Wayne Stolfus	14		

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**



President's Message

Hello All,

I hope everyone is having a fun and easy summer as we head into August. As I have often expressed, ski season is my favorite time of the year, but there are many, many reasons to look forward to Summer and Autumn as well. Because we have members in CVSC who step up and volunteer to host or organize events, the off ski season months have lots of Club activities to take advantage of.



Karen Wehrman
President

Our Vice President, Ron White, and his wife, Anne, have volunteered their common space to host the August Bar-B-Que meeting again this Summer. That takes place on August 21, so please come out and join us there for a fun meeting with other members. There is always lots of great food, good and plentiful drink, and lots of good conversation, with a short meeting for appearance's sake.

Also, Past President Ralph Sherman has volunteered to organize a fun kayaking outing at Lake Del Valle on September 7. Please see the flyer for this event and join in for a great day of kayaking and a pot-luck picnic. Many thanks to Ralph for stepping up to put this event together!

And, Maggie and Ray Jong have volunteered to host a bicycling event on October 12, leaving and returning to a Livermore winery for lunch and fellowship. This event is limited to 25 participants, so get your name in early to join in the fun. Many thanks to Maggie and Ray for their adventurous spirit and willingness to put together this great event.

WOW, I don't know about you, but I am so impressed by the amount of volunteerism exhibited by our Club members. Their willingness and ability to organize, energize, and compliment CVSC is just amazing and inspiring. I hope you will find a way to join in one of these great events and take advantage of the opportunities these great volunteers offer us as members of CVSC.

Thank you, thank you, thank you to everyone who volunteers to make our Club the dynamic and cohesive club that it is.

See you soon,
Karen

A Word from our VP

As advertised, I got my knee retreads on schedule last month. My first major operation. They work just fine. The right foot is still on the right leg, and everything. Still working on bending them through a largest range of motion. This is non-trivial, and very important. Strengthening can come later. Within about six weeks, one gets about all the range one will have. Scar tissue starts to limit motion.



Ron White
Vice President

I did get a small, but inconvenient, additional procedure, taking just about 15 minutes, when it appeared that my left joint was leaking fluid at 2 weeks. A no-no. So I have been wearing a tight ace bandage on the repaired left for a week now, and it'll be on another week. This is *supposed* to assure a tight seal. We'll see.

Concerning skiing, I should be able to start out by New Year's. Before that, I expect to be back biking. But immediate biking will be on a stationary machine at the gym. Ugggh! But, it's a start.

I have to say a few words about staying fit---hiking, walking, biking, and the like. It's very good for keeping ski-fit, but I believe incredibly valuable for getting new joints. I had a much better pain experience than most of their patients, with fewer "serious" pills (containing controlled substances), less often, and tapering down faster, and off sooner. Yet, I *never* felt joint pain. This is not the usual experience. I've done a lot of walking now too, with absolutely no issues. They are just great. Strength isn't there yet, but I haven't even started on strength exercises.

Tomorrow, we take an outside barbeque CVSC auction prize generously provided by the Greens. It will be fabulous, always is.

Enough about me,
Ron



Discover Ireland & Scotland 2014 Adventure Trip

3-day optional post trip to London

Estimated Price \$4500 (includes air)

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/Oct.

Included Features

- Round-trip flights from SFO or LAX
- All ground transportation and transfers
- Accommodations in First Class hotels
- Many Meals: Breakfast daily with some dinners and lunches
- Special Bunratty Medieval Castle Banquet
- Comprehensive touring program including entrance fees
- Professional, English-speaking tour director/guide in Scotland and driver/guide in Ireland

Jump into
Ireland

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 if interested. 925-371-1910



FWSA goes to WHISTLER in 2015

Jan. 31 – Feb. 7, 2015

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.

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 (deduct \$325 if not needed)
- BAC Council Night Party



note: air and transfers not included in this price

Transfer price is \$110 RT or \$55 one way if doing Breckenridge

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.



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

CVSC CST # 2081040

CLUB KAYAK OUTING

9/7/13

10 am to 1 pm

**LAKE DEL VALLE
LIVERMORE, CA**

What you need to know:

Minimum group size of 12 people.

Option 1: 3-hr kayak lesson including in-water rescue practice—

reg price \$59/person; group price \$45/person

Option 2: 3-hr kayak rental with short on-shore lesson-

reg price \$35/person; group price \$25/person

With both options you can do doubles or singles but more will be learned if singles are used.

Wear water shoes and clothing that you don't mind getting wet.

Bring pre-signed waiver (available on website): www.kayakdelvalle.com/documents/kayakwaiver.pdf

Please submit sign-ups no later than Aug. 31 to Ralph Sherman.

(Kim & Rob Grandfield are ACA certified kayak instructors)

There will be a potluck picnic after kayaking. Any questions, please contact Ralph (shermescape47@yahoo.com).



WEST NILE VIRUS

What is West Nile virus?

West Nile virus (WNV) is a mosquito-borne disease that can infect humans, birds, horses and other mammals. In most humans, WNV infection can cause a mild flu-like illness, or may cause no symptoms at all. However in some cases, particularly among the elderly, it can cause severe neurological diseases such as encephalitis or meningitis. West Nile virus first appeared in North America in New York City in 1999. Since then, the virus has spread across the continental United States (visit www.cdc.gov for more information on WNV).

How is West Nile virus spread?

West Nile virus is predominantly spread to humans by the bite of an infected mosquito. In 2002 other methods of human transmission were discovered. It has now been shown that West Nile virus can be transmitted to humans who receive infected organs through transplantation, or who receive transfusions of infected blood or blood products. West Nile virus is NOT spread by casual contact such as touching, kissing, or caring for someone who is infected.

Where did West Nile virus come from?

Outbreaks of West Nile virus have occurred in Africa, Egypt, Israel, Asia, Romania, Russia and France. Before 1999, West Nile virus had never before been found in the Western Hemisphere. The virus was most likely introduced by an infected bird or mosquito that was imported from a country where the virus is common.

What are the symptoms of West Nile virus?

Most people who are infected with West Nile virus either have no symptoms or experience mild illness such as fever, headache and body aches before fully recovering. Some persons may also develop a mild rash or swollen lymph glands. In some individuals, particularly the elderly, West Nile virus can cause serious disease that affects brain and spinal tissue. Severe illness may include encephalitis (inflammation of the brain), meningitis (inflammation of the membrane around the brain and spinal cord), and acute flaccid paralysis (a polio-like syndrome in which muscles become very weak or paralyzed). Symptoms may include: headache, high fever, stiff neck, confusion, coma, tremors, convulsions, and muscle weakness or paralysis. At its most serious, West Nile virus can cause permanent neurological damage and death.

How long does it take to get sick if bitten by an infected mosquito?

Most people who are infected with West Nile virus have no symptoms or experience only mild illness. If illness does occur, symptoms generally appear between 3 to 15 days of being bitten by an infected mosquito.

have illness with fever - or any other illness - should see their health care provider.

How is West Nile virus treated?

There is no specific treatment for West Nile virus. Most humans who become infected will get better on their own. In more severe cases, intensive supportive therapy is indicated (e.g., hospitalization, intravenous/IV fluids and nutrition, airway management, ventilatory support (ventilator) if needed, prevention of secondary infections and proper nursing care).

What should I do if I think I have West Nile virus?

You should seek medical care as soon as possible if you develop signs of encephalitis, with fever, muscle weakness and confusion.

What can I do to reduce my risk of becoming infected with West Nile virus?

From June through October, when mosquitoes are most active, take the following precautions:

- Wear long pants and long-sleeved shirts, particularly between dusk and dawn when mosquitoes are searching for a blood meal.

- Avoid shaded, bushy areas where mosquitoes like to rest.

- Limit outdoor evening activity, especially at dusk and dawn when mosquitoes are most active.

- Use an insect repellent containing DEET, Picaridin, oil of lemon eucalyptus or IR3535 before going outside reduce exposure to mosquitoes.

What can I do around my home to help reduce exposure to mosquitoes

Mosquitoes lay their eggs in standing or slow moving water. Also weeds, tall grass, and bushes provide an outdoor resting place for mosquitoes. In residential areas, standing water can accumulate in unused tires, cans, unused pools and pool covers and other receptacles that collect water. Mosquitoes can enter homes through unscreened windows or doors, or broken screens. Eliminate standing water and prevent mosquitoes from entering your home:

- Eliminate any standing water that collects on your property.

 - Remove all discarded tires from your property.

 - Dispose of tin cans, plastic containers, ceramic pots, or similar water holding containers.

 - Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall.

 - Clean and chlorinate swimming pools, outdoor saunas and hot tubs. If not in use, keep empty and covered.

 - Drain water from pool covers.

 - Change the water in bird baths at least every 3 or 4 days.

 - Turn over plastic wading pools and wheelbarrows when not in use.

- Repair or replace all screens in your home that have tears or holes.

- Remind or help neighbors to eliminate mosquito-breeding sites on their properties.

Some local hardware stores may carry a product called Mosquito Dunk® that contains a larvicide - *Bacillus thuringiensis israelensis (BTI)* - for use in areas of standing water around the home. The Health Department recommends eliminating standing water around the home to reduce breeding sites for mosquitoes and warns that direct handling of larvicides may cause skin and eye irritation. Use these products only as directed by manufacturer. If these products are purchased for home use, we recommend careful reading of the hazards label, directions, and details regarding storage and handling.

Sandra R. Beecher, MS, CIH
Sr. Environmental Health & Safety Specialist
375 11th St MS 704
Oakland, Ca 94607

Please join us for a day of fun with a bike ride through Livermore's lovely wine country. Our ride will start and end at Garre Winery in Livermore. Following our ride we will have lunch at Café Garre.



MEET: at **GARRE WINERY**
7986 Tesla Rd., Livermore



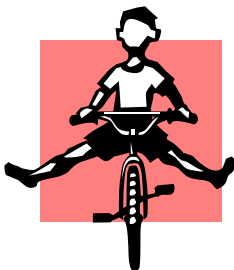
<http://www.garrewinery.com/>
http://www.garrewinery.com/cafe_garre.html

DATE: Saturday, October 12, 2013

TIME: We will meet at Garre Winery at 10:15;
We will depart from Garre Winery at 10:30.

SPECIFICS: This is approximately a 20 mile / 2 hour bike ride on roads or paved trails with some rolling hills. Please let us know in advance if you are interested in a longer route with hill climbs for a more challenging bike ride.

Helmets Strongly Recommended!
Remember to bring water and a bike lock.



Please R.S.V.P. by October 1 to

Maggie or Ray Jong
at: mozoro@comcast.net or 925-447-5148

Because of limitations at the Garre Winery we are limiting
the ride to the first 25 people who sign up!

Hope you can join us!

CASTRO VALLEY SKI CLUB

SPECIAL MEETING AND BBQ

AUGUST 21, 2013

**RON & ANNE WHITE
4614 ALMOND CIRCLE
LIVERMORE, CA**

**THE CLUB WILL PROVIDE CHARCOAL AND DESSERT,
BYO DRINKS AND MEAT TO COOK.**

- ALSO -

MEMBERS WITH LAST NAMES STARTING WITH

A-K: BRING A SIDE DISH

L-Z: BRING A SALAD

Plan to Arrive ~ 6pm



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 AUGUST, 2013



The next meeting will be
August 21

Ron & Ann White's
4614 Almond Cir
Livermore, CA
(meeting starts @ 6 pm)

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



ASPEN & SNOWMASS