



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

September, 2015



EVENTS CALENDAR

(f) = flyer in this issue



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SEPTEMBER

- 9 CVSC board meeting at Dennie's
16 CVSC bbq/potluck general meeting at Lake Chabot, Castro Valley (f) pg6

OCTOBER

- 14 CVSC board meeting at Karen's
21 CVSC general meeting at Don Jose's
28- CVSC trip to Burma (f) pg13
11/13

NOVEMBER

- 11 CVSC board meeting at Pat's
18 CVSC general meeting at Don Jose's — ANNUAL AUCTION

UPCOMING

- 2016:
1/30-2/6 FWSA/CVSC Ski Week Telluride, CO (f) pg10

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) pg10
2/27-3/4 BAC Mini Ski Week Sun Peaks, BC (f) pg9

SEPTEMBER BIRTHDAYS

Jennifer Wilson	1	Valerie Caveglia	17
Christopher Clautice	6	Jill Linsk	19
Sherna Svensson	7	Judy Tapon	19
Cherri Gurney	10	Patricia Ellis	20
Marianne Hook	13	Gloria Raminha	21
Judy Lim	14	Helga Campbell	24
Sandra Kalinowski	15	Peter Diage	26
Dave Meinhardt	15	George Isaacs	28



Visit our Website at www.cvskiclub.org

SkiZette Policy

NEWSLETTER

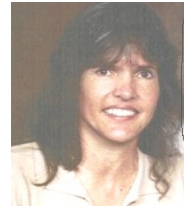
DEADLINE: 1st of the month

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*

RENEW YOUR MEMBERSHIP!

Just a friendly reminder that it is time to renew your

Castro Valley Ski Club membership

We are also accepting new members! Be sure to pass the word along.

Due by Oct 31: Renewing members with no lapse in membership pay \$35 for the first person and \$15 for each additional person in the same household.

After October 31st: Renewing members pay \$50 for the first person and \$20 for each additional person in the same household.

All NEW members pay \$50 for the first person and \$20 for each additional person in the same household.

The application form and waiver can be found on our club web page at
www.cvskiclub.org/Membership/Membership.htm

All NEW and RETURNING club members must sign the waiver form.
Make your check payable to the **Castro Valley Ski Club**.

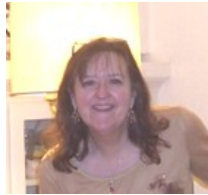
Please send dues, application form and the signed waiver to:

Maggie Jong / VP Membership
2597 Wellingham Dr. Livermore, CA 94551

President's Message

Hello Everyone,

Summer is slowly coming to an end, but we still have our last summer picnic meeting at Lake Chabot coming up this month September 16th....hope you all can make it! Should be fun! Watch for the notice from Dennie that will let you know more, we will be meeting and eating in the Lake Chabot picnic area. If you park outside the park on Lake Chabot road parking is free, there is however a charge for parking in the park.



Claudia Fernandes
President

Hope everyone is having a wonderful summer!! We still may have an Indian summer that will bring us heat until October. However, if all is as our weather experts say we should be having a winter that is full of snow this year, we can hope....

I want to thank Maggie and Ray for hosting our second BBQ meeting this summer. We all so appreciate their opening their home for this event this year. Don Jose's has now reopened and we expect to start meeting there in October. Stay tuned.

Please continue to share your thoughts and ideas for the club as we move forward. As I said before we want to give back to our members and to provide some new events, socials, and gatherings to bring us together, your input is valuable. Also, if you have any thoughts about trips you would like to see the club pursue please let us know so that Tucker and Kathy can add them to our list of potential trips to investigate.

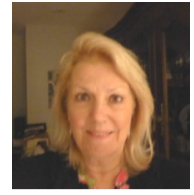
Thank you again to Dennie and Ray for keeping us informed via the Skizette and the website. So please check our newsletter and website for pictures and news about the club and its activities.

I look forward to seeing you at the next meeting, if you are able to attend. Enjoy the rest of your summer!

Be safe.
Always, Claudia

Our Vice President

Another month has flown by and the end of summer is near, UGH! I am going to miss Farmer's Markets and the longer days and warm evenings.



Anne Wilburn
Vice President

The CVSC had many opportunities this past month to get together and if you missed then, you missed great times with fellow members. Thanks Pat and Dan Green for putting together the Concert in the Park, and Thanks Maggie and Ray Jong for opening their lovely home for our August CVSC Meeting. It was well attended and we all enjoyed being outdoors sharing the evening with friends, new and old.

Summer meetings bring a nice respite from Don Jose's. The upcoming September meeting will be at the Lake Chabot Picnic Area in Castro Valley. Check out the newsletter for complete information.

This past weekend I enjoyed an English Tea Luncheon, hosted by Christine Noutious and Paula Kinahon, along with several fellow CVSC Members. The occasion was an item that was auctioned off last year with the proceeds going to the Disabled Sports USA Far West. What a great way to contribute to this great organization that brings so much joy to those who are less fortunate. Thank You Christine and Paula for the special afternoon and all the goodies. Speaking of the Auction, It will be here again soon at an upcoming meeting, so put on your thinking caps and start thinking of an item or get together what you might contribute, or be prepared to purchase one of the many great items.

BAC has many upcoming ski trips, Sun Peaks, BC, February, 2016; Park City, Utah, March, 2016; and Telluride, CO, January, 2016. Our Newsletter will contain flyers for these. Thanks, Dennie, for all you do, both for CVSC and BAC. For more information check out SKIBAC.ORG.

NOTE of CAUTION: I recently became prey to the free download offer for Windows 10. Since, I am a Comcast subscriber, my Norton Anti-Virus destroyed my system (or at least that is what I was told). After days of rebuilding by a professional and many \$\$\$ I now have to reload all my programs, some I will have to purchase again since they were a onetime use purchase. So, check with a professional before you take the FREE OFFER.

Anne



January 2016 - FWSA Telluride Ski Trip - Jan. 30 - Feb. 6

We have 44 members from the Castro Valley Ski Club signed up at this time. All the lodging at the Mountain Lodge is gone. If you are thinking of going don't wait too long. BAC still has lodging at THE PEAKS HOTEL. This Trip is limited to 450 participants, which includes ALL the Councils in FWSA. No amenity's only packages will be sold.

Wayne	Ainsworth	Sandy	Perez
Eberhard	Busse	Gordon	Ramsay
Hyeja	Busse	Debbie	Scanlon
Lloyd	Chase	Jim	Silva
Karen	Christensen	Frances	Slate
Kathy	Hoffmann	Kirby	Slate
Tucker	Hoffmann	Annemeik	Storm
Ruth	Johnson	Nancy	Summers
Cecil	Johnson	Judy	Tapson
Raynard	Jong	Terry	Walton
Marjory	Jong	Deborah	Walton
Sandy	Kalinowski	Denise	Warren
Young	Kang	Richard	Warren
Paula	Kinahon	Karen	Wehrman
Eva	Lanphear	Mary Anne	Wilburn
Carol	Latta	Cathy	Wilson
Richard	Ludt	Carol	Wulff
David	Meinhardt	Kenn	Wulff
Lina (Erika)	Meinhardt	Elizabeth	Yagle
Lynda	Nestlebush		
Steve	Nicholson		
Pam	Nicholson		
Frank	Perez		

Plus Donna Garret & Bill Funkhouser

2016 FALL FOLIAGE CRUISE



We have a group going on this Cruise Oct. 2-12, 2016 from Quebec, Canada to New York. 14 of us so far. It's for 10 days on the Caribbean Princess. Prices start at \$1499 for an inside cabin, \$2099 for a window and \$2499 for a balcony. Mini Suite upon request. Port Fees \$195. Air and transfers not included in this price.

We start in Quebec, Canada.. Corner Brook, Newfoundland... Sydney, Nova Scotia...Halifax, Nova Scotia, Saint John, New Brunswick...Bar Harbor, Maine...Boston, Mass...Newport Rhode Island and end up in New York.

If you are interested call Tucker at 510-329-6838 or email at Tuckerhoffmann@aol.com. You can put deposit on your credit card. Some specials are running now so don't wait too long. Deposit is fully refundable until middle of next year.

2016 Croatia Cruise Adventure - SOLD OUT

Split, Dubrovnik & Trstenik plus Zagreb - Plitvice Lakes optional pre-tour extension

We have chartered the whole boat for an Aug. 6th date, which holds 38 people. That means we would fly in a day or two earlier on Aug. 4th. Still waiting on final pricing and air. The guesstimate price on this trip is around \$4000. This trip was announced at the board meeting and last ski club meeting. We have had an overwhelming response. We are now running a waiting list.

Croatia offers gorgeous scenery, historic cities, impressive architecture, charming villages, great food and wine, and plenty of outdoor activities. It is quickly becoming one of the most desirable destinations for travelers seeking a European destination with a twist. You will spend two nights in Split, one before and another after your Adriatic Sea c

Enjoy the special features on board the MV Futura including a spectacular dinner while cruising along the Old Town city walls of Dubrovnik. Taste some of the finest Croatian wine excellently paired with Croatian delicacies in Korčula and have fun at an authentic Croatian village party & dinner in Kuna. You'll visit the beautiful Mljet National Park and enjoy Croatia's rich history with guided walking tours in Dubrovnik, Hvar, Korčula, and Split. Evenings are spent docked in picturesque port towns, offering an opportunity to try the local restaurants and specialties.

If you are interesting in this trip email Tucker and get on wait list. It's still early!

tkhoffmann@comcast.net

2017 FWSA SKI WEEK BREKENRIDGE

Happy Travels.....



Tucker - CVSC Travel Director & Kathy, assistant
2657 Rivers Bend Circle, Livermore CA 94550
925-371-1910 tkhoffmann@comcast.net
cell # 510-329-4242

CVSC CST # 2081040

CVSC GENERAL MEETING & BBQ
on WEDNESDAY, SEPTEMBER 16, 2015

at
LAKE CHABOT
17936 LAKE CHABOT RD, CASTRO VALLEY
(look for club banner)

~THE CLUB WILL PROVIDE A GRILL & DESSERT~
BYO: DRINKS, MEAT TO COOK
AND A DISH TO SHARE
(salad or side dish)

Festivities start at 5 PM!

Parking is available for \$4 in the lot
(if you have an EBRP, please bring)
or you can park for free on the street

(visit www.ebparks.org/parks/lake_chabot for directions/info)

Fireworks On and Off the Field – BAC A's Game Wrap-Up

By Cathy Wilson, BAC Public Affairs

On August 22nd, 160 BAC Club Members once again headed to the Oakland A's Coliseum for our 10th Annual Baseball Fundraiser supporting DSUSA Far West. Our hosts, Norm Azevedo and Dennis Heffley, picked a really fun night and great location for our event. This year we had our own dedicated tailgate area (supported by Pam Shelton, Modesto Ski Club and State Farm Agent) where we could all sit without being surrounded by cars. We started off with our traditional BBQ Tailgate Party featuring hamburgers, cheeseburgers, hot dogs and veggie burgers. Due to a snafu, we mayo, the potato and green salt-through, thus starting the first of if you didn't get any) we promise saved by the delicious burgers famous chocolate chip cookies a Dennis Heffley, Past BAC President this year was sauerkraut, sup- We'll make sure this is on the sorts, represented by Michelle



Storm Troopers on the alert!!!

cheeseburgers, hot dogs and veggie burgers. Due to a snafu, we mayo, the potato and green salt-through, thus starting the first of if you didn't get any) we promise saved by the delicious burgers famous chocolate chip cookies a Dennis Heffley, Past BAC President this year was sauerkraut, sup- We'll make sure this is on the sorts, represented by Michelle

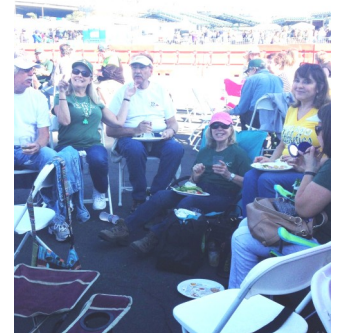


Chef Hef hard at work!!!

great raffle items including some lift tickets – well done! In addition, Ryan Dohnal, Western Regional Rep for VAIL Resorts was an important part of securing many of our VAIL Raffle items. Also joining us for the event was Haakon Lang-Ree, Executive Director of DSUSAFW! Finally, Thank You to Phil Chapman with the Oakland A's for securing our great group tickets and bringing us extra goodies for our raffle!

After the Tailgate party, we then headed to our seats along the 3rd base line for the second of the fireworks events – the field fireworks! We had a great view of the field and the 5 home runs, the one player who managed to get himself

ejected several doubles, one error and a close finish with Tampa Bay pulling ahead by 2 runs in the last inning to win 5-4.



Everyone enjoying good eats & good conversation!!

We wrapped up our night with the real fireworks – set to the music from Star Wars. We had a great view from our seats and the actual fire-underneath the tailgate area was! If next year, some of more spectacular chair.



Let's not forget WHY we came.....
THE GAME!!!!



Many thanks to Harry Davis (raffle sorts and all our other event a success.

of all the characters on the field works. It felt as if we were right launching platform. In fact, our we get the same tailgate area us may head there for an even view, so plan on bringing a

Norm, Dennis, Pam, Martin, tickets), Michelle from Vail Re-volunteers who helped make this

Magnesium: An Invisible Deficiency That Could Be Harming Your Health

By Dr. Mercola

Magnesium is a mineral used by every organ in your body, especially your heart, muscles, and kidneys.¹ If you suffer from unexplained fatigue or weakness, abnormal heart rhythms or even muscle spasms and eye twitches, low levels of magnesium could be to blame.

If you've recently had a blood test, you might assume it would show a magnesium deficiency. But only 1 percent of magnesium in your body is distributed in your blood, making a simple sample of magnesium from a serum magnesium blood test not very useful.

Most magnesium is stored in your bones and organs, where it is used for many biological functions. Yet, it's quite possible to be deficient and not know it, which is why magnesium deficiency has been dubbed the "invisible deficiency."

By some estimates, up to [80 percent of Americans](#) are not getting enough magnesium and may be deficient. Other research shows only about 25 percent of US adults are getting the recommended daily amount of 310 to 320 milligrams (mg) for women and 400 to 420 for men.²

Even more concerning, consuming even this amount is "just enough to ward off outright deficiency," according to Dr. Carolyn Dean, a medical and naturopathic doctor.

Magnesium is often thought of primarily as a mineral for your heart and bones, but this is misleading. Researchers have now detected 3,751 magnesium-binding sites on human proteins, indicating that its role in human health and disease may have been vastly underestimated.³

Magnesium is also found in more than 300 different enzymes in your body and plays a role in your body's detoxification processes, making it important for helping to prevent damage from environmental chemicals, heavy metals, and other toxins. In addition, magnesium is necessary for:

- Activating muscles and nerves
- Creating energy in your body by activating adenosine triphosphate (ATP)
- Helping digest proteins, carbohydrates, and fats
- Serving as a building block for RNA and DNA synthesis

Acting as a precursor for neurotransmitters like serotonin

Dr. Dean has studied and written about magnesium for more than 15 years. The latest addition of her book, [The Magnesium Miracle](#), came out in 2014 and in it you can learn about 22 medical areas that magnesium deficiency triggers or causes, all of which have all been scientifically proven. This includes:⁴

Heart disease	Hypertension	Detoxification	Hypoglycemia	Insomnia
Anxiety and panic attacks	Asthma	Kidney Disease	Diabetes	Fatigue
Nerve problems	Musculoskeletal conditions (fibromyalgia, cramps, chronic back pain, etc.)	Migraine	Osteoporosis	Raynaud's syndrome

Early signs of magnesium deficiency include loss of appetite, headache, nausea, fatigue, and weakness. An ongoing magnesium deficiency can lead to more serious symptoms, including:

Numbness and tingling	Muscle contractions and cramps	Seizures
Personality changes	Abnormal heart rhythms	Coronary spasms

If additional information is needed please consult with your physician to determine what supplements are needed to keep your body healthy.

Take care Sandy



SUN PEAKS
RESORT



Bay Area Snow Sports Council

Sun Peaks, British Columbia

Feb. 27 - Mar. 4, 2016

6 nights at the Cahilty Lodge, Ski-In/Ski-Out Slope Side!

Ski 4 days at Sun Peaks Resort

Amenities Include:

- Daily Breakfast Buffet
- Welcome Reception
- Various trip options available including:
 - Non-skiers pricing when signing up
- Roundtrip Airfare via Alaska Airlines
SFO to Kelowna
- Roundtrip Transfers included

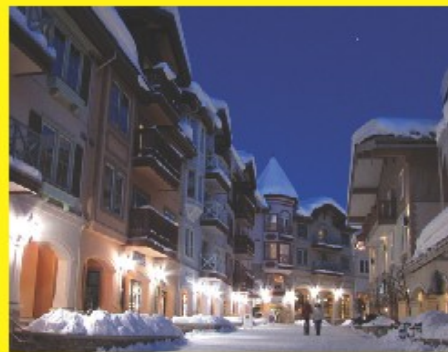
Full Package: \$1285 - cash discount price
3% fee paying via credit card

Ground Only: \$785

Deposit at sign-up: \$200, refundable till Dec. 8, 2015

Final Payment due: January 8th

Sign-up at: www.sportsamerica.com/online/BAC_sunpeaks



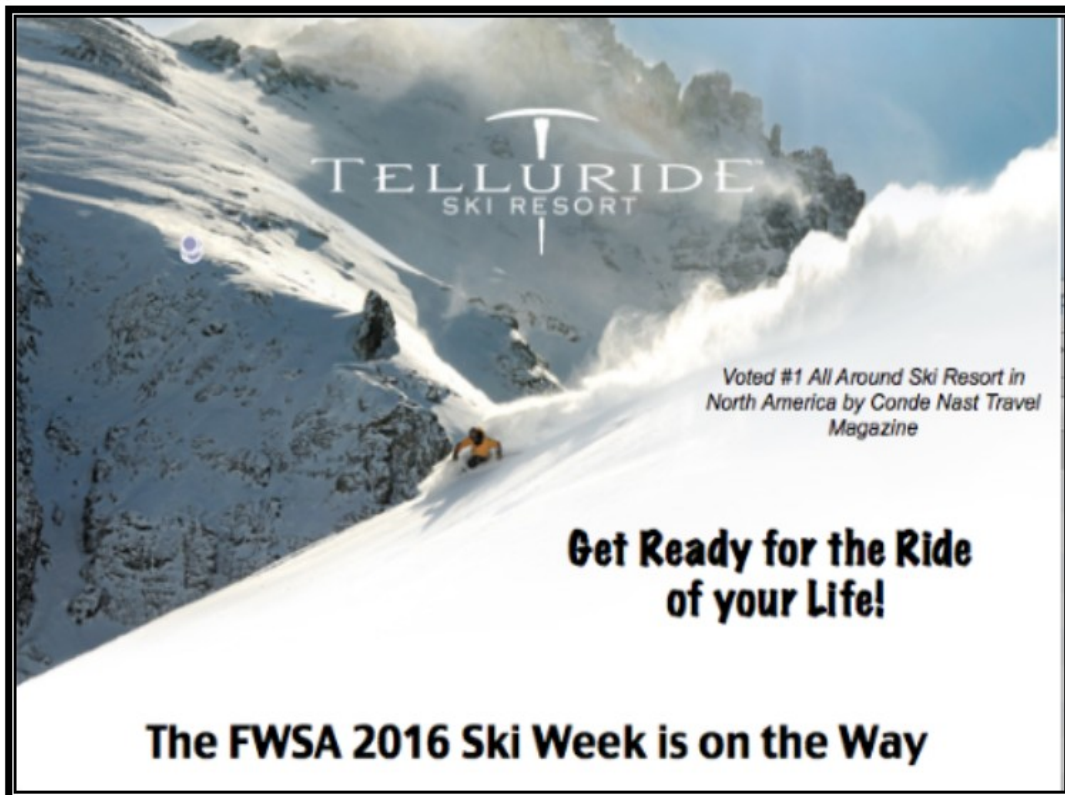
For Additional Information, Please Contact: Dennis Heffley

skiheffley@aol.com . (925) 998-4415

Bay Area Snow Sports Council CST #2050870-40 . Sports America Tours CST # 1006711-40

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

**Bay Area Snow Sports Council Presents
Park City, UT Ski Trip
Mar 10 – 15, 2016
\$1,158 per person**

Come join the BAC Park City trip for the opportunity to ski
The Greatest Snow on Earth®

The BAC is now accepting reservations for the Park City, Utah trip coming in March 2016. A deposit of \$200 will secure your spot.

Package includes:

- 5 Night's lodging at the DoubleTree Hotel formerly The Yarrow (double occupancy)
- 4 Day Ski Pass at Park City Resort, Canyons, and Deer Valley
- Round Trip Air on United Airlines SFO to SLC
- Daily Hot Breakfast
- Welcome Party

Register today: http://www.sportsamerica.com/online/bac_parkcity

Contacts:

Trip information and general questions contact
BAC Trip Leader

Paula Kinahon at 510 910-2707 / pkinahon@gmail.com

Assistance with online registration and payments contact
Sports America Representative Sara Clemons at 800 876-8551 ext. 125

Epic Pass Promotion:

- Anyone who purchases an Epic Pass (any variety) from Sports America and attends the - BAC Park City Trip will receive a \$50 lodging credit.
- Anyone who purchases an Epic Pass (any variety) from Sports America but does not attend the Park City Trip will receive a \$25 credit good toward any other 2016 BAC trip or event.

Additional trip information:

- Epic Pass holders and non-skiers deduct \$273.
- Ski pass includes one day each at Canyons, Deer Valley, and Park City Mountain. 4th ski day is participant choice.
- Deer Valley lift tickets are \$85 per day.
- Air itinerary may change as schedules, prices, and baggage policies for other carriers become available. More to come on this topic in the August/September timeframe.



Bay Area Snow Sports Council

PRESENTS

PARK CITY
MOUNTAIN RESORT



March 10-15, 2016

Package Includes

- Five Nights Lodging
DoubleTree/Yarrow Hotel - w/daily hot breakfast
- Four Day Lift Tickets
Valid at Park City (which includes Canyons) & Deer Valley
Epic Pass holders can deduct tickets for a \$273 savings!
- Roundtrip Airfare to Salt Lake City
Final pricing & schedule TBD
- Roundtrip Transfers
- between airport & lodging
- Welcome Reception



\$1158*
per person

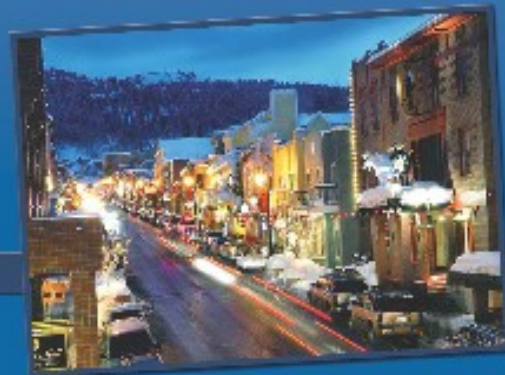
* 3% fee if paying by credit card

FOR ADDITIONAL INFORMATION:

Please contact the trip leader:

Paula Kinahon

(510) 910-2707 pkinahon@gmail.com



REGISTER TODAY: www.sportsamerica.com/online/BAC_parkcity



BAC CST #2050870-40 & SAT CST#1006711-40

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
925-371-1910

CST #2081040



2015/2016 Avid Skiers in Control

President	Claudia Fernandes	925-462-6573	Claudia.fernandes4108@gmail.com
Vice President	Anne Wilburn	925-200-2801	annewilburn@comcast.net
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Past President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
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 SEPTEMBER, 2015



The next meeting will be
Sept 16

Lake Chabot
17936 Lake Chabot Rd
Castro Valley
(meeting starts @ 6:30p)

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



ASPEN & SNOWMASS