



Castro Valley, CA 94546  
www.cvskiclub.org

# CVSC SkiZette

September, 2023



## EVENTS CALENDAR

(f) = flyer in this issue



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### SEPTEMBER

- 13 CVSC Board meeting at Sandy's  
20 CVSC General meeting at Lake Chabot

### OCTOBER

- 7-14 FWSA 12th Annual Scuba Dive Trip, Little Cayman (f) pg 9  
11 CVSC Board meeting at Maggie & Ray's  
14 CVSC OktoberFest — **SAVE THE DATE!!** (f) pg 3  
18 CVSC General meeting at Don Jose's Mexican Restaurant

### NOVEMBER

- 8 CVSC Board meeting at Pat's  
15 CVSC General meeting at Don Jose's Mexican Restaurant

### UPCOMING

- 12/2-13 CVSC Christmas Markets Along the Rhine (f) pg 10  
2024:  
10/9-19 CVSC Portugal & the Douro River Cruise (f) pg 13

### BAC/FWSA TRIPS

Please visit websites for detailed information.

**BAC Web site: skibac.org**

**Far West Ski Assoc: fwsa.org**

- 2024:  
1/27-2/3 FWSA Ski Week to Steamboat, CO (f) pg 11  
2/25-3/3 FWSA Int'l Ski Week to Madonna Di Campiglio, Italy (f) pg 12

### SEPTEMBER BIRTHDAYS

Jennifer Wilson	1
Christopher Clautice	6
Dave Meinhardt	15
Helga Campbell	24
Kathy Johnson	27



Visit our Website at [www.cvskiclub.org](http://www.cvskiclub.org)

## Castro Valley Ski Club Newsletter

### President's Message

Happy end of summer everyone, hard to keep track of what time of year it is with the heat, then cold, then rain!!! Weird times but hope everyone is fine and staying healthy and



happy

We have another meeting coming up in September at Lake Chabot -- should be nice -- we just need a little control over the flying insects ...but a nice way to end the summer!! We had a good turnout last month with salads, desserts, appetizers, and whatever we brought



Claudia Fernandes  
President

to either BBQ or eat. Nice visiting with friends.

We have a great event coming up in October on the 14th where we will have our own Oktoberfest. Hope you all can join us for fun and fest. Our thanks to Jim Silva for offering his house as our venue. And thank you Pat for scheduling this get together. A great time for friends and food!

Take care everyone hope to see you at Lake Chabot this month and at Oktoberfest .

Best,

Claudia

### SkiZette Policy NEWSLETTER

#### DEADLINE: 5th 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@gmail.com



*Didn't get your newsletter? - Change of Address? -  
PLEASE Contact Maggie Jong, VP Membership  
email: mozoro25@gmail.com*

### SPORTING GOODS EXCHANGE

Got any sporting equipment (i.e. skis, snowboards) and/or clothing that you no longer can use, don't want, etc..... let me know & I'll put it here!!!!

OR.... If you need the above let me know as well!!!

This also goes for winter/ski cabins that you'd like to offer for rent or are looking for same.... Let me know!!!!

(Dennie—your editor — dennieluuu1@gmail.com)

### GREENHOUSE MARKET- PLACE

Do you do lots of canning (fruit — jams/ jellies/preserves) and would like members to know about it — let me know & the word will go here!!!!

Are you blessed with culinary expertise (make pies, special desserts, etc) and would like to share?? Also, let me know!!!!



**Come join friends for a fun and festive time with great food, beer, wine and dessert!**

Saturday, October 14<sup>th</sup> - 4 PM

At Jim Silva's house

4235 Krolop Rd, Castro Valley

\$15 for Members - \$25 for non-members

Please RSVP no later than October 7<sup>th</sup>

Make your check payable to the Castro Valley Ski Club.

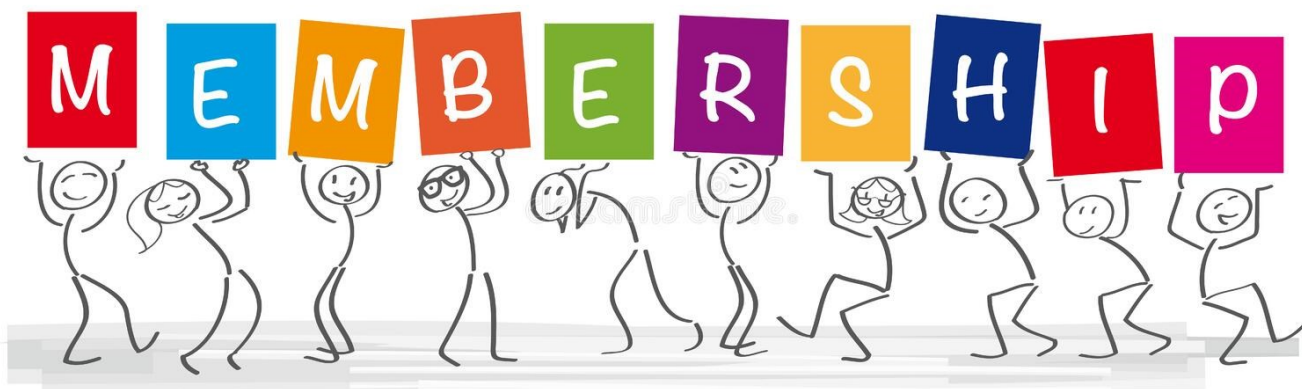
Send your check to:

Pat Green

4655 Cope Ct

Pleasanton, CA 94566





## **CASTRO VALLEY SKI CLUB ANNUAL MEMBERSHIP DRIVE**

Just a friendly reminder that it is time to renew your  
**Castro Valley Ski Club membership.**

The CVSC membership year runs October 1 to September 30 of the following year. Membership dues paid prior to October 31 receive the annual Membership Renewal Discount. This discount applies to all members who are renewing *with no lapse in membership!*

- Paid by October 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 31: 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 Membership Application and the Release, Waiver and Indemnity Agreement can also be found on our club web page at: <http://cvskiclub.org/Membership/Membership.htm>  
Click on 'Join Now!'

All NEW and RETURNING club members must submit the membership application and the signed waiver form.

Make your check payable to the **Castro Valley Ski Club**.  
Please send dues, membership application form and the signed waiver to:

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



cvskiclub.org

## Membership Application

**October 1, 2023 thru September 30, 2024**

Member's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Family Members signing up in Same Household: \_\_\_\_\_ Relationship: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Member's Phone No: (Home) \_\_\_\_\_ (Mobile) \_\_\_\_\_

Family Member's Phone No: (Home) \_\_\_\_\_ (Mobile) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

*Please provide e-mail address to receive the club's newsletter CVSC SkiZette  
OR*

*Enter: "US Postal Service" to get the CVSC SkiZette by US mail*

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Membership Dues:** *Yearly - October 1<sup>st</sup> thru September 30<sup>th</sup>*

☐ \$50.00 Primary Member / \$20.00 Each Additional Family Member *in Same Household.*

Discount: *Membership Renewal discount if paid by October 31<sup>st</sup> with No Lapse in Membership.*

☐ \$35.00 Primary Member / \$15.00 Each Additional Family Member *in Same Household.*

Check # \_\_\_\_\_ / Date: \_\_\_\_\_ / Amt Paid: \_\_\_\_\_

- Interested in Volunteering as our Club is only as Strong as its Volunteers?  
☐ Chair/Host Social Activity ☐ Committee Volunteer ☐ Phone Committee ☐ Other
- New Member; how did you hear about our club? \_\_\_\_\_
- New members joining after July 1<sup>st</sup>, membership is valid thru Sept. of the following year.

**YOU MUST READ AND SIGN THE WAIVER AGREEMENT OR YOUR APPLICATION  
CANNOT BE ACCEPTED!**

Please send the membership application, the signed waver, and the dues to:

**Maggie Jong, V.P. Membership**

**2597 Wellingham Drive, Livermore, CA 94551** / email: mozoro25@gmail.com

Make your check payable to the **Castro Valley Ski Club.**

## **RELEASE, WAIVER AND INDEMNITY AGREEMENT**

In consideration of my being allowed to participate in CASTRO VALLEY SKI CLUB Events and Activities, I HEREBY AGREE AS FOLLOWS:

I HEREBY ASSUME ALL RISKS INVOLVED IN MY PARTICIPATION IN CASTRO VALLEY SKI CLUB EVENTS AND ACTIVITIES.

I HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the Club members, its officers, participants, promoters, sanctioning organization or any subdivision thereof, owners and lessees of the premises used to conduct said events, and each of them, all for the purposes herein referred to as “release” from all liability to the undersigned, his/her personal representative, assignees, heirs, and next of kin for any and all loss or damage on account in injury (including death) or property.

I HEREBY AGREE TO INDEMNIFY, DEFEND, SAVE AND HOLD THE RELEASEES, AND EACH OF THEM, HARMLESS from and against any and all claims, losses, damages, liabilities and fees (including attorney’s fees), damage to personal property, personal injury or death that any of them may incur as a result of, or relating to my participation at any event, and whether caused by the negligence of releasees or otherwise, and whether such claims, losses, damages, liabilities and fees (including attorney’s fees) including any personal injury or death are brought against me or any of the releasees.

EACH OF THE UNDERSIGNED FURTHER EXPRESSLY AGREES that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by law in the State/Province in which the event is conducted and that if any portion thereof is held invalid it is agreed that the balance shall continue in full force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THIS RELEASE, WAIVER AND INDEMNITY AGREEMENT and further agrees no oral representations or inducements apart from the foregoing have been made.

I HAVE READ THIS RELEASE (ALL APPLICANTS MUST SIGN)

Parents or guardian must sign for those under 18 year of age.

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(Signature) (Date)

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(Signature) (Date)

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(Signature) (Date)

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(Signature) (Date)

## How to Recognize and Avoid Phishing Scams Information from **Federal Trade Commission** (<https://consumer.ftc.gov/>)

Scammers use email or text messages to trick you into giving them your personal and financial information. But there are several ways to protect yourself.

Scammers use email or text messages to try to steal your passwords, account numbers, or Social Security numbers. If they get that information, they could get access to your email, bank, or other accounts. Or they could sell your information to other scammers. Scammers launch thousands of phishing attacks like these every day — and they're often successful.

Scammers often update their tactics to keep up with the latest news or trends, but here are some common tactics used in phishing emails or text messages:

Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment. You might get an unexpected email or text message that looks like it's from a company you know or trust, like a bank or a credit card or utility company. Or maybe it's from an online payment website or app. The message could be from a scammer, who might

- say they've noticed some suspicious activity or log-in attempts — they haven't.
- claim there's a problem with your account or your payment information — there isn't
- say you need to confirm some personal or financial information — you don't
- include an invoice you don't recognize — it's fake
- want you to click on a link to make a payment — but the link has malware
- say you're eligible to register for a government refund — it's a scam
- offer a coupon for free stuff — it's not real

Here are signs that this email is a scam, even though it looks like it comes from a company you know — and even uses the company's logo in the header:

The email has a generic greeting.

The email says your account is on hold because of a billing problem.

The email invites you to click on a link to update your payment details.

While real companies might communicate with you by email, legitimate companies won't email or text with a link to update your payment information. Phishing emails can often have real consequences for people who give scammers their information, including identity theft. And they might harm the reputation of the companies they're spoofing.

### **How To Protect Yourself From Phishing Attacks**

Your email spam filters might keep many phishing emails out of your inbox. But scammers are always trying to outsmart spam filters, so extra layers of protection can help. Here are four ways to protect yourself from phishing attacks.

#### **Four Ways To Protect Yourself From Phishing**

**1. Protect your computer by using security software.** Set the software to update automatically so it will deal with any new security threats.

**2. Protect your cell phone by setting software to update automatically.** These updates could give you critical protection against security threats.

**3. Protect your accounts by using multi-factor authentication.** Some accounts offer extra security by requiring two or more credentials to log in to your account. This is called multi-factor authentication. The extra credentials you need to log in to your account fall into three categories:

- something you know — like a passcode, a PIN, or the answer to a security question.
- something you have — like a one-time verification passcode you get by text, email, or from an authenticator app; or a security key

- something you are — like a scan of your fingerprint, your retina, or your face
- Multi-factor authentication makes it harder for scammers to log in to your accounts if they do get your username and password

**4. Protect your data by backing it up.** Back up the data on your computer to an external hard drive or in the cloud. Back up the data on your phone, too.

### **What To Do if You Suspect a Phishing Attack**

If you get an email or a text message that asks you to click on a link or open an attachment, answer this question:

**Do I have an account with the company or know the person who contacted me?**

**If the answer is “No,”** it could be a phishing scam. Go back and review the advice in How to recognize phishing and look for signs of a phishing scam. If you see them, report the message and then delete it.

**If the answer is “Yes,”** contact the company using a phone number or website you know is real — **not** the information in the email. Attachments and links might install harmful malware.

### **What To Do if You Responded to a Phishing Email**

If you think a scammer has your information, like your Social Security, credit card, or bank account number, go to [IdentityTheft.gov](https://www.identitytheft.gov). There you'll see the specific steps to take based on the information that you lost.

If you think you clicked on a link or opened an attachment that downloaded harmful software, update your computer's security software. Then run a scan and remove anything it identifies as a problem.

### **How To Report Phishing**

If you got a phishing email or text message, report it. The information you give helps fight scammers.

If you got a phishing **email**, forward it to the Anti-Phishing Working Group at [reportphishing@apwg.org](mailto:reportphishing@apwg.org).

If you got a phishing **text message**, forward it to SPAM (7726).

Report the phishing attempt to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).

(submitted by Sandy Beecher, Safety Chair)



# FWSA 12<sup>th</sup> Annual Scuba Dive Trip Little Cayman

*Dive the "Bloody Bay Wall"*

*The Caribbean's Most Breathtaking Drop-Off!*

October 7 - 14, 2023



Diver Land Package = \$2306.00 Standard Room - Double Occupancy

Non-Diver Land Package = \$2040.00 Standard Room - Double Occupancy

Single Supplement Standard Room Add = \$696.00

Lodging Upgrades Available – contact Randy Lew for details

(Air transportation not included in above pricing)

## Price Includes:

- 7 nights – Pool View Room at Little Cayman Beach Resort– Dbl. Occupancy with all meals daily
- Drink Package - Alcoholic and non-alcoholic beverages
- Non-motorized water sports and activities
- Resort fees, taxes & staff gratuities. (dive gratuities are not included)
- 6 days of 2 tank boat dives, 5 days of afternoon boat dives & complimentary use of dive computer
- PADI & SSI certified dive professionals
- Complimentary Wi-Fi (primarily in public areas)
- Resort Amenities
- Welcome Party and Farewell Dinner



*Enjoy the beautiful  
wildlife*



*Create New Memories with  
Friends,  
Old and New!*



*Dive the famous  
Bloody Bay Wall!*



*Enjoy a Beautiful Resort*



**Contact: Randy Lew**  
FWSA Dive Trip Leader  
829 SE 11<sup>th</sup> Place  
Battle Ground, WA 98604  
Cell: 530/304-0802  
E-mail: FWSA13Randy@telis.net

**Debbie Stewart**  
FWSA VP of Int'l Travel  
430 S. Church St.  
Visalia, CA 93277  
Cell: 559/737-0882  
FWSAIntTrvl@prodigy.net

*You must be a Member of a Far West Ski Assn. affiliated club or a FWSA Direct Member!*

CST # 2038983-40

# Christmas Markets Along the Rhine

A Pre-Holiday River Cruise from Switzerland to Amsterdam

**\$4545 - \$4445** (depending on cabin choice)

**December 2-13, 2023**

...with optional extensions to Brussels & Bruges, Belgium & Basel, Switzerland



## **IT'S INCLUDED:**

- **International airfare, airport transfers, government taxes, fees, and airline fuel surcharges**, unless you choose to make your own air arrangements
- **Accommodations** for 10 nights aboard a private river ship with wireless Internet access now in all common areas and cabins
- **ALL meals:** 10 breakfasts, 10 lunches, and 10 dinners—plus all onboard house beer & wine, as well as soft drinks at all times
- **7 included tours** with personal headsets, **up to 7 Christmas markets**, and **4 Exclusive Discovery Series events**—Home-Hosted *Kaffeeklatsch* • German Christmas Traditions conversation • *Stollen* baking demonstration • *Operation Market Garden* conversation
- **Local Program Directors, a Grand Circle Cruise Line exclusive:** These dedicated experts are with you and your group from beginning to end to provide insider's knowledge and a local perspective
- **Gratuities** for local guides and motorcoach drivers
- **Baggage handling** for 1 piece of luggage per person, including tips
- **All port charges**

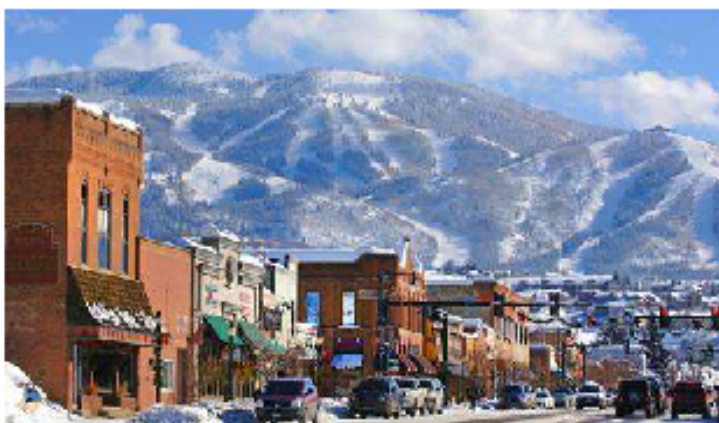


## FAR WEST SKI WEEK

**Steamboat.**

Steamboat, Colorado

**JAN 27 – FEB 3, 2024**



### Lodging & Amenities Package Includes:

- 7 Nights Lodging
- Welcome Reception
- Council Dinner
- Giant Slalom Race
- Farewell Party

### Not Included:

- Optional - Airfare (TBD)
- Optional - Ground Transportation (TBD)
- Optional - Lift Tickets (TBD)

### Lodging Options (prices are per person):

#### Trappeur's Crossing

~Shuttle service to ski area and downtown, hot tub, indoor pool, underground parking

- 2 Bedroom/2 Bathroom Condo - \$1,985 pp
- 3 Bedroom/3 Bathroom Condo - \$1,765 pp

#### Chateau Chamonix

~Ski in/out location, slope side ski valet and locker room, hot tub, pool

- 2 Bedroom/2 Bathroom Condo - \$2,590 pp

#### The Lodge

~Shuttle service, business center, hot tub, swimming pool, near gondola, restaurants, shops, no elevator

- 2 Bedroom/2 Bathroom Condo - \$1,595 pp
- 3 Bedroom/3 Bathroom Condo - \$1,454 pp

Lift Tickets and **ONLINE registration** will be handled by Sports America. Follow this link to the online registration site: <http://bac83.sat.tours>

To hold your spot - send in your \$200 Deposit check payable to: Bay Area Council of Ski Clubs.  
Mail to: Karen Albrecht, BAC Trip Leader, 712 Matsonia Drive, Foster City, CA 94404  
[iplaythird@yahoo.com](mailto:iplaythird@yahoo.com) 650-515-9532

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

## FWSA 2024 Int'l Ski Trip to Madonna Di Campiglio, Italy

### BASIC Ski Week – Madonna Di Campiglio, Italy February 25–March 3, 2024

(Group Air Departs US Feb. 23<sup>rd</sup>, 1 night stay at airport hotel on Feb. 24<sup>th</sup>, and returns to US from Milan Malpensa Airport on Mar. 4, 2024)

### Opt. Extension Trip: Milan, Verona and La Spezia, Italy, March 3–10, 2024

(Group Air Departs US Feb. 23<sup>rd</sup>, 1 night stay at airport hotel on Feb. 24<sup>th</sup>, and returns to US from Milan Malpensa Airport on Mar. 11, 2024)



HOLIDAY SKI TOURS

All Prices are based on an exchange rate of 1 Euro vs. \$1.10 USD and subject to change.

### 4\* Lodging at Hotel Relais Des Alpes!

**Lodging packages start at \$1979.00pp double occupancy. Single Supplements are available.**

*Prices are based on a minimum of 67 people and are subject to change if the minimum is not met. Air transportation is sold separately.*



Madonna di Campiglio, a discreet and elegant town nestling at an altitude of 5085 feet in the stupendous valley between the Brenta Dolomites and the glaciers of Adamello and Presanella, is today most certainly Italy's number one ski resort as well as one of the most important resorts in the Alps and they have **3 Michelin Star Restaurants**. The variety of its mountain surroundings means that in winter it is possible to ski over countless miles of runs, up to an altitude of 8530 feet and with different degrees of difficulty. What's more, you can set out from the center of the town and return there without ever removing your skis. Today the Ski Area has 57 lifts, and 93 miles of ski runs, with a capacity of more than 31,000 people per hour, 12 acres of snow park, 25 miles for Nordic skiing with access to Pinzolo, Folgarida and Marilleva.

#### Lodging Package includes:

- Transfer between Milan's Malpensa Airport via private coach to Madonna Di Campiglio.
- 7 nights' accommodation at the 4 Star Hotel Relais Des Alpes – includes portage, local taxes & fees.
- Bus transfer from the Malpensa Airport Hotel to Madonna di Campiglio.
- Breakfast daily & 5 nights' dinner at the Relais Des Alpes Hotel (2 nights to dine out in Madonna Di Campiglio).
- Multi-lingual guide meeting the FWSA Group Air people upon arrival.
- Wi-Fi for 1 device per person (Additional devices for 15 Euro at front desk).
- Welcome/Orientation on Feb. 25th at The Hotel Relais Des Alpes – 2 beverages and lite snacks.
- Après Ski & Farewell events – details to be provided.
- Optional mid-week, day tour - details to be provided.

### **Ext. Trip No. Italy – Milan, Verona, and La Spezia-Cinque Terra**

March 3 to 10, 2024

**\$1785.00pp - Double. Occ. & \$2396.00pp - Single Supp.**

***Based on a minimum of 35 people. Pricing is subject to change if the minimum is not met.***

Prada, Versace, Dolce e Gabbana...these luxury brands find their home in the fashion capital of the world and find irreplaceable experiences in Milan. Milan, Italy's second largest city and capital of the Lombardi region, is home to elegance, art, luxury, castles, museums and much more. Our group will crane their neck to take in all that the Duomo di Milano, Milan's staggering cathedral and we'll be offering an optional tour to the Santa Maria delle Grazie church, home of Da Vinci's "Last Supper".



#### Trip includes:

- All airport ground transfers for both weeks.
  - 2 nights in Milan - 4 Star Hotel Nasca or similar hotel.
  - 2 nights in Verona - 4 Star Hotel Palace Verona or similar hotel.
  - 3 nights in La Spezia - 4 Star CDH La Spezia Hotel or similar hotel.
  - 1 night hotel stay at the Malpensa Airport Hotel – Mar. 10<sup>th</sup>.
  - English speaking tour escort/manager for entire tour.
  - Breakfast daily
  - Day excursions – details to be provided.
  - Day tours in Milan, Lake Como, Balsamic tasting in Modena, Verona, Cinque Terre, Portovenere & Genova
- **Stand Alone Northern Italy ONLY is available. (Excludes Madonna Di Campiglio ski week)**
- **Contact Debbie Stewart for details and pricing.**

For more information contact: Debbie Stewart at [FWSAIntTrvl@prodiav.net](mailto:FWSAIntTrvl@prodiav.net) or cell: 559/737-0882

State of California Registered Seller of Travel #2036983-40

## 2024 Castro Valley Ski Club

# Portugal & the Douro River Cruise

October 9-19<sup>th</sup>, 2024



**\$5490 to \$6199** (depending on cabin choice)

Experience the unique sites and culture of Portugal with a taste of Spain on this combination land and river cruise Main trip. We start our journey by flying into Lisbon and we stay there for two nights in a four-star hotel. We then travel to Fatima and sightsee in Coimbra and then board the *MS Emerald Radiance* for our seven-night river cruise along the Douro River. We also venture to Rodrigo, Vega Terron, and Salamanca Spain. We end the trip in the home of Port wine, Porto, and fly back to the US.

### Your tour includes:

- RT air from LAX or SFO
- Two-night hotel stay and touring in Lisbon, Portugal before cruising
- 7 night Duoro River Cruise on the Emerald Radiance
- 23 Meals (8 dinners, 6 lunches, and 9 breakfasts)
- Airport transfers on tour dates when air is provided
- Included shore excursions escorted by local, English-speaking guides in Salamanca, Pocinho, Lamego and Porto
- All onboard meals feature local and international specialties
- All onboard lunches and dinners are four courses and served with complimentary regional wines, beer and soft drinks
- All gratuities included
- Complimentary WiFi onboard

Send \$400 per person non-refundable deposit to:

Tucker Hoffmann - CVSC Travel Director  
2657 Rivers Bend Circle Livermore, CA 94550  
510-329-4242 [tkhoffmann@icloud.com](mailto:tkhoffmann@icloud.com)

**Note: due to the popularity of this trip please send us an email to let us know if you're sending a deposit. We already have quite a few already signed up.**

CVSC CST # 2081040

# Portugal and the Douro River Cruise



Experience the cosmopolitan charm of Lisbon, Portugal



Feel the rhythm of the city in the Plaza Mayor, Salamanca, Spain

**DAY 1 Depart the USA:** Depart the USA on your overnight flight to Lisbon, Portugal.

**DAY 2 Lisbon, Portugal:** Upon arrival, you'll be met by a representative of Mayflower Cruises & Tours and transferred to your hotel. The remainder of the day is at your leisure to explore Lisbon. This evening, join your Mayflower staff and fellow travelers for an included dinner. **Meal: D**

**DAY 3 Lisbon:** After breakfast, an included tour highlights the famous sites of the city. During a panoramic coach tour, see 'Monument to the Discoveries,' and Belem Tower, a UNESCO World Heritage Site. Visit Jerónimos Monastery and discover the unique architecture and history. Enjoy a free afternoon to shop, dine and experience this cosmopolitan city on your own. **Meal: B**

**DAY 4 Fátima – Coimbra – Porto:** Depart Lisbon by coach and journey to the ship in Porto. Enroute, visit Fátima, home to the Sanctuary of Fátima, an important Catholic pilgrimage site. The city's fame originates from the apparitions of Our Lady of the Rosary that appeared to three shepherd children in the nearby fields. Continue to Coimbra and its famous university before arriving in Porto to embark the *MS Emerald Radiance*, home for the next seven nights. **Meals: B, D**

**DAY 5 Porto – Pinhão:** Today is a day of sailing through the twists and turns of the Douro Valley. Designated a UNESCO World Heritage Site, this area is sparsely populated by quaint villages, sun-drenched vineyards and small farms. Later today, arrive in the village of Pinhão, perfectly situated on a river bend surrounded by terraced hillsides that produce some of the world's best Port wine. Tonight, enjoy a welcome reception and dinner. **Meals: B, L, D**

**EmeraldPLUS:** A Portuguese cooking demonstration onboard

**DAY 6 Pinhão – Vega de Terrón:** Begin the day with a visit to the beautiful 18th-century estate of Quinta do Têdo Vineyard with spectacular views of the Douro Valley. Learn about wine production, its importance to the culture and economy, and enjoy a tasting of the local vintage. This afternoon, the ship sails for Vega de Terrón, gateway to Spain. **Meals: B, L, D**

**EmeraldACTIVE\*:** A guided walk through the vineyards

**EmeraldACTIVE\*:** Kayak experience in Pinhão

\*The included tour and both ACTIVE tours all operate simultaneously. Only one can be selected.

**DAY 7 Salamanca, Spain:** Today's excursion takes you to the UNESCO World Heritage Site of Salamanca, Spain. During the guided walking tour, see amazingly detailed and intricately carved buildings of the university and the House of Shells. Regal splendor abounds in the Plaza Mayor, the heartbeat of the city. Visit the market and taste the local products including cheese, olives and bread. You'll have free time for lunch and to explore independently before returning to the ship in Portugal. **Meals: B, D**

**EmeraldPLUS:** Entertainment by a Tuna music band in Salamanca

**DiscoverMORE:** Tour of Castelo Rodrigo (instead of city tour to Spain – additional expense)

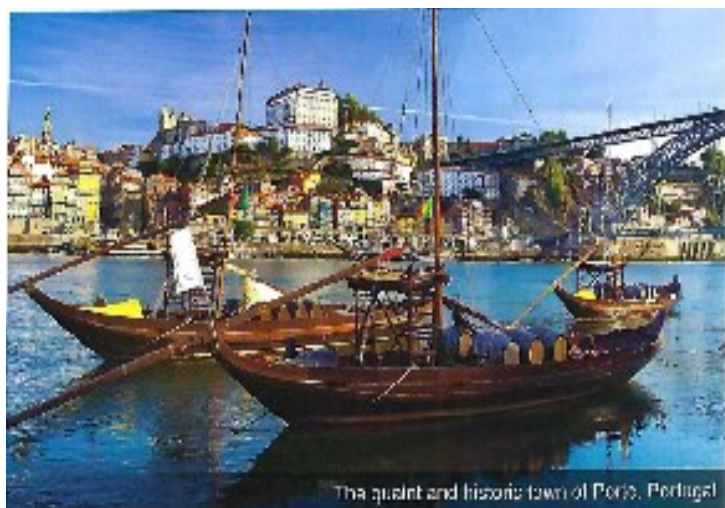
**DAY 8 Pocinho / Régua, Portugal:** Arrive in Pocinho and disembark for a morning tour to the Côa Valley Museum. Designed to blend in with its surroundings, the museum's concrete structure houses prehistoric stone carvings made by the early inhabitants of the Douro which were uncovered during construction of a nearby dam project. Return to the ship for lunch and relax on deck as the ship sails through idyllic surroundings on the way to Régua. This evening, enjoy an off-ship dinner at a traditional vineyard estate. **Meals: B, L, D**

**DiscoverMORE:** Archaeological 4x4 Tour at Côa Museum (additional expense)

The included tour and DiscoverMORE operate at the same time.

**EmeraldPLUS:** Port wine cocktail lesson onboard

**EmeraldPLUS:** Dinner at a vineyard estate



The quiet and historic town of Porto, Portugal

**DAY 9 Régua – Lamego:** From Régua, journey to the marvelous baroque village of Lamego, home to the Sanctuary of Our Lady of Remedies - one of the most important pilgrimage sites in Portugal. Visit the Sanctuary perched atop the hill, with its iconic 686-step granite staircase, decorated with the traditional Portuguese blue and white 'azulejos' tiles. During a guided walk through the village, learn about the importance of wine production to the local area. Return to the ship in Régua after the excursion. **Meals: B, L, D**

**EmeraldACTIVE:** Walk down the stairs of the Sanctuary

**DiscoverMORE:** Visit to Mateus Manor House (additional expense)  
This tour operates at the same time as the included visit of Lamego.

**EmeraldPLUS:** Mosaic tile painting lesson onboard

**DAY 10 Porto:** Having traversed the Douro River, the ship returns to Porto – a city with an eclectic mix of modern and ancient architecture. An included tour highlights the sights from its scenic beauty to the historic landmarks of the Castelo da Foz and Castelo do Queijo. The remainder of the afternoon is at leisure in Porto. **Meals: B, L, D**

**EmeraldACTIVE:** A guided walking tour of Porto  
(instead of included tour)

**DiscoverMORE™:** Guided bike tour to the Atlantic Ocean  
(additional expense)

**DiscoverMORE®:** Visit to Quinta do Aveleda with Vinho Verde tasting  
(additional expense)

**EmeraldPLUS:** Evening cruise through Porto's enchanting waters  
\* the DiscoverMORE's operate at the same time; only one can be selected.

**DAY 11 Porto / USA:** This morning, disembark the *MS Emerald Radiance* and bid a fond farewell to Portugal, filled with memories of this remarkable cruise along the 'River of Gold.' **Meal: B**

Itinerary is subject to change.



## Exceptional Inclusions

- **22 Meals:** 3 breakfasts, 5 lunches and 8 dinners
- **Airport transfers** on four dates when air is provided by Mayflower Cruises & Tours
- **Visit two countries**
- **Two-night hotel stay and touring** in Lisbon, Portugal before cruising
- **Seven-night cruise** on the *Emerald Radiance*
- **First-class service** by an English-speaking crew
- **Onboard Activity Manager** will support all EmeraldACTIVE excursions and host daily onboard wellness activities, games, classes and evening entertainment
- **Shore excursions** with English-speaking local guides
- **All gratuities included**
- **Personal listening device** for onboard excursions
- **Many meals included** onboard with a variety of **international cuisine**
- **Complimentary regional wines, beer and soft drinks** accompany onboard lunches and dinners
- **Complimentary bottled water** in your stateroom
- **Complimentary WiFi** onboard
- **Variety of onboard evening entertainment**

## CRUISE AND HOTEL ACCOMMODATIONS

**Days 2 and 3 – Avani Hotel** or similar, Lisbon, Portugal

**Days 4 through 10 – Aboard the *MS Emerald Radiance***



## ***2023/2024 Avid Skiers in Control***

President	Claudia Fernandes	510-435-5263	Claudia.fernandes4108@gmail.com
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VP Club Activities	Pat Green	925 846-7250	greendm@comcast.net
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Safety Chair	Sandy Beecher	707-479-6272	srbeecher@aol.com

WEBSITE: [www.cvskiclub.org](http://www.cvskiclub.org)

## **WEBSITES & PHONE NUMBERS**

Singles league racing: [slracing.tripos.com/schedule.htm](http://slracing.tripos.com/schedule.htm)  
 Open league racing: [olrc.org](http://olrc.org)  
 Weather: [nws.mbay.net/home.html](http://nws.mbay.net/home.html)  
 Best weather website for snow: [Tahoeweatherdiscussion.com](http://Tahoeweatherdiscussion.com)

Far West Racing Assoc: [fwra.com](http://fwra.com)  
 Web cams on the slopes: [magnifeye.com](http://magnifeye.com)  
 Road conditions: 1-800-427-7623  
 Info on all ski areas: [onthesnow.com](http://onthesnow.com)

Take a bus to the slopes: [nacski.com](http://nacski.com) & [tahoeskkitrips.com](http://tahoeskkitrips.com)  
 Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)

## ***SKIZETTE FOR SEPTEMBER, 2023***



All monthly general meetings are held  
 at Don Jose's Mexican Restaurant,  
 3430 Village Dr., Castro Valley, CA

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



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