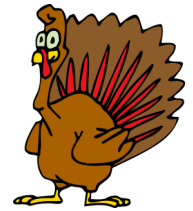




Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

November, 2015



EVENTS CALENDAR

(f) = flyer in this issue

Inside this issue:

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NOVEMBER

(no board meeting for November)

18 CVSC general meeting at Don Jose's — *****ANNUAL AUCTION*****

DECEMBER

11 CVSC Christmas board dinner at Claudia's

16 CVSC Holiday festivities (Christmas lights viewing—details still being worked)

JANUARY, 2016

13 CVSC board meeting at Anne's

20 CVSC general meeting at Don Jose's

30-2/6 FWSA/CVSC Ski Week Telluride, CO (f) pg12

UPCOMING

10/2-12 CVSC Fall Foliage Cruise (f) pg15

***Margaritas served all night (on the house)

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

2/27-3/4 BAC Mini Ski Week Sun Peaks, BC (f) pg11

NOVEMBER BIRTHDAYS

Karen Wehrman	5
Eberhard Busse	5
Cyndi Hillman	9
Ruth Johnson	11
Carla Kramer	19
Jim Gartland	21
Tom White	22
Rosie Dennis	28



Visit our Website at www.cvskiclub.org

SkiZette Policy NEWSLETTER

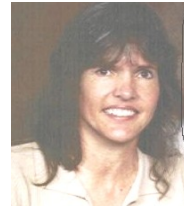
DEADLINE: 1st of the month

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*

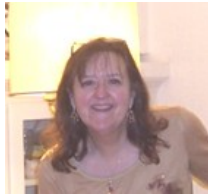


President's Message

Hi everyone,

I am in Myanmar and we are all having a great time.

I hope you are able to attend our upcoming auction on November 18 to support disabled sports and our club. It should be a great time.



Claudia Fernandes
President

Also we have as a club voted to support some of our local charities and if you have any small bottles of shampoo, soap, socks, etc. to bring we will be giving these to April Showers to support a couple who provide a shower and socks and underwear to homeless individuals locally. Bring if you can to the next meeting. Karen Wehrman has offered to take these items to the charity.

At the end of December or early January we will also be helping one day at the food bank as a club project. So please stay tuned for more information.

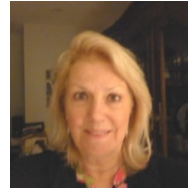
Well we are off to a nunnery today and many temples and pagodas. Stay well everyone and more to come.

Always, Claudia

Our Vice President

It is time to put away the Halloween Decorations and try to limit the candy intake or just dump it. This is not the time to put on extra pounds or maybe get sick with the Holidays looming.

The squirrels are busy running around gathering their rations for the winter. Fall is definitely in the air, the tree leaves are turning amber, rust, orange and brown and the nights are much cooler. On a positive note, rain and SNOW is forecast in the near future.



Anne Wilburn
Vice President

Thanksgiving is just around the corner and Christmas will be here before we know it. Time to count our blessings and think of others who are not so fortunate. Which brings up our **Annual CVSC Auction this next meeting November 18th**. Get your thinking caps on and see what you can donate, it can be anything from a baked good, a gathering you can arrange which is always popular and fun, a service you can provide or maybe re-gift an item that does not work for you.. Lots of options, and don't forget your checkbook so you can take advantage of the items our members have generously donated.

With winter looming, I know I am not in condition for ski season, so I have been researching what is available online and my phone apps. I was amazed at the number of sights available. Even if you are not a skier we all need to focus on staying healthy and keeping strong. There will be too much indoor couch sitting with cooler weather and all the sports and specials on the TV.

BAC has so many activities coming up: **Make sure you check-out skibac.org for all the details.**

Dec 13 is Club Appreciation Day by Alpine Meadows. Alpine will set up a free race course. Bring your family and friends, cost \$18.00 includes a lift ticket and a lunch voucher. What a deal!!

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

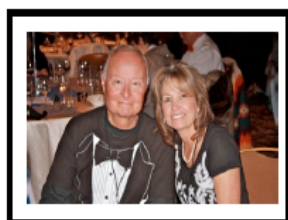
Enjoy the special features on board the MV Futura including a spectacular dinner while cruising along the Old Town city walls of Dubrovnik. Taste some of the finest Croatian wine excellently paired with Croatian delicacies in Korčula and have fun at an authentic Croatian village party & dinner in Kuna. 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 BRECKENRIDGE

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

The Five Essentials of Ski-Specific Exercising

Flexibility, cardio, strength, balance, and power are the five essential elements for the expert skier to master. Let's consider each one of these requirements in turn.

Flexibility: Your range of motion or mobility is of prime importance. Stretching to maintain muscle elasticity, which decreases with age, is vital for skiing.

Cardiovascular Endurance: Aerobic capacity is very important to skiers so they have the stamina to ski in the expert zones, and the endurance to ski all day long. If you wish to improve your cardiovascular fitness, try one of the following activities on three nonconsecutive days per week. Perhaps it would be best to do your cardiovascular routine on Mondays, Wednesdays, and Fridays, and your strength, balance, and power exercises on Tuesdays and Thursdays.

- Lap swimming, 25 laps to begin with, increase to 50 laps
- Brisk walking for at least 30 minutes, preferably 45 minutes
- Jogging, 15 to 20 minutes, but no more
- Rowing machine, 15 to 20 minutes
- Treadmill, 15 to 20 minutes
- Cross-country skiing
- Cycling, short sprints are best
- Inline skating, long **distances** and short sprints are best

Strength and Endurance: Muscular strength improves the expert skier's ability to relax, yet still maintain control, and to handle the quick adjustments needed in all-terrain skiing. The movements in alpine skiing include all the major muscle groups, so total body muscular strength is of prime importance. You'll want to do exercises that strengthen your entire body. With this in mind, target the following ski exercises and muscle groups:

Essential exercises for the legs - quadriceps, hamstrings, hips, calves, and ankles

Essential exercises for the center – abdominals, hip flexors, glutei, and lower back

Stability and Balance: Why should you care about balance? Well, for starters, it's the basic skill needed in practically every sport. Changing your center of gravity to match your moves is the key to efficiency in sport. Good balance can help you keep your form when you encounter changing terrain and snow conditions. The result is better skiing and fewer spills.

Before you start

Caution must be exercised whenever beginning any conditioning program. Use an exercise regimen that's appropriate for your body type and your present level of conditioning. Please consult with your physician, if you suspect that this ski-specific program is not suitable for you at the present time.

Jim Safianuk is a certified ski instructor and writer of the downhill skiing lessons in the course *Skills of the Expert Skier*.

(article submitted by Sandy Beecher)

CASTRO VALLEY SKI CLUB ANNUAL AUCTION NIGHT 2015



CVSC Auction Night Fund-Raiser

WEDNESDAY, NOVEMBER 18, 2015

DON JOSE'S MEXICAN RESTAURANT

SOCIAL 6:30 - 7:00 PM

AUCTION STARTS AT 7:00 PM

CVSC AUCTION NIGHT FUND-RAISER IS A MUST NOT MISS EVENT. COME JOIN THE FUN AND FRIVOLITY, BRING A FRIEND, BRING A DONATION, AND BRING YOUR CHECKBOOK! You will want to bid on many fabulous offerings that will be on the auction block. Also, keep in mind the auction is our club's only annual fund-raiser with proceeds benefiting the membership by subsidizing events throughout the year. Some proceeds are also donated to the Alpine Meadows Disabled Sports Program in support of their good work. With these objectives in mind, be it said you are encouraged to bid high and to bid often!

Save-the-date for **November 18th** and give thought to what unique, fun, and interesting **ITEM, EVENT, AND/OR SERVICE** you might like to **DONATE**. Need ideas...

- Dinner or BBQ – great way to get to know other members
 - English Tea Party
- Homemade goodies - cakes, candies, cookies, fudge
- Your creations - paintings, pottery, mosaics, and knitted/crocheted items
 - Unused clothing, equipment, household items
 - Home maintenance, repair, and gardening services
- Weekend getaway to your cabin in the woods – great way to get to know members
 - Wine and spirits

Donating is as simple as can be. Just complete the **AUCTION FORM** included in this newsletter, and return it to: **Paula Kinahon, CVSC Auction Chairman.**

ALL DONATIONS HAPPILY ACCEPTED!!

CASTRO VALLEY SKI CLUB ANNUAL AUCTION NIGHT 2015



WEDNESDAY, NOVEMBER 18, 2015

SUPPORT OUR CLUB BY DONATING: ITEMS, EVENTS, SERVICES, ETC.

AUCTION FORM

Donated By: _____ Phone: _____

Estimated Value: _____ Email: _____

Number of Times to be Bid: _____ Number of Person per Bid: _____

Item Description: *(include any restrictions)*

RETURN AUCTION FORM TO: **PAULA KINAHON**
EMAIL: PKINAHON@GMAIL.COM / MOBILE: 510 910-2707
15447 HERON DRIVE, SAN LEANDRO, CA 94579

THANK YOU FOR YOUR DONATION



Far West Ski Association's

2016 Mini Ski Trip

March 21st to 26th, 2016

**Adult & Senior package prices range from:
\$580 to \$775**

Price does NOT include air or ground transportation



Mountain Resort is considered a holdout, retaining its small town charm and adventurous soul that it's always had. The mountain has an abundance of wide open green & blue groomed trails to more advanced long cruisers & the famous extreme limits of the North Face & Headwall. The mountain has it all.



Included:

Five night's deluxe lodging
@ Slopeside Grand Lodge
(Condos available upon request)
3 or 4 Day Lift Tickets
Welcome Party
Farewell Party

Optional Activities:

Snowmobiling
Snowbiking
Zipline Tours
Day Spa
Sleigh Ride Dinner
Snowshoe Tours

Adventure Park:

Mini Golf
Bungee Trampolines
Tubing
Wall Climbing

*This trip is limited to a maximum of 100 participants
(Dates are flexible based on availability)*

Contact Gloria Raminha
661-829-5996 or 661-800-8229
garski2011@gmail.com

or

Signup and make payments online at www.fwsa.org
Must be a Member of a Far West Ski Association
affiliated club or a FWSA Direct Member

FWSA CST #2036983-40

BAC | Sierra League 2nd Annual Appreciation Day



SUNDAY, DECEMBER 13, 2015

- Bring your family and friends for a fun filled day at Alpine Meadows!
- Test your skills and join in some friendly competition at the FREE Fun Race
- December 12th and 13th are **999 Learn to Ski and Ride Days for First Timers!**
For details and information go to <http://www.alpinemeadows.com/events-things-to-do/learn-to-ski-ride-special>

BAC-SL Appreciation Day Package*

Includes a full day lift ticket, \$18 Lunch Voucher, and Fun Race entry

Adult (23-64)	\$68
Young Adult (13-22)	\$60
Senior (65-75)	\$60
Child (5-12)	\$43
Super Senior (75+)	\$43
Child 4 and under	\$15



Season Passholders Welcome! \$18 value lunch vouchers available for purchase for \$15

Sign In & pay at Alpine Meadows Lodge on Sunday, December 13, 2015 between 8 and 10:30 am to participate. Signed Waivers and Helmets will be required to participate in the Fun Race Experience

*subject to weather and conditions | offer available exclusively to BAC members, Sierra League Members, and family and friends accompanied by a member

For more information contact Dennis Heffley
skiheffley@aol.com





Bay Area Snow Sports Council

San Jose Barracuda Hockey Night

San Jose Barracuda vs the San Diego Gulls

BAC Fund Raiser Benefiting the Far West Foundation

**If we quickly get 30 sign ups, after the game our BAC Group
will go down on the ice and shoot pucks at "our boss"!**

WHEN: Saturday March 26, 2016 @ 7:30PM

WHERE: SAP Center at San Jose

PRICE: \$30

SEATS: Section 123 Our Group Has Rows 4 ~ 12 & we can get more!

Ticket Ordering Deadline Friday March 11, 2016

Purchase Tickets: www.skibac.org and click on the Paypal link

Contact: Dennis Heffley skiheffley@aol.com or 925-998-4415 with questions

Optional Pre Game "Stretch": The Britannia Arms from 5:00 to 6:30PM



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

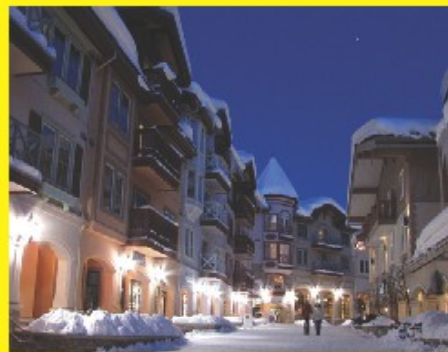
Full Package: \$1285 - cash discount price
3% fee paying via credit card

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



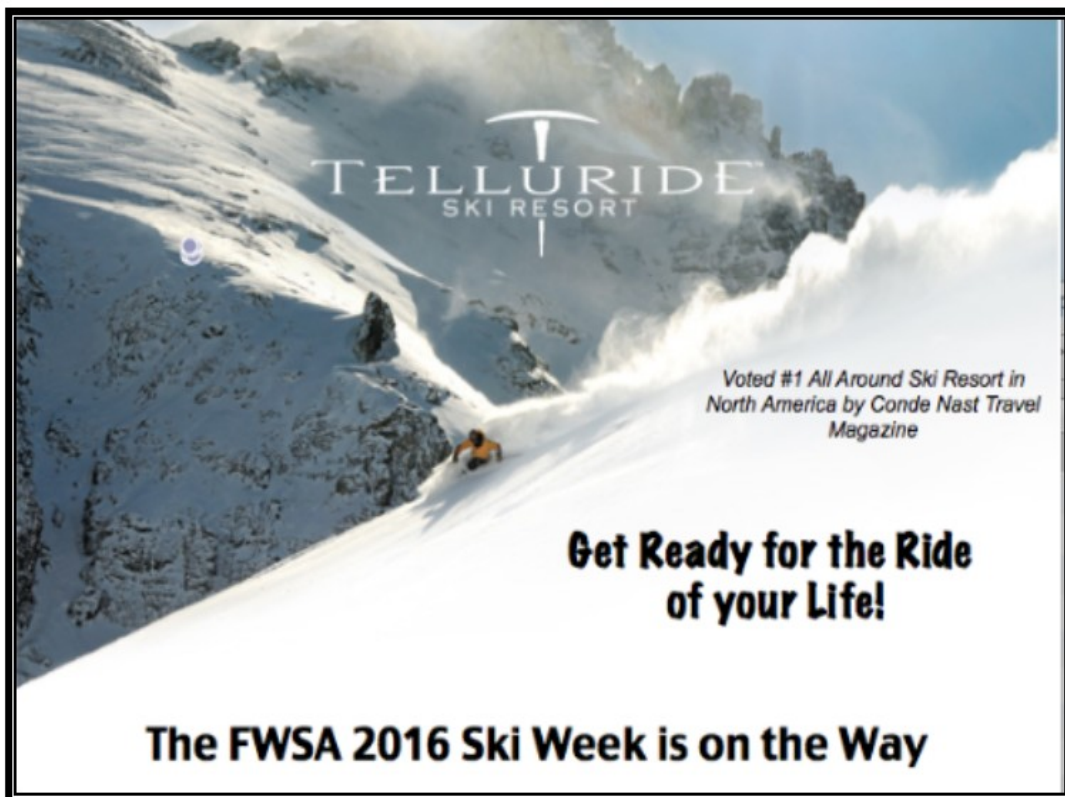
For Additional Information, Please Contact: Dennis Heffley

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

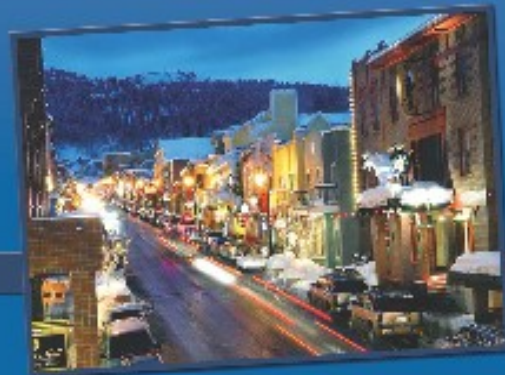
* 3% fee if paying by credit card

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

Spectacular Ships • Affordable Balconies • World-Class Dining & Entertainment



PTAS 44067 • © Princess Cruises 2009. Ships of Rembrandt registry. This promotional piece is created and distributed by an independent travel agency, not by Princess.

10 DAY FALL FOLIAGE CRUISE ON THE CARIBBEAN PRINCESS OCTOBER 2-12, 2016

Prices are per person double occupancy:

\$1,499.00 Inside

\$2,099.00 Window

\$2,499.00 Balcony

Call for price on Mini-Suite

\$195.00 PORT FEES & TAXES PER PERSON

Air & transfers not included

Group Cocktail Party Included

Ex Military: \$100.00 onboard credit, I will send the form if needed

Ships Cancellation Policy

FULL REFUND ON DEPOSIT TO JULY 7th, 2016

JULY 8th - JULY 31st, 2016 10% PENALTY

AUGUST 1st - 30th 50% PENALTY

AUGUST 31st - SEPTEMBER 10th 75 % PENALTY

After Sept. 22nd - no refund



Day	Port / Date	Arrive	Depart
1	Quebec City, Quebec Sunday, October 2		Overnight Stay
2	Quebec City, Quebec Monday, October 3		5:00 PM
3	At Sea Tuesday, October 4		
4	Corner Brook, Newfoundland Wednesday, October 5	8:00 AM	5:00 PM
5	Sydney, Nova Scotia Thursday, October 6	8:00 AM	5:00 PM
6	Halifax, Nova Scotia Friday, October 7	8:00 AM	4:00 PM
7	Saint John, New Brunswick (for the Bay of Fundy) Saturday, October 8	8:00 AM	5:00 PM
8	Bar Harbor, Maine Sunday, October 9	7:00 AM	6:00 PM
9	Boston, Massachusetts Monday, October 10	7:00 AM	4:00 PM
10	Newport, Rhode Island Tuesday, October 11	9:00 AM	6:00 PM
11	New York City (Manhattan or Brooklyn), New York Wednesday, October 12	7:15 AM	

Call Tucker Hoffmann to book your cabin. You will need to give him your credit card number

FINAL PAYMENT DUE JULY 1st 2016

tkhoffmann@comcast.net

925-371-1910 -home - 510-329-6838 - cell

Castro Valley Ski Club Travel CST#2081040-40



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
VP Membership	Maggie Jong	925-447-5148	mozoro25@gmail.com
VP Club Activities	Pat Green	925 846-7250	greendm@comcast.net
Secretary	Eva Lanphear	510-793-3863	ejlanphe@pacbell.net
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Newsletter Editor	Dennie Warren	510 759-3415	dennieluuu1@att.net
Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@aol.com
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 NOVEMBER, 2015



The next meeting will be
Nov. 18 (annual auction)

Don Jose's Restaurant
3430 Village Dr.
Castro Valley, CA

(auction starts @ 7:00p)

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



ASPEN & SNOWMASS