



Castro Valley, CA 94546
www.cvsclub.org

CVSC SkiZette

April, 2024



EVENTS CALENDAR

(f) = flyer in this issue

Inside this issue:

President's Mssg/ Sporting Goods Exchange/ Greenhouse Mar- ketplace	2
Invite for April's General Meeting	3
Mexican Fiesta	4
March General Meeting	5
Lyme Disease	6-7
FWSA 2024 91st Convention at At- lantis Casino, Re- no, NV	8
FWSA 2024 Afri- ca Adventure Trip Tanzania & Zan- zibar/FWSA 2024 Dive Trip Best of the Phillipines	9
CVSC 2024 Portu- gal & the Douro River Cruise	10-12
BAC 2025 Bike & Barge Bruges to Amsterdam	13
CVSC 2025 Paris, Normandy & Seine River Cruise	14-15
Avid Skiers in Control	Back page

APRIL

- 10 CVSC Board meeting at Pat's (hosted by Paula)
- 17 CVSC General Meeting at Don Jose's Mexican Restaurant @ 6pm

MAY

- 8 CVSC Board meeting at Maggie's
- 15 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

JUNE

- 6-9 FWSA 91st Convention at Atlantis Casino, Reno, NV (f) pg 8
- 19 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

UPCOMING

- 7/13 CVSC Mexican Fiesta at Jim Silva's house (f) pg 4
- 9/28- FWSA Africa Adventure Trip to Tanzania & Zanzibar (f) pg 9
- 10/7
- 10/9- CVSC Portugal & the Douro River Cruise (f) pg 10
- 19
- 10/19- FWSA Dive Trip the Best of the Phillipines (f) pg 9
- 11/2
- 12/5 CVSC Christmas Trolley

2025:

- 10/3-15 CVSC Paris, Normandy & Seine River Cruise (f) pg 14

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

2025:

- 1/25-2/1 FWSA Ski Week Banff, Canada
- 5/8-15 BAC Bike & Barge Bruges to Amsterdam (f) pg 6

Dennis Nicholson	18
William Funkhouser	19
Lauren Nagle	21
Edward Cook, Jr	21
Diana Gartland	23
Claudia Fernandes	24

APRIL BIRTHDAYS

Visit our Website at www.cvsclub.org



Castro Valley Ski Club Newsletter

President's Message

Happy Spring everyone, it's raining, it's snowing, and it's also beautiful warm days, welcome to April...Hope everyone is well and enjoying the snow, rain and sunshine.



Claudia Fernandes
President

We had a good turnout at our last meeting, great friends and food! Hope to see everyone at our next meeting April 17, Don Jose's, where we will have FREE margaritas

and appetizers for you, 😊 plan on joining in the fun!!

FWSA Convention is June 6-9 we have several members attending this year. If interested in being a delegate please let me know.

Also, we have our Mexican Fiesta coming up on July 13 so Save the Date and our Christmas Trolley this year early December. More events will be announced. Please let Pat know if you are attending.

Tucker and Kathy will be sharing more information on the trips scheduled this year and next at our upcoming meeting.

Enjoy the weather, it's always changing. Have wonderful adventures this April and may your projects get completed! Happy Tax month!!

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 Us!

CVSC GENERAL MEETING

FREE MARGARITAS AND APPETIZERS!

TIME: 5:30 PM

April 17, 2024

at

Don Jose's Mexican Restaurant

3430 Village Dr. Castro Valley



CVSC MEXICAN FIESTA PARTY!

Saturday, July 13, 2024

**Hosted by the CVSC at Jim Silva's home
4235 Krolop Rd, Castro Valley**

Cost: \$25 for members \$55 for non-members

Margaritas and Appetizers start at 4 PM. Dinner will be served at 6 PM.

The dinner menu: Fajitas, Enchiladas, Beans, Rice, Taco Salad & Dessert
Drinks include Margaritas, Beer & Water

Make checks payable to CVSC and send to Pat Green

at

4655 Cope Ct, Pleasanton, CA 94566

Any questions? Call Pat at 925-846-7250

Please RSVP no later than July 6th!

We hope you will join us!



CVSC MARCH GENERAL MEETING.....



Information is from infectious disease expert [Charles Chiu](#), MD, PhD, Chiu is an associate professor of laboratory medicine and medicine and director of the UCSF-Abbott Viral Diagnostics and Discovery Center and California Department of Health

LYME DISEASE

May marks the beginning of the summer season when black-legged ticks that spread Lyme disease are more prevalent – even in California.

Ticks are small, spider-like creatures most often found outside in wooded or brushy areas with tall grass, rocks, logs, and fallen leaves. Ticks bite and feed by attaching to animals and humans, sticking their mouthparts into the skin, and sucking blood for up to several days. There are many different kinds of ticks in California, but only six kinds are known to commonly bite humans. Sometimes these ticks carry germs (like bacteria or viruses) that can spread to a person while the tick is attached. Lyme disease is caused by certain bacteria (called *Borrelia burgdorferi*) that can spread from the bite of an infected western blacklegged tick. Lyme disease may start as a mild illness that begins 3 to 30 days after a tick bite.

How common is Lyme disease in California? And why have rates been increasing?

In terms of reported cases, there are about 80 to 100 a year in the state. Residents in or travelers to the northwestern coastal counties – Trinity, Humboldt, and Mendocino – are at highest risk. But because of underreporting, the actual number of Lyme disease cases exceeds 1,000 cases a year, simply because most cases of Lyme disease are not reported.

There are several potential reasons why rates have increased in California and nationwide. One is globalization. People travel extensively, and for instance, someone could get infected while on the East Coast and come back with Lyme disease. Another reason is climate change, in that the geographic range of the tick vector, which is the *Ixodes* or black-legged tick, has expanded westward from the northeast United States as well as southward year after year.

How is Lyme disease transmitted, and is it contagious between humans?

Borrelia burgdorferi causes asymptomatic infection in these small mammal reservoirs. When the ticks feed on mammals carrying *Borrelia burgdorferi*, these ticks get infected. They can then transmit the infection to humans. However, humans are considered a dead-end host because the efficiency of transmitting the bacterium to other humans is extremely low.

Compared to other infections, is Lyme disease more difficult to detect and diagnose?

It does appear that Lyme disease is harder to diagnose, and it's because the *Borrelia burgdorferi* very rapidly leaves the blood and disseminates into the lymph nodes and into tissues. As a result, blood tests for early Lyme disease have low sensitivity.

Is it true that it takes at least 24 hours for a tick to transmit Lyme disease to you?

Yes, this is true. The CDC recommends that patients who notice the tick and remove it within 24 hours do not need antibiotic prophylaxis with doxycycline to prevent Lyme disease transmission. The tick typically needs to be on you, basically sucking your blood and attached to you for 36 to 48 hours, during which the *Borrelia burgdorferi* migrates from the tick gut to its salivary glands, before it can transmit the Lyme pathogen.

TICKS IN CALIFORNIA

- The western black-legged tick has been found in 56 of the 58 counties in California.
- It is common in the humid north coastal areas and on the western slope of the Sierra Nevada range.
- Ticks prefer cool, moist areas and can be found on wild grasses and low vegetation in both urban and rural areas.
- Adult ticks climb to the tip of vegetation along trails and wait for a host to brush against them.
- Nymphs are found in low, moist vegetation such as leaf litter and on logs.

Adults are most active from fall through early spring and the nymphs are active primarily in the spring and early summer months.

Source: California Department of Public Health

What percentage of black-legged ticks carry Lyme?

It can be high, anywhere from 2 percent to 15 percent among nymphal ticks in California, depending on the geographic location and season.

How accurate are the current diagnostic tests for Lyme disease? And why do many cases remain undiagnosed?

The current approved testing for Lyme disease is a two-tier serologic test that looks for the generation of antibodies in response to the infection. But the key limitation of the serologic test in early Lyme disease is that typically an infected individual may take several weeks before he or she is able to mount an antibody response. Therefore, in early Lyme disease, the test sensitivity is only about 30 to 40 percent. After a person generates antibodies after three to four weeks, the two-tiered serologic test tends to be very sensitive and is good for determining whether a patient was infected. If a patient presents with fever, a bull's-eye rash, and during tick season with tick exposure, this, according to CDC criteria, is enough to make a diagnosis of Lyme disease. Part of the reason why laboratory testing isn't an essential criterion for the diagnosis of Lyme disease is that we simply don't have a test that is conclusive.

What is currently the best standard of care for treatment of Lyme disease?

The standard of care for early uncomplicated Lyme disease recommended by the CDC is 10 to 21 days of doxycycline, which is an oral antibiotic that you take twice a day. Patients admitted to the hospital with severe complications of disseminated Lyme disease, such as meningitis or endocarditis, typically receive a two- to four-week course of an intravenous antibiotic such as ceftriaxone.

Why do some patients with Lyme disease show persistent symptoms, even after being treated for the disease with antibiotics?

A small percentage of patients with Lyme disease – depending on the study, 5 to 15 percent – exhibit persistent symptoms after treatment, which can include chronic fatigue, muscle and joint pain, headaches, episodes of “dizziness” or blackouts, cognitive difficulties and/or arthritis. After six months, given significant impairment in quality of life, these patients may be diagnosed with PTLDS (post-treatment Lyme disease syndrome).

I had a request to provide information about Lyme Disease since tick season is around the corner. My next article will be preventing tick bites.

Sandy Beecher
CVSC Safety Chair

"The Voice of the Western Skier"



91st Annual
Far West Ski Association
Convention
June 6 - 9, 2024
at the



FWRA & FWSA



Atlantis
CASINO RESORT SPA • RENO

Hosted by *Bay Area Snow Sports Council*
and *Sierra League & Council*

Atlantis Casino Resort Spa

3800 S. Virginia Street, Reno, NV 89502

Reservations <https://reservations.travelclick.com/98418?groupID=2016540>

or call 800-723-6500, Group Name: **Far West Ski Association**
Room Rates per night plus tax single or double occupancy —
\$119 (Wed - Thurs) \$179 (Fri & Sat) + \$17.50 daily resort fee
Room Registration Deadline - May 16, 2024

Hotel Features

- World Class Casino
- Forbes 4-Star Spa Atlantis
- Indoor & Outdoor Pools & Outdoor Whirlpool Spa
- 8 Award Winning Restaurants; 10 Bars & Lounges
- Atlantis Family Entertainment Fun Center
- FREE Wi-Fi in guest rooms, FREE Parking
- Rates are available 3 days pre and post Convention

Transportation

- Air transportation is via Reno-Tahoe International Airport, located just 15 minutes from the Atlantis
- The Atlantis offers free airport shuttle service (4:30 am - 12:15 am)

Convention Highlights

- Silent Auction & Trade Show
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panels
- Saturday Awards Luncheon
- Saturday Awards Banquet
- FWSA General Meeting & Elections

Optional Activities

- **Thursday**
 - Bike Ride along Tahoe River
 - 27th Annual Pub Crawl
- **Friday**
 - 17th Annual Michael German Memorial Golf Tournament
 - Pool Party
 - Club Happy Hour

Debbi Kor
FWSA Convention Chairperson
fwsadebbi@comcast.net
or 503.314.7078

Barbara Razo
Silent Auction Chairperson
SilentAuction@fwsa.org
or 714-401-7341

Paul Vlasveld
BAC Host Council
Convention Coordinator
pvlaveld@comcast.net
or 408.314.4649

Jo Simpson
Sierra Host Council
Convention Coordinator
jo_simpson@sbcglobal.net
or 775.722.6468

A portion of the Silent Auction proceeds will benefit "Achieve Tahoe".

www.fwsa.org



FWSA 2024 AFRICA ADVENTURE TRIP TANZANIA & ZANZIBAR



September 28—October 7, 2024

Lodging Package:

- Double Occupancy \$5865 per person
 - Single Supplement \$6585 per person (limited availability)
- Note: Group Air pricing will be available.

Package Includes:

- 1 night stay in the 4.5 Star Arusha Serena Hotel in Arusha
- 2 nights stay in the 4 Star Ngorongoro Serena Lodge in Ngorongoro
- 2 nights stay in 4 Star Serengeti Serena Lodge in Serengeti
- Game drives & private safari experiences—all meals included during the safaris
- All park fees, government taxes and service charges
- Experienced English speaking driver-guides
- Authentic Bush dinner
- Welcome & Farewell events
- Airport transfers for group air arrangements
- 1 night accommodation in the 5 Star Hotel Zanzibar Stone Town
- 2 night accommodation in the 4.5 Star Neptune Pwani Beach Resort
- Stone town tour plus Spice tour with lunch at The Beach House



Ngorongoro Crater

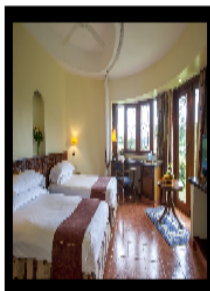
Join FWSA
for an unforgettable
African experience



Lake Duluti



Safari Cruiser with Cheetah



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



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

CST #2036983-40



FWSA 2024 DIVE TRIP BEST OF THE PHILIPPINES



5 Nights Anilao & 9 Nights Puerto Galera

October 19 – November 2, 2024

Buceo Anilao Beach & Dive Resort - October 19-24, 2024

Marco Vincent Resort - October 24 to November 2, 2024

BASIC Dive Package: \$4586 pp (double occupancy)

Non-Dive Package: \$2831 pp (double occupancy)

Deluxe Room Upgrades and Standard Single supplement rooms are limited availability.

The Anilao Beach & Dive Resort Land Package Includes:

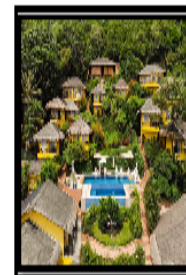
- 16 Boat Dives
- All Meals Daily
- 5 Nights' Accommodations (Double Occupancy)
- Resort Fees, Taxes, Marine Park Fees & Gratuities (dive gratuities are not included)
- Transfer from Manila Airport & to the Port of Batangas

The Marco Vincent Dive Resort Land Package Includes:

- All Meals Daily
- 1 Hour Massage
- Complimentary Wi-Fi
- 9 Nights' Deluxe Accommodations (Double Occupancy)
- Two-Day Trips to Verdie Island and Anilao
- 8 Days of Diving - 24 Boat Dives with Dive Master, Tanks and Weights Included
- Resort Fees, Taxes, Marine Park Fees & Gratuities (dive gratuities are not included)
- Transfer from Batangas & to Manila Airport



Enjoy the beautiful wildlife!



Enjoy a Charming Resort



Enjoy the scenic coast!

Contact: Randy Lew
FWSA Dive Trip Leader
829 SE 11th 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
E-mail: FWSAIntTrvl@prodigy.net

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

State of California Registered Seller of Travel # 2036983-40

2024 Castro Valley Ski Club

Portugal & the Douro River Cruise

October 9-19th, 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

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 Tedo 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)

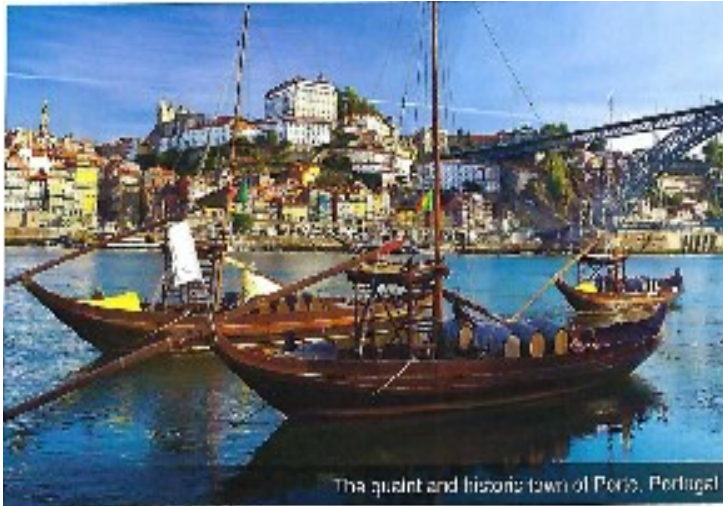
DAY 8 Pocinho / Régua, Portugal: Arrive in Pocinho and disembark for a morning tour to the Cõa Valley Museum. Designed to blend in with its surroundings, the museum's concrete structure houses prehistoric stone carvings made by the early inhabitants of the Douro which were uncovered during construction 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 Cõa 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 Avellanca 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: 8 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*



BAC CST# 2050870
 Karen Albrecht
 BAC Trip Leader
 712 Matsonia Drive
 Foster City, CA 94404
 650-515-9532
 iplaythird@yahoo.com

BIKE & BARGE BRUGES TO AMSTERDAM MAY 8-15, 2025



ITINERARY

1. Embarkation in Bruges, the "Pearl of Flanders"
2. From Bruges to Ghent through the beautiful Flemish Countryside
3. Cycling along the Scheldt: from Ghent to St. Amands
4. Pedaling to the city of diamonds: Antwerp!
5. From Belgium to Holland by bike & boat - Antwerp to Dordrecht
6. Cycling through the mills of Kinderdijk to Vianen
7. Among mansions, castles and villages toward Amsterdam
8. End of tour in Amsterdam

INCLUDED IN THIS TOUR:

8 days/7 nights 7 x breakfast 6 x 3-course dinner
 Packed lunches Coffee/Tea/Water on board Welcome drink
 Daily cabin cleaning Climate-controlled cabin Wi-Fi
 Fully guided cycling tours Jacuzzi on Sundeck GPS
 Some short walking tours Use of a helmet Use of Manual bike
 Use of a waterproof pannier bag Fees for ferries
 Entrance Red Star Line Museum in Antwerp
 Tasting Belgium products Canal trip through Ghent

JOIN 34 BAC cyclists for a week-long bike & barge tour in Holland and Belgium: the land of bicycles! The terrain is **completely flat, and the bike paths, almost all of which are paved**, are always well marked. Some stages include a choice between a short and a longer ride, and if one day you don't feel like cycling, you have the option of staying on board the boat. The only variable to keep an eye on is the weather: a little wind or rain could make your ride more adventurous.

PRIVATE CHARTER VIA GIROLIBERO CYCLING HOLIDAYS

NOT INCLUDED:

Airfare 1-dinner (Antwerp or Bruges)
 Bottled/Alcoholic Drinks
 Trip Insurance
 Entrance fees not mentioned above
 Transfers to/from the dock

E-bike \$300 (very limited availability)

\$2,425* per person – double occupancy

Deposit: \$500 – to secure your spot
 \$1,000 Due AUG 1, 2024 Balance Due FEB 1, 2025

Checks payable to: **Bay Area Council of Ski Clubs**
 Mail to: **Karen Albrecht, 712 Matsonia Dr., Foster City CA 94404**

**Trip cost is based on 2024 currency conversion rates. Any major change in currency conversion rates that impact trip cost will be passed on to participants.*

Castro Valley Ski Club

Presents

Paris, Normandy, and the Seine River Cruise



October 3-15th, 2025

\$3895 to \$4695 depending on cabin choice – plus air \$1400

Delight in the dazzling sights of Paris, explore the charming villages along the Seine, and encounter the sacredness of Normandy

Here is all the info on The Seine: Normandy to Paris River Cruise with Grand Circle Cruise Line in 2025. Below are the details for this cruise along with instructions to make reservations.

The upper deck has a small balcony with a sliding glass door. The lower deck has a large picture window and is slightly larger than the balcony cabins.

Learn more about this cruise online at: www.gct.com/SEN25 you can see deck plans here as well

Here's how you can sign up

- 1) Call Grand Circle Travel: 1-800-221-2610
- 2) **Mention Group Code: G5-25848**
- 3) Mention you'd like to make a reservation for the The Seine: Normandy to Paris in 2025 with the Castro Valley Ski Club
- 4) Deposit is \$500 per person, but more if including travel protection with the deposit.

I have negotiated a special incentive if you sign up by Jan 30, 2024 you will get an additional \$100 off PRICING, also you can get a Good Buy Discount (GBD): Pay in full from a checking account 15 months prior to departure to save up to 10% on your tour and airfare balance. Learn more about our Good Buy Discount online at: www.gct.com/GBD. This adds up!



Pricing:

- Alto D Cabin: \$3895 per person
- Alto C Cabin: \$4295 per person
- Soprano B Cabin with balcony: \$4495 per person
- Soprano A Cabin with balcony: \$4695 per person

Optional Pre-Trip extension to Brittany & Mont St. Michel: \$995 per person

Optional Post-Trip extension to Paris: \$895 per person

Single cabins are limited. If available, the single supplement is \$795

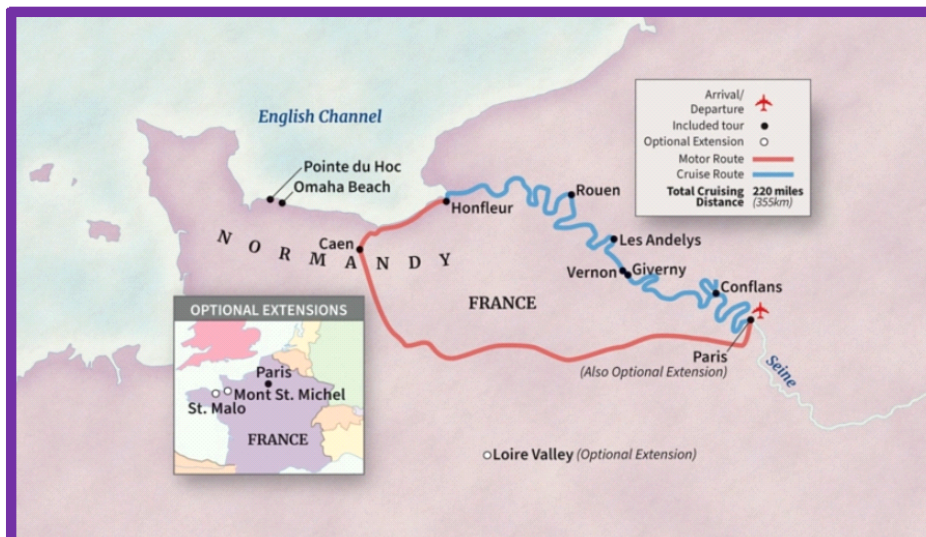
Grand Circle Reservations is open 7 days/week.

Hours: Monday-Friday: 6am-5pm PT

Saturday-Sunday 6am-3pm PT

Tucker & Kathy

Castro Valley Ski Club Travel





2023/2024 Avid Skiers in Control

President	Claudia Fernandes	510-435-5263	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	Vacant (Paula Kinahon—Acting)		
Treasurer/Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
Newsletter Editor	Dennie Warren	510-759-3415	dennieluuu1@gmail.com
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Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@icloud.com
Trustee	Paula Kinahon	510-910-2707	pkinahon@gmail.com
Safety Chair	Sandy Beecher	707-479-6272	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 & tahoeskitrrips.com
 Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/

SKIZETTE FOR APRIL, 2024



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:



ASPEN & SNOWMASS