



Castro Valley, CA 94546  
www.cvsclub.org

# CVSC SkiZette

June, 2011



## EVENTS CALENDAR

(f) = flyer in this issue

### JUNE

- 6/8 CVSC board meeting at Dave Silva's
- 6/15 CVSC general meeting at Don Jose's
- 6/18 Livermore's 13th Annual Wine Train (Rotary Club) (f)

### JULY

- 7/13 CVSC board meeting at Kathy & Tucker's
- 7/20 CVSC general meeting bbq at Ron & Anne White's

### AUGUST

- 8/10 CVSC board meeting TBA
- 8/17 CVSC general meeting bbq at Alan Ward & Becky Cox's
- 8/19 Volunteer Party (details TBA)

### UPCOMING

- 10/1/-11/1 South Africa Highlights & Safari (f)
- 2012:
- 1/21-28 CVSC Snowmass, CO Ski trip (f)\*
- November Australia & New Zealand trip (non-skiing) (f)

\*Due to a cancellation there is an opening for a female.

## BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: [skibac.org](http://skibac.org)

Far West Ski Assoc: [fwsa.org](http://fwsa.org)

### JUNE BIRTHDAYS

Norman Prickett	6	Richard Siegfried	23
Ben Newmarker	15	Claudia Fernandes	24
William Funkhouser	19	Ralph Sherman	27
Dorinda Chase	19	Terry Walton	30



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

### Inside this issue:

Company Store/ President's Messg	2
Travel Update	3
FWSA Ski Week at Jackson Hole, WY/ Trip info	4-5
Articles from Safety Chair Sandy Beecher	6-7
Thank you from Jim Korn Jr.	8
Our trip down the Danube	9-10
Livermore's 13th Annual Wine Train	11
Vin et Cuisine	12
CVSC Ski trip Snowmass, CO	13
Avid Skiers in Con- trol	Back page

## The Company Store

The following Castro Valley Ski Club promotional items, with logo, are available to members :

Black Ball Caps \$10  
Gold Key Rings \$5  
Logo Luggage Tags \$1.50; 4/\$5  
Logo Fanny Packs \$20  
Club Patches \$1  
Club ski pole flags \$5

**SEE DEAN OR JOLENE MICHAEL TO PURCHASE ANY OF THESE GREAT ITEMS**  
510-632-9353; deanfromoak@sbcglobal.net  
or jolenemichael@yahoo.com

## SkiZette Policy NEWSLETTER

**DEADLINE: last week of the month**  
Articles submitted by this date will be included in the following month's newsletter - space permitting.

Submit articles to:

Dennie Warren, Editor  
email: dennieluuu1@att.net

*Didn't get your newsletter? - Change of Address? -  
PLEASE Contact Dave Silva, VP Membership  
email: silvadave@yahoo.com*



## President's Message

Hi All,

I was going to begin this article with something about the end of winter and the start of a new season with all the great stuff that happens when we have warm weather here in the Bay Area. Well, scratch that, since there are still opportunities to ski if you are so inclined (no pun intended). I was able to ski fresh powder on Memorial Day - that's right - of course a snowmobile was involved as a means to get to the top of a pretty challenging run - but first tracks were had on Memorial Day!!! You just never know!



Karen Wehrman  
President

Welcome back to all members who participated in the Danube Cruise - a great time was had by all. Fifty-nine members were in attendance, which made for a lively and fun time!

Many, many thanks to Tucker and Kathy for organizing and leading this great trip. I don't know about anyone else, but I came home feeling like I had great fun, learned a little about that part of the world and feeling grateful for the travel opportunities that are offered through our ski club. A win - win all the way around.

At the May 18 meeting at the Brass Door in San Ramon we had a good turn-out and a vote was taken regarding having one meeting per month from now on. The vote was an almost unanimous "yes" with one dissenter (by someone who feels they have enough change happening in their lives already), so we will be going to one meeting per month starting in June - the third Wednesday of the month. Check the calendar for the date and location.

In July and August we will have outdoor Bar-B-Que meetings at a member's home, so be sure to watch for that information, too. These are always fun and casual meetings, with lots of great food and friends, so I hope to see you there.

Thank you to Fred and Marsha Rubis for hosting the Vin et Cuisine event again this year in August. This is always a wonderful event at the Rubis's lovely home and I hope everyone can attend.

So there you go, lots more fun stuff happening this summer, if we ever have summer. Keep those skis tuned, maybe we'll see fresh tracks on Independence Day!

Karen



What's up in the future? Many of you asked this question on the Danube Cruise so I thought I'd let you know what we are thinking about. We still want to do the Amazon; we are waiting for some info to look over. It would be from Peru instead of Brazil. We also have a "soon to become" hot new destination on our short list. Since many of you have been to Costa Rica we thought this would be a good choice. We have also talked about Chili and Easter Island. So...there you go.



## SOUTH AFRICA HIGHLIGHTS & SAFARI

Cape Town, Kruger National Park, Swaziland, Zululand, Soweto & Hluhluwe National Park  
*also available Victoria Falls 3-night extension*

October 18 - Nov 1, 2011 (13 days, arrive home on day 14)

**\$3575 -SOLD OUT**

taxes \$132 main trip or \$236 if you are doing main trip & Victoria Falls, insurance \$139

Victoria Falls \$1070 - includes tips to guide & driver & special Boma Farewell Dinner

## SNOWMASS, COLORADO

January 21-28, 2012 - \$925

ASPEN SNOWMASS.

Price does NOT include air or ground transportation.

We now have an opening for a female and a male.

We will be staying at the ski in - ski out TOP OF THE VILLAGE condos. Please e-mail or call Pat Green, 925-846-7250, [greenm@comcast.net](mailto:greenm@comcast.net), that you have sent in your deposit. *See flyer*



**2012 - New Zealand & Australia** - SYDNEY, GREAT BARRIER REEF, CAIRNS, MELBOURNE, CHRISTCHURCH, QUEENSTOWN, MILFORD SOUND, AUCKLAND

This will be a sight seeing trip, not a ski trip. We will probably go in November and it will be a 3-week adventure trip. Space for 40. Pricing will be around \$4000. We hope to have this all finalized within the next couple of months.

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

CVSC CST # 2081040

SNOW  KING



**JACKSON  
HOLE**



## **FAR WEST SKI ASSOCIATION** **2012 SKI WEEK**

### **Jackson Hole, Wyoming**

January 28 to February 4, 2012

Price \$1025 - \$1650

\*Price does NOT include air or ground transportation.

*Prices vary depending on lodging selection.*

**Price includes 7 nights lodging (double occupancy) and the FWSA amenity package.**

The FWSA amenity package includes:

**Registration**  
**Welcome Party**  
**Races**  
**Pub Crawl**  
**Mountain Picnic**  
**Ski Week Banquet**  
**Awards Après Party**  
**5 of 7 day Lift Ticket**

***Optional: Grand Targhee Day***



*Information on Yellowstone National Park and the Elk Reserve excursions; dog sledding, etc. that participants may arrange on their own or through the BAC will be available this fall 2011*

**For information contact Bay Area Snow Sports Council**

**Travel Director**

**Paula Kinahon**

15447 Heron Drive

San Leandro, CA 94579

[pkinahon@gmail.com](mailto:pkinahon@gmail.com)

510-357-6127

**\$200 registration fee will secure your spot on FWSA Ski Week at Jackson Hole. Make check payable to BAC and mail to BAC Travel c/o Paula Kinahon.**

**Must be a Member of Far West Ski Association affiliated ski club or a FWSA Direct Member**

**CST #2050870-40**

## **JACKSON HOLE:**

### **Some information on lodging:**

Snake River Lodge Hotel and Condos - Located slope side at Jackson Hole Mountain Resort, the luxurious Snake River Lodge & Spa offers world-class accommodations and superb service. <http://snakeriverlodge.rockresorts.com>

Snow King Hotel - Located in Snow King Resort adjacent to Snow King Condominiums and the luxurious Love Ridge Resort Lodges. Only 6 blocks from downtown Jackson, Snow King Hotel is close to shopping, restaurants and nightlife. <http://www.snowking.com>

Love Ridge Condos - Located on the mountainside at Snow King Resort, the largest, year-round lodging and convention facility in the Jackson Hole, Love Ridge Resort Lodges offers luxurious Jackson Hole accommodations in the heart of downtown. Enjoy all the amenities of the neighboring, full-service hotel and the town of Jackson. <http://www.loveridgelodge.com>

### **Some information on Jackson Hole Ski Resort:**

- Terrain: 2 mountains, Apres Vous and Rendezvous
- 2,500 acres of in-bounds terrain
- Vertical drop of 4,139 feet (greatest continuous rise in U.S.)
- Base elevation: 6,311 feet/1924 meters
- Summit elevation: 10,450 feet/3185 meters
- Uphill capacity: 12,096 skiers per hour
- Open backcountry gate system accesses over 3000+ acres
- 50% expert trails
- 40% intermediate trails
- 10% beginner trails
- 

### **Some information on Sightseeing at Jackson Hole**

Jackson Hole and the surrounding areas offer some of the most amazing scenic vistas and wildlife viewing. During winter, peace and serenity of snow covered fields, hills, and mountains make for magnificent vistas and scenery.

**Yellowstone National Park** is open to snowcoaches and snowmobiles. Once in the park, be sure to take the time to walk around one of the guided areas such as West Thumb Geyser Basin.

**Grand Teton National Park** has reduced automobile access in the winter. The inner road from the Taggart Lake trail head, north of Moose, to the Jackson Lake Dam is closed during the winter. Access to these areas requires snowshoes or cross-country skis. The outer road still provides great views of the range during the winter.

# Rattlesnake Fact Sheet

## Awareness

There are several species of rattlesnakes common to California, but the Northern Pacific Rattlesnake is the most prevalent in the District's service area. The physical appearance of each snake is variable, but some general principles in distinguishing rattlesnakes are:

- Broad, triangular head with a noticeable "neck" behind the head.
- A rattle located at the tip of the tail. The rattle is used as a warning device when they are threatened.
- Vertical pupils (non-poisonous snakes have round pupils) though hopefully you would not be close enough to notice this!

Rattlesnakes can be found in rural areas, as well as suburban areas where there is sufficient natural habitat. In Northern California snakes will hibernate during cold months and are active March through September.

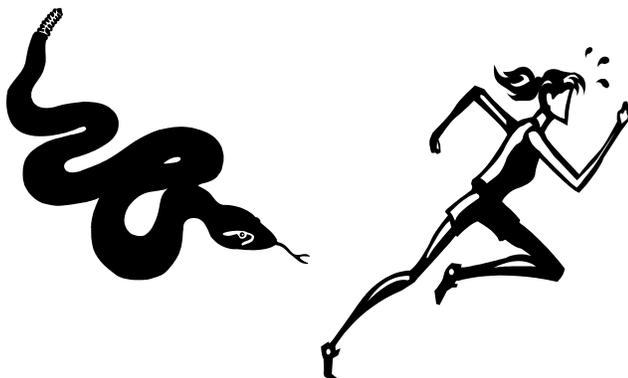
## Treatment

**Get to a hospital as soon as possible.** In the meantime, these first aid steps can be taken:

- Wash the bite with soap and water.
- Immobilize the bitten area and keep it lower than the heart.
- A suction device may be placed over the bite to help draw venom out of the wound.

Antivenin treatment is typically used to block the tissue destruction, nerve damage, and blood-clotting disorders caused by rattlesnake venom. Keep snake bite victim calm to avoid elevating their heart rate and accelerating the circulation of venom within the body. Do not attempt to make incisions at or around bite sites, apply ice, or use tourniquets, as this could be more destructive than the venom itself.

(article submitted by Sandy Beecher)



# TICKS AND LYME DISEASE

There are several species of deer ticks across the United States that become infected with the spiral bacterium, *Borrelia burgdorferi*, which can cause Lyme disease. Anyone walking through woodlands and brushy areas may be bitten by a tick and never know it. The tiny ticks, some the size of poppy seeds, may stay on your body for hours to days. The tick engorges itself with blood. If infected, the spiral bacteria are transmitted to the bloodstream of the person or animal during the bite. Not all ticks are infected with the spiral bacterium, *B. burgdorferi*. If the tick is saved, tests can be run to detect Lyme disease.

## Symptoms of Lyme disease:

Lyme disease is called the “great imitator” because it can look like other diseases. Many people with Lyme disease have been misdiagnosed with more familiar conditions such as Fibromyalgia or chronic fatigue. Partial lists of symptoms are as follows:

- Flu-like illness
- Rash (less than 60%)
- Bell’s palsy (facial paralysis)
- Extreme fatigue
- Sick feeling (malaise)

Stiff, aching neck, head ache, joint pain

- If bitten by a tick:
- Remove the tick immediately by grasping the tick as close to the skin as possible.
- Use tweezers or facial tissue to remove the tick, and never bare fingers
- Use a straight, steady pull. Do not twist or squash the tick.
- Save the tick for identification.
- Contact your local vector control office for identification.

If it is a western black-legged tick please consider sending the tick to a laboratory that is authorized to test the tick for Lyme disease. Igenex Laboratory in the South Bay is an authorized laboratory.

For additional information:  
California Lyme Disease Association ([www.lymedisease.org](http://www.lymedisease.org))  
Lyme Info- ([www.lymeinfo.net](http://www.lymeinfo.net))

(article submitted by Sandy Beecher)

## THANK YOU FOR REMEMBERING....

### A VERY SPECIAL THANK YOU FROM THE JIM KORN FAMILY

Thanks from a grateful son to the friends and family of Jim Korn.....

Anyone can be a father, but it takes extraordinary individual. A caring and compassion, a fiery personality with a dear friend to all who crossed his path where you stood with Dad and he taught your word so when you make a stand,



someone special to be a Dad. He was an ex-loving father, a devoted partner, a man of child's heart who lit up all around him, and a during his living days. You always knew me that to be a man, you must to be true to you'll be heard.

He gave me his favorite watch two chronograph and he lit up in telling me would run forever. He always had a fast-know, the mechanical clocks on the the pace of his life. Upon returning for restoration. It has found a new home on my wrist and each time I check the time, it reminds me of that precious moment. As it ticks away, it brings me closer to the time when I will see him again.

weeks before he died, it was a mechanical about its design saying if I took care of it, it cination for timepieces, and as many of you wall of his home would tick and chime with home, I took it to a trusted old watchmaker

When Paula had the idea for having a party, I could not have been more pleased. I know in my heart he was watching us all and was happy to see his family and friends celebrating his legacy. I want to extend my families' appreciation to you all for making us feel welcome and sharing your stories of Dad with us. Trying to assemble a list of people to thank is a dangerous thing, you always end up leaving someone out but I must mention a couple of dear friends who made this all possible. First, to Diana Gartland who has given so unselfishly of her time and love, spent tireless hours with me and Paula in comforting us, and who arranged this event. And secondly, to Bob Petersman for opening up his home to guests and family so that we could all gather to celebrate Dad. On behalf of my wife Terri, my sons Braden and Jared and my sister Julie and her husband Steve, thank you from the bottom of our hearts. What a grand tribute to a wonderful father and friend. We all love you Dad and miss you very much.

Jim Jr.

## *CVSC Riverboat Trip down the Danube*

On April 29<sup>th</sup>, 59 Castro Valley members departed for Vienna via London. The SFO & LAX groups met up in London and arrived in Vienna as one group for a slam-dunk trip through seven countries in ten days followed by a three-day land extension in Romania.

We boarded Der Kleine Prinz riverboat to begin our cruise on the Danube. After dinner, we gathered in the bar for an orientation meeting with Dusan. Even though he was born in Serbia, his English is almost perfect due to his many years living in the U.S.

The first level consisted of cabins, the reception desk and storage. There was even an elevator. The second level had more cabins, the bar where we had nightly entertainment, and the dining room.

Most meals were covered in the price of the trip and were served on the boat. The food was not gourmet but generally good and plentiful. Breakfast was a buffet. Lunch was a salad buffet followed by an entrée and fruit or dessert. For dinner, we had an appetizer, soup, one of two entrée choices, and dessert. Castro Valley served wine almost every night with the dinners.

There was entertainment & dancing every night in the bar. Karaoke one night, which turned into a talent show. Ralph Sherman and Christina Moritz (Lola) won. We had a Serbian Folklore performance and sweater fashion show on board. One wild night we even had pole dancing, after an afternoon of wine tasting and then more wine with dinner!

We had a great time and many memories to carry with us. Thank You all for joining us.

Tucker & Kathy





A Special  
**FATHERS DAY**  
**WEEKEND**  
Livermore Rotary  
13th Annual  
**Wine Train**



**Saturday, June 18, 2011**

Departs Sunol Station at 6:30 p.m.

Return approximately 8:30 p.m.

*Many Thanks to our Local Sponsors:*

*Dom's Outdoor Outfitters*

*Ising's Culligan Water*

*KKIQ Radio*

*Strolling Musicians*

*Tri-Valley Wineries*

**Comedy Entertainment by Gunfighters of the Old West**  
**Come early for their pre-boarding show!**

**Wine & Beer Tasting**  
Soft Drinks, Water & Snacks

**Strolling Musicians**  
From Nashville  
Country Singer Andy Joe Stewart

**Advance Purchase: \$30.00**

\$35.00 at the Depot

Wine, Beer, Water, Soda & Snacks included

**Youth Fare (under 21) - \$10.00**



*Tickets Available at:*

**TRAVEL BUG**

2269 Third Street • Livermore

*For more information, call  
Debbie Peck (925) 447-4300*

**All proceeds to benefit Livermore Rotary Scholarships & Community Projects**

CASTRO VALLEY SKI CLUB  
*Presents*

# *Vin et Cuisine*

*A Celebration of Wine & Food Pairing*

**Saturday, August 13, 2011**  
**Starting at 3:30 in the Afternoon**  
**At the Home of**  
**Fred & Marsha Rubis;**  
**2465 Bess Avenue, Livermore, CA**

***You are cordially invited to bring your favorite dish  
with your paired wine selection and join others in  
an afternoon of wonderful sampling of  
taste delights.***

***Cooking grills and warming facilities will be provided for your food  
and icing, if required for your wine. The Club will provide dispos-  
able dinnerware and a light dessert for the occasion.***

***Your food and wine selection choice is yours!  
Just bring enough tastings for about 10-12 servings  
and any needed serving utensils.***

**PARTICIPATE IN THIS CHANCE TO SHOW OFF YOUR  
CULINARY AND WINE SKILLS AND KNOWLEDGE!**

**Send a Check to Pat Green for \$6 PER PERSON at:  
4655 Cope Ct, Pleasanton, CA 94566  
Phone: (925)846-7250  
Email: [greendm@comcast.net](mailto:greendm@comcast.net)**

Castro Valley Ski Club *presents*

# ASPEN SNOWMASS.

## SNOWMASS, COLORADO

January 21-28, 2012

**\$925**

Price does NOT include air or ground transportation.

### Package Includes:

- 7 Nights Lodging - Top of the Village Condos - 2bd/2bath
- 5-Day Lift Ticket - good at all 4 mountains  
Aspen, Snowmass, Aspen Highlands & Buttermilk
- Porter Fee
- All Taxes
- Maid Service - 2 days a week
- CV Party and more.....



Ski-in, ski-out lodging in deluxe two bedroom condominiums.  
Accommodations include, private covered parking, washer/dryer and gas grille in every condo, outdoor heated pool, two hot tubs, sauna, exercise room. Complimentary TOV shuttle transportation throughout Snowmass Village during hours of operations.

Send a \$200 deposit made out to CVSC to:

Pat Green c/o Tucker Hoffmann  
2657 Rivers Bend Circle, Livermore 94550  
925-846-7250 [greenm@comcast.net](mailto:greenm@comcast.net)

please e-mail Pat that you have sent money, only 40 spots available

Cancellation penalties will apply  
must be a member of the Castro Valley Ski Club

CVSC CST # 2081040



## 2010/2011 Avid Skiers in Control

President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
Vice President	Ron White	925-443-3106	ronkewwhite@gmail.com
VP Membership	Dave Silva	510-538-2322	silvadave@yahoo.com
VP Weekend Trips	Jim Silva	510-538-2872	kwehrman@comcast.net
Secretary	Eva Lanphear	510-793-3863	ejlanphe@pacbell.net
Treasurer	Claudia Fernandes	925-462-6573	Claudia.fernandes@jud.ca.gov
Newsletter Editor	Dennie Warren	510 759-3415	dennieluuu1@att.net
Web Manager	Rindie Chase	925 447-3659	clarinett@comcast.net
Race Director	Dave Cunningham	925 455-1333	tahoeskier@mail.com
Activity Director	Pat Green	925 846-7250	greendm@comcast.net
Travel Director	Tucker Hoffmann	925-371-1910	tkhoffmann@aol.com
Past President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Trustee	Kathy Hoffman	925-371-1910	tkhoffmann@aol.com
Safety Chair	Sandy Beecher	707-255-4139	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)

Far West Racing Assoc: [fwra.com](http://fwra.com)

Web cams on the slopes: [magnifyeye.com](http://magnifyeye.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) & [bayareaskibus.com](http://bayareaskibus.com)

Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)

### *SKIZETTE FOR JUNE, 2011*



The next meeting will be  
June 15

Don Jose's Restaurant  
3430 Village Dr  
Castro Valley, CA  
(meetings start at 7:30 pm)

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



**ASPEN & SNOWMASS**