



P.O. Box 20321
Castro Valley, CA 94546

CVSC SkiZette

July, 2009
Celebrating our 25th year!!



Special Events:

CVSC general meeting/bbq
Karen Wehrman/Jim Silva
July 15

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EVENTS CALENDAR

(f) = flyer in this issue

JULY

- 8 CVSC board meeting at Eva's
- 15 CVSC general meeting bbq at the home of Karen Wehrman & Jim Silva

AUGUST

- 1 Vin et Cuisine at the home of Marsha & Fred Rubis (f)
- 12 CVSC board meeting at Rindie's
- 19 CVSC general meeting bbq at the home of Allen Ward & Becky Cox
- 21-9/2 CVSC Ski & Sightsee Argentina

SEPTEMBER

- 9 CVSC board meeting at Claudia's
- 16 CVSC general meeting at Don Jose's
- 26 CVSC Sonoma Wine Tour

UPCOMING

- 10/18-25 CVSC Cruise to Caribbean on Carnival Victory (f)
- 2010:
1/30-2/6 FWSA Ski Week at Keystone, CO (f)
Trip to Turkey in October (more info to come)

JULY BIRTHDAYS

Wes Erck	6	Walter Johnson	18
Jane Fontius	8	Gary Imhoff	21
Linda Nunnally	11	Anne Wilburn	25
Daniel Moritz	12	Phyllis Fagan	25
Peter Poulsen	13	Mary Sites	27
Lynda Nestlebush	15	Jim Silva	27
James Fraser	16		



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

SkiZette Policy NEWSLETTER

DEADLINE: 28th of the month

Articles submitted by this date will be included in the following month's newsletter - space permitting.

Submit articles to:

Dennie Warren, 16606 Selby Drive, San Leandro, CA 94578

Phone (510) 759-3415; Fax (510) 276-2444

Email: dennieluuu@comcast.net

Didn't get your newsletter? - Change of Address? - PLEASE Contact Karen Wehrman, VP Membership at (510)538-2872; email: kwehrman@comcast.net



~~MARKETPLACE~~

Room for Rent – Furnished - \$550.00/mo including utilities

Good Neighborhood in South Livermore (Arroyo & Con-cannen)

3 bedroom house, single story
1 indoor/outdoor Cat

- Furnished -

\$550/mo includes utilities

Room w/lrg closet organizer, ceiling fan w/remote

Full use of guest Bathroom, Kitchen & Laundry

Must be non-smoker & drug free.

Will require first and last month plus deposit of \$200.00 upfront.

Total \$1300.00

Contract will be month to month.

Room Ready – rent can be prorated

References required.

Employment

Previous Rental

Friend

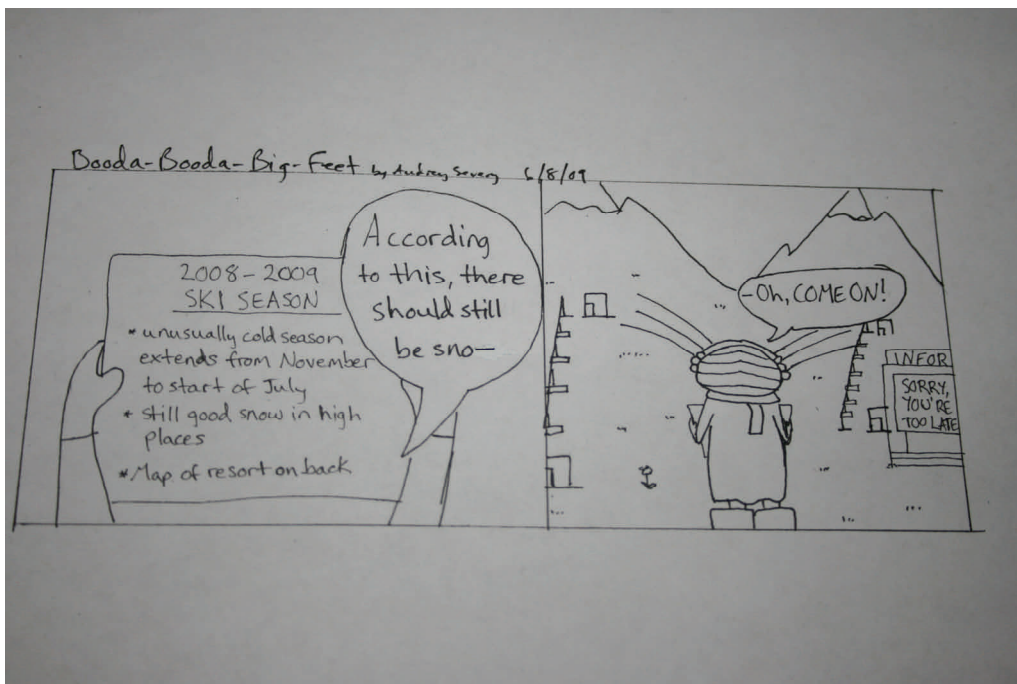
Pictures available on request.

Please call

925-373-0460 eve

510-723-3221 day

Anyone for apples?? We have an apple tree in our yard that's getting pretty fruity.... I will bring bags of apples to meetings if anyone would like (they're great for applesauce and pies!) so please let me know if you're an apple fan ~ [your editor]



President's Message



It's Sommerfest time and the livin' is easy? It's an opportunity to get out of the house, out of the office and out of Don Jose's and into summer evening barbeques and Fred and Marsha's "Vin et Cuisine". July and August gatherings will be held at Becky Cox and Alan Ward's Danville home and at Jim Silva and Karen Wehrman's abode in the hills of Castro Valley. These events are great opportunities to introduce your friends to CVSC in a relaxed atmosphere. Check the Skizette flyers for specific locations and dates.

It has been a busy spring/summer for me. Hopefully by our next Skizette I will find time to re-visit our 25th anniversary/End of the Season Banquet with some detail of how it all came together, who made it so very special, special guests, and the enjoyment had by all. It was definitely a WOW!! evening and worthy of giving members who could not attend a look at what they missed.

As a single, it sometimes gets a bit lonesome (but not lonely) with me and the cat, but summer has brought me a nice change. I just returned from Colorado after a visit with my four "Kids", their spouses and 10 grand-kids. What a blast! Had so much fun that I grabbed one and brought him back to California with me. I now have a 16 year old livening up the place and reminding me what it was like having a teenager in the house. Bailey is a wonderful, caring, bright young man with a fine attitude. We have many exciting adventures scheduled, including introducing him to my ski club family. I know you will make him feel welcomed and at home.

Thanks to our members who invited prospective members to our General Meeting in June. We had three newbie prospects, one of whom signed up on the spot. Good work girls.

I hope you will make this and every day a special one. Hand out some of those priceless smiles to those you meet along the way. Brighten someone's day with a sincere "Hi". It's contagious.

Ralph

Consider this...

Breaking news...Sandra Beecher FWSA Safety Award Winner!



Last month at the convention in Reno our very own Sandy Beecher won the coveted FWSA Safety Award. While gathering supporting information to submit with the nomination, I learned just how extensive Sandy's contributions have been to ski safety as a National Ski Patrol volunteer, etc. In my view, Sandy was a shoo-in for the award. The Far West Ski Association judges agreed. I am writing an article on Ms. Beecher's many accomplishments and contributions that will appear in next month's SkiZette. Maybe by then, Sandy will be back down to earth from Cloud Nine.

Kudos Sandy Beecher you did CVSC and the BAC proud!

I look forward to seeing you at the home of Karen Wehrman and Jim Silva for the first of our summer BBQ meetings – always well attended and a great time. Meanwhile, I do hope you are having fun.

Best regards,

Paula Kinahon

VP & BAC Representative

415 983-7145 (day)

510 357-6127 (evening/weekend)

Pkinahon@Gmail.com

WHITE WATER KAYAKING

Summer is here! Although skiers may not like the idea, it is a fact nevertheless, so why not try something else just as exciting. Come and see what summer fun you can have and try some White Water Kayaking with us? Anyone is welcome to join our Kayaking Group and participate in this challenging sport. Our group kayaks in the Cache Creek Canyon (near the Cache Creek Indian Casino, about 80 miles from San Francisco near Winters) in June and July and the South Fork of the American River (near Placerville) in August and September. The American River run starts at Chili Bar ends in Lake Folsom. The Cache Creek run begins in the Cache Canyon and ends near the town of Rumsey. In addition, we also do extended kayaking trips. This year, we will be doing a three-day trip down the North Umpqua River in Oregon in early July; on this trip one may also ride on a raft. We supply all of the equipment needed, i.e., kayaks, paddles and life vests. Sevylor inflatable kayaks are used made especially for Orange Torpedo Trips which we purchase from them. (OTT has an excellent web site; visit it to see what our kayaking is all about at: www.orangetorpedo.com). We will teach all newcomers how to kayak on Cache Creek before going to the American River and/or more adventurous rivers. If you like the sport, then you may consider buying your own equipment later on, but we have plenty of extra kayaks and life vests, and also wet suits which are necessary on the American River, but not on Cache Creek. Since we camp overnight, you would need your own tent and camping gear plus food, etc., for two days. It is possible, however, to come for only one day if desired. We kayak midweek, usually two days on Tuesday and Wednesday, or Wednesday and Thursday. We often eat dinner at the Cache Creek Casino. If you are interested, can get away mid-week, and would like more information and receive a schedule, please contact Dave Meinhardt at (650) 494-7797, E-Mail: davidmeinhardt@sbcglobal.net



Dave Kayaking on the American River



Dave in Troublemaker on the American River

Tips for Preventing Boat Injuries and Deaths

Wear Your Life Jacket While Boating

Life jacket use by all boat occupants can reduce drowning. Coast Guard-approved life jackets are now more attractive in appearance and comfortable to wear. When properly fitted, a life jacket or PFD can help to prevent a tragedy.

Avoid Alcoholic Beverages While Boating

Alcohol use affects judgment, vision, balance, and coordination. Reports suggest that alcohol was a contributing factor in about one in five boating fatalities.

Complete a Boating Education Course

Most reported incidents in 2006 involved operator-controllable factors. The primary causes of incidents were carelessness or recklessness, operator inattention, operator inexperience, and unsafe speeds. Boating education courses teach the regulatory and statutory rules (“Rules of the Road”) for the safe operation and navigation of recreational boats. In 2006, 70% of all boating fatalities occurred on boats where the boat operator had not attended a boating safety education course.

Participate in the Vessel Safety Check (VSC) Program

The Vessel Safety Check (VSC) is a free public service provided by the U.S. Coast Guard Auxiliary and U.S. Power Squadron volunteer organizations promoting boating safety. These volunteer personnel check safety equipment and provide information about equipment purpose, safety procedures and applicable regulations.

Be Aware of the Risk of Carbon Monoxide (CO) Poisoning

All internal combustion engines emit CO, an odorless, colorless, poisonous gas. In the early stages, the symptoms of CO poisoning are similar to seasickness and CO can kill in a matter of minutes. There is potential for CO poisoning during the use of air conditioning powered by an onboard motor generator; the operation of any gasoline-powered engine while docked and/or rafted with other boats operating engines; swimming or floating near an idling boat engine; or running your boat, or being underway with improper cabin ventilation. To avoid CO poisoning, be aware of the risk, ensure sufficient ventilation, properly install and maintain equipment, and use CO detectors, especially in living and sleeping areas.

Be sure to check state and local requirements, available from the [National Association of State Boating Law Administrators website](#), before boating. There are different rules and regulations for operator-age, safety equipment, etc. in different parts of the country.

Sandra R. Beecher
CVSC Safety Chair

SAFETY FIRST!!



CASTRO VALLEY SKI CLUB
Presents

Vin et Cuisine

A Celebration of Wine & Food Pairing

Saturday, August 1, 2009
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**

CARIBBEAN CRUISE

OCTOBER 18-25, 2009



Dear Ski Club Cruisers,

Thank you for your deposit of \$25.00 for the Caribbean Cruise Oct. 18-25, 2009.

You have selected at:

Balcony Room - \$749

(price is per person - 2 in a room)

Please review the following deposit and cancellation policy:

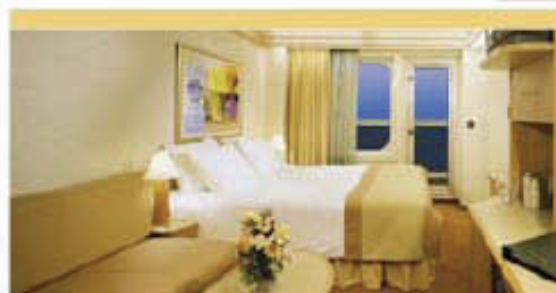
Deposits:

\$25 DEPOSIT PER PERSON

\$100 DUE July 1st, 2008

\$250 DUE APRIL 1st, 2009

FINAL DUE JULY 1st, 2009



Balcony

Cruise Cancellation Policy

AFTER JULY 1st, 2008

\$25 PENALTY PER PERSON

AFTER OCT. 1st, 2008

\$100 PENALTY PER PERSON

AFTER JULY 1st, 2009

\$350 PENALTY PER PERSON

AFTER SEPT. 1st, 2009

\$500 PENALTY WITH PORT CHARGES

AFTER OCT 1st, 2009

NO REFUND

IF YOU CANCEL YOU MAY BE RESPONSIBLE FOR THE SINGLE SUPPLEMENT FOR YOUR ROOMMATE

Travel insurance is advised. It can be obtained thru TRAVELGUARD online at www.travelguard.com. They offer specific cruise travel insurance. Please note it is the individual travelers responsibility to obtain this insurance if desired. You can expect to pay between 5-7% of cruise price for insurance.



CVSC & BAC
Presents **FAR WEST SKI ASSOCIATION**
2010 SKI WEEK

January 30 – February 6, 2010

Keystone, Colorado

3,148 acres, 3 Mountains, Base Elevation 9280', Vertical 3128', Longest Run 3.5 miles
Interchangeable Lift Ticket: Keystone-Breckenridge-Vail-Beaver Creek-Arapahoe Basin

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

Price does NOT include air or ground transportation.

Keystone Resort Lodging for Castro Valley (availability subject to change):

River Run Village	2 BR/2 BA Condo (4/unit)	\$1,105 pp
Lakeside Village	2 BR/2 BA Condo (4/unit)	\$1,040 pp
Keystone Lodge	Hotel Room (2/unit)	\$1,315 pp

See lodging at <http://keystone.snow.com/info/resort/layout.asp>.

NOTE: Children are allowed at the FWSA Ski Week with certain restrictions.

FWSA Amenity package includes:

Registration, Welcome Party, Pub Crawl, Council Night Party, 3 Races, Mountain Picnic, Ski Week Banquet, Après Awards Party, 5 of 7 days Lift Ticket.

Castro Valley Ski Club is accepting \$200 per participant deposits.
Deposits are fully refundable until July 1, 2009.

MAKE CHECKS PAYABLE TO CVSC (with Keystone noted in the "for" space)

SEND PAYMENTS TO:

Tucker Hoffmann, CVSC Travel Director
18351 Standish Ave., Hayward CA. 94541

Phone 510-278-7660 E-mail TKHoffmann@aol.com

Must be a member of Castro Valley Ski Club - CVSC CST # 2081040



2009/2010 Avid Skiers in Control

President	Ralph Sherman	925-449-7941	shermscape47@yahoo.com
Vice President	Paula Kinahon	510 357-6127	paula.kinahon@mckesson.com
VP Membership	Karen Wehrman	510-538-2872	kwehrman@comcast.net
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	dennieluuu@comcast.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	510 278-7660	tkhoffmann@aol.com
Past President	Walt Johnson	510-881-8201	granite53@aol.com
Trustee	Kathy Hoffman	510-278-7660	tkhoffmann@aol.com
Trustee	Jim Korn	510-357-6127	jimkorn@sbcglobal.net

WEBSITE: www.cvskiclub.org

Websites/Phone numbers

BAC Web site: skibac.org
 Singles league racing:
slracing.tripos.com/schedule.htm
 Open league racing: olrc.org
 Far West Ski Assoc: fwsa.org
 Take a bus to the slopes: nacski.com & bayareaskibus.com
 Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/
 Far West Racing Assoc: fwra.com
 Web cams on the slopes: magnifeye.com
 Road conditions: 1-800-427-7623
 Weather: nws.mbay.net/home.html
 Info on all ski areas: onthesnow.com

SKIZETTE FOR JULY, 2009



P.O. Box 20321
Castro Valley, CA 94546

ADDRESS SERVICES REQUESTED

ADDRESS LABEL
HERE

The Next Meeting bbq will be
July 15

Karen Wehrman & Jim Silva
4235 Krolop Rd
Castro Valley
510-538-2872
(meetings begin at 7:30)

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



ASPEN & SNOWMASS