



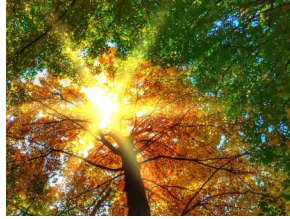
Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

September, 2024

Inside this issue:

President's Mssg	2
Sporting Goods Exchange/ Greenhouse Marketplace	3
CVSC Membership Renewal	4-6
CVSC August General Meeting	7
Exercise in Cold Conditions	8
CVCS Christmas Trolley	9
FWSA 2024 Dive Trip Best of the Phillipines	10
CVSC 2024 Portugal & the Douro River Cruise	11-13
BAC 2025 Mini Ski Week in Park City, UT	14
FWSA 2025 Mini Ski Week Big White, Canada	15
FWSA 2025 Fall Foliage Cruise/ BAC/FWSA 2025 Ski Week to Banff, Canada	16
FWSA 2025 Int'l Ski Trip to France	17
CVSC 2025 Costa Rica	18
BAC 2025 Bike & Barge Bruges to Amsterdam	19
FWSA 92nd Convention 2025	20
CVSC 2025 Paris, Normandy & Seine River Cruise	21-22
BAC 2025 Christmas Markets Along the Danube	23
Avid Skiers in Control	Back page



EVENTS CALENDAR

(f) = flyer in this issue

SEPTEMBER

- 12 CVSC Board meeting at Maggie & Ray's
- 18 CVSC General meeting at Lake Chabot (details forthcoming)
- 28-10/7 FWSA Africa Adventure Trip to Tanzania & Zanzibar

OCTOBER

- 9-19 CVSC Portugal & the Douro River Cruise (f) pg 11
- 19-11/2 FWSA Dive Trip the Best of the Phillipines (f) pg 10

NOVEMBER

- 13 CVSC Board meeting at Pat's
- 20 CVSC General meeting at Don Jose's Mexican Restaurant @ 6:30pm

UPCOMING

- 12/5 CVSC Christmas Trolley (f) pg 9
- 2025:
- 5/4-15 CVSC Costa Rica (f) pg 18
- 10/3-15 CVSC Paris, Normandy & Seine River Cruise (f) pg 21

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 (f) pg 16
- 5/8-15 BAC Bike & Barge Bruges to Amsterdam (f) pg 19
- 6/12-15 FWSA 92nd Convention (f) pg 20
- 6/16-21 BAC Mini Ski Week to Park City, UT (f) pg 14
- 9/9-19 FWSA Fall Foliage Cruise (f) pg 16
- 11/30-12/8 BAC Christmas Markets Cruise along the Danube (f) pg 23

Jennifer Wilson	1	Helga Campbell	24
Christopher Clautice	6	Kathy Johnson	27
Dave Meinhardt	15	Allan Baum	29
Victor Wegelin	18		

SEPTEMBER BIRTHDAYS



Visit our Website at www.cvskiclub.org

Castro Valley Ski Club Newsletter

President's Message

Happy Fall everyone -- another season approaching... hard to believe it's getting close to the fall holidays already. Of course we are still having heat waves so stay hydrated and safe but enjoy what's left of our summer weather.



Claudia Fernandes
President

We had a nice turnout at Lake Chabot last month and we will be having our final BBQ meeting of the year this month at Lake Chabot. So let's celebrate the end of summer together on Wednesday September 18th. Hope to see many of you there.

We are working on some get togethers in the fall so stay tuned. We have our upcoming Portugal trip in October and our Christmas Trolley in December. So busy times ahead!!

We will see what the winter brings hopefully a beautiful ski season this year.

Enjoy your warm days, great time for projects and adventures and getting together with friends. Stay well everyone and stay safe. More fun times ahead.

Best always
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!!!!



CASTRO VALLEY SKI CLUB ANNUAL MEMBERSHIP DRIVE

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

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

- Paid by October 31: Renewing members with no lapse in membership pay \$35 for the first person and \$15 for each additional person in the same household.
- After October 31: Renewing members pay \$50 for the first person and \$20 for each additional person in the same household.
- All NEW members pay \$50 for the first person and \$20 for each additional person in the same household.

Your Castro Valley Ski Club has much to offer! Besides our monthly meetings, we have club parties and special events throughout the year. Every year we offer around the world non-skiing adventure trips.

As a CVSC member, you are eligible for ski trips organized by the Bay Area Council (BAC) and the Far West Ski Association (FWSA).

The Membership Application and the Release, Waiver and Indemnity Agreement can also be found on our club web page at: <http://cvskiclub.org/Membership/Membership.htm>

Click on 'Join Now!'

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

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

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



cvskiclub.org

Membership Application

October 1, 2024 thru September 30, 2025

Member's Name: _____ Birth Date: _____

Family Members signing up in Same Household: _____ Relationship: _____ Birth Date: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Member's Phone No: (Home) _____ (Mobile) _____

Family Member's Phone No: (Home) _____ (Mobile) _____

E-mail Address: _____

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

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

Emergency Contact: _____ Phone: _____

Address: _____

Membership Dues: Yearly - October 1st thru September 30th

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

Discount: Membership Renewal discount if paid by October 31st with No Lapse in Membership.

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

Check # _____ / Date: _____ / Amt Paid: _____

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

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

Please send the membership application, the signed waver, and the dues to:
Maggie Jong, V.P. Membership
2597 Wellingham Drive, Livermore, CA 94551 / email: mozoro25@gmail.com
Make your check payable to the Castro Valley Ski Club.

RELEASE, WAIVER AND INDEMNITY AGREEMENT

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

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

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

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

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

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

I HAVE READ THIS RELEASE (ALL APPLICANTS MUST SIGN)
Parents or guardian must sign for those under 18 year of age.

(Signature) (Date)

(Signature) (Date)

(Signature) (Date)

(Signature) (Date)

CVSC August General Meeting at Lake Chabot...

.....What a nice gathering!!!!!!!



Outside exercise in cold conditions

Some studies have shown that adults are likely to gain a few pounds over winter. So even though it's easy to bundle up and stay inside, bundling up to enjoy some outdoor exercise could help prevent putting on those extra pounds.

“Outdoor exercise during the winter can carry many potential benefits, if done correctly,” says Sue Karpinski, employee well-being specialist at [Mayo Clinic Health System in La Crosse, Wisconsin](#). “Past studies have shown that exercising in cold weather can turn white fat into beige or brown fat, which is a calorie-burning fat. Brown fat can burn calories and generate heat, which is why it is referred to as a ‘good’ fat.”

She suggests trying snow tubing or sledding. The walk back up the hill is excellent work for muscles. If you're not that adventurous, simply walking and playing in the snow is a great way to work on your balance and strengthen your core. The key to being active outdoors is to choose fun activities you can do alone or with family and friends.

If temperatures dip below 0 degrees Fahrenheit, it may be better to exercise indoors. But if the temperature isn't too chilly, Karpinski recommends these tips when exercising outdoors:

- **Dress in layers.**
The typical rule of thumb is to dress like it's 20 degrees warmer than the current temperature. While it may feel chilly at first, you should warm up once you get moving.
- **Watch weather conditions.**
If temperatures dip into the negatives, it is better to stay inside. It is also important to keep an eye on ground conditions and pay attention to ice and slush.
- **Wear proper gear.**
Because of less sunlight, it is important to wear reflective gear and bright clothing if you are exercising before sunrise or after sunset. If it is raining, be sure to wear waterproof gear.
- **Warm up before heading outside.**
Doing stretches or a quick run up and down the stairs can get your body ready for exercise and help avoid injury.
- **Stay hydrated.**
The cold temperature doesn't stop the production of sweat, so it is important to stay hydrated and replace the fluids that you've lost. Because it's harder to get the daily vitamin D your body needs during the winter months, get the most benefit by scheduling your activity when sunlight is optimal. And just getting outside for a breath of fresh air can be beneficial, since cabin fever and seasonal depression affect many people.
“Exercising outdoors in winter temperatures has its benefits, but don't feel like that is the only way to exercise during the winter,” says Karpinski. “If it gets too cold or if you aren't a cold weather fan, exercising indoors is a better option than skipping exercise.”

(submitted by Sandy Beecher, Safety Chair)

CVSC CHRISTMAS TROLLEY EVENT!

Thursday, December 5, 2024

Hosted by the CVSC at Anne Wilburn's home



Cost: \$38 for Members \$60 for Non-Members

The fun at Anne's starts at **5 o'clock**

Heavy appetizers and wine provided

at

2389 Merlot Lane, Livermore, CA

The Trolley will pick everyone up at Anne's home at **7 o'clock**
to take us around to see all the Christmas lights.

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 by November 28th.



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

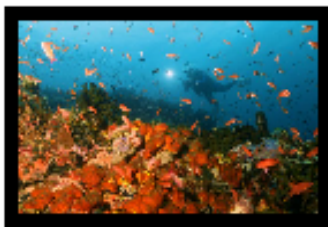
9 Nights' Deluxe Accommodations (*Double Occupancy*)

Two-Day Trips to Verdie Island and Anilao

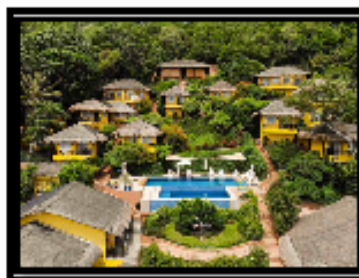
8 Days of Diving - 24 Boat Dives with Dive Master, Tanks and Weights Included

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)

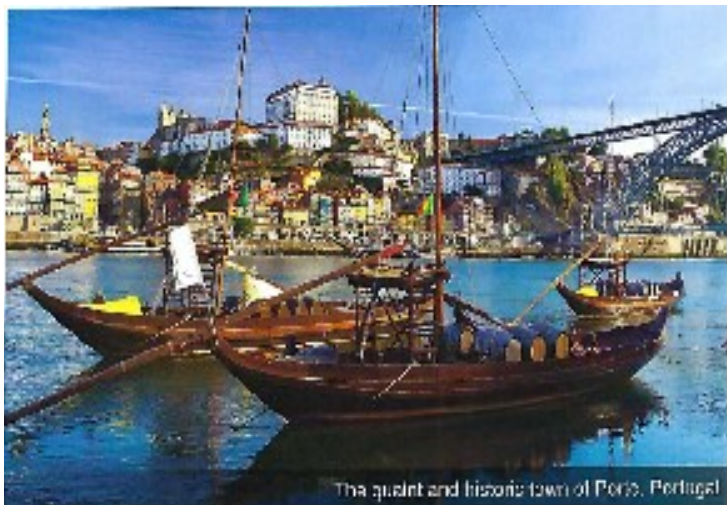
DAY 8 Pocinho / Régua, Portugal: Arrive in Pocinho and disembark for a morning tour to the Cõa Valley Museum. Designed to blend in with its surroundings, the museum's concrete structure houses prehistoric stone carvings made by the early inhabitants of the Douro which were uncovered during construction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



Bay Area Council of Ski Clubs Presents: Mini Ski Week to Park City, Utah



February 16-21st, 2025
Park City, Canyons & Deer Valley
Resorts

Lodging & Amenities Package Includes:

- ? 5 nights at the **Hyatt Place/Park City** – double occupancy (single supplement available)



- ? Welcome reception and Group Dinner included
 - ? Free daily hot breakfast buffet from 6:30-9:00 a.m., bar w/food in hotel lobby
 - ? Free hotel shuttle & free local ski bus stop in front of hotel
 - ? Free wifi & parking, fitness center, near Nordic Ski Center; near downtown area
 - ? **\$1,080 per person** – based on double occupancy in 2 Queen bedded hotel with sofa & sitting area
 - ? **Registration opens on June 14th.** To insure your spot send your **\$300 deposit check** to: **Bay Area Council of Ski Clubs** in with your completed Trip Preference Form & Waiver. You must be a member of a BAC Club or a Direct BAC member to reserve a spot.
- Airfare or Lift Tickets not included * Park City Resorts: on the Epic pass; Deer Valley on the Ikon pass.**

"The Voice of the Western Skier"



FAR WEST SKI ASSOCIATION MINI SKI TRIP
March 23—28, 2025

Big White, Canada

\$745

TRIP PACKAGE

*Based on double occupancy. Single supplement pricing is available.
Price does NOT include air, transfer, or lift tickets.*

*Sign up by October 1st and you will get a discount on your trip price.
Early Bird discount expires October 2, 2024*

*Trip Insurance is highly recommended to protect your trip costs
should you need to cancel.*

The Inn at Big White features an outdoor heated pool, hot tub, games room, fitness center, 24-hour Front Desk, complimentary WIFI, heated underground parking, and ski locker storage. Rooms include mini-refrigerator, microwave, and induction cooker. Units have 1 Queen bed and 1 Queen Murphy bed.

Included:

Five Night's Lodging
Welcome Breakfast
Farewell Dinner

Optional for Purchase:

3-day Adult Lift Ticket-- \$311
3-day Senior Lift Ticket--\$301
4-day Adult Lift Ticket-- \$398
4-day Senior Lift Ticket--\$333

Discounted Equipment Rental

Optional Activities:

- Tube Park
- Ice Skating
- Ice Climbing
- Sleigh Ride Dinners
- Snowshoe Tours
- Dog Sled Tours
- Free Mountain Tours
- Snowmobile Tours
- Horse Drawn Sleigh Rides
- Day Spas

Contact: Nancy Ellis – 530-414-8261 – FWSAtravelnancy@sbcglobal.net

Information & Online Signup: <http://fwsaminiBW.sat.tours>

FWSA CST #2036983-40



BAC 2025

FWSA Ski Week

To BANFF, CANADA January 25—February 1, 2025

FAR WEST SKI ASSOCIATION

FALL FOLIAGE CRUISE—MAJESTIC PRINCESS

Sept. 9-19, 2025 QUEBEC CITY TO BOSTON—FALL FOLIAGE

Per Person Rates:

- \$797/person INSIDE ROOM (2) *They pick your room*
- \$816/person INSIDE ROOM (2) *You pick your room*
- \$1,897/person BALCONY ROOM (2) *They pick your room*
- \$1,956/person BALCONY ROOM (2) *You pick your room Forward/Aft*
- \$2,132/person BALCONY ROOM (2) *You pick your room Mid Ship*
- \$2,497/person MINI SUITE (2) *They pick your room*
- \$2,742/person MINI SUITE (2) *You pick your room*

\$250.00 EXTRA PORT FEES & TAXES PER PERSON

CRUISE INCLUDES:

- 10 Nights, All Meals & Floor Shows
- Group Cocktail Party
- 6 Restaurants on the ship plus the Main Dining Room

***\$600.00 more/person (\$60/day) includes the following:

- *All Drinks
- *WIFI
- *Tips Paid

ADD QUEBEC CITY HILTON HOTEL (Walking distance to Old Quebec City)

Mon. Sept. 8th prior to boarding ship on Sept. 9th = \$143/person double room

Trip information: Contact Nancy Ellis, VP North American Travel,

fwsatravelnancy@sbcglobal.net (530) 414-8261

FWSA CST #2036983-40



PACKAGE INCLUDES:

- 7-Nights Lodging
- Welcome Reception
- Giant Slalom Races @ Lake Louise
- Picnic Lunch @ Lake Louise Base Village
- BAC Council Dinner
- Farewell Banquet, Awards and Dance

AVAILABLE:

SEE REGISTRATION FORM FOR DETAILS

- Group Air - SFO to Calgary
- Ground Transportation
Calgary to Banff / Banff to Calgary
- Group Lift Tickets

LODGING OPTIONS

BANFF PARK LODGE www.banffparklodge.com



Closest to town (2 block walk), spa, multiple restaurants, ski bus pick-up at hotel - Daily buffet breakfast included
-2 Queen Beds - \$1,450 per person/double occupancy

CARIBOU LODGE www.banffcariboulodge.com



10-15 minute walk to town, spa, steakhouse restaurant, ski bus pick-up at hotel (3rd to be picked-up/dropped-off), complimentary Banff ROAM bus pass - Daily buffet breakfast included
-2 Queen Beds - \$1,300 per person/double occupancy
-1 King Bed - \$1,300 per person/double occupancy

Moose Lodge www.mooselodgesuites.com



5-10 minute walk to town, spa, rooftop hot tubs, Italian restaurant, ski bus pick-up near hotel (5th to be picked-up/dropped-off), complimentary Banff ROAM bus pass, newly remodeled - Daily buffet breakfast included
-2 Queen Beds - \$1,650 per person/double occupancy
-1 KING SUITE - \$1,950 PER PERSON/DOUBLE OCCUPANCY

BAC CST# 2050870 FWSA CST# 2036983-40

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

FWSA 2025 Int'l Ski Trip to Tignes / Val d'Isere, France

BASIC Ski Week – Tignes, France March 1 – March 8, 2025

Group departs US Feb. 27, arrives in Geneva, Feb 28 & spend 1 night at a Geneva airport hotel.

Mar. 1st departs by bus to Tignes/Val d'Isere and return to US from Geneva, France on Mar. 8, 2025

Opt. Ext. Trip: Marseille, Nice & more...March 8–14, 2025

Group departs US on Feb. 27th and return from Nice on Mar.14, 2025)



TIGNES/VAL D'ISERE

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

4-Star Lodging at The Village Montana in Tignes – a *SKI IN – SKI OUT* hotel!

Prices start at: \$2799p.p. based on double occupancy [air transp. sold separately.]

Single Supplements are available.



For the skiing enthusiast and the snow sports lovers looking for one of the largest ski areas in Europe, look no further...Tignes / Val d'Isere, France has everything you need in the heart of the Alps! The ski areas of Tignes and neighboring Val d'Isere make up what is known as L 'Espace Killy, one of the largest most varied and snow sure ski areas in the world. You will be able to enjoy 186 miles of slopes spread between 9093 acres with an altitude of 11,338 ft.

Senior rates for 65-74 years and 75 years and older SKI FREE!

Your convenient and unforgettable stay in the mountains at the 4-Star, Ski in-Ski out, Village Montana!

Basic Lodging Package includes:

- Meet and greet at Geneva Airport with English Speaking Assistant.
- Transfer between Geneva Airport and Geneva Hotel via Hotel Shuttle.
- One-night stay at the 4-Star Crown Plaza, Geneva Airport Hotel with buffet breakfast.
- Transfer between Geneva Airport Hotel via a private coach to Tignes with English-speaking assistant.
- 7 night's accommodation at the 4* Ski in-Ski out Village Montana Hotel.
- Welcome/Orientation on March 1st with reps from Tignes Tourist Office and Ski School
- Daily Buffet Breakfast & 5 Dinners at the Village Montana Hotel in Tignes.
- Complimentary use of the hotel amenities, such as:
 - WIFI
 - Heated Ski Room – with direct access to the slopes
 - Indoor heated swimming pool, Steam Bath & Sauna
- Après Ski & Farewell events – details to be provided.
- Optional day tour - details to be provided.



So. France/French Riviera Adven. Trip: Marseille, Nice & more...

March 8 to 14 , 2025

Prices: \$1997.00pp (dbl. occ.) or \$2460.00pp Single Supp.

Trip includes:

- 3 nights at the 4 Star Hotel Grand Hotel Beauvau in Marseille
- 3 nights at the 4 Star Beau Rivage Hotel on the Esplanade in Nice
- English speaking tour escort/manager starting in Marseille
- Breakfast daily
- Day excursions include city walking tours, Chateau de Beaufort, Marseille Panier Area, Grotte de Cosquer <https://www.grotte-cosquer.com/en/visit-the-cosquer-cave/> , day tour of Camargue (Saint Mariede La Mar) & Aries, visit a perfume factory in Grasse, tour of the Village of St. Paul de Vence & the Foundation Maeght <https://fondation-maeght.com/> , full day tour to Antibes Old Town and St. Honorat Island & wine tasting, boat to Quai Laubeuf, Cannes.
- Farewell dinner.
 - **Stand Alone So. France/French Riviera ONLY (Excludes Tignes/Val d'Isere ski week)**
 - **Land package price is same as Dbl. Occ. or Single Supplement ext. trip. Contact Gloria for transportation.**



Make checks out to: Far West Ski Association (FWSA). Please reference "FWSA 2025 Tignes/Val d'Isere Int'l Trip" on each check.

Send to: Gloria Raminha
FWSA VP of Int'l Travel
12707 Windy Ridge Dr.
Bakersfield, CA 93312

For more information contact: Gloria Raminha at Garski2011@gmail.com or cell: 661/800-8229

State of California Seller of Travel # 2036983-40

Castro Valley Ski Club presents
Colorful Costa Rica
May 4-15th, 2025

\$2399 SOLD OUT
Trip is limited to 28

PACKAGE INCLUDES:

- 11 nights accommodations
- 3 nights San Jose (upon arrival, coming from Tortuguero and one night before we depart)
- 2 nights Tortuguero
- 2 nights Arenal
- 2 nights Monteverde
- 2 nights Guanacaste
- Tips
- CVSC special EcoTermales Hot Springs & dinner in Arenal
- All transfers included only with airfare purchase on package arrival & departure dates
- 22 meals: 11 breakfasts, 5 lunches, 7 dinners
- Sightseeing per itinerary in modern air-conditioned motor coach
- Services of English-speaking tour manager throughout
- Entrance fees per itinerary
- Comfortable wireless earphones for enhanced touring



Special Features

- Take a boat tour along the Tortuguero canals, through the heart of the Costa Rican jungle
- Visit the artisan town of Sarchi and see artists in their workshops
- In Arenal, view the now dormant conical-shaped Arenal Volcano
- Tour a coffee plantation and enjoy a typical Costa Rican lunch
- Discover the dense vegetation in the stunning Monteverde Cloud Forest
- Travel to the tropical province of Guanacaste on the sun-splashed Pacific Coast
- Tour downtown San Jose, enjoying its many historical & architectural jewels

Not Included:

- Round trip flights, we should have air prices sometime in July.
- Optional tours

Insurance will be available

Send \$300 per person non-refundable deposit to:

Tucker Hoffmann - CVSC Travel Director
2657 Rivers Bend Circle Livermore, CA 94550
510-329-4242 tkhoffmann@comcast.net

CVSC CST # 2081040



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.*

"The Voice of the Western Skier"



92nd Annual Far West Ski Association Convention

June 12 - 15, 2025

at

Margaritaville Resort

1600 N. Indian Canyon Drive
Palm Springs, CA 92262



Hosted by the *Orange Council of Ski Clubs*

Margaritaville Resort

1600 N. Indian Canyon Drive, Palm Springs, CA 92262

Reservations:

Call **760-327-8311**, Group Name: **Far West Ski Association**.

Room Rates per night plus tax, single or double occupancy —
\$169 per night

Room Registration Deadline: May 19, 2025

Hotel Features

- Fins Up Fitness Center
- St. Somewhere Spa
- Joe Merchants Coffee and sundries
- JWB Grill
- 5 O'Clock Somewhere Pool Bar
- Tropics Lounge
- Lone Palm Pool

Transportation

- Air transportation via Palm Springs International Airport (4 minutes away)
- Transportation to the airport is available by rental car, Uber, or Lyft.

Convention Highlights

- Silent Auction & Trade Show
- Guest Speakers
- Snowsports Leadership Academy
- Saturday Awards Luncheon
- Saturday Awards Banquet
- FWSA General Meeting & Elections

Optional Activities

- **Thursday**
 - 28th Annual Pub Crawl
- **Friday**
 - 18th Annual Michael German Memorial Golf Tournament
 - Pool Party
 - Club Happy Hour

Debbi Kor
Co-Convention Chair
fwsadebbi@comcast.net
or 503-314-7078

Jane Wyckoff
Co-Convention Chair
fwsajane@gmail.com
or 949-933-9607

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

Sheila Van Guilder
Host Council Convention
Coordinator
svanguil@yahoo.com
or 714-656-6032

A portion of the Silent Auction proceeds will benefit: TBA.

www.fwsa.org

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

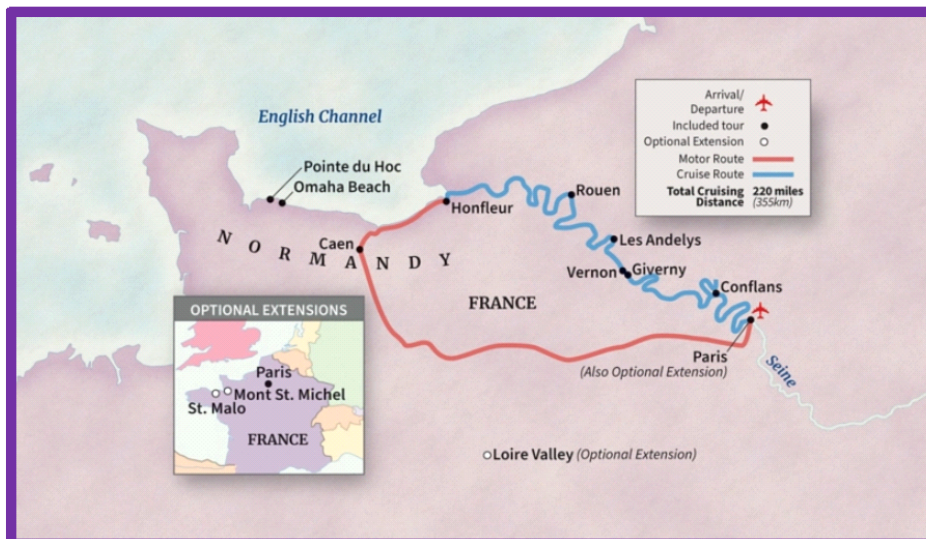
Grand Circle Reservations is open 7 days/week.

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

Saturday-Sunday 6am-3pm PT

Tucker & Kathy

Castro Valley Ski Club Travel



Bay Area Snow Sports Council presents ...

Cruise aboard our privately owned 162-passenger M/S River Adagio

Christmas Markets Along the Danube

Austria: Vienna, Melk, Linz | Germany: Passau, Regensburg, Nuremberg

8 days from **\$2,695** River Cruise only
 9 days from **\$4,145** with international airfare from San Francisco



IT'S INCLUDED

International airfare, airport transfers, government taxes, fees, and airline fuel surcharges, unless you choose to make your own air arrangements

Accommodations for 7 nights aboard a private river ship with wireless Internet access now in all common areas and cabins

21 meals: 7 breakfasts, 7 lunches, and 7 dinners—plus all onboard house beer & wine, as well as soft drinks

5 included tours with personal headsets, **up to 6 Christmas markets**, and **6 Exclusive Discovery Series events**—Wachau Valley discussion • German language lesson • German Christmas Traditions discussion • Regensburg choral concert • Glassblowing demonstration • Main-Danube Canal discussion

Local Program Directors, a Grand Circle Cruise Line exclusive: These dedicated experts are with you and your group of 38-45 travelers from beginning to end to provide insider's knowledge and the perspective that will enrich your experience

Gratuities for local guides and motorcoach drivers

All port charges

Baggage handling for 1 piece of luggage per person, including tips

5% Frequent Traveler Credit toward your next trip



Reservations & Information
 Gail Burns 650-255-7883 or Grand Circle 1-800-221-2610

ITINERARY OVERVIEW

Departure **NOVEMBER 30, 2025**
 Return **DECEMBER 8, 2025**

Day 1 • Depart U.S.

Day 2 • Vienna, Austria

Embark ship

Day 3 • Melk • Wachau Valley

Included Tour Melk Abbey

Day 4 • Linz

Optional Tour Salzburg

Day 5 • Passau, Germany

Included Tour Passau

Day 6-7 • Regensburg

Included Tour Regensburg

Day 8 • Nuremberg

Included Tour Nuremberg

Day 9 • Nuremberg • Return to U.S.

Disembark ship

MAXIMIZE YOUR DISCOVERIES & VALUE

OPTIONAL EXTENSIONS

Vienna, Austria
 3 nights pre-trip: \$845 per person

Munich, Germany
 3 nights post-trip: \$895 per person



PLEASE MENTION THIS CODE WHEN BOOKING **G5-29997**

www.gct.com/xms



2024/2025 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	Carrie Brunnings	925-202-1740	carriesouza@comcast.net
Treasurer/Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
Newsletter Editor	Dennie Warren	510-759-3415	dennieluuu1@gmail.com
Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@aol.com
Past President	Karen Wehrman		
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 AUGUST, 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