Keith Martin Memorial Float



When: July 9th Time: 1:00 pm

Where: Smith River Sports Complex to Mitchell Bridge

Cookout to follow at Gravely Preserve

(Hot dogs, water, and soft drinks provided by the club)
Cost: \$5 per boat: Proceeds go to the family of Keith Martin





SKI CLUB TRIPS 2016

WHITEWATER-BILTMORE JUNE 10-13, 2016

This trip is Closed.

CAMPING AUGUST 18-21, 2016 (***FATZ BAND WILL BE PLAYING***)

I have booked the Group Campground at Philpott Lake for August 18-21, 2016 (3-nights). In addition I have already booked the "FATZ BAND" for Saturday night August 20, 2016 starting at 7:00 pm. This will be a large event for our club as we will have a cookout prior to the Band playing and hope to do some swimming and boating on the beautiful Philpott Lake!

- All full hook up campsites are full.
- I still have tent sites available.
 - All tent areas have NO Electric/Water
 - \$20 for NON-electric/water area (this is the total cost for your spot for all 3-nights)

Contact David Moore on any of these trips snowing36@gmail.com

Smith River Flows Public Input Meetings



June 16, 2016 (Rescheduled from June 9) 6pm - 7:30pm First Baptist Church of Ridgeway 15 Church St, Ridgeway, VA 24148

Free and open to the public.

Decisions concerning our local waterways affect us all and public input is critical to ensuring our natural resources and outdoor recreational assets are protected. DRBA invites you to attend one of our three public input meetings concerning generation and water flows on the Smith River. DRBA will share your input with stakeholders as they make decisions concerning the use of the waters of Philpott Lake and the Smith River.

For more information, click here or contact Brian Williams (bwilliams@danriver.org).



Outdoor Outlook

Blue Ridge Ski and Outing Club Newsletter

BRSOC1979@gmail.com

June 2016

Upcoming Events

June

June 10-13: Whitewater/Biltmore

Visit the Biltmore Mansion or go white water rafting!!! Either way, you can share the beautiful cabins, play games, sit in the hot tubs or even visit a spa! See page 4 for more info.

July

Sat. July 9: Keith Martin Memorial Float

1:00 – From Smith River Sports Complex to Mitchell Bridge with cookout following at Gravely Nature Preserve. Cost: \$5.00 per boat. Proceeds go to the family of Keith Martin.

Mon. July 11: Board Meeting

5:30 - Hugo's

Club members are welcome to attend.

Sat. July 23: Smith Mountain Lake Party

Courtney and Winston Edward's home.

August

Aug. 18 - 21 Philpott Lake Camping

Camping at the Philpott group campground. We will have a cookout and the "Fatz Band" will play on Sat. night, Aug. 20. All full-hook-up RV sites are booked but non-electric tent sites are available for \$20 for the weekend. . Send a non-refundable payment to David Moore, 441 Richardson Rd., Collinsville, VA 24078.

January 2017

Jan. 19 - 22, 2017: Timberline

February 2017

Feb. 4 – 11: Mammoth Mountain, CA

Mammoth Mountain Ski Resort

SKI IN/SKI OUT

http://www.themammothmountaininn.com/

SEE THESE AND MORE BEAUTIFUL SIGHTS AT MAMMOTH MOUNTAIN, CA! SKI IN, SKI OUT

FEB. 4 – 11, 2017





MAMMOTH MOUNTAIN, CALIFORNIA! **SKI IN /SKI OUT**

FEBRUARY 4-11, 2017

SKIING AT MAMMOTH MOUNTAIN SKI RESORT!!!!

- Air leaving out of RDU to REN, NV airport.
- Transfers by Charter Bus from/to airport to/from the Mammoth Mountain Inn. http://www.themammothmountaininn.com/
- ***Hotel located AT 9,000 FEET ON THE SLOPES!
- ***Walk to shops/bars/restaurants etc.....
- 7 nights Lodging based on double occupancy
- Ski five (5) days at Mammoth Mountain Ski Resort
- Welcome reception.
- Farewell Party.

ALL OF THIS FOR \$1565/PERSON (based on double occupancy) GROUND ONLY FOR \$1015/PERSON (If not leaving out of RDU then you can

book your own flights and meet us there).

Other notes:

- Non-Skiers deduct \$ (WILL LET YOU KNOW SOON)
- If you want an entire bedroom to yourself add \$ (WILL LET YOU KNOW SOON)
- Upgradable rooms/condos/suites available. Pricing depends on how many in your unit and type of unit. (Contact me)

***I PRICED THIS <u>EXACT TRIP</u>, DATES AND ALL WITHOUT GOING WITH OUR GROUP AND THE CHEAPEST PRICE WAS \$2235 PER PERSON (BASED ON DOUBLE OCCUPANCY)!!

Payments/requirements:

- You must be a current member of the BRSOC when this trip goes.
- You must fill out trip application for each person going.
- \$300 non-refundable security deposit is due <u>June 1, 2016</u>.
 - Pay Schedule if your total cost is \$1565.
 - \$300 by June 1;
 - \$200 by July 1;
 - \$200 by Aug 1;
 - \$200 by Sept 1;
 - \$200 by Oct 1;
 - \$235 by Nov 1;
 - \$230 by Dec 1.
 - Or you can pay in larger amounts or all at once, I will work with you.
- Make all checks payable to BRSOC
- Mail all checks and trip application to: David Moore, 441 Richardson Road, Collinsville, VA 24078.

Other Links:

http://highonadventure.com/Hoa08feb/Vicki/Skiing%20the%20Mammoth.htm http://www.mammothmountain.com/

The Zika Virus A Mysterious Illness with Devastating Effects

IF I'M NOT PREGNANT, WHY SHOULD I CARE?

With 40 million Americans traveling to Zika-affected countries every year, it's only a matter of time before some local transmission of the virus occurs, say infectious disease experts. It's most likely to happen when an infected traveler returns to the U.S. and is bitten by a local mosquito that's capable of spreading disease. It's essentially every person's responsibility, then, to make it harder for mosquitoes to spread the virus. "We want people to take action to get rid of the mosquito-breeding sites on their property to protect pregnant women as well as themselves," says Dr. Lyle Petersen, director of the CDC's division of vectorborne diseases. It's a mysterious illness with devastating effects. That means dumping standing water, where mosquitoes lay their eggs, putting in screens if you don't already have them and running an air conditioner. Mosquitoes hate the cold.

Both men and women have something else to grapple with: Zika appears to cause other brain and autoimmune problems, including Guillain-Barre syndrome (GBS), a disorder in which the immune system attacks nerves, leading to weakness and temporary paralysis. "It's a small percentage of people who would get that, but it's still a risk," says Petersen. At least 13 countries have reported an increase in GBS diagnoses during the current outbreak, and a person in Puerto Rico recently died after the virus triggered a bleeding disorder that ultimately killed him. What's clear is that there is a lot that doctors still don't know. "If my daughter had gotten Zika two years ago and she wanted to get pregnant, I would say, 'Don't worry,'" says Dr. Beth Bell, director of the CDC's National Center for Emerging and Zoonotic Infectious Diseases. "But we don't know how long that immunity lasts. Is it lifelong? Is it five years? We don't have an answer."

WHAT SHOULD I DO TO PROTECT MYSELF?

Cover up and use bug spray, for starters. Preventing mosquito bites is the best way to prevent Zika, and while that may seem obvious, it can take some work. If you're in an area with disease-spreading mosquitoes, wear long-sleeved shirts and pants no matter how warm it is - mosquitoes are more infectious when the mercury rises. Then, according to the CDC, use insect repellents that contain one of the following ingredients: DEET (20% to 30% concentration is best, according to the CDC), picaridin, oil-of-lemon eucalyptus, para-I menthane-diol or IR3535. You should also make sure windows have screens and the air conditioner is on if you're home during the day; the mosquitoes that spread Zika are day biters. And since a mosquito needs only a tiny bottle-cap-size pool of water to lay as many as 200 eggs, you should remove any standing water around your home and clean any vessels you find. Because even after the water source has dried out, the eggs can remain dormant and survive for months, sometimes even up to a year, on the inside of a container.

President's Letter

Hello everyone! It's been a little bit wetter than normal this spring, but don't let that stop you from getting outside! We've got the Asheville Biltmore/White water rafting trip coming up and as always be on the lookout for email blasts for kayaking, biking or hiking! Let's get outside and have some fun! Your president,

Terry Davidson

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