



Spotlight

The Conejo Ski & Sports Club Newsletter

JANUARY 2014

NO MEETING JAN. 1ST

Exercises to Get in Shape for Skiing: livestrong.com

By Patrick Dale

Getting in shape can help you get the most from your skiing. You can develop strong legs, enhanced balance, improved fitness and better coordination by performing a preskiing exercise routine two or three times a week. Being in shape for skiing means you will be able to ski longer and harder with a reduced likelihood of injury caused by weakness or fatigue. Include these exercises in your routine to help get in shape for skiing.

Squats

Squats are considered by most strength and conditioning coaches as one of the best lower body exercises you can perform. Squats strengthen and condition your legs for the demands of skiing. Performed with dumbbells in your hands, a barbell across your shoulders or just using your body weight, squats target the important quadriceps and hamstring muscles, which control your knee joint and your glutes, or butt muscles. Squats should be the cornerstone of your skiing workout.

Lunges

Lunges are similar to squats in that they strengthen your legs and prepare you for the rigors of skiing. Lunges, however, also add an element of balance, which is important in skiing. Take a large step forward and then bend your legs until your rear knee lightly touches the floor. Push back up to return to the starting position and repeat the movement leading with your opposite leg. You can make lunges more challenging by holding weights in your hands or resting a barbell across your shoulders.

Stork Press

The stork press develops your shoulders and arms as well as your balance--all important in skiing. Hold a dumbbell in your left hand and raise it to shoulder level. Stand on your right leg. Keep your eyes fixed on a immovable object to help you maintain an upright position. Inhale and press the dumbbell overhead to arm's length. Slowly lower the dumbbell back to shoulder level and continue for the desired number of repetitions. When you have finished your set, rest a moment and then swap arms and legs.

Three Point Plank

A strong core--your abdominal and lower back muscles--will help support your spine while you ski. This is especially important when skiing over moguls or in deep snow. Bend down and place your hands on the floor and then walk your feet back until you are in a push-up position. Keeping your abs tight, lift your left foot 6 inches off the floor and hold for 10 seconds. Replace your foot on the floor and then lift your right foot for 10 seconds. Put your foot down and lift your left hand for 10 seconds before finally placing your left hand back on the floor and raising your right hand. Increase the duration of the holds as you become stronger, and ensure you breathe throughout the exercise.

Lateral Jumps

Skiing involves a lot of side-to-side movement, and lateral jumps develop your inner, outer, front and rear thighs. Stand with your feet together and your arms by your sides, bend your elbows to 90 degrees and bend your knees slightly. Jump 12 inches to your left. On landing immediately jump back to the right--focus on speed of movement and minimal ground contact time. Make this exercise more challenging by jumping over a low agility hurdle or similar obstacle.

Bi-Monthly Meetings

**First and Third
Wednesdays
of the Month**

**6:30 - 8:00 pm Social hr.
8:00 - 9:00 pm Meeting**

**PALM GARDEN HOTEL
495 N. Ventu Park Rd.
Newbury Park**

NO MEETING JAN. 1ST

**www.
conejoskiclub.
org**

January at a Glance

**Jan. 1- No Meeting
Jan. 8- Board Meeting
Jan. 11- Winter Walk
Jan. 15- Club Meeting
Jan. 18- Santa Barbara Bike Ride
Jan. 23- Ski Mammoth (3 nts)**

Recurring Events (p.8)

**Monday Volleyball
Wednesday Bridge (2nd-4th)Volleyball (4th)
Thursday Tennis & Potluck
Saturday Tennis**

JANUARY MEMBERSHIPS DUE- JANUARY 1ST



Paul	Bishop
Cheryl	Eppink
Mary	Gilbert
John	Grue
Joe	King
Richard	Schaberg
Jay	Seidemann

Linda	Shishino-Cruz
Elyse	Stafford
Yassi	Strouse
Carol	Tubelis
Oranus	Vasseghi
Jean S.	Whittle



If you find your name on this list, your membership will expire this month! Contact VP Membership



JANUARY BIRTHDAYS



<u>Name</u>		<u>Day</u>
Stephanie	Levine	02
Karolyn	Clemens	03
John	Passanante	04
Norma Jean	Licht	04
Diana	Runnion	06
Patricia	Ames	07
Katarina	Bernbaum	08
Marilyn	Jonte	10
Lee	Goldrod	10
Bill	De Silva	11
Valerie	Ferguson	11
Maria	Martell	12
Julianne	Seeley	13
Michael	Fortunato	13
Jim	O'Mara	13
Mary	Labbett	14



<u>Name</u>		<u>Day</u>
Gary D.	Sheppard	15
Katherine J.	Lewis	16
Carmen	Lavender	16
Dan	Nathan	17
Joyce	Hardison	20
Autumn	Ober	20
Pam	Belitski	20
Lori	Strickland	21
Michael	Gorn	23
Al	Pinedo	24
Carol	Tubelis	25
Brian	Keig	26
Jackie	Nelson	28
Virginia	Cannon	29
Pete	Moore	30

LAST MONTH'S NEW MEMBERS- DECEMBER



Rosamaria Bauman

Deborah Salute



• **New Guest Policy:** Guests and former members may attend events by paying a premium added onto the price that the members pay. This premium will be published on each flyer, and will be an additional \$5, \$10, \$15, or \$20, based on the price of activity.

BOARD OF DIRECTORS: 2013-2014



President:
Richard Murray
rwurray3@gmail.com
805-551-8869



Past President:
Jim Robertson
robertson546@gmail.com
805-368-7964



Executive VP:
Lou Patalano
Louis.patalano@ngc.com
805-480-1915



Secretary:
Julianne Seeley
JSeeley@Valleycrest.com
805-484-4632



Treasurer:
Sharon Hanson
sh4kinder@hotmail.com
805-427-5966



VP Membership:
Thad Malesh
thmalesh@earthlink.net
805-796-8855



VP Marketing:
Ken Walker
Kenneth.walker.2008@gmail.com
805-490-0326



VP Mammoth:
Mark Glasmeier
conejoskimammoth@gmail.com
805-630-2209



VP Activities
Kathleen Feiman
kfeiman@verizon.net
805-492-2065



VP Newsletter:
Christine Houghton
cbhoughton@att.net
805-630-1858



VP Skiing:
Ted Zalta
conejoskiyp@gmail.com
818-224-8860



VP Social
Sandy Palmer
lovseeyore@yahoo.com
805-432-7195

Members are invited to attend Board meetings on the 2nd Wednesday of each month.



IT'S TENNIS TIME! COME JOIN US!

Intermediate and Advance Players

We generally have four courts available for Ski Club Members.



WINTER SCHEDULE

Every Saturday at 9:30 a.m. (lunch at noon). **Every Thursday** evening at 5:00 p.m. Potluck at 7:00 p.m. (starting March 21st) Plan to bring your favorite dish/or do a quick buy from your local store– something to share with the group. Schedule changes will be e-mailed by Jeanne. Please include yourself on her e-mail list: (see e-mail address below)

Where: Thousand Oaks Community Center at 2525 North Moorpark Road. **RAIN CANCELS**

For More Information, Contact: Jeanne Scott (805)428-3456 jazzitn1@yahoo.com

NEW!!

ACTIVITY PRICING POLICY FOR GUESTS & EX-MEMBERS

Everyone is welcome to attend our activities; members, guests and ex-members. Members pay only the activity price and non-members pay the activity price plus a non-member premium per the schedule below.

Non-member premiums do not apply to annual membership.

Activity Price	Non-Member Premium
\$1 to \$20	\$5
\$21 to \$40	\$10
\$41 to \$100	\$15
\$101 to \$400	\$20

ADVERTISEMENTS



498.4746

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- LETTERHEAD/ENVELOPES
- BUSINESS CARDS
- CATALOGS & MANUALS
- GRAPHIC DESIGN
- PROMOTIONAL PRODUCTS
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HOURS:
Monday-Friday
8:30 AM-5:00 PM

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Business Cards \$10./mo
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1/4 page ad \$25./mo
1/2 page ad \$35./mo

3 month minimum:

E-mail Ad to:

cbhoughton@att.net

Send payment to:

Attn: VP Newsletter

CSSC,

P.O. Box 6276,

Westlake Village, Ca 91359

Julie Wiekamp



Piano Instructor Beginners

Keyboard for practice O.K.

Phone: 805 498-8703
775 Spring Canyon Pl
Newbury Park, Ca. 91320

References

YOUR

AD

HERE

Pati Albert

Registered Yoga Teacher



Certified by Yoga Alliance
AFAA Group Exercise
Longevity Training for Seniors

805-390-8955

Group or Private Classes
Yoga, Pilates, Strength

palbert@55plusfitness.com

Simi Parks and Recreation Age 50+ Classes: held at the Simi Valley "Senior Center", 3900 Avenida Simi, Simi Valley 93063.

Yoga: Mon 7:00-8:00pm Starts 1/6/2014 6 Classes \$36

Pilates: Wed 10:15-11:15am Starts 1/8/2014 7 Classes \$35

Pilates/Strength: Fri 10:15-11:15 Starts 1/10/2014 6 Classes \$30

*Signup Online www.rsprd.org Click on Simi Valley Reporter Age 50+ Program, or signup at class, or call Pati: 805-390-8955

Class Instructor: Pati Albert 805-390-8955



RE/MAX

Olson & Associates

Chris McCloud

805 402-0801

e-pro, CRS, CRP, ABR, GRI

Broker Associate DRE#01045008

30699 Russel Ranch Rd. Ste100

Westlake Village Ca. 91362

chrismccloud@remax.net

Professional Service with the personal Touch

SKI SEASON (2013-2014)

Conejo Ski & Sports Club
presents:

Mammoth



conejoskiclub.org

2014

You won't want to miss-

- 3-day trips
- Friends, snacks, fun and movies on the bus
- Friday night happy hour at Whiskey Creek with bus transportation
- Group dinner and social Saturday night
- Skiing with groups of friends

You don't ski? We'll guide you to-

- a skiing/snowboarding lesson
- cross-country skiing
- snowmobiling
- snowshoeing
- sightseeing and shopping

Dates

January 23-26

February 20-23

March 20-23

Cost per trip: ***\$299 (\$289 *early sign-up: 50 days prior*)

Cost includes: round-trip bus ride with refreshments and movies, condo; Saturday evening dinner; bus to and from the slopes.

- First come first served roommate/room.
- Children welcome if accompanied by a club member relative.

***Nonmembers add \$20. One trip only.

Contact Mammoth VP Mark Glasmeier (805) 376-3574
email: conejoskimammoth@gmail.com



February 1 - 8, 2014

2014 Whistler Ski Trip

\$1,500.00

The Whistler Package Includes:

- * Round-Trip Airfare from LAX to the Vancouver Airport on Alaska Airlines
- * Round-Trip Airport Transfer to the Whistler Resort on a Private Charter Bus
- * 7 nights lodging at the Aspens Condos on Blackcomb Mountain (Ski-in/Ski-Out)
- * 5 out of 6 Day Lift Ticket for skiing Whistler Mountain and Blackcomb Mountain
- * Welcome Reception Party “Meet and Greet” at the Aspens
- * An Après Ski Party and a Dinner, or two Après Ski Parties
- * One Fresh Tracks Voucher includes a Mountain Breakfast (Limited to the first 650 people/day - First Come First Serve)



Package Price, Registration Info, Trip Installment

Plan, Cancellation Policy and Travel Insurance Info: CST #2109794

* The 2014 Whistler Trip Package is \$1,500. There are a number of deductions and additions that lower and raise the package price of this ski trip. Seniors (65+) can deduct \$50 off of the package price, non-skiers and skiers that supply their own lift ticket can deduct \$300, (the \$300 Discount is not combinable with the \$50 Seniors Discount). You can also add \$60 to the Whistler Package if you want to pre-pay for a 6th day of skiing at Whistler/Blackcomb.

* There are only 86 spots available! The first 48 skiers who sign up will ride in a 56 passenger bus charter transfer! The Aspens Condos Lodging Price is based on Quad-Occupancy for their 2-bedroom condos, so Double-Occupancy is required in each room. Currently there is one, 1-bedroom condo available for a total of \$150.00 extra per person. There is a \$600 single supplement fee for skiers who stay in their own room. Singles are welcome and will be given help if needed to find a roommate. Fresh Tracks Vouchers can be used any day, but limited to the first 650 skiers.

* A Registration Form and Club Waiver along with a photo-copy of your passport are required at sign-up! The 2014 Whistler Ski Trip Installment Plan is as follows: A non-refundable \$300 deposit is due upon first sign-up that will be available on August 7, 2013; a non-refundable 2nd installment of \$400 is due by September 18, 2013; a non-refundable 3rd Installment of \$500 is due by November 1, 2013 and a non-refundable Final Payment of \$300 will be due by December 4, 2013. Checks should be made out to CSSC or Conejo Ski and Sports Club, and should be hand delivered to me at club meetings, or mailed to Ted Zalta at 5727 Canoga Avenue # 349, Woodland Hills, CA 91367.

* The 2014 Whistler Ski Trip Cancellation Policy is as follows: All Whistler Payments are non-refundable unless a replacement is made. The Conejo Ski Club highly recommends that you purchase Travel Insurance for this ski trip.





March 1 - 8, 2014

2014 Lake Tahoe Ski Trip

\$1,300.00

The Tahoe Package Includes:

- * Round-Trip Airfare from LAX to Reno on Southwest Airlines (no baggage fees)
- * Round-Trip Bus Charter Transfer from the Reno Airport to South Lake Tahoe
- * 7 nights lodging at the Lake Tahoe Resort Hotel (Formerly the Embassy Suites)
- * 5 out of 6 Day Lift Ticket for skiing Heavenly, Kirkwood and Northstar Mountain
- * Round-Trip Baggage Handling at Lake Tahoe Resort Hotel
- * Daily Resort Happy Hours with Two Hours of Free Drinks
- * A Round-Trip Shuttle Transfer to the Northstar Mountain
- * A Full Cook-to-Order Daily Breakfast Buffet at our Resort
- * A Farewell Dinner Party somewhere in South Lake Tahoe



Package Price, Registration Info, Trip Installment

Plan, Cancellation Policy and Travel Insurance Info: CST #2109794

* The 2014 Tahoe Ski Trip Package is \$1,300. There are a number of deductions and additions that lower and raise the price of this ski trip. Seniors (65+) can deduct \$50 off of the Tahoe Trip Price, non-skiers and skiers that supply their own lift pass can deduct \$320, (the \$320 Discount is not combinable with Seniors Discount). Air on Southwest is reserved for all; however those who want to drive, can, and will be allowed to deduct \$250 off their package price. You can also add \$50 to the Tahoe Package if you want to pre-pay for a 6th day of skiing at Heavenly, Kirkwood or Northstar Mountain. Round Trip Shuttle Transfers to Kirkwood Mountain are not included in the Tahoe Package.

* There are presently only 42 spots available! So, first come, first serve! Your Lake Tahoe Resort Hotel Lodging Price is based on Double-Occupancy, so two people are required for each room. There is a \$650 single supplement charge for participants who stay in their own room. Singles are welcome and will be given help if needed to find a roommate. Furthermore, anyone can deduct \$100 off the Tahoe Package if they book in a Triple Occupancy Room.

* A Registration Form and Club Waiver are required at sign-up! The Lake Tahoe Ski Trip Installment Plan is as follows: A \$200 non-refundable deposit is due upon first sign-up that will be offered on August 7, 2013; a non-refundable 2nd installment of \$300 is due by September 18, 2013; a non-refundable 3rd Installment of \$400 is due by November 1, 2013; a non-refundable Final Payment of \$400 is due by December 4, 2013. All Checks should be made out to CSSC or Conejo Ski and Sports Club, and hand delivered to me at club meetings or mailed to Ted Zalta at 5727 Canoga Avenue # 349, Woodland Hills, CA 91367.

* The 2014 Lake Tahoe Ski Trip Cancellation Policy is as follows: All Tahoe Ski Trip Payments are non-refundable unless a replacement is made. The Conejo Ski and Sports Club highly recommends that you purchase Travel Insurance for this trip.



Recurring Events

MONDAY NIGHT VOLLEYBALL



MONDAY NIGHT SAND VOLLEYBALL

IS FOR ALL SKILL LEVELS.

JUST SHOW UP TO PLAY.

IF THE GAME ENDS UP CLOSE IN SCORE,
EVERYONE IS A WINNER.



MEET AT 6:30 PM AT THE DOS VIENTOS VOLLEYBALL COURTS. DIRECTIONS: FREEWAY 101, TAKE THE BORCHARD RD. EXIT; CONTINUE ON BORCHARD FOR APPROXIMATELY 3 MILES, AT THE TOP OF THE HILL, MAKE ARIGHT ON VIA RICARDO AND PARK IN THE PARKING LOT. WALK OVER TO THE SAND VOLLEYBALL COURTS !! MEET AFTERWARDS AT "THE ALAMO" BETWEEN 8:30-9:00 PM

LEADER: MARK GLASMEIER (805) 376-3574

TENNIS

Saturdays at 9:30AM & Thursdays at 5 PM
T.O. Community Center Park tennis courts at 2525 North Moorpark Rd. (see page 3)

Leader: Jeanne Scott
(805) 428-3456

jazzitn1@yahoo.com

Intermediate & Advanced Players
"This is not beginner level play..."

BRIDGE



[2nd Wednesday of every month \(7-10 p.m\)](#)

West San Fernando Valley. Please call for directions:

Contact: Almut Bower (818) 998-8685



[4th Wednesday of every month \(7-10 p.m\)](#)

Call David Smith for new location.

Contact: David Smith (805) 495-4504

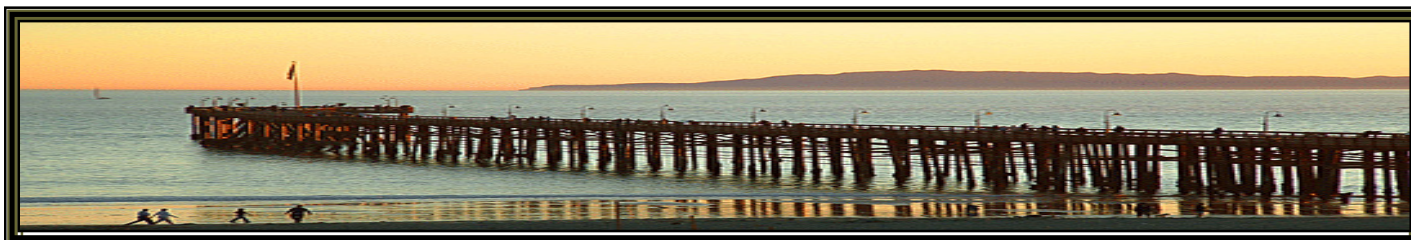
JANUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1.	2.	3.	4.	5.
		No Meeting Happy New Year!	Tennis 5:00		Tennis 9:30	
6.	7.	8.	9.	10.	11.	12.
Volleyball 6:30		Bridge	Tennis 5:00	Board Meeting	Tennis 9:30 Ventura Walk	
13.	14.	15.	16.	17.	18.	19.
Volleyball 6:30		Club Meeting	Tennis 5:00		Tennis 9:30 Santa Barbara Bike Ride	
20.	21.	22.	23.	24.	25.	26.
Volleyball 6:30		Volleyball 6:30 Bridge	Tennis 5:00 Ski Mammoth	Ski Mammoth	Tennis 9:30 Ski Mammoth	Ski Mammoth
27.	28.	29.	30.	31.		
Volleyball 6:30			Tennis 5:00			

FEBRUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1.	2.
					Tennis 9:30 Whistler	Whistler
3.	4.	5.	6.	7.	8.	9.
Volleyball 6:30 Whistler	Whistler	Club Meeting Whistler	Tennis 5:00 Whistler	Whistler	Tennis 9:30 Whistler	
10.	11.	12.	13.	14.	15.	16.
Volleyball 6:30		Board Meeting Bridge	Tennis 5:00		Tennis 9:30 Mardi Gras	
17.	18.	19.	20.	21.	22.	23.
Volleyball 6:30 President's Day		Club Meeting	Tennis 5:00 Ski Mammoth	Ski Mammoth	Tennis 9:30 Ski Mammoth	Ski Mammoth
24.	25.	26.	27.	28.		
Volleyball 6:30		Volleyball 6:30 Bridge	Tennis 5:00			

All CSSC events for adults over 21... unless specified "Family."



ANNUAL WINTER WALK IN VENTURA! JANUARY 11, 2014

Walk along Ventura's oceanfront path, then uphill to Grant Park, with views of the entire coastline. Approx. 4.0 miles, moderate, all on pavement. Afterward, enjoy lunch on the Ventura pier. (Bring \$\$.)

Meet at 9:30 a.m. NEW PARKING LOCATION: Take 101 N/B, exit California St. and go right on offramp, right on Thompson, right on Ash. Park in dirt lot at end of Ash.

(Just show up - no sign-ups. Sprinkling - it's a go! Rain cancels.)

**Leader: Ann Wright 805-376-0465 or awright10@gmail.com
or 805-341-4652 (morning of hike only)**

**Bicycle Ride
January 18, 2014
10:15 am**

Carpinteria to Santa Barbara - Eat Lunch in Santa Barbara

12.5 Miles

- ♣ Wear a Helmet (MANDATORY)**
- ♣ Bring enough water for round trip**
- ♣ Bring money for lunch**

Meet at Von's - 850 Linden Ave Carpinteria, CA93013

Take US-101 RAMP toward Ventura

Stay STRAIGHT to go onto US-101 N (Going West)

Take EXIT 86 toward Casitas Pass Road 0.17 miles

Turn LEFT onto Casitas Pass Rd (Going Southwest) 0.20 miles

Turn RIGHT onto Carpinteria Ave (Going Northwest) 0.33 miles

Turn LEFT onto Linden Ave (Going Southwest) 0.09 miles

**Sharon Schnell 805-388-0260
sharon_schnell@yahoo.com**

MARDI GRAS PARTY

SATURDAY, FEBRUARY 15TH (2014)

6:00 P.M. TO 11:00 P.M.

COSTUME CONTEST: King & Queen will be selected (not necessarily a couple).
Wear your most colorful, crazy, or authentic attire.

Tickets: \$29 (Members) \$39 (Non-Members)



Dance to
the
Festive
music of
"DEZMO'S
BLUES"

Drink:
BYOB

Contact: Sandy Palmer,
(805) 432-7195

lovseeyore@yahoo.com

(sign up at meetings or mail
check (made to CSSC) to: Sandy
Palmer, 477 W. Gainsborough
Road #101, Thousand Oaks,
CA 91360)

Dine:
at our
NEW
ORLEANS
Style
Buffet

A Conejo Ski & Sports Club Event

AT THE "FIRST NEIGHBORHOOD COMMUNITY CENTER"
31830 VILLAGE CENTER ROAD, WESTLAKE VILLAGE
(Take Agoura Road to Greengate Court.
Park in lot straight ahead on Village Center Rd.)

Brazil - Iguassu Falls - Argentina



Date: April 3 – April 13, 2014 - Seller of Travel No. 2031736-40

Price Package: \$2,679 (double occupancy); includes all international (LAX) & domestic air & fuel surcharge

Leader: Lou Patalano, Phone: 818-292-4334 or email Louis.Patalano@ngc.com

Price includes:

- ❖ **International round trip airfare - LAX to Rio de Janeiro, Buenos Aires to LAX;**
- ❖ **Domestic airfare: Rio de Janeiro to Iguassu Falls; Iguassu Falls to Buenos Aires**
- ❖ **Transfers between airport and hotels for all destinations;**
- ❖ **9 nights lodging accommodations: Rio de Janeiro - 4 nights; Iguassu Falls - 2 nights; Buenos Aires - 3 nights;**
- ❖ **Daily breakfasts each morning at all locations;**
- ❖ **Rio de Janeiro City Tour - including Sugarloaf and Corcovado Mountain;**
- ❖ **Special Group Welcome Dinner at a Brazilian steakhouse "Churrascaria" restaurant ("rodizio style ", where the expert waiters circle the restaurant with long skewers of perfectly grilled meats);**
- ❖ **Escorted tour of the Brazilian side of Iguassu Falls;**
- ❖ **Welcome Rafain Churrascaria Dinner and Show (traditional Brazilian food, music & dances of South American);**
- ❖ **Aventura Boat Ride up to the base of Iguassu Falls;**
- ❖ **Escorted tour of the Argentine side of Iguassu Falls;**
- ❖ **Lunch at La Selva restaurant inside the National Park;**
- ❖ **Buenos Aires City Tour;**
- ❖ **Spectacular Tango and Dinner Show;**
- ❖ **All Hotel and Domestic Air Taxes;**
- ❖ **All Airline Fuel Surcharges (\$330)**

Not Included: Airline International Air tax (approx. \$168) and Brazilian Visa (approx. \$160).

Note: Non-CSSC members will need to join the club during the 60-day initial sign-up period. After 60 days, if spaces are still available, to confirm a reservation an additional payment of \$40 to CSSC will be required.

RESERVATION AND CANCELLATION POLICY:

To confirm a reservation of \$200 deposit per person is required.

Second payment of \$300 is due December 15, 2013. Final payment is due February 1, 2014. Cancellations prior to December 15, 2013 will be charged \$100 cancellation charge. Cancellations between November 15, 2013 and January 30, 2014 will be charged \$300, cancellations between January 31, 2014 and February 23, 2014 will be charged \$500 and after February 23, 2014 will have no refund unless a replacement is found and then a \$150 charge for name change.

Trip cancellation insurance is recommended and can be purchased from New Horizon Tours.

Note: Prices are based on double occupancy, you are responsible to choose your own roommate, or a roommate will be selected from the group list, if one is available. Double occupancy is not guaranteed. The single supplement is \$829. You must be in good physical health to participate on this trip.



IRELAND

Northern & Southern

August 16-27, 2014

LUXURY MOTORCOACH TOUR – AAA
Approved/Quality

12-Day luxury tour (highlights to follow)
with Professional Irish Travel Director Tour

*Pre-trip party
Dec. 7th at 5pm*



COST

- \$2,138.00:** Group rate plus air (per person/double occupancy)
(Single Supplement: \$635)
- \$1,913.00:** With early payoff by January 5, 2014 plus air* (double occupancy)
- \$200.00:** Non-refundable deposit at time of booking
- \$40.00:** Non-Member Supplement
- \$1,564.68:** Airfare including fuel surcharge & taxes (per person)

Final Payment due: May 28, 2014

Travel Protection Plan: \$129-\$249 (recommended)

Passports must be valid for at least one year of date of trip. (2 copies requested to trip leader)
AAA will provide free passport pictures for this trip, if renewal necessary.

**Cancellation fees: Cancellation outside of 45 days prior to departure will forfeit deposit. Additional penalties apply for cancellation inside 45 days prior to departure. Full details are available upon request. **Price includes base fee of \$1,039, fuel surcharge of \$428 and taxes of \$97.68 based on 10 passengers. Airfare is subject to availability, subject to change and is not guaranteed until ticketed. Fuel surcharge and taxes are subject to change at any time and are not guaranteed until ticketed. A minimum of 25 passengers are needed to operate this tour. Brendan Vacations CST# 2084503-20; AAA CST# 1016202-80*

Contact: Trip Leader: Denise Cleveland (805) 358-2976
(Kelly Greer—AAA Thousand Oaks 805-230-3216)

IRELAND ITINERARY

1 DEPART FROM THE USA

Board your overnight transatlantic flight.

2 ARRIVE IN DUBLIN, IRELAND

Welcome to Dublin, a small capital with a big personality. Visit St. Patrick's Cathedral, see Georgian Squares with doorways painted in hues of red, blue, black and even purple, and walk to Trinity College to see the 8th-century Book of Kells. Later, enjoy a Welcome Dinner with wine. **WD**

3 DUBLIN / WATERFORD / CORK

Visit the 6th-century monastic ruins at Glendalough, where you'll see the Round Tower and St. Kevin's Cross, an enormous cross carved from a single piece of granite. Appreciate more delicate works of art at the House of Waterford Crystal, a *Local Specialty* in Waterford. Then allow an *Expert Storyteller* to regale you with tales of rogues and rascals during a city stroll. Next, head to Cork. **BD**

4 CORK / BLARNEY / KILLARNEY

Stop at the Old Midleton Distillery, home to Jameson Irish whiskey, a *Local Specialty*. Enjoy a tour and tasting and then prepare to pucker up for your visit to Blarney Castle, with its magical stone. On to lively Killarney. **BD**

5 RING OF KERRY EXCURSION

Venture along the famed Ring of Kerry, one of the most scenic routes in all the world. **B**

6 KILLARNEY / CLIFFS OF MOHER / CONNEMARA

Stop at the quaint village of Adare to see the thatched-roof cottages, then to the Cliffs of Moher. Then celebrate Brendan's 45th Anniversary with a *Be My Guest* afternoon tea at Rathbaun Farm. Hear about the traditions of Irish farming from the farmer, Fintan, a *Local Expert*. Afterward, depart for your seaside hotel in Connemara. **PI D**

7 CONNEMARA FREE DAY

You're on the pig's back (meaning "you've got it made"), because it's a full day free. Perhaps take an optional excursion to Kylemore Abbey. **B**

8 CONNEMARA / LONDONDERRY

Visit Clonalis House, then stop by W.B. Yeats' grave in Drumcliff. Continue to the walled city of Londonderry to enjoy the evening at leisure. **B**

9 GIANT'S CAUSEWAY EXCURSION

Experience the Giant's Causeway, a coastal landscape created by thousands of interlocking basalt columns. Later, join a *Local Expert* for a walking tour of Londonderry's city walls. **BD**

10 LONDONDERRY / BELFAST

Travel to Belfast, where you'll take a living history tour of the Titanic Belfast Visitor Centre with a *Local Expert*. Then check in to your *Authentic Accommodation*, the Europa Hotel. **BD**

11 BELFAST / KNOWTH / DUBLIN

Visit Knowth, the Neolithic passage graves at the Brú na Bóinne complex. Then on to Dublin, where your evening is free. **B**

12 DEPART DUBLIN

You will be transferred to the airport (conditions apply), where your vacation ends. **B**

YOUR PERSONALLY SELECTED HOTELS

SF Superior First Class / F First Class

Dublin | Ballsbridge Hotel – executive room **F**

Cork | Rochestown Park **F**

Killarney | Killarney Plaza **SF**

Connemara | Connemara Coast Hotel **SF**

Londonderry | Ramada Da Vinci's **F**

Belfast | Europa **F**

Dublin | Ballsbridge Hotel – executive room **F**



www.conejoskiclub.org

CONEJO SKI & SPORTS CLUB

MEMBERSHIP FORM

NEW MEMBER RENEWAL

Annual Membership \$40.00

(Add \$5.00 penalty if 30 days past renewal date)

TODAY'S DATE: _____ RENEWAL DATE: _____ AMOUNT RECEIVED: _____ CHECK #: _____

Mr/Ms LAST NAME: _____ FIRST NAME: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

EMAIL ADDRESS: _____

(Email address is the primary way we communicate with you. Please print clearly)

PRIMARY PHONE NUMBER: (_____) _____

I understand my phone number and email will be published on the Conejo Ski & Sport Club membership roster and will be available to members unless I check the box below.

Please keep my phone number and email private and not share it with the members.

OCCUPATION: _____

BIRTH DATE (Month / Day / Year [year-optional]): _____ Yes I am over 21 _____

HOW DID YOU HEAR ABOUT THE CLUB? (new members only) _____

IF FROM A MEMBER, GIVE NAME _____

APPLICANT REQUIREMENTS:

1. Fill out the membership application
2. Fill out a "Waiver and Release of Liability" form on the back of this form
3. Make checks payable to: **CONEJO SKI AND SPORTS CLUB**
4. Send your application, the "liability release", and check to:

CONEJO SKI AND SPORTS CLUB
Attn: VP Membership
P.O. Box 6276, Westlake Village, CA 91359

The **CONEJO SKI AND SPORTS CLUB** is a year-round sports/social club providing a variety of activities for its members. Most of these are, to a varying degree, hazardous. By making this application for membership, I voluntarily assume the risks involved; I agree not to hold the **CONEJO SKI AND SPORTS CLUB**, its Officers or Event Leaders liable for any accident or injury resulting from my participation in a club activity. After reading and understanding this Release of Liability, I hereby apply for membership in the **CONEJO SKI AND SPORTS CLUB**.

I certified that the above information is correct.

SIGNATURE: _____ DATE: _____

CONEJO SKI & SPORTS CLUB

WAIVER AND RELEASE OF LIABILITY

READ BEFORE SIGNING

I _____, the Undersigned, acknowledge,

appreciate, and agree that in consideration of being allowed to participate in any way in the Conejo Ski & Sports Club programs, related events and activities agree:

1. The risk of injury from the many of the activities is significant, including the potential for permanent paralysis and death, and while particular skills, rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation; and,

3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE AND HOLD HARMLESS Conejo Ski & Sports Club**, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the event ("**RELEASEES**"), **WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law.

Activity participant agrees that this release will apply to all known and unknown as well as unanticipated claims, injuries and damages resulting from club activities, as well as those now disclosed and all rights under section 1542 of the Civil Code of California and hereby are expressly waived. Section 1542 of the Civil Code of California reads as follows:

"A general release does not extend to claims which the (person signing the release)

does not know or suspect to exist in his (or her) favor, at the time of execution of the release, which if known by him (or her) must have materially affected his (or her) signing the release."

I have read and understand the above statements, and I am signing this document, granting this release and participating in this activity voluntarily. In addition, I have read, understand and agree to the Conduct Policy as stated on the back, and agree that, if I violate this conduct policy, I may be removed from this activity.

X _____ Birthday: _____ Date Signed: _____
(Participant's Signature)

_____ (Emergency Contact) _____ (Emergency Phone Number)

Conejo Ski & Sports Club

PO Box 6276

Westlake Village CA 91359



CONDUCT POLICY OF THE CONEJO SKI & SPORTS CLUB



Conejo Ski & Sports Club (CSSC) sponsors various activities for a varied population. The CSSC Conduct policy was developed to maximize the enjoyment for all participants and to provide guidelines for CSSC. This policy applies to all persons participating in a CSSC activity. All participants are requested to observe common courtesy and generally accepted standards of behavior. Activities include, but are not limited to CSSC sponsored trips, parties, sports and cultural activities. CSSC will not tolerate violation of any Federal, State or Local laws or ordinances. Illegal use of drugs, tobacco or alcohol will cause the participant to be removed from the activity. Additionally, CSSC will not reimburse the participant for any forfeited payments. CSSC may also choose, for the benefit of all participants, to prohibit smoking or alcohol at an event. Participants, who display obnoxious or offensive behavior in violation of this conduct policy, as determined by the CSSC activity representative, may be removed and/or isolated from the group. Participants shall adhere to the requirements of the CSSC activity packages (e.g., lift tickets) and not transfer, resell or barter all or portions of that package. Only CSSC or the issuing agency may compensate the participant for the unused portion or transfer. Failure to comply may result in exclusion from future CSSC sponsored activities. CSSC maintains a strict policy prohibiting harassment or discrimination of any type. Additionally, if behavior offensive to others (profanity, off-color humor) continues after the offending person is asked by a CSSC representative to refrain from its use, the offending participant may be subject to sanctions up to removal from the activity.