



SPOTLIGHT

November 2015



Nancy Andrews, Editor

Conejo Ski & Sports Club Newsletter

President's Message



Jim Robertson and Nancy Andrews are Conejo Ski & Sports Club Man and Woman of the Year. We celebrated their achievements at the annual Los Angeles Council of Ski Clubs Snow Ball Gala. The theme was Mardi Gras and everyone joined in the fun. It was a wonderful night of dining, dancing and sharing stories (see photos on page 5). *What happens at the Gala, stays at the Gala.*

Our annual End of Summer Beach Party at Sycamore Cove was a big success. We had more than 100 members and guests participating in waving "Goodbye" to summer. The games brought out the enthusiasm and excitement as expected from this group of partiers! The food was outstanding, as always. Thank you Richard & Laura for such a terrific party.

The Pray for Snow Party poems brought on some snow at Mammoth. Keep those poems coming, we need a lot more snow. The two poems that were chosen as favorites were submitted by Linda Heider and Mike Jones. Thank you Pete and Jean for opening your home to us. It was awesome.

The Halloween Party was remarkable. So many terrific costumes. Who were all those people? Did we have visitors from other planets??? Well, whatever they were, they did eat all of the desserts! We had so much fun dancing to the music of Urban Soul. Thank you Donn for another great party.

Mark Glasmeier is hosting a "Sign-Up" party for our Mammoth Ski Bus Trips for 2016. If you are planning on going on one or all of our bus trips, please sign up at the party or see Mark.

How long has it been since the last time you went bowling? CSSC is going bowling on Friday, November 13 at Harleys Bowl in Camarillo. Details are on the flyer in this newsletter. See Roslyn Hart and sign up at the next club meeting. It will be a blast.

Our annual Holiday Gala Party is December 4th. Sign up now to be sure you don't miss out. It will be a fantastic evening.

Ski Dazzle is coming December 4, 5, 6 at the Los Angeles Convention Center. Sign up to work 4 hours in the LA Council of Ski Clubs and your admission is FREE! The Los Angeles Ski Show & Snowboard Expo features 4 football fields of Exhibitor and Sponsor bargains up to 70% off. Ski Dazzle is truly "A World of Skiing & Snowboarding Under One Roof™"

At our next club meeting we will be recognizing our member birthdays for November.

Sharon Schnell, President



Photos of Halloween Party—page 8

Upcoming Activities in November

- Nov 4 Club Meeting
- Nov 7 Mammoth Sign up Party
- Nov 11 Board Meeting
- Nov 13 Bowling Night
- Nov 18 Club Meeting
- Nov 26 Thanksgiving

Recurring Activities

- Mondays Volleyball
- Wednesdays Bridge (2nd & 4th)
- Thursdays Tennis & Potluck
- Saturdays Tennis

Club Meetings are held Bi-Monthly 1st & 3rd Wednesdays of the Month

6:30 - 8:00 pm Social time
8:00 - 9:00 pm Meeting

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

Visit our Website & Facebook Page
www.conejoskiclub.org
Facebook: Conejo Ski & Sports Club
Email photos to photos@conejoskiclub.org



November Birthdays



<u>Day</u>			<u>Day</u>			<u>Day</u>		
John	Shishino-Cruz	1	Joe	King	7	Lezlee	Lorenz	19
Michael	Houston	1	Ingrid	Warner	9	Linda S.	Groberg	19
Sheri	Robb	1	Justin	Snyder	10	Paul	Sherman	23
Pati	Albert	3	Steve	Hatch	12	Gail	Goldman	24
Fred	Masino	3	Ted	Zalta	12	David	Smith	25
Julie	Anderson	6	David	Kaplan	13	Roslyn	Hart	27
Caryl	Craig	6	John	Kohlbrand	15	Rosamaria	Bauman	27
Marc	Forman	6	Richard	Grady	17	Robert	Cooney	29
Mark	Ansolabehere	7	Tammie	Ringer-Nguyen	18			

Membership Renewals Due in November



Dick Barnes	Steve Hatch	Autumn Ober
Bill Barnwell	Helen Havlin	Cynthia Pettyjohn
Patricia Bastiaans	Katherine Heftman	Ken Ringer
April Beesley	Ron Hickman	Tammie Ringer-Nguyen
Phil Beesley	Ronald Imig	Denny Robb
Sue Benvenuto	Fred Kay	Sheri Robb
Marloy Christy	Jack Kern	John Shishino-Cruz
David Cooper	Bill Kitchen	Lynn Stone
Gordon Croft	John Kohlbrand	Mark Stone
Naomi Farnell	Nancy Mauro	Denis Swan
Gail Goldman	Julie Mohr	Robert Victorero
Lee Goldrod	Jessika Neuhauser	Dawn Wood
Sharon Hansen	Nancy Nicholson	Ted Zalta

**It's that time of year, so don't let your membership lapse!
Mail your dues in by November 1st or contact the VP of Membership, Erin O'Connell**




James Eddy	Judith Miller
Narcisa Egan	Laura Priess
Carole Floersch	Kijae Rho
Shelley MacEwen	Teresa Schwartz





November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Volleyball 6:30 Dos Vientos	3	4 Club Meeting Ski Dazzle	5 Tennis 5:00 Ski Dazzle	6 Ski Dazzle	7 Mammoth Sign-up Party Tennis 9:30
8	9 Volleyball 6:30 Dos Vientos	10	11 Board Meeting Bridge 7:00	12 Tennis 5:00	13 Bowling Night	14 Tennis 9:30
15	16 Volleyball 6:30 Dos Vientos	17	18 Club Meeting	19 Tennis 5:00	20	21 Tennis 9:30
22	23 Volleyball 6:30 Dos Vientos	24	25	26 	27	28 Tennis 9:30
29	30 Volleyball 6:30 Dos Vientos					

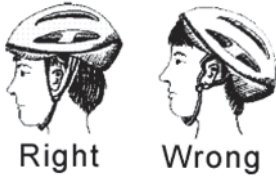


December 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Club Meeting	3 Tennis 5:00	4 Holiday Party	5 Tennis 9:30
6  Happy Hanukkah	7 Volleyball 6:30 Dos Vientos	8 Board Meeting	9 Bridge 7:00	10 Tennis 5:00	11	12 Tennis 9:30
13	14 Volleyball 6:30 Dos Vientos	15	16 Club Meeting	17 Tennis 5:00	18	19 Comedy Club Tennis 9:30
20	21 Volleyball 6:30 Dos Vientos	22	23	24 Tennis 5:00	25 	26 Tennis 9:30
27	28 Volleyball 6:30 Dos Vientos	29	30	31 Tennis 5:00		

Wear your helmet per manufacturer directions.



Safety Tips For Cyclists



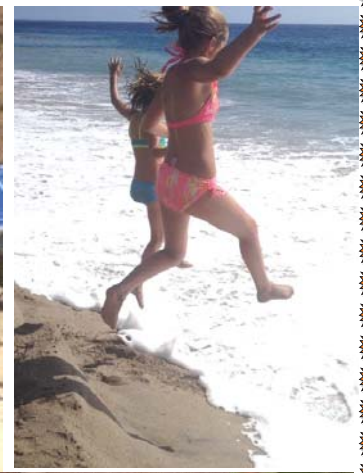
As we found in San Diego on our Campland trip, cycling can be hazardous to your health. These are some safety tips and DMV laws that will help you ride safely.

Bicycle riders on public roads have the same rights and responsibilities as motorists, and are subject to the same rules and regulations. Refer to the *California Driver Handbook* to become familiar with these rules. Go to <http://www.dmv.ca.gov/portal/dmv/>

The [California Vehicle Code \(CVC\)](#) contains specific laws pertaining to bicycle riders. For example, it is unlawful to operate a bicycle while under the influence of an alcoholic beverage or a drug (CVC §21200.5).

Convictions are punishable by a fine of up to \$250. If you are under 21, but over 13 years of age, your driving privilege will be suspended or delayed for one year once you are eligible to drive.

- Obey all traffic laws, including stopping at red lights and stop signs and yielding to pedestrians.
- Ride with motor vehicle traffic, on the right side of the road.
- Maintain a straight line; (single file) ride predictably; and avoid swerving between parked cars.
- Use hand signals to indicate stops, turns, and changes of direction to motorists and pedestrians.
- Allow faster traffic to pass when it's safe; avoid needlessly blocking the road.
- Pay attention to parked cars. Drivers may pull out in front of you or open a door in your path.
- As you approach intersections, be aware of cars behind, beside, and in front of you who may try to cross your path. "Left crosses" are the most frequent motorist-caused bike crashes; "right hooks" rank second.
- **When riding with others, ride single file to allow motorists to overtake you safely.**
- Wear a bicycle helmet. (California law requires helmet use for riders under age 18.)



**END OF SUMMER
BEACH PARTY**





PRAY FOR SNOW PARTY



Pray For Snow Poets



Special guest speaker on 10/7/15
was Mike Bash, Fitness Instructor
with tips on "How to Make the Most
of our Skiing and Prevent Injuries".
www.mikebsahfit.com
(818) 261-9939



LA COUNCIL SNOWBALL GALA



MC Jim Robertson



Prize winner!



**MAN & WOMAN
OF THE YEAR**

Conejo Ski & Sports Club Presents



BOWLING

AT

HARLEY BOWL CAMARILLO

305 Arneill Rd. Camarillo, CA 93010

805-482-0747



November 13, 2015

6:00 pm – 8:00 pm

PRIZES



\$15.00 pp (\$20.00 for non-member guests)

(includes equipment)

NO REFUNDS

Activity Leader: Roslyn Hart

Sign Ups at meetings

What is the Conejo Ski and Sports Club?

We're an active club that offers organized year round recreation and social activities for active adults. CSSC was formed in 1982 and still has almost 400 members today. It allows members of all ability levels, the opportunity to find recreational entertainment and participation in community activities.

We offer a myriad of events to choose from including snow skiing, hiking, biking, camping, volleyball, tennis, travel (international and domestic), themed parties, wine tasting, beach parties, dancing, live theatre, bridge, just to name a few. Do as much or as little as you like!

For more information, please visit our website or one of the links below:

Club website: www.conejoskiclub.org

Facebook Page: <https://www.facebook.com/pages/Conejo-Ski-Sports-Club/>

MeetUp Group: www.meetup.com/conejo-ski-and-sportsclub/

Membership email: kyotey@iswest.com





CONEJO SKI & SPORTS CLUB

HOLIDAY DINNER DANCE GALA



Friday December 4, 2015

6:00 pm Cocktail Hour

7:00 pm Dinner

Cocktail Hour includes Hors d'oeuvres & limited Free Wine, followed by a Holiday Buffet Dinner of Salmon, Chicken, a Beef Carving Station, Salad & Dessert

**Place: Los Robles Greens, Sunset Ballroom
299 S. Moorpark Road, Thousand Oaks**

Music: Dance to the Music of the "Four on the Floor"

Drinks: "No Host" Cash Only Bar (No Credit Cards!)

**Dress: Men: Dark Suits or Tuxedos, if you'd like
Ladies: Cocktail Dresses or Evening Gowns
\$50 Members - \$65 Guests**

Advanced sales only - No tickets sold at the door

No Refunds - Replacements allowed if you cannot attend



Sign up at one of the club meetings, or mail your check (payable to: CSSC) to:

Donn Smylie

6943 Fillmore Avenue

Ventura, CA 93001

Donn Smylie (805) 616-9403

donnsmylie@aol.com



Directions: Exit Moorpark Road from the 101 freeway & go south. Turn right just past gas station onto Rolling Oaks Drive, into the golf course parking lot

Ventura Harbor

Comedy Club

***Saturday
December 19th
6:00 PM***

**DINNER BUFFET, GREAT COMEDIANS, AND
THE VENTURA HARBOR PARADE OF LIGHTS**

\$30.00 Per Person

**Includes: Comedy show, dinner buffet, and viewing
the Boat Parade “Parade of Lights” from their upstairs balcony**

ADDRESS: 1559 Spinnaker Drive, Suite 205, Ventura (805) 644-1500

DIRECTIONS: 101 N, off at Victoria, South on Victoria, right turn on
Olivas Park Drive which becomes Spinnaker Dr.
Comedy Club is upstairs in the second building

Carpool/Arrive Early for Parking

**For Information & to Reserve your spot contact:
Sandy Palmer (805) 432-7195 lovseeyore@yahoo.com**

**or mail your check payable to *CSSC* to
Sandy Palmer, 193 Ventu Park Rd, Newbury Park 91320**

A CONEJO SKI & SPORTS CLUB EVENT

Recurring Events



Monday Night—Sand Volleyball Dos Vientos Park

- For all skill levels -

No need to sign up—just show up to play
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 a right 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

For all intermediate and advanced Players

Every Saturday 9:30 a.m. (lunch at noon)
Every Thursday 5:00 p.m. Potluck at 7:00 p.m.
Bring your favorite dish (to share with the group)
Where: Thousand Oaks Community Center
2525 N. Moorpark Road

For more information or schedule changes
Contact: Jeanne Scott (805) 428-3456 jazzitn1@yahoo.com

“This is not beginner level play...”



2nd Wednesday of the month
7:00-10:00 p.m

West San Fernando Valley
For directions contact
Almut Bower (818) 998-8685
(818) 998-8685

Bridge



4th Wednesday of the month
7:00-10:00 p.m

David Smith's home
295 Hodencamp Rd, Apt 55
Thousand Oaks, CA
(805) 495-4504

Getting in Shape For Skiing

There is nothing worse than spending months planning a ski trip, only to get to the mountain and feel exhausted and barely able to walk after the first day on the slopes.

To fully enjoy your ski trip, your planning should include preparing your body by doing specific exercises that involve jumping, balance & stability and leg exercises. Stretching before and after skiing will also help with flexibility and recovery.

Quads, Hamstrings & Glutes: The quads are the 4 large muscles on the front of your thighs, and they are probably the most used muscles in skiing. Hamstrings are the 5 tendons on the back of your knee and your glutes are the muscles in your gluteus maximus (butt). When skiing downhill, you typically hold your body in a flexed position and this requires great strength from these three muscle groups.

Inner and Outer Thighs. Your inner thighs work like crazy to keep your skis together. Your outer thighs keep your body stable and help you steer.

Calves. Because your knees are bent as you ski, your calves help you stay upright so you don't fall over (your ski boots help too).

Abs and Back. Because you're in a flexed position, bent over, your back has to work overtime to hold your body in that position.

Arms. Along with your back, arms help push off with your poles while stabilizing your shoulder joints.

Exercises to build strength & endurance, and help avoid injuries may include:

Squats are considered as one of the best lower body exercises. Squats strengthen and condition your legs and they target your quads and hamstring muscles which control your knee joint and your glutes.

Lunges are similar to squats but add an element of balance, which is important in skiing. Take a large step forward & then bend your legs until your rear knee lightly touches the floor. Put back up to return to the starting position and repeat the movement leading with your opposite leg.

Stork Presses develops your shoulders and arms. Hold a dumbbell in your left hand and raise it to shoulder level. Stand on your right leg. Inhale and press the dumbbell overhead to arms length. Slowly lower it back to shoulder level. Continue for desired repetitions & switch to opposite side.

Three Point Plank will strengthen your abdominal and lower back muscles, which will help support your spine while you ski. Bend down & place your hands on the floor then walk your feet back until you are in a push-up position. Keeping your abs tight, lift your left foot 6" off the ground and hold for 10 sec. Lower your foot to the floor & lift your right foot. Next lift your left hand up for 10 sec then repeat with your right. Increase the duration of your holds as you become stronger.

Lateral Jumps will help develop your inner, outer, front and rear thighs. Skiing involves a lot of side-to-side movement. Stand with your feet together and your arms by your sides; bend your elbows to 90 degrees and bend your knees slightly. Jump 12" to your left. On landing, immediately jump back to the right. Focus on the speed of your movement with minimal ground contact time. You can make it more challenging by jumping over a low obstacle.

This year, make it a point to get in the best shape you can for skiing. Being in shape means you will be able to ski longer and harder with a reduced likelihood of injury caused by weakness or fatigue. Building strength and endurance will keep your body strong to make skiing seem almost effortless!

Conejo Ski & Sports Club

presents:

MAMMOTH



2016

You won't want to miss -

- 3-day trips
- Friends, snacks, fun and movies on the bus
- Friday night happy hour 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 21-24
February 18-21
March 17-20

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.

***Non-members add \$20. One trip only.

Contact Mammoth VP Mark Glasmeier (805) 376-3574

email: conejoskimammoth@gmail.com

Mammoth Reservation Form

Name: _____ male or female? (circle)

Address: _____ City: _____ Zip: _____

Phone: _____ cell/home/business (circle)

Email: _____ roommate*: _____

*This field is optional

Emergency Contact

Name: _____ Phone: _____

Please indicate the trip(s) your are registering for:

Jan. 21-24 _____ Amount: _____ Check #: _____

Feb. 18-21 _____ Amount: _____ Check #: _____

Mar. 17-20 _____ Amount: _____ Check #: _____

Note any discounts here: _____

Cancellation Policy and Liability Waiver

Cancellation policy for Mammoth trips: a \$25 cancellation fee applies for any cancellation. Cancellations with less than 50 days notice will be assessed a 50% fee unless a replacement participant is provided by trip leader. No refund for cancellations less than 7 days unless a replacement participant is provided by trip leader.

I recognize the inherent dangers associated with the Conejo Ski & Sports Club trips/activities and agree to voluntarily accept all risks associated with Mammoth Ski Trips. I release Conejo Ski & Sports Club and its officers and all agents from any and all liabilities arising from accidents, injuries, and other incident which occurs during travel or participation in Mammoth ski trips. I agree to the Terms & Conditions of this trip/activity, including cancellation charges, as specified on this flyer, in the newsletter, or on the club website. I have read and understand the terms, conditions and cancellation policy for this trip/activity.

I have read and agree to all the terms under the Cancellation Policies and Liability Waiver.

Signed: _____ Date: _____

\$20.00 Adults
or Child 13 & Older

Ski Dazzle®

THE LOS ANGELES SKI SHOW & SNOWBOARD EXPO®
DECEMBER 4, 5 & 6, 2015
LOS ANGELES CONVENTION CENTER



It's "The Most Important Ski Trip You'll Take All Season!"™

The Los Angeles Ski Show & Snowboard Expo® features 4 Football Fields of Exhibitor and Sponsor bargains up to 70% off. Ski Dazzle® is truly "A World of Skiing & Snowboarding Under One Roof™"

Plus, Show Sponsors offer FREE entertainment like Ski Lessons for kids and adults, Rock Climbing Wall, Riglet Park Lessons for kids, Taste of Winter™ Cooking Demos, "Snowzilla" Giant Alpine Slide and Ski Trivia Contest.

Lot's of prizes for all ages, including lift tickets, season passes and more.

2015 LIFT TICKET OFFER COMING SOON! Six resorts are stepping you up to offer your choice of a FREE Lift Ticket or a Two-for-One Lift Ticket or a FREE Beginner Group Lesson Package – up to \$100 value. Resort participants are: Brianhead, Bear Mountain Resort, Mt. Baldy, Mountain High, Snow Summit Mountain Resort and Snow Valley.

Ski Dazzle® offers you the best chance to speak directly with all the experts who can save you money and start your ski or snowboard season off right.

One-Stop Shopping! Over \$6 Million of Gear & Resort Deals

One-stop shopping - all under one roof - A giant ski and snowboard sale, plus over 15 retail exhibitors Ski Dazzle® offers the greatest selection of merchandise with plenty of incredible "Show Specials" and holiday bargains.

Action Water Sports, California Sports, Jack's Surfboards, Mammoth Sporting Goods, RAMP Sports, Val Surf and Zumiez are just some of our most popular retail exhibitors.

Dozens of lift ticket bargains & season passes deals from local resorts. Money-Saving Airfare, Lift and Lodging packages & Kids Fly Free/Stay Free deals from destination resorts in California, Canada, Colorado, Idaho, Montana, Wyoming, Canada and More!

<http://www.skidazzle.com/losangeles.htm>



2016 Jackson Hole, Wyoming Ski Trip

Jan 30 - Feb 6, 2016

Trip Price:

\$1450

The Jackson Hole Package includes the following:

- Round-trip non-stop air on United (LAX-JAC and return)
- Round-trip transfers between airport and lodging
- 7 night's hotel lodging at newly renovated 49er Inn in downtown Jackson
- Free upgraded daily continental breakfast
- Wine and cheese welcome party
- Free daily shuttles to and from ski resort
- 5 of 6 day lift ticket to Jackson Hole Mountain Resort
- An Apre's Ski Party and Farewell Dinner

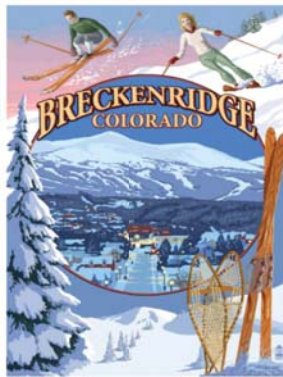


Package Price, Registration, and Trip Installment Plan: CST#2109794

The 2016 Jackson Hole ski trip package is \$1450, based on hotel double occupancy. There are a number of deductions and additions that lower and raise the trip price. Seniors (65+) can deduct \$65 from the trip price. Non-skiers and skiers who provide their own lift pass can deduct \$380. (The \$380 discount cannot be combined with the senior discount). There is a \$312 single supplement charge for participants who want their own room. Singles are welcome and will be given help if needed to find a roommate.

Sign-up for the Jackson Hole Ski Trip will be on Sept 2, 2015. A registration form, club waiver and a non-refundable \$500 deposit are due upon sign-up; a non-refundable 2nd installment of \$500 is due by Oct 1, 2015 and a non-refundable final payment of \$450 or remaining balance is due by Nov 5, 2015. Checks should be made out to CSSC and delivered to me at club meetings or mailed to: Chuck Ames, 223 Erbes Rd., apt 101, Thousand Oaks, CA 91362 (805) 236-6236

Cancellation Policy and Travel Insurance: The 2016 Ski Trip cancellation policy is as follows: All payments are non-refundable unless a replacement is made. The Conejo Ski Club highly recommends that you purchase travel insurance for this trip!



Only a couple spots left

2016 Breckenridge, Colorado Ski Trip

Feb 27 – Mar 5, 2016

Trip Price: \$1650

The Breckenridge Package includes the following:

- Round-trip non-stop air on Southwest to Denver
- Round-trip private motorcoach transfers with grocery/liquor stop
- 7 night's lodging in Beaver Run Resort Condos (ski in - ski out located above the base of peak 9)
- Welcome wine and cheese party
- 5 day adult Breckenridge lift ticket also valid for Vail
- Round-trip Breckenridge to Vail bus for one day skiing (date to be determined)
- 2 Apre`s Ski parties



Package Price, Registration, and Trip Installment Plan: CST#2109794

The 2016 Breckenridge ski trip package is \$1650, based on 4 people sharing a 2 bedroom/2 bath condominium. There are a number of deductions and additions that raise and lower the trip price. Seniors (65+) can deduct \$45 from the trip price. Non-skiers and skiers who provide their own lift pass can deduct \$375. (The \$375 discount cannot be combined with the senior discount). There is a \$750 single supplement charge for participants who want their own room. Singles are welcome and will be given help if needed to find a roommate.

Sign-ups for the Breckenridge Ski Trip will be on Sept 2, 2015. A registration form, club waiver, and a non-refundable \$500 deposit are due upon sign-up; a non-refundable 2nd installment of \$500 is due by Oct 1, 2015 and a non-refundable final payment of \$650 or remaining balance is due by Nov 5, 2015. Checks should be made out to CSSC and delivered to me at club meetings or mailed to: Chuck Ames, 223 Erbes Rd., apt 101, Thousand Oaks, CA 91362 (805) 236-6236

Cancellation Policy and Travel Insurance: The 2016 Ski Trip cancellation policy is as follows: All payments are non-refundable unless a replacement is made. The Conejo Ski Club highly recommends that you purchase travel insurance for this trip!

ALASKA CRUISE AUGUST 6 – 17, 2016

COME ON A JOURNEY TO ALASKA CRUISING THE MAGNIFIANT WATERS OF THE INSIDE PASSAGE, WITH ITS GLACIER-CLAD FJORDS WITH A LAND PACKAGE THAT INCLUDES THE MUST SEE SIGHTS OF DENALI NATIONAL PARK



Cruise on the **Coral Princess** with relaxing pursuits and enriching activities, world-class entertainment and gourmet cuisine. When you step aboard the ship, you are setting a course for a world of wonderful new discoveries. Your cruise includes cabin accommodations, meals throughout the day including 4-course dining rooms, 24-hour room service, entertainment, and an endless array of activities. **ONLY 16 CABINS AVAILABLE – BE SURE TO SIGN-UP EARLY.**

Leaders: Julianne Seeley 805-722-2921 & Denise Cleveland 805-358-2976 **SIGN-UPS BEGIN October 7, 2015** at the CSSC meeting (CST#2031736-40)

Package Price Includes	Pricing	Pricing
7 days/7 nights Coral Princess Cruise ship with all meals	Inside cabin-double occ. \$2,521.11	Outside cabin-double occ. \$3,321.11
Port charges/taxes (\$219 value)	Inside cabin-triple occ. \$2,220.11	Outside cabin-triple occ. \$2,887.11
Airport/Cruise transfer (\$78 value)	Inside cabin-quad occ. \$2,070.11	Outside cabin-quad occ. \$2,670.11
1 night at Mt. McKinley Princess Wilderness Lodge		
2 nights at Denali Princess Wilderness Lodge		Outside Mini-suite-double occ. \$3,821.11
1 night in Fairbanks, Alaska		
<i>Price does not include airfare. As of 8/31/15, airfare prices for this date are not yet available. Approx. air price should be no more than \$475-\$500 Possible cruise only option at reduced pricing. Call the trip leader for more information.</i>		

August 6th, Saturday

- Fly LAX to Vancouver, British Columbia
- Transfer from airport to cruise ship
- Sail at 4:40 pm

August 7th, Sunday

- Full day at Sea

August 8th, Monday

- **Ketchikan**-fishing port 8:00 am – 2:00 pm
- The sun in Ketchikan spotlights an amazing phenomenon on land; hordes of salmon fighting the currents in Ketchikan Creek to return to their spawning grounds. Fish will often throw themselves up a rocky waterfall!
- Optional excursions: Totem Bight State Park, Saxman Native Village, Alaska Rainforest Sanctuary, Great Alaskan Lumberjack Show, Creek Street Historic Boardwalk, White Pass train with bike ride, kayaking, hiking, nature watching, flightseeing or ziplining

August 9th, Tuesday

- **Juneau** the capital of Alaska 8:00 am – 9:00 pm
- Optional excursions: Go for a ride on a dog sled, whale watching, hiking, nature watching, flightseeing, ziplining or Gold Creek Salmon Bake

August 10th, Wednesday

- **Skagway** 7:00 am – 8:30 pm
- Optional excursions: White Pass and Yukon Route Railroad, Klondike Summit, Red Onion Saloon, go for a ride on a dog sled, horseback riding, hiking, river rafting, flightseeing or ziplining

August 11th, Thursday

- **Glacier Bay National Park** (scenic cruising) 6:00 am – 3:00 pm, a UNESCO World Heritage Site, one of the most popular places in the world
- See abundant wildlife, including humpback whales, sea otters, porpoises, harbor seals, black bears, mountain goats, bald eagles and large colonies of seabirds

August 12th, Friday

- **College Fjord** (scenic cruising) 6:00 am – 8:30 pm
- Boasts the world's largest collection of tidewater glaciers and features magnificent snowcapped mountains as far as the eyes can see
- Perhaps catch a glimpse of a 40-ton humpback whale feeding in the fjord.

August 13th, Saturday

- Disembark the ship in Whittier, Alaska
- Railcar to **Talkeetna**, then onto **Mt. McKinley**. Mt McKinley's rise measured base to peak is higher than Mt. Everest!
- Overnight at the *Mt McKinley Princess Wilderness Lodge*

August 14th, Sunday

- **Mt. McKinley/Denali National Park**
- Morning time for an optional excursion in Mt. McKinley
- Scenic motor coach ride to Denali National Park
- Free afternoon to experience this wonderful nature on your own
- Overnight at the *Denali Princess Wilderness Lodge*

August 15th, Monday

- **Denali National Park**
- Enjoy the Natural History in the morning, a wonderful introduction to the animals in the park: grizzlies, moose, grazing caribou and wolves
- Remainder of day is free to do as you please
- Overnight at the *Denali Princess Wilderness Lodge*

August 16th, Tuesday

- The morning is for relaxing
- Travel by scenic motor coach to **Fairbanks**
- Afternoon Riverboat Cruise down the Chena River, experiencing the Gold Rush history, native culture and colorful Alaska lifestyle of bush pilots, dog sledgers and Native artisans.

August 17th, Wednesday

- Fly home

Enchanting Croatia
Conejo Ski & Sports Club
September 2016 (dates to be announced)



Seller of Travel
No. 2031736-40

Price Package: \$2,285 (price does not include air) Leader: Lou Patalano; 818-292-4334

Day 1 / 2 (D) ZAGREB (Lodging in Zagreb)

We will depart Los Angeles (LAX) to our destination to Zagreb, Croatia. Our local agent will greet our group and transfer the group to our hotel in the city center. This evening we will get together for our Welcome Dinner at a popular local restaurant where we will dine on local specialties and wines.

Day 3 (B) ZAGREB / OPATIJA / ROVINJ (Lodging in Rovinj)

After breakfast, we will go on an escorted walking tour of Zagreb (ZAH-grehb), nicknamed "Little Vienna". We will walk this vibrant city and we will visit its major historical and cultural points of interest, which are within walking distance. We'll take a funicular to Gornji Grad, although very steep, it is the shortest funicular ride in the world at only 100 meters. We also visit the Croatian Museum of Navie Art. In the afternoon, on our drive to Rovinj, we will go on a drive through sightseeing tour of Opatija (oh-PAH-tee-yah), the most elegant resort town on the entire Adriatic. We will continue to the city of Rovinj (roh-VEEN), with Venice, Italy just across the Adriatic Sea. Rovinj is the most photographed city in Croatia. It is a beautiful Venetian style town with a dominating cathedral set on the top of a hill. Its narrow cobblestone streets intersect each other like a spider's web. The town was started by Venetians in the late 12th century and today it is considered one of the most desired tourist destinations. Its picturesque appeal is attracting more artists every year from all over the world.

Day 4 (B, D) PULA / POREC / MOTOVUN / ROVINJ (Lodging in Rovinj)

After breakfast, we will go on a full day "Circle of Istria" tour. We will visit the town of Pula. Pula (POO-lah), which is the site of the best preserved Roman amphitheater in the world. We will continue on our exploration to the Lim Fjord, which is a five mile long fjord and it is known for having one of the largest shellfish farms in Croatia. It is a great place to try some fresh oysters on half shell or a bowl of mixed shells in garlic and wine sauce. We will head to Porec (poh-RETCH), a small town which was built during the Venetian times and it is the home of Croatia's UNESCO World Heritage Monument; the Euphrasian Basilica. We will journey to Motovun (moh-toh-VOON), which is located in the Interior of the Istrian peninsula. This area resembles Tuscany, Italy and it is appropriately nicknamed "The Croatian Tuscany." Small fortified towns are perched on top of little hills surrounded by vineyards and olive groves. During our exploration of this area, we visit a winery and then journey to Motovun, which is the birthplace of Mario Andretti. This is the truffle capital of the world and home to the largest white truffle ever found. We will go on a short "Truffle Safari". Afterwards, we will have a truffle dinner in a local restaurant that specializes in truffle dishes. Following dinner, we will return to Rovinj.

DAY 5 (B, D) PLITVICE LAKES NATIONAL PARK (Lodging Plitvice Lakes)

After breakfast, we will depart to Plitvice Lakes National Park. (PLEET-veet-seh). We will leisurely walk along the lakes and enjoy natural beauty of the area. Well maintained paths, wooden boardwalks and bridges, make it easy to walk behind waterfalls to watch its cascading waterfalls. Imagine sixteen pristine lakes set one above the other; all nested in a rain-forest, in a green jungle-like natural landscape with water cascading from one lake to the next. Dinner in Plitvice will be a real treat; lamb on a spit, roasted on an open fire or a Traditional Croatian "Licka Vecera" Dinner prepared on an open fire "ispod peke" (under iron bells).

Day 6 (B) PLITVICE LAKES / SPLIT (Lodging Split)

After breakfast, we will continue to enjoy the beauty of the pristine lakes and its waterfalls. Afterwards, we will continue our journey to Split. Split, is the largest city on the Dalmatian Coast and is culturally known for its Diocletian's Palace. We will arrive in Split early in the afternoon and we will go on a walking tour of the Diocletian's palace and the old section of the city.

(see more on next page)

CROATIA Itinerary (con't)

Day 7 (B) MOSTAR / STON / DUBROVNIK (Lodging in Dubrovnik)

After breakfast, we will board our motor coach on our way to Dubrovnik (doo-BROHV-nik), we make a side trip to Mostar, in the country of Bosnia, with its famous old bridge and then touching numerous and charming Adriatic towns along the way, such as Ston, a charming little medieval town, which is just north of Dubrovnik. Upon arrival in Dubrovnik we will go on a walking tour of the city, getting us oriented with this fascinating Medieval Walled Old Town. Dubrovnik is nicknamed the "Pearl of the Adriatic," it is the most fascinating city in the region, it is one of the top destinations in Croatia, The entire Old City has been designated a UNESCO World Heritage Site, preserved with almost all of its original buildings. The city was also a setting in the HBO series "The Game of Thrones". The city wall is 15 foot thick and over 25 feet tall and is topped by a 1.25 mile foot path. Unforgettable views as you walk the walls above the city's red and orange-tiled roofs. You can see the city's narrow streets as they climb the local hills, and the local's colorful laundry flapping in the breeze. We will take a cable-car ride up to the top of the Dubrovnik hill for a breathtaking view of the city below, with its crayon-colored boats in the harbor, nearby islands and the area's Rivera.

Day 8 (B) MONTENEGRO RIVIERA / DUBROVNIK (Lodging in Dubrovnik)

After breakfast, we will go on a full day excursion to the Montenegro Riviera, with its rugged coastal scenery. We will visit the Bay of Kotor, and following sites such as Tivat, Porto Montenegro, Cetinje, Mt. Lovcen, Sveti Stefan and Budva, as time permits. Montenegro is one of Europe's youngest nations.

DAY 9 (B, D) DUBROVNIK- (Lodging in Dubrovnik)

Today is a free day to explore the city of Dubrovnik on your own, or you can visit an enticing island by taking a ferry from the city's historic port. This evening we will get together for our Farewell Dinner at a local family village retreat, near Dubrovnik. We will witness the traditional Croatian way of food preparation. We will sample homemade prosciutto, cheeses, olive oils and wine from the family vineyard and cellar. We will dine with a local family and capture the charm and feel of the real Croatian way of life.

DAY 10 (B) DUBROVNIK / LOS ANGELES (City of the Angels)

After breakfast, you may have time for some last minute shopping. We will be transferred today to the Dubrovnik (DBV) airport for our return flight home.

Price Package Includes:

- 1 night accommodation in Zagreb
- 2 nights accommodation in Rovinj
- 1 night accommodation in Plitvice Lakes National Park
- 1 night accommodation in Split
- 3 nights accommodation in Dubrovnik
- Daily breakfast (B) at all our hotels

- Four Special Dinners (D):
- Welcome Dinner in a Traditional Croatian restaurant in Zagreb with local wine
- Dinner in a Truffle restaurant in Motovun with local wine
- Traditional Croatian "Licka Vecera" dinner in Plitvice Lakes with local wine
- Dinner at a Family Village in Dvori-Dubrovnik with local wine

- Transfer in Zagreb (ZAG) (airport to hotel)
- Transfer in Dubrovnik (DBV) (hotel to airport)
- Air-Conditioned Motor Coach with English-Speaking Driver throughout Tour
- Escorted English-Speaking Guide throughout the trip (same guide)
- City Escorted Walking Tours in Zagreb, Split and Dubrovnik
- Escorted Guided Tour in Plitvice Lakes
- Full day excursion "Circle of Istria" Tour with Guide
- Full day excursion to Montenegro with Guide
- Funicular ride in Zagreb
- Cable Car in Dubrovnik
- Admission to attractions, museums and sites as listed on the itinerary

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. **Trip is limited to 46 trip members.**

Sign-ups begin on October 7th. Bring a deposit check for \$250 made payable to New Horizons.

You must be in good physical health to participate on this trip.

Upcoming Events



Nov 7	Mammoth Sign Up Party
Nov 13	Bowling Night
Dec 4	Holiday Party
Dec 4-6	Ski Dazzle, LA Convention Center
Dec 19	Comedy Club
Jan 21-24	Mammoth Ski Trip
Jan 30-Feb 6, 2016	Jackson Hole Ski Trip
Feb 18-21	Mammoth Ski Trip
Feb 27-Mar 5, 2016	Breckenridge Ski Trip
Mar 17-20	Mammoth Ski Trip
May 7, 2016	Kentucky Derby Event
Aug 6-17, 2016	Alaska Cruise
Sept 2016	Croatia Trip (dates TBD)

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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: _____

BOARD OF DIRECTORS: 2015-2016



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Past President:
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Conejo Ski & Sports Club, P. O. Box 6276, Westlake Village, CA

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



If you have any photos you've taken at a club event and would like to share them, email them to: photos@conejoskiclub.org There's a good chance that you will see them in the newsletter and/or on the website!



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 event representative, may be removed and/or isolated from the group. Participants shall adhere to the requirements of the CSSC event 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 and/or removal from the club.