



### **SPOTLIGHT**







Sharon Schnell, Editor

### Conejo Ski & Sports Club Newsletter

### President's Message

We had a lot of fun at Westlake brewery. There was beer, wine and around 50 members grazing a huge spread of food coordinated by Roz. At one point we had 10 members on the stage dancing to the chicken dance. It was pretty incredible

This past weekend we hosted our annual Halloween party. I continue to be surprised by how creative people are with their Halloween costumes. There were angels, devils, cowboys, cowgirls, executioners, fairys, furniture, cats, wabbits, Elvis, The Donald, and even a roll of toilet paper. The band was fantastic and everyone loved the ice cream bar. If you missed it you have all year to work on your costume.

It is time to sign up for parties, travel trips and ski trips.

**PARTIES** - We are taking sign-ups for the Holiday Party, and Parade of Lights/Comedy Club. Parties are selling out lately so don't wait too long. **MAMMOTH SKIING** - Mammoth sign-ups started at the last meeting. We had a large number of people filling out registration forms and writing checks. As an added benefit to the Mammoth skiers, on November 12th Mark will be having a party at his house for everyone that signed up for a Mammoth trip. Your paid trip is your ticket to the party. It's always a lot of fun and Mark has some great prizes for those that attend.

**OUT OF STATE SKIING** - Sun Valley and Aspen/Snowmass week long trips still have a small amount of space. If you are interested or know someone that loves to ski have them call Chuck or Louise and sign up soon.

**TRAVEL** - The Dubai - Abu Dhabi trip sign-ups started at the last meeting. This trip is all about ADVENTURE, and your opportunity to visit a part of the world that is off our beaten path. The trip includes round trip airfare, tips, 9 meals, accommodations at the 5-Star Hyatt Regency Dubai & the highly ranked Southern Sun in Abu Dhabi and trip insurance for \$2,340 per person. We have finalized the Portugal – Spain trip and will start taking signups at the 2<sup>nd</sup> meeting in November. Details will be emailed and posted on our website in the next few days.

The fun doesn't start till you sign-up and show up. I look forward to seeing you at one of these amazing events.

Richard Murray

President

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



#### **Upcoming Activities in November**

Nov 2 Club Meeting

Nov 5 Pray For Snow Party

Nov 9 Board Meeting

Nov 12 Mammoth Sign up Party

Nov 16 Club Meeting

Nov 24 Thanksgiving

Nov 26 Ojai Bike Ride

#### **Recurring Activities**

Mondays Volleyball

Wednesdays Bridge (2nd & 4th)

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

November 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Volleyball 6:30 Dos Vientos	1	Club Meeting  Ski Dazzle	3 Ski Dazzle	4 Ski Dazzle	Pray For Snow Party
6	Volleyball 6:30 Dos Vientos	8	Board Meeting  Bridge 7:00	10	Bowling Night	12 Mammoth Sign-up Party
13	Volleyball 6:30 Dos Vientos	15	Club Meeting	17	18	19
20	Volleyball 6:30 Dos Vientos	22	23 Bridge 7:00	HAPPY THARKSUYANG	25	26
27	Volleyball 6:30 Dos Vientos	29	30			

300		Decei	mber	2015	3000	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Club Meeting	1	2	Holiday Party
Happy Hanukkah	Volleyball 6:30 Dos Vientos	6	Board Meeting Bridge 7:00	8	9	10
11	Volleyball 6:30 Dos Vientos	13	Club Meeting	15	16	Comedy Club
18	Volleyball 6:30 Dos Vientos	20	21 Bridge 7:00	22	23	24
WERRY CURISTMAS	Volleyball 6:30 Dos Vientos	27	28	29	30	31 Dring on the YEAR!

Membership Renewals Due in November





Carrie	Assor	Norma Jean	Licht
Dick	Barnes	Donald	Mace
Bill	Barnwell	Shelley	MacEwen
Phil	Beesley	Nancy	Mauro
April	Beesley	Chris	McCloud
Sue	Benvenuto	Judith	Miller
Larry	Bettenhausen	Julie	Mohr
David	Buchanan	Colleen	Mulford Bettenhausen
Maryann	Burcham	Jessika	Neuhauser
Gene	Burcham	Ellen B.	North
Marloy	Christy	Autumn	Ober
Debbie	Cler	Cynthia	Pettyjohn
David	Cooper	Terry	Piper
Gordon	Croft	lleana	Rizescu
Narcisa	Egan	Sheri	Robb
Carole	Floersch	Denny	Robb
Gail	Goldman	Teresa	Schwartz
Lee	Goldrod	David Y.	Smith
Sharon	Hansen	Eilene	Stage
Steve	Hatch	George	Stage
Helen	Havlin	Don	Taetzsch
Katherine	Heftman	Robert	Victorero
Ron	Hickman	Dennis	Walker
Ronald	Imig	Dawn	Wood
Fred	Kay	Carol	Wright
Jack	Kern	Ted	Zalta
Bill	Kitchen		



Halloween 2016





### Safety Tips For Cyclists



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 <a href="http://www.dmv.ca.gov/portal/dmv/">http://www.dmv.ca.gov/portal/dmv/</a>

The <u>California Vehicle Code (CVC)</u> 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.)

# Gonejo ski a sports Guli Ojai Bike Ride



November 26, 2016

9:00 AM



North on 101 take Ojai turnoff

438 Casitas Vista Rd
Park under the bridge or
In Foster Park Parking Fee \$4

**Wearing A Helmet Is Mandatory** 

**Bring Water and Money for Lunch** 

No Helmet No Ride

Contact:

Roslyn Hart 805-402-0057 roslynhart@live.com

Lunch at Agave Maria Restaurant 106 Montgomery Street, Ojai

# PRAY FOR SNOW PARTY





### 29 days

Until Ski Dazzle - Los Angeles December 2, 3 & 4, 2016



### SKI DAZZLE IS OPEN 3 DAYS ONLY!

#### Ski Dazzle Show Fast Facts

- WHERE: Los Angeles Convention Center
- WHEN: December 2, 3 & 4, 2016
- 3 DAYS ONLY!
- Friday, December 2, 3pm 11pm
- Saturday, December 3, 11am 10pm
- Sunday, December 4, noon 6pm
- 250 Exhibitor & Sponsor Booths
- \$6 Million Equipment & Clothing Sale
- Choice of 6 FREE Lift Ticket Offers
- FREE Family Entertainment
- FREE Ski Lessons, Dual Zipline & More!

MORE INFO

**BUY TICKETS** 

Watch promos from some of the resorts that will be at the Show!

http://www.skidazzle.com/index.htm

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

#### 2016 Lift Ticket Offer With Show Admission!

6 resorts are stepping 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 \$85.00 value just for coming to the show!!

#### **One-Stop Shopping! Non-Stop Fun!**

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

### There's lots to do at Ski Dazzle - Los Angeles, December 2, 3 & 4, 2016!



**Dual Zipline** 

Snow Valley Reso Rock Climbing Wa

Sell Your Used Sports Gear



\$6 Million Sale Up To 70% Off

Bear Mountain Riglet Park

Beer! Wine! Cockta



Snow Summit Free Ski Lessons

**Dual Zorb Race** 

Date: Saturday, December 3, 2016 Cocktails 6:15 p.m. Dinner: 7:00 p.m.

# Conejo Ski and Sports Club

# Holiday Hala



### Los Robles Golf Club

299 S. Moorpark Road Thousand Oaks, CA 91361 Cocktail Hors d'Oeuvres
Buffet dinner with Salmon,
Beef carving station and all the extras
Cash bar Only. No Credit Cards.
Do not bring your own liquor.
Price: \$55 Members; \$70 Non-members
Reserved tables of 10 available for \$625.
Dress: Formal Attire—be Picture Perfect!

Dance to the music of

### LITTLE FISH

Contact person: Carolyn Phillips—805-796-7015
Email: phillipscaroc@gmail.com
Will Sell Out—Money in before 11-18-16
No tickets at the door. No Refunds.
Checks payable to CSSC and mailed to:
Carolyn C. Phillips, 2625 Townsgate Rd. Suite 330

Westlake Village, CA 91361

### SANTA PAULA THEATRE PRESENTS



Stan, Hullihan

Join Co Sports Club for a fun atternoon of entertainment

Sunday, December 4, 2016

Matinee Performance: Play starts at 2:15pm.

Followed by Dinner at: Familia Diaz Restaurant

(Pre-set menu will include a variety of

selections to please all appetites)

COST: \$17.00 play only (\$22 non members)

\$33.00 Play & Dinner (\$43 non members)

Reservations: Roslyn Hart at meetings or send check made out to CSSC, mail to:

Roslyn Hart 957 Via Colinas

Westlake Village, CA 91362 email: roslynhart@live.com

### Conejo Ski & Sports Club Presents

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### Saturday December 17<sup>th</sup> 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

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:

Roslyn Hart
805-402-0057
roslynhart@live.com
or mail your check payable to *CSSC* to
Conejo Ski & Sports Club
PO Box 6276
Westlake Village, Ca 91360

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### January 28 - February 4, 2017

# \$1,600 for Lodge Apartment Condo or

## Do om

# \$1,665 for Lodge King-Bed Hotel Room Sun Valley, Idaho, Ski Trip Package Includes:

- ◆ 7-Nights Lodging in either the Sun Valley Lodge Condos that are adjacent to the Hotel
- with access to all Lodge amenities OR 7-Nights Lodging in the newly renovated Lodge Hotel
- Round-Trip Airfare on Southwest Airlines from LAX Airport to Boise
- ♦ Round Trip Bus Charter Transfer from the Boise Airport to Sun Valley Lodge
- ◆ 5-Day Lift Pass for Sun Valley and Dollar Mountain
- ◆ Tips for Bus Drivers and Baggage Handlers
- ♦ A Welcome Reception on Sunday Evening
- An Après Ski Party and a Dinner, or two Après Ski Parties







\* The 2017 Sun Valley Trip is \$1600 for the Lodge Condo OR \$1665 for the Lodge Hotel. Lodging Prices are based on Quad-Occupancy for the Apartment Condo and Double-Occupancy for the Lodge Hotel room. Roommates are required for this trip. If you do not have a roommate, there will be a \$818 single supplement charge for the condo, and a \$883 single supplement for the hotel room. Non-skiers subtract \$315 for lift tickets.

\* A Registration Form, Club Waiver, and Check Deposit are required at time of sign up. The 2017 Sun Valley Trip Installment Plan is as follows: A non-refundable \$600 (or \$665) deposit is due upon first sign-up; a non-refundable 2<sup>nd</sup> installment of \$500 is due by October 5, 2016 and a non-refundable final payment of \$500 will be due by November 2, 2016. Checks should be made out to CSSC or Conejo Ski and Sports Club, and should be delivered to me at club meetings, or mailed to Louise Hartsock, 1663 Valecroft Avenue,818

Westlake Village CA 91361

Package Price, Registration InInstallment Plan, Cancellation Policy and Travel Insurance: CST#2109794 and #2022796-50

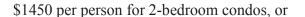
The 2017 Sun Valley Ski Trip Cancellation Policy is as follows: All Payments are non-refundable unless a replacement is made. The Conejo Ski Club highly recommends that you purchase Travel Insurance for this trip!





# 2017 Aspen Snowmass Ski Trip

March 4 - 11, 2017



\$1520 per person for 3 bedroom condos

### The Aspen Snowmass, Colorado Ski Trip Package Includes:

- ♣ Round-trip non-stop air on Southwest Airlines from LAX to Denver
- ♣ Round-trip bus charter transfers from the Denver Airport to lodging, including drivertips
- ♣ 7-Night's lodging at the Crestwood Condos, a ski-in ski-out property located near the upper village in Snowmass. Porterage is included
- **♣** 5-Day lift tickets to Aspen Mountain, Snowmass Mountain, Aspen Highlands, and Buttermilk **♣** A Welcome Reception on Sunday evening
- ♣ An Apre's Ski Party and Farewell Dinner, or two Apre's Ski Parties







Package price, registration, trip installment plan, cancellation policy, and travel insurance CST#2109794 and #2022796-50

- ♣ The 2017 Aspen Snowmass trip is \$1450 for the 2-bedroom condos and \$1520 for the 3-bedroom condos. Lodging prices are based on 4 persons sharing the 2-bedroom condos and 6 people sharing 3-bedroom condos. Roommates are required, unless you pay a single supplement charge of \$680 for the 2-bedroom condos or \$750 for the 3-bedroom condos. Non-skiers deduct \$345 for lift tickets. Seniors over 65 may deduct \$80 from the trip price for a senior lift pass.
- ♣ A registration form, club waiver, and check deposit are required at time of sign up. Initial sign-up will be on Sept 7, 2016. A non-refundable \$500 deposit is due upon sign-up; a non-refundable second installment of \$500 is due by Oct 5, 2016 and a non-refundable final payment of \$450 or remaining balance is due by Nov 2, 2016. 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.

# **Dubai 2017**

**CONEJO SKI AND SPORTS CLUB presents:** 

Deluxe Dubai & Abu Dhabi

9 days = \$2,340 includes RT non-stop

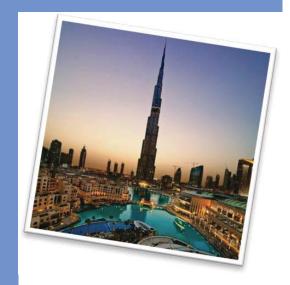
airfare on Emirates Airlines, travel insurance,

and tour tips. \$399 single supplement.

Add \$40 for Non-members.

Trip Leader: Carolyn Phillips 805-796-7015

phillipscaroc@gmail.com



### April 24 to May 2, 2017



### Why Dubai? & Abu Dhabi?

CST # 2043190-50

#### **Additional Tour Inclusions:**

 Accommodations at deluxe hotels
 (5-star Hyatt Regency Dubai and Southern

Sun Abu Dhabi—Two doubles per room)

- 9 meals: 7 breakfasts and 2 dinners
- Comprehensive sightseeing per itinerary on next page
- Experienced, English speaking tour guide

(one provided per bus)

- Airfare taxes, fees & fuel surcharge
- Tourism Dirham Fee in Dubai

There's too many reasons to summarize, but ADVENTURE is where we begin in this "City of Gold" which boasts the world's largest mall, tallest tower, biggest dancing fountain, and highest-rated hotel. Ski Dubai in the Mall of the Emirates or swim with its penguins. Fueled by petrodollars and ambition, Abu Dhabi is a young gun and wise uncle rolled into one charming, if slightly schizo, personality. Motor racing, contemporary art fairs, sailing, beaches and winter sun... there has never been a better time to visit the cultural capital of the United Arab Emir-

DETAILED CANCELATION DATES AND NON-REFUNDABLE CHARGES. REFER TO registration forms, travel insurance, and other important information about this trip on the CSSC website.

Note, optional tours are available—see itinerary for additional costs.

Sign ups begin on October 15, 2016 at 6:00 p.m. at the meeting.

Complete your fillable forms online and have your check in the amount of \$469 per person made payable to Smartours ready at sign up.

#### **READ REGISTRATION FORMS**

#### CAREFULLY AS THEY CONTAIN IMPORTANT INFORMATION ABOUT THIS TRIP.

Reservations will be personally confirmed via email upon smarTours' receipt of \$469 per person nonrefundable deposit by U.S. dollars check or money order. Full payment is due 75 days before departure. Failure to make final payment on time will result in automatic cancellation of reservation and loss of deposit. Travel insurance does not cover pre-existing conditions or a change of mind. Make sure you are healthy enough for a 24 hour total travel time.

RESEARCH WEATHER INFORMATION IT MAY BE HOT AND HUMID.



### **Recurring Events**

Roslyn Hart 805-402-0057 roslynhart@live.com



# 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





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

### **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.

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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.

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

<u>Calves</u>. 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.

<u>Arms</u>. 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!

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### Conejo Ski & Sports Club

presents:

# MAMMOTH

### 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 19-22 February 23-26 March 16-19

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 f	female? (circle)
Address:	C	ity: Z	ip:
Phone:	c	:ell/home/busine	ess (circle)
Email:	r	oommate*:	
		*This field is	optional
<b>Emergency Contac</b>	ct		
Name:	_	Phone:	
Please indicate the	, ,		
Jan. 21-24	Amount:	Check	#:
Feb.18-21	Amount:	Check	#:
Mar. 17-20	Amount:	Check	#:
Note any discounts	s here:		
	Cancellation Policy and	I Liability Waiver	
Cancellation policy for Man Cancellations with less that participant is provided by tr a replacement participant is	n 50 days notice will be ass ip leader. No refund for car	sessed a 50% fee unles	s a replacement
I recognize the inherent data and agree to voluntarily acc Ski & Sports Club and its or accidents, injuries, and other trips. I agree to the Terms & specified on this flyer, in the terms, conditions and cancer.	cept all risks associated with fficers and all agents from a er incident which occurs du & Conditions of this trip/action en en explantations of the club	h Mammoth Ski Trips. I any and all liabilities aris ring travel or participati vity, including cancellat website. I have read ar	release Conejo sing from on in Mammoth ski ion charges, as
I have read and agree to al	I the terms under the Cance	ellation Policies and Lia	ability Waiver.
Signed:		Date:	

### BOARD OF DIRECTORS 2016-2017

President



Richard Murray 805-551-8869 rwmurray3@gmail.com

**Executive VP** 



Lou Patalano 805-480-1915 louis.patalano@ngc.com

Treasurer



Ronnie Weinberger 818-406-9940 ronnieweinberer@sbcglobal.net

Secretary



Dusty Antos 805-300-9114 Dusty-flowoflife@msn.com

VP Membership



Erin O'Connell 805-231-2778 kyotey@iswest.com

**VP Activities** 



Roslyn Hart 805-402-0057 roslynhart@live.com

**VP Social** 



Carolyn Phillips 805-796-7015 phillipscaroc@gmail.com

**VP Mammoth** 



Mark Glasmeier 805-376-3574 conejoskimammoth@gmail.com

**VP Skiing** 



Chuck Ames 805-236-6236 chuckames62@yahoo.com

VP Newsletter
conejonewsletter@gmail.com
Past President



Sharon Schnell 818-421-7762 sharon\_schnell@yahoo.com

### Conejo Ski & Sports Club, P. O. Box 6276, Westlake Village, CA 91359

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