



SPOTLIGHT

December 2016



Sharon Schnell, Editor

Conejo Ski & Sports Club Newsletter

President's Message



The Pray for Snow Party kicked off November at Pete and Jean Moore's home. There were a number of great poems but Bob Rowan stole the show with his original song. The song is written about his experience traveling with our ski club to Mammoth on the bus. He did a great job incorporating the experiences that we all remember into the song which won the

best poem for the 2016-2017 ski season. The following weekend Mark and Kathy Glasmeier hosted the annual Mammoth Ski Trip sign up party. It was wall to wall skiers with great food and lots of Mammoth gift cards as prizes. The ski season has started and I am already getting emails from Mammoth with snow "dump" alerts.

The Holiday Gala is coming up this Saturday. It promises to be one of the best Holiday Galas with gourmet food, a very popular band and lots of fun members attending. If you decide at the last minute you would like to go please contact Carolyn, she may have someone that has paid and can't make it to the party at the last minute. Then we have the Calendar Girls Play on the following day and then the Parade of Lights/Comedy Club the following weekend. There are still tickets available for the Comedy club. You can contact Gary to signup.

Mammoth 3 day ski trip sign-ups continue. If you are interested in skiing at Mammoth with us please contact Mark Glasmeier to add your name to the list. See pages 9 & 10 of this newsletter.

Sun Valley and Aspen/Snowmass week long trips are full. If you have an interest in being added to our wait list please contact Chuck or Louise to be added.

The Dubai - Abu Dhabi travel trip sign-ups continue. 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. The Portugal - Spain trip is sold out. If you would like to be added to our wait list please contact Lou.

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



"Turkey Leg" Bike Ride Thanksgiving weekend

Upcoming Activities in December

- | | |
|----------------|---------------------|
| December 2,3,4 | Ski Dazzle |
| December 3 | Holiday Gala |
| December 4 | Calendar Girls Play |
| December 17 | Comedy Club |
| January 8 | Annual Winter Walk |

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

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



December Birthdays



			<u>Day</u>				<u>Day</u>
Gregory	Charlton	18		Peggy	SanFilipo	25	
Erin	O'Connell	19		Denny	Robb	26	
Faraneh Michell	Shirloo	19		Todd	Tanner	27	
Ronnie	Weinberger	20		Sue	McCormick	28	
Jody	Salisbury	23		Carole	Peterson	29	
Karen	Houston	24		Sharon	Schnell	29	
Mariola	Rojer-John son	24		Tapio	Kartiala	31	
Paul	Dudley	25					

Membership Renewals Due in December



Corinna	Adams	Jim	Gardner	Dan	Petrula
Joan	Adams-Jonsson	Phylis	Garon	Gary	Pruett
Julie	Anderson	Vicki	Green	Ramona	Rowan
Emilia	Balke	Wendy	Herron	Peggy	SanFilipo
Barry	Bernbaum	Bachir	Jirari	Jo	Schuler
Katarina	Bernbaum	Ellen	Jirari	Faraneh	
Charlie	Bornhauser	Rich	Jonsson	Michell	Shirloo
Suzie	Bornhauser	Diane	Karr	Justin	Snyder
Gary	Bowen	Jeff	Kitchen	James	Sturm
Kathleen	Feiman	James	Lacey	Tatyana	Sturm
Lisa	Ford	Eileen	MacEney	Shirley	Thorne
Alan	Friedman	Toni	Maggio	Sally	Weimer
Roberta	Friedman	Susan	McGraw	Patricia	Young

**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**



Sandy	Blackwell	Karen	Peters
Jim	Frandsen	Mariola	Rojer-Johnson
Dale	Gray	Joan	Shultz
Mary Ann	Harasymowycz	Linda	Thomson
Mitchell	McDonald	Mary	Williamson
Skip	Nirenberg	Patricia	Zeug



December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 Happy Hanukkah Calendar Girl Play Ski Dazzle			Club Meeting			1	2
						Ski Dazzle	
4	5	6	7	8	9	10	
Volleyball 6:30 Dos Vientos							
11	12	13	14	15	16	17	
Volleyball 6:30 Dos Vientos		Board Meeting Bridge 7:00				Comedy Club	
18	19	20	21	22	23	24	
Volleyball 6:30 Dos Vientos		Club Meeting					
25	26	27	28	29	30	31	
 Volleyball 6:30 Dos Vientos		Bridge 7:00				Bring on the NEW YEAR! 	

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Volleyball 6:30 Dos Vientos		Club Meeting				
Winter Walk 8	9	10	11	12	13	14
Volleyball 6:30 Dos Vientos		Board Meeting Bridge 7:00				
15	16	17	18	19	20	21
Volleyball 6:30 Dos Vientos		Club Meeting		Mammoth Ski Weekend		
22	23	24	25	26	27	28
Volleyball 6:30 Dos Vientos		Bridge 7:00				Sun Valley Ski Trip
29	30	31	1	2	3	4
Volleyball 6:30 Dos Vientos		Sun Valley Ski Trip				

*Date: Saturday,
December 3, 2016*

*Cocktails 6:15 p.m.
Dinner: 7:00 p.m.*

Conejo Ski and Sports Club

Holiday Gala



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

Los Robles Golf Club

299 S. Moorpark Road
Thousand Oaks, CA 91361



Ski Dazzle Show Fast Facts

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

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

FREE
Lift Ticket
with admission

- 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!

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!

MORE INFO **BUY TICKETS**

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



SANTA PAULA THEATRE PRESENTS



Starring Roslyn Hart & Hullihan

**Join Community & Sports Club
for a fun afternoon 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

Ventura Harbor

**Comedy
Club**

***Saturday
December 17th
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



ANNUAL WINTER WALK IN VENTURA! SUNDAY, JANUARY 8, 2017



This year we'll walk along the beach first (with restroom breaks) and then make our way up the hill past the historic San Buenaventura Mission, then through the Botanic Garden to Grant Park, with views of the entire coastline. Approx. 4.0 miles.

Must have moderate walking ability.

Afterward, enjoy lunch at restaurant of our choice. (Bring money.)

Meet at 9:30 a.m. **PARKING LOCATION:** Take 101 N/B, exit California St. and go right on off-ramp, right on Thompson, right on Ash. Park in dirt lot at end of Ash. (Just show up – no sign-ups. Rain cancels, but a light sprinkle - it's a go!)

Leader: Ann Wright 805-341-4652 or awright10@gmail.com



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!

Mammoth Ski Weekend Sign Up Party



Conejo Ski & Sports Club

presents:

MAMMOTH

You won't want to miss -



2017

- 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 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: _____



January 28 - February 4, 2017

\$1,600 for Lodge Apartment Condo

OR

\$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**

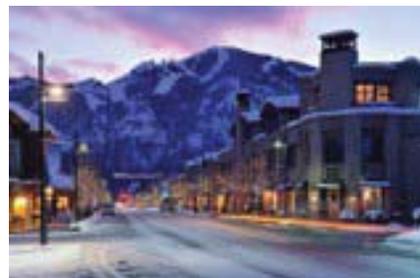


* The 2017 Sun Valley Trip is \$1600 for the Lodge Condo OR \$1665 for the Lodge Hotel. Lodging Prices are based on Quad-Occupancy for the Apartment Condo and Double-Occupancy for the Lodge Hotel room. Roommates are required for this trip. If you do not have a roommate, there will be a \$818 single supplement 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 2nd 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



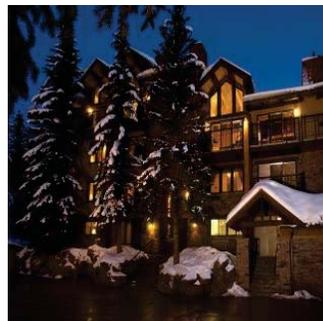
March 4 – 11, 2017

\$1450 per person for 2-bedroom condos, or

\$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

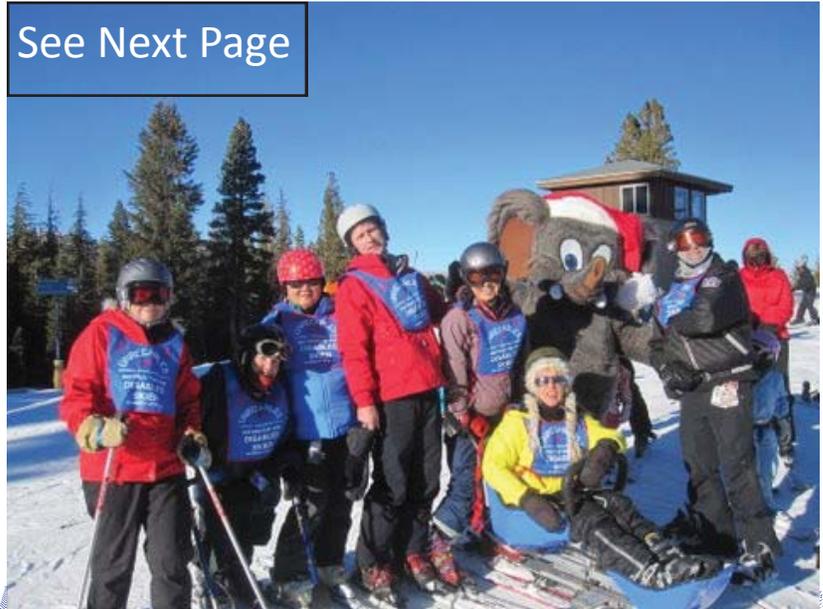


**Package price, registration, trip installment plan, cancellation policy, and travel insurance
CST#2109794 and #2022796-50**

- ✚ 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.



See Next Page



Conejo Ski & Sports Club supports the Unreckables Ski Club through the Ralph's *rewards* Community Contribution Program. It's very simple to become part of this very worthwhile program. On the following page is a flyer with a bar code on it. Print that flyer, take it to any Ralph's Grocery Store along with your Ralph's rewards card. The cashier will scan your card and the bar code on the flyer. On your grocery receipt you will see "Unrecables." That's all you do. Ralph's will donate to the Unrecables each time you make a purchase using your card.

Who are "The Unrecables"

We are a non-profit, volunteer-based organization, serving the recreational needs of people with disabilities. We promote adaptive sports, and encourage people with disabilities to participate in sports, recreational, and social activities in their communities.

Vision

It is the vision of The Unrecables to be a recognized leader in a movement through which people with disabilities are accepted and respected at the same level as able-bodied people.

To have a great and significant impact on each person with a disability and reach out to the disabled community and provide inspiration, awareness and mentoring.

It is estimated that there are more than 35 million Americans living with a physical disability. Equipment that allows these individuals to engage in active lifestyles is very expensive – in fact, for many, it's cost-prohibitive. A single bi-ski runs upwards of \$5,000 and training and expenses can make moving to the "next level" of athletic performance an insurmountable barrier for many athletes with disabilities. Funding provided by The Unrecables helps make it possible for more disabled people to gain access to this equipment and to the self-esteem that comes from participation in sports.

FOR MORE INFORMATION GO TO THE UNRECABLES WEB SITE: <http://unrecables.com/>





Thank you
for supporting
The Unrecables!

NPO# 80831
THE UNRECABLES-DISABLED SPORTS USA
Attention: SIGRID NOACK

THE UNRECABLES-DISABLED SPORTS USA:

Thank you for your participation in the Ralphs *rewards* Community Contribution Program. We are happy to be a part of your fundraising. This is your organization's SCANBAR letter. This alternative form of registration allows your members without access to a computer to be a part of your fund raising through our Community Contribution Program.

THE UNRECABLES



If I can do this, I can do anything!™



A non-profit, volunteer-based organization serving the sports and recreational needs for people with disabilities

RALPHS CASHIER OR MANAGEMENT TEAM MEMBER

- Please scan the bar code at the bottom of this letter along with customers' *rewards* card or alt ID within their order.
- A purchase is required in order for the link between their card and the organization to work.
- This procedure is successful when you hear the audible beep and see the words LOYALTY DIV on the receipt.

The Unrecables
P.O. Box 24856
Los Angeles, CA 90024-0856

unrecables.org
info@unrecables.com

Affiliated With
Disabled Sports USA
Far West Ski Association
Los Angeles Council of Ski Clubs
National Ski Club Federation



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

phillipsaroc@gmail.com



April 24 to May 2, 2017



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 CANCELTION 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.

**CONEJO SKI & SPORTS CLUB TRAVEL
PRESENTS:
PORTUGAL & SPAIN
SEPTEMBER 5-18, 2017**



PRICING:

- **LAND PACKAGE: \$2,250 PP BASED ON GROUP SIZE OF 50;
\$2400 PP BASED ON GROUP SIZE OF 40**
- **AIR: \$1,225 PER PERSON**
- **PRICES BASED ON DOUBLE OCCUPANCY & CHECK PAYMENT**

PAYMENTS:

- **DUE UPON SIGN UP- INITIAL DEPOSIT OF \$200**
- **DUE JANUARY 18 - SECOND PAYMENT OF \$1000**
- **DUE MAY 17- FINAL PAYMENT**

INCLUSIONS:

- **ROUND TRIP FLIGHT FROM LISBON & BARCELONA TO LAX**
- **12 NIGHTS AT FIVE DIFFERENT LOCATIONS**
- **GROUND TRANSPORTATION BY AIR-CONDITIONED MOTORCOACH**
- **LOCAL TOURS BY PORTUGUESE & SPANISH GUIDES**
- **MEALS AND BREAKFAST**
- **HIGH SPEED TRAIN FROM MADRID TO BARCELONA**
- **SEVERAL UNIQUE AND HERITAGE SIGHTS**
- **UNIQUE LOCAL EXPERIENCES SUCH AS A NIGHT OF PORTUGUESE MUSIC**
- **COMPREHENSIVE SIGHTSEEING INCLUDED IN YOUR PRICE. SIGHTSEEING HIGHLIGHTS INCLUDE:**
 - **LISBON: BELEM TOWER, JERONIMOS MONESTARY, PENA NATIONAL PARK & PENA PALACE**
 - **SEVILLE: GIRALDA TOWER & CATHEDRAL**
 - **CORDOBA: THE GREAT MOSQUE / MEZQUITA**
 - **GRANADA: THE ALHAMBRA**
 - **MADRID: THE PRADO MUSEUM**
 - **BARCELONA: LA SAGRADA FAMILIA**

SOLD OUT

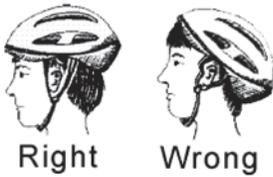
If you wish to be on the wait list for this trip,
please contact Lou Patalano



LEADER: LOU PATALANO: (818)292-4334 OR LOUIS.PATALANO@NGC.COM

Cancellation Charges: Cancel by Jan 18 or earlier \$150/\$300 per person; Jan 19 – July 22 \$600 per person; July 23-August 6 \$1000 per person; August 7-25 \$1500 per person; August 26 or later NO REFUND

Wear your helmet per manufacturer directions.



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 <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.)

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*



Bridge

4th Wednesday of the month

7:00-10:00 p.m

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



David Smith's home

295 Hodencamp Rd, Apt 55

Thousand Oaks, CA

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

ronnieweinberger@sbcglobal.net

Secretary



Dusty
Antos
805-300-9114

Dusty-flowoflife@msn.com

VP Membership



Erin O'Con-
nell 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

[conejoskimam-
moth@gmail.com](mailto:conejoskimam-moth@gmail.com)

VP Skiing



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

VP Newsletter

Past President



Sharon Schnell
818-421-7762

Conejonenewsletter@gmail.com
sharon_schnell@yahoo.com

VP Web Site/Marketing



Thomas Costa
tomtomcosta@gmail.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.