

LEBANON N

Ski + Sport Club

a publication of the Lebanon Ski & Sport Club, Inc. ❄️ www.lebanonskiclub.com ❄️ November 2016

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President's Message

It's Coming ... The snowmakers in New England have turned the guns towards the slopes and Mother Nature has complied by turning down the thermostat. There is plenty to do to get ready for ski season. Register for Lebanon Ski Club Trips, dust off your skis or board and get them in for a tune, prep your feet by wearing your boots while you take in the ball game, and start doing those squats and lunges. You'll thank yourself later.

Our program chair has scheduled a special program speaker for November to help all get in shape for the season. Don't miss it!

Thanks to Heidi Allison for a wonderful presentation of her trip to Rio and the Olympics at the October meeting. It was fun to see the country and games through her stories and pictures.

Fifteen members gathered to hike the Boyd Big Tree preserve on Sunday the 23rd. We appreciate Fred and Jayne Schaeffer's extra effort to visit ahead of time so that our trek to the top was well planned. As members heard at the meeting, the Atlantic City trip was well attended and some players hit some nice jack pots. Gordon and Anne Shutter do a great job on these adventures.

Don't forget to vote before our club meeting on Tuesday, November 8th.

Jane

Meetings of the Lebanon Ski & Sport Club are held at 7:30 p.m. on the SECOND TUESDAY of the Month - September through April

at Heisey's Diner

Route 72 North, Lebanon, PA 17042

New Members are always welcome!

**Tuesday,
November 8th, 2016
Meeting starts at
7:30 p.m.**



We would like to **WELCOME** our November Guest Speaker from Lancaster Orthopedic Associate **Doctor Adam E. Hyatt M.D.**

Dr. Hyatt joined OAL following fellowship training at the esteemed Rothman Institute at Thomas Jefferson University. He has worked with collegiate and pro teams including the Philadelphia Flyers, Philadelphia Eagles and Philadelphia Phillies. He also works with student athletes at Saint Joseph's University and Villanova University. At OAL, Dr. Hyatt works closely with athletes of all ages to restore mobility and keep them in the game.

Undergraduate Education: Pennsylvania State University, State College, PA

Medical School: Jefferson Medical College, Thomas Jefferson University, Philadelphia, PA

Internship: Rutgers-Robert Wood Johnson Medical School, New Brunswick, NJ

Residency: Rutgers-Robert Wood Johnson Medical School, New Brunswick, NJ

Fellowship: Sports Medicine, Thomas Jefferson University, The Rothman Institute, Philadelphia, PA

Licenses: Commonwealth of Pennsylvania

Practice: Orthopedic Associates of Lancaster, Ltd

Hospital/Surgical Privileges: Lancaster General Hospital, North Pointe Surgery Center

Board Eligible: American Board of Orthopaedic Surgery

We are pleased that he has made himself available to the Lebanon Ski Club for a presentation about how to **avoid** and **prevent ski-related injuries**. He has also requested that we send him a list of questions so he can tailor his presentation around those specific topics.

.....
~ "Merry Christmas Darling: Carpenters' Christmas" Show ~
Starring Michelle Berting Brett



<http://weveonlyjustbegunshow.com/christmas.html>

Sunday, December 4th, 2:00 p.m.

**Location: Cedar Crest High School Auditorium
105 East Evergreen Road, Lebanon, PA**

Tickets are \$25 each.

Reserve your tickets by calling or texting Dawn (717) 228-7782 or email her at dawnebean@yahoo.com

Checks can be made payable to the ski club and Dawn will contact you directly about her mailing address.

Thank you, Dawn

P.S. At this time, there are a total of 8 reservations

!! Must be Club Member: Information on Various Ski Trips !!

First Up: Pennsylvania & New York

OUR DANDY LITTLE WEEKENDER JUST GOT BIGGER!

ELK, GREEK PEAK, MONTAGE -- PICK YOUR MOUNTAIN

This is a self-drive or team with another person and ride along with them and split the cost. You are also responsible for reservations

“Note these are Great Mountains to get rid of the rust and get your ski legs for the bigger mountains”

Friday	January 6 th	Ski Elk Mountain	drive to Greek Peak, NY/Comfort Inn, Cortland, NY
Saturday	January 7 th	Ski Greek Peak	spend a 2 nd night @ Comfort Inn, Cortland, NY
Sunday	January 8 th	Ski Greek Peak again	

OR

Drive to Montage and Ski Montage before heading home Sunday

RESERVATIONS:

Lebanon Ski & Sports Club – **Group Account #2671471**

Everyone can call to make their own reservations at The **Comfort Inn, 2 ½ Locust Ave, at Cortland, NY (607) 753-7721**

Rate is \$89.95/per night – Double Occupancy - \$15 extra per person

Includes **FREE** Breakfast, **FREE WiFi** and **FREE** Parking

(6) NDD / 2 double beds no smoking Friday Night and Saturday Night

(6) SNK - 1 King Bed No Smoking Suite Friday Night and Saturday Night

CANCELLATION:

4:00 PM cancellation requirement **no later than Friday, January 6th** to avoid Cancellation charges.

LOCAL RESTAURANTS:

Dickey's BBQ Pit – checking on this one/ might be an option

Fabios Italian Restaurant (6 minutes)

Hollywood Restaurant

Perkins Restaurant & Bakery

Subway

Friendly's

Taco Bell

Country Kitchen Diner

Wendy's

McDonalds

**I do not have the rate yet for the lift tickets. I have 7 people signed up so far.
for additional information:**

Dawn Rueppel will be leading this weekender. 717) 228-7782

SOCIALCOORDINATOR@lebanonskiclub.com



Second Up: Okemo, Vermont

January 18 - 20, 2017 (Wednesday – Friday)

Trip Status: 70% filled!

Trip Details: It was just so great, we're going to repeat! Our popular [Okemo Mountain](#) trip to Ludlow, Vermont returns! Come ski the 655 acres of terrain with 120 trails (96% have snowmaking). There are five mountain areas and 19 lifts.

Lodging: 2 nights lodging at the [Jackson Gore Inn](#) which has everything you need.....slope-side accommodations, restaurant, bar, lounge, hot tubs, ski valet, etc. This year you have the option of a Standard Hotel Room (double occ./2 queens) or a studio unit that includes both a Queen fixed or Murphy bed, Queen sofa bed, and a full kitchen for your libations and snacks. Great for a mid-day break from the slopes, too!

Features: Two-nights lodging, 2-day lift ticket, and round trip motor coach from Lebanon is included. A free shuttle to cross country skiing is available to the Nordic Center, located only 1 mile from the Jackson Gore Inn.

Trip Cost: \$455.00 per person/double occupancy

3rd Payment: \$100.00 **Due:** November 8th, 2016

4th Payment: Balance **Due:** December 13th, 2016

Payments: Make checks payable to: **Lebanon Ski & Sport Club**

Trip Leader: Stephanie Butler

Address: 1601 Mt. Pleasant Road, Lebanon, PA 17042

Phone: (717) 222-0584

Email: bioteacher@nbn.net

Third Up: **Sunday River, Maine**

February 5th – 10th, 2017 (Sunday – Friday)

See how Sunday River snowmakers earned best in class for their efforts in tough 2016.



<http://www.sundayriver.com/winter/snowmaking>

Join us slope-side at the Jordan Grand Hotel. A few rooms remain, plus space for a single male and a single female to complete double occupancy. **Members responsible for own transportation**

Contact Gerald Kreider, 717-926-6780 by phone or text. grkreiderandsons@nbn.net

Trip Price is \$450 ~ Payment: Now \$200 / November \$100 / December \$150

Arrive Sunday, Feb 5th for check in @ 6 pm

- * Accommodations are a Studio-Deluxe which include both a Queen Murphy and a Queen Sleep Sofa, with kitchenette and private bath.
- * Get there early and enjoy a ½ day additional lift ticket on Sunday
- * Enjoy the Super Bowl at the hotel or at one of local lounges nearby.
- * Welcome Reception (night to be determined.)
- * Five (5) complimentary Adult Perfect Turns Clinic sessions.
- * In lieu of the PTC session for Monday, a mountain tour is offered at 10:30 or 1:30
- * Non-Skiers enjoy \$125 in Sunday-River Money in lieu of the lift ticket (Trip price is same for skiers and non-skiers)
- * Those 65 and over may deduct \$20 from the trip price
- * Singles who wish their own room add \$254 solo occupancy fee
- * Check out Friday February 10th @ 10:30 am
- * Lift ticket is good for five days, plus the ½ day for early Sunday

Amenities

- * Two outdoor hot tubs and a heated pool
- * Fitness room and health club with steam room and sauna
- * Complimentary Wi-Fi throughout the property
- * Ski check, ATM, Free Parking, Coin operated laundry facilities
- * Grand Ave restaurant / Sliders restaurant /Northern Lights café- All at the Jordan

Getting around the resort and the Bethel area:

Resort shuttles provide regular service on multiple routes connecting the resort's lodging properties, base lodges and parking areas during the winter season.

The Mountain Explorer [shuttle](#), offers free transportation during winter between town and the resort with stops for most lodging properties and well as dining and entertainment venues.

Fourth up: Steamboat Colorado



Feb. 25th to March 4th

Steamboat is simply known around the globe as
Ski Town, U.S.A.

Home of Champagne® Powder Snow and the Tree
Skiing Capital of the United States,

Steamboat Accommodations

La Casa Condos

www.wyndhamvacationrentals.com/vacation-rentals/colorado/steamboat-springs/steamboat-springs/complex/la-casa

One, 4 bedroom condo available

Please see previous Newsletter for more information



Ptarmigan House



www.theptarmigan.com

One, one-bedroom studio still available

PACKAGE INCLUDES:

- Round -trip group transportation Lebanon to Newark Airport; and from Hayden Airport to our resort
- Roundtrip, NON-STOP Airfare from Newark Airport to Hayden, Co.
- Lodging – 7 nights at La Casa Condominiums (2, 3 & 4 bedrooms) Or Ptarmigan House
- Lift Tickets – 5 of 6 days- Children ski tickets are free with paying adult
- Much more to be announced

Airline Seats / Limited Availability - Trip Closes Middle of November

**Trip Leader: Anne Shutter 420 Rexmont Road Lebanon, Pa 17042
 Atg244@verizon.net 717-273-4346-H 717-926-2137-C**

Payment Schedule

Accommodations	Total	Deposit before Sept. 13th	1st payment Sept. 13 th	2nd payment Oct. 11 th -Due	3rd Payment Nov. 9 th	4th Payment Dec. 13 th
La Casa 2,3,4 Bedroom Condo	\$1699.00pp	\$100.00pp	\$400.00	\$400.00	\$400.00	\$399.00
Ptarmingan House- One Bedroom Studio	\$2009.00pp	\$100.00pp	\$500.00	\$500.00	\$500.00	\$409.00

Good News – Trip Insurance The waiver of “pre-existing conditions” concerns is not related to the date of the trip deposit but is related to the purchase of coverage at least 24 hours prior to the time of making FINAL payment. Winter Ski and Sports is pleased to now provide two types of travel insurance protection for group ski trip participants.

1. Travel insurance that protects against unexpected financial costs from cancelling the trip in advance of travel for medical issues within the family. The coverage can also mitigate the costs associated with baggage or travel delay issues or potential medical expenses or lost value due to illness or injury during the trip itself. This is the most commonly purchased travel insurance product and will cost \$113 for the majority of trips in 2017

1a. Travel insurance that provides additional coverage for cancellations from a wider array of issues. This coverage must be purchased at the time of deposit for the trip and is a fairly uncommon purchase due to the 50% higher premium and limited additional coverage.

2. A new option to insure the value of the trip once it has started and to provide superior medical coverage during the trip, with no pre-trip cancellation coverage

To purchase the typical travel insurance product, please follow these instructions:

Go on line from this link: <http://www.csatravelprotection.com/WINTERSPORTTOUR> or call CSA at 800-554-9839 to purchase. (Request coverage with product / agency code 20160802) The online process is generally faster. In both cases, you will need to provide basic information about your trip, your airline and then provide payment by credit card. When asked for “Member ID”, provide the name of your group / club. (i.e.: XYZ Ski Club) No entry is needed in the box marked “Travel Agent Details”. Our air carrier: United Airlines Deduct \$498.00 for lift tickets.

Calendar at a Glance

Summary of Trips and Events to Come

November

8: Club Meeting 7:30 pm

December

04: Merry Christmas Darling: "Carpenters' Christmas" 2pm

13: Club Meeting : 6PM Après Ski Party on Heisy's Patio
Dinner 7 PM in the Banquet Room (on the club)

January

6,7,8: Elk Mt / Greek Peak / Montage

10: Club Meeting 7:30 pm

18-20: Okemo, Vermont

February / March

5-10: Sunday River, Maine

14: Club Meeting 7:30 pm

25 - March 4 : Steamboat, Colorado



Lebanon Ski & Sports Club, Inc.
Membership / Release of Liability Form

MEMBERSHIP YEAR 2016 / 2017

All trip participants must be current LSSCI members

Membership begins April 1 and expires Mar 31st

Membership Type: New Member Renewal
 Family - \$20.00 Individual - \$15.00

Bring to Membership Meeting or Mail to:
Deb Binkley, 2566 State Rte 72 Jonestown PA 17038

Name First: _____ Last: _____

Address _____

Address _____

City: _____ State: _____ ZIP: _____

Phone: _____ Cell _____

Email address: _____

List names of family members and ages here, if applying for Family Membership:

Payment record: Check # _____ membership date: _____

Release of Liability

The Lebanon Ski & Sports Club Inc. (LSSCI) reserves the right to make changes including, but not limited to price, time, departure point, lodging, air flights, etc., where such changes are in the best interest of LSSCI or are compelled by circumstances beyond LSSCI's control. Neither LSSCI nor its board members, trip leaders or other representatives assume any obligation or responsibility for any matters not within their control.

I acknowledge that skiing & boarding and other physical activities are hazardous activities and I have made a voluntary choice to participate in those activities despite the risks that they present. In consideration of my being permitted to participate in Club events, I agree to assume any and all risks of injury or death which might be associated with or result from my participating in this event.

I understand that this is a Release of Liability, which will legally prevent me or any other person from filing suit or making any other legal claim for damages against the *Lebanon Ski & Sport Club, Inc.* in the event of my death or any injury to me. I, nevertheless, enter into this agreement freely and voluntarily and agree that it is binding upon me, my heirs, assignees and legal representatives.

I agree as an individual or on behalf of family, to abide by the provisions and conditions in the trip Agreement and Terms or any other trip material, including information appearing in the *Lebanon Ski & Sport Club, Inc.* newsletter which information shall be part of the agreement.

I agree as an individual or on behalf of family or those under 18 years of age, to abide by the provisions and conditions in the trip Agreement and Terms

I agree to make schedule payments when due. If I make late payments, make changes or withdraw from the trip, I agree to pay shift, late or cancellation fees as specified in the trip material.

I, the undersigned, have read, understand and will abide by all statements, rules and regulations in the Application.

Print Name _____ **Date** _____

Signature(s) _____

LEBANON SKI CLUB - TRIP/EVENT REGISTRATION FORM 2016/2017

1. TRIP/EVENT SIGN-UP AND PAYMENT

- A. Everyone participating in Club trips must be a member of the **Lebanon Ski and Sport Club, Inc.**, unless otherwise designated.
- B. Everyone participating in club trips must be at least 18 years of age, unless accompanied by a Parent/Legal Guardian.
- C. Registration for all club trips or events must include this registration form and the initial deposit. Deposits shall be made by check made payable to the **Lebanon Ski and Sport Club, Inc.**
- D. Everyone under 21 years of age must abide by all state laws governing alcoholic beverage consumption. Any individual under 21 years of age who consumes alcoholic beverages or any club member, who furnishes any individual under the age of 21 with alcoholic beverages, shall be prohibited from participating in any additional club trips. In addition, the Board may expel said individual(s) for violations of this policy.
- E. Trips will be filled as follows:
 - 1. Registrations will be accepted in the order they are received. Deposits, (**checks only**) and registration forms are to be given to the trip leader assigned to that trip. Trip Leader addresses will be listed in the monthly newsletter.
 - 2. The initial deposit amount and the schedule for the remaining payments will be stated in the official trip announcement. Payment schedules will also be listed in the monthly newsletter.
 - 3. The club makes reasonable efforts to pair members to fill rooms to meet the occupancy rate. However, due to the variety of room configurations, parties signing up for trips with less than required occupancy may incur additional charges to cover room costs not otherwise covered.
- F. **Lebanon Ski & Sports Club Inc. (LSSCI) reserves** the right to make any changes including, but not limited to: price, time, departure point, lodging, air flights, trip cancellations where such changes are in the best interest of *LSSCI* or are compelled by circumstances beyond *LSSCI's* control.

2. Participant Cancellation: Cancellation with full refund will be made if the vacancy created is filled at the time of the event. It is the responsibility of the participants to find a replacement, not the trip leader. If the vacancy is not filled, refunds will be made only for the portion of the deposit not required to cover fixed, non-refundable expenses incurred by the club. Cancellations fees will be determined on a trip-by-trip basis. Any trip refund is provided after the trip.

TRIP REGISTRATION FORM Please use this form when signing up for any Overnight Club trip. Attach a check made payable to the **Lebanon Ski Club** for your deposit/payment and either mail or give it to the trip leader at the club meeting.

Save the above sheet for trip guidelines!

✂.....clip here.....✂

Trip/Event _____ Trip Leader _____

Name 1: _____

(Provide name EXACTLY as it appears on your legal travel document, Drivers' License, etc.)

Name 2: _____

(Provide name EXACTLY as it appears on your legal travel document, Driver's License, etc)

Street _____ City _____

State _____ Zip Code _____ E-Mail _____

Phone (H) _____ (W) _____ (C) _____

Name of person you wish to room with _____

ROOM REQUESTS: Requests for specific room assignments should be specified on the application form. Although every effort will be made to honor each request, we cannot guarantee them due to lodging configurations.

Check No. _____ Amount \$ _____

Name 1: Birth date: ____ / ____ / ____ Name 2: Birth date: ____ / ____ / ____

Month Day Year Month Day Year