

LEBANON N

Ski + Sport Club

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

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President's Message:

FIRST, A BIT OF POLITICAL NEWS: PROPOSED LAW COULD LET YOU PAY FOR LIFT TICKETS WITH PRE-TAX DOLLARS

Legislation currently pending in both houses of the U.S. Congress could soon let you pay for lift tickets, season passes, ski equipment, and more with pre-tax dollars. The Personal Health Investment Today (PHIT) Act (Senate Bill 2218, and House Resolution 1218) would allow a medical care tax of qualified sports and fitness expenses defined as "amounts paid exclusively for the sole purpose of participating in a physical activity, including: (1) for membership at a fitness facility, (2) for participation or instruction in physical exercise or activity, or (3) for equipment used in a program (including a self-directed program) of physical exercise or activity;" You deposit pre-tax dollars into an FSA or HSA, and use those funds to purchase. To lend your voice, visit www.passthePHITact.org.

CHRISTMAS PARTY!

This special benefit for our members-of-record is not to be missed. Please plan to attend our December 13th Christmas party complete with Après Ski beverage and appetizers on Heisey's patio from 6-7 pm, family style dinner at 7 pm in the banquet room, and door prize drawings of lift tickets, gift certificates and gift baskets. We're looking for members to provide additional gift baskets – get in on the fun!

It's time to make those final trip payments and get your gear ready. Keep on the lookout for snow - it's in the air.

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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,
December 13, 2016
Après Ski 6pm-7pm on Deck
Family Style Dinner / Meeting
7 pm Banquet Room**

RECAP: EXCERPT FROM DR. ADAM HYATT OF LANCASTER ORTHOPEDIC ASSOCIATES'

PRESENTATION AT NOVEMBER 8TH SKI CLUB MEETING:

Dr. Adam Hyatt spoke on ski injury prevention. The ratio is 2 to 3 injuries per 1,000 ski days. 43% of ski injuries are knee related. Snowboarders are more at risk of hand and wrist injuries, 14% to their shoulders. Improperly fitted skis can lead to injuries as well as other factors such as poor lighting – late afternoon/sundown, icy conditions and being tired. **Another large risk factor for ski injuries is dehydration and poor glucose.** The ACL ligament is a common injury. **Prevention – maintain balance and control, relax your body during a fall, don't dig in your edges, keep your feet downhill. Duck and Roll – roll with the fall.**

You should do pre-season exercises. Flexibility helps prevent injuries. Suggested exercises: stretching exercises, pelvic tilt, focus on core exercises. A skier should have good quad strength. Focus on rotator cuff strengthening. Helmets help prevent head injuries. **A good website for information on ski injuries: www.STOPSPORTSINJURIES.com.**

There is no data that wearing a knee brace during skiing will help prevent injuries, except that a brace can help to "auto protect" the knee, i.e., mind over matter. Especially for a pre-existing injury, a brace probably can't hurt. Age itself is not an inherent risk for injury. He recommends stretching before activity. If skiing at higher altitudes – you should acclimate yourself for 12 hours to the higher elevation before skiing. **Hydration is important.** Start skiing at lower altitudes before skiing at higher levels. Regarding glucosamine chondroitin (for an early arthritis condition) – Dr. Hyatt recommends trying that for a month trial. If you don't notice any improvement in a month that supplement will not help you personally.



Ski Club Annual Member Christmas Party

Tuesday December 13th @ Heisey's Diner

6 pm: APRES PARTY on the patio with a special holiday beverage and appetizer.

7 pm: Traditional Family Style Meal – on the club!

Door Prizes and Giveaways – Lots of Goodies from your Lebanon Ski Club

Members are also invited to bring a gift basket for giveaway if you wish.

!! 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, then drive to Greek Peak, NY/Comfort Inn, Cortland, NY
Saturday	January 7 th	Ski Greek Peak, then 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

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: filling fast

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

4th Payment: \$155.00 The balance is now due in full. **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)

Members Responsible for own transportation to resort.

February 5th – 10th, 2017 (Sun – Fri) Sunday River, Maine

LAST CALL! The trip is still open but is winding down quickly. Please sign up as soon as possible as rooms can't be guaranteed after beginning of December. We can also still accommodate a single female to complete occupancy.

Contact Gerald at 717-926-6780 or text. grkreiderandsons@nbn.net.

OPENING DAY! Sunday River Snow Team started making snow and building a base two weeks ago, and with cold weather returning they are ready to top it off and start dropping the ropes for a Thanksgiving opening.

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. Call now.

- * 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 am or 1:30 pm
- * 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



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

Trip Price is \$450 ~ Full payment is now due

Final payment of \$150 due by December 13th meeting.

Fourth up: Steamboat, Colorado

Trip is Filled.

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

Ptarmigan House

www.theptarmigan.com

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. 9th	4th Payment Dec. 13th
La Casa 2,3,4 Bedroom Condo	\$1699.00pp	\$100.00pp	\$400.00	\$400.00	\$400.00	\$399.00
Ptarmigan 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.\

EPSC Benefits (Lebanon Ski & Sport Club is affiliated)

The Eastern PA Ski Council has a number of benefits for member clubs of the council. A brief description of the benefits is listed below. Check other areas of the webpage to see further info.



Discount Vouchers – The council keeps an [inventory of ski area vouchers](#) for the Pocono Mountains and New England. As a member of an EPSC Club, you can use the [website to order vouchers](#) at a considerable savings.

Appreciation Days - Several mountains in New England and New York offer special deals for club members on certain days throughout the winter season.

National Ski Council Federation – the council belongs to the national organization which allows our club members access to discounts for snow sports equipment, lodging, rental cars, travel insurance, merchandise and much more. Check out the link www.skifederation.org. The federation represents numerous councils throughout the country in dealings with the snow sports industry and resort areas.

Trip Finder – Clubs of the council can post trips online and also advertise them through Constant Contact. This allows for members from other clubs to find a location they might choose to ski/board.

~ “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.

Calendar at a Glance

Summary of Trips and Events to Come

December

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

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

Lots of prizes! Please consider donating a gift basket.

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