

Lebanon Ski and Sport Club
General Membership Meeting
November 8, 2022 – 7:30 pm
Heisey's Diner

Approximately 30 members and guests congregated at Heisey's Diner for updates, guest speaker and socializing.

President Jack Billmyer called the meeting to order at 7:35 pm welcoming new member Michael Cochrane.

Treasure Report

G. Shutter reported a balance of \$102,108.67. High balance due to influx of membership payments in addition to upcoming trip payments. On motion of J. Miller, 2nd by K. Beam, treasurer report was accepted.

Secretary Report

The minutes of the November 8, 2022 meeting as presented by D. Bachman and posted on the website were approved upon motion of C. Adams, 2nd by D. Binkley.

2023 Trip Update

Elk Mountain – long time trip leader, Ron Birch, discussed the evolution from a weekender at Elk Mountain/Montage to an Elk/Elk trip. A 2-day lift ticket at Elk would be \$95. January 27 & 28 was the chosen weekend. Lodging details will now be explored and reported at the December meeting and in the December Newsletter.

Stratton, VT – D. Bachman reported on a couple of rooms available but deadlines are looming for the January 18-20, 2023 trip. The usual meeting at Sunset, on 7th Street, for departure promptly at 10:00 am. Load early! A restroom break will occur at the halfway point. Possibly no holding room for luggage upon checkout on Friday, but will explore this further. A short dinner stop will be made at a service plaza on the way home.

Mammoth, CA – A. Shutter reported trip is closed at 31 people. Final payment is due today. Details will be coming soon.

Steamboat, CO – J. Billmyer reported 20 people are going on this trip. He will be visiting the mountain next week to scope it out. The shuttle from Lebanon-Philadelphia airport is approximately \$75 for those interested.

2024 trips – A. Shutter has not received any feedback on Western trip destinations. She requested any suggestions from the floor. A suggestion was made to arrange an Eastern trip

modeled after October's guest speaker's adventure of visiting smaller, out of the way places. It would be a self-drive with lower costs.

Guest Speaker – C. Adams introduced Adam Gilson, owner of Gilson Strength and Conditioning. A native of Lebanon, he is a personal trainer and strength coach at his business on Tuck Street. Adam can offer an individualized strength training program for any fitness level....at any age. He uses various machines, tools, devices and nutrition to develop a plan for an interested person in a comfortable, intimate setting. A positive testimonial from a satisfied customer was shared. A Q & A session followed.

Before closing, J. Billmyer notified the group that starting in January, the meeting will return to its original meeting room.

The meeting adjourned at 8:25 pm. The next meeting will be December 13, 2022 at 7:30pm.

Respectfully submitted,

Dianne Bachman, Club Secretary