

LEBANON N

Ski + Sport Club

a publication of the Lebanon Ski & Sport Club, Inc. ❄️ www.lebanonskiclub.com ❄️ April 2024

Board of Directors 2024-2025

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PAST-PRESIDENT@lebanonskiclub.com

President's Message

Greetings from your 2024-2025 President. I figured I would start by telling you a little about myself. I have worked at Penn State Berks in the Information Technology department for the last 27 years. I was the advisor of the Ski and Board Club for about 16 years at Penn State Berks. My wife and I reside near Stouchsburg, Berks County. I look forward to meeting those I have not met and working with the board to plan our trips and events for 2024-2025.

Special thanks to our outgoing board members Heidi Allison, David Cutcliff, Christie Adams, and Karen Wampler for their much-appreciated time spent on the board. We welcome Jack Billmyer to the past president role, Karen Beam as our Social Coordinator and Paul Horst as Second VP of Programs.

We have many events planned for this year so far; there is an event each month throughout the spring and summer for everyone to stay connected. Coming up on April 13 is a Hike at High Bridge Reservoir, and on April 20, there will be a United Way Day of Caring Lebanon Rail Trail clean-up. In May, there will be Kayaking on Swatara Creek with Swatara Watershed Sojourn. Many more events are listed in the newsletter. Hope to see you at an event soon!

If you have an event you think the club should be involved in, contact any board member.

We are looking at ways to increase our membership and promote our club to our community. We hope to participate in the Lebanon 50+ fair this fall and both the Lebanon and Myerstown holiday parades; help will be needed to build a float and participate on the day of the parades. Please share or like our posts on Facebook; this helps broaden our reach.

We are working hard on planning our Western and East Ski trips for next season. Watch for more information coming soon.

I'm looking forward to seeing you at our April 9th membership meeting. Remember, April is the time to renew your membership for next season. Bring your completed membership form and dues to the meeting.

Chris

**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!

**NEXT MEETING
Tuesday, April 9th**

HEISEY'S DINER

7:30 p.m.



LEBANON SKI CLUB 2024-2025 BOARD OF DIRECTORS

At the March 12, 2024, meeting then-Past President Heidi Allison read the slate of proposed officers. Upon motion duly made and seconded, all members present accepted the slate. The Board of Directors commencing April 1, 2024 through March 31, 2025 are the following:

| Position | Nominations for 2024-2025 | Responsibilities |
|--------------------|---------------------------|-------------------------|
| President | Chris Riegel | |
| 1st VP Trips | Anne Shutter | Trip Oversight |
| 2nd VP Programs | Paul Horst | Programs |
| Treasurer | Gordie Shutter | Finances |
| Membership | Deb Binkley | Membership & Forms |
| Publications | Deb Bemesderfer | Newsletter and Website |
| Secretary | Dianne Bachman | Minutes and Historical |
| Social Coordinator | Karen Beam | Activities |
| Past President | Jack Billmyer | Not an elected position |



GUEST SPEAKER FOR THE APRIL MEETING

Our guest speaker for April is Ann Kirby, a certified acupuncturist and owner of Kirby Acupuncture in Lebanon, where she provides acupuncture treatments as part of a holistic approach to addressing a wide variety of physical conditions, managing stress, and promoting general well-being. Ann is a 2015 graduate of the Finger Lakes School of Acupuncture and Oriental Medicine, and has a post-graduate certificate in Chinese Herbal Medicine from the WON Institute in Warminster. She is currently working on her doctorate in Acupuncture. Ann is also a lifelong musician and performs with many area musical groups including the Hershey Symphony. Please plan to attend the April 9th meeting to learn about the many health benefits of acupuncture and gain insight into the treatment technique.

MARK YOUR
CALENDAR.....

TAKE A HIKE....

SATURDAY
APRIL 13, 2024

1:00pm At High Bridge Reservoir, in Pine Grove Township, Schuylkill Co (Rt 443 to 301 Old Forge Road...just outside Lickdale....near Swatara State Park)



Take an afternoon trek into the wilderness with your hosts Brian and Dianne Bachman. Considered a moderately challenging route, hike this somewhat desolate, beautiful 4.1 loop around the reservoir. You'll encounter a shady "tunnel" created by groves of rhododendron and mountain laurel, cross Fishing Creek on a 20' long braided cable wire "bridge" not once, but twice! And hike up and down Sharp Mountain. At one point, we will end up on the tail end of the Stony Valley rail trail. The terrain can be rocky and rugged at times, so good hiking shoes are a must. Dogs are permitted but I wouldn't recommend it.

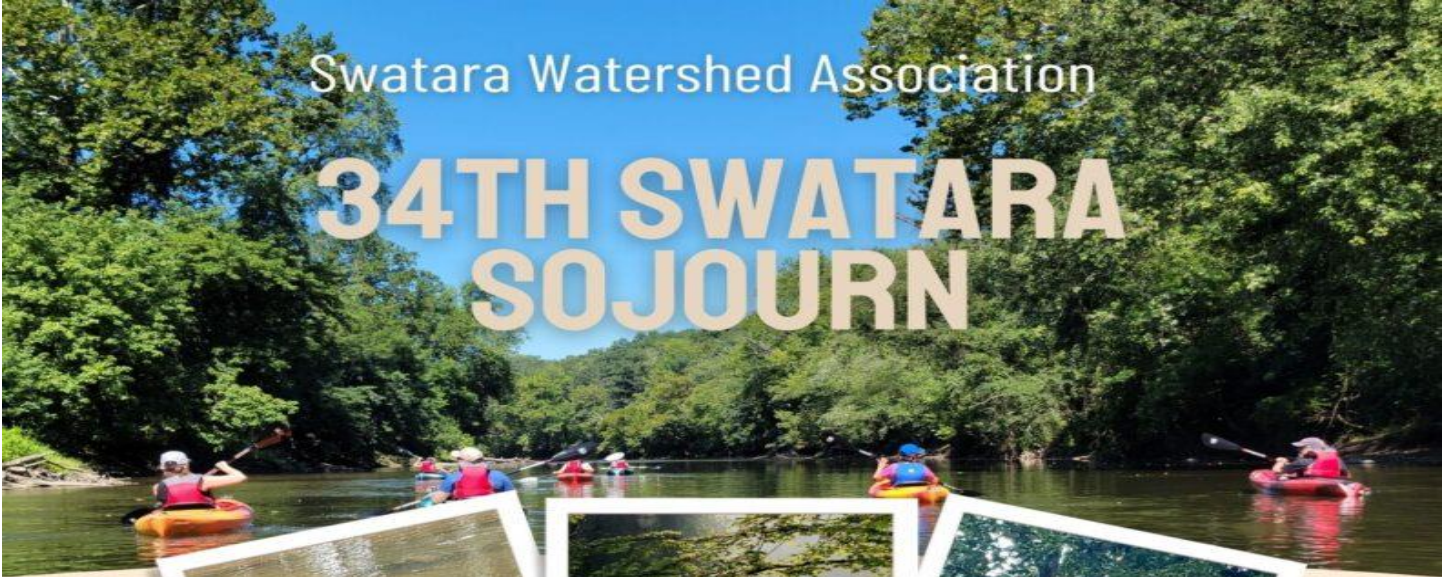
At the onset will be the parking area in view of the historical landmark of Swatara Iron Furnace and Ironmaster's Mansion.....circa 1830. Don't forget to check them out.

Expect the hike to take at least two hours. Prepare accordingly and dress in layers. You'll get approximately 13,000 steps in (if you're counting) and burn enough calories to eat at Moose's LZ afterward. Unfortunately, rain will cancel the hike due to safety.

TRIP LEADER: DIANNE BACHMAN (717)503-8752

Swatara Watershed Association

34TH SWATARA SOJOURN



EXPLORE
+ 1544

MAY 4, 2024

- Enjoy a guided kayak trip on the Swatara Creek
- Check in 8:30 am, Take out ~6 pm
- Swatara Creek Park (Union Deposit) to Middletown
- Breakfast and Lunch included
- Enjoy an educational presentation and help the creek by picking up trash along the way!

CONTACT INFO:

www.swatarawatershed.org
info@swatarawatershed.org
717-821-1681

<https://swatarawatershed.org/swatara-sojourn/>

SIGN UP NOW!

For more information and to register: [CLICK HERE](#)



SCHUYLKILL RIVER TRAIL BIKE RIDE
SATURDAY MAY 25, 2024
Arrive: 10:30 Depart: 11:00

Enjoy a very beautiful and informative bike ride in the Schuylkill River Greenways National Heritage Area. The river trail is a multi-use path that will extend 120 miles from Frackville in Schuylkill County, through Berks, Chester and Montgomery Counties to Philadelphia. It travels through the historically rich region of southeastern Pennsylvania. The trail passes through rural, agricultural, suburban, urban and industrial landscapes.

Our one-day trip will begin at the Main Street Trailhead, 2 N. Main Street, Phoenixville. You'll find The Schuylkill River Heritage Center there. We'll travel to Valley Forge National Historic Park and along the way we'll take a side trip to Lock 60 in Canal Park. When we arrive at the Valley Forge, a quick stop at the Visitor Center and then off to Washington's Headquarters and the Historic Valley Forge Station via the Joseph Plumb Martin Loop. Named after a soldier in the Continental Army, it connects several historic sites. The river route is relatively flat, but the Park is somewhat hilly and provides limited shade. The round trip would be approximately 20-25 miles depending how far one would want to venture into the Park. An evening meal and adult beverages will be scheduled for the Sedona Taphouse.

TRIP LEADER: DIANNE BACHMAN
(717)503-8752

Dianne716@comcast.net

Sign-ups are a must no later than Thursday, May 23

2024 DAY OF CARING · SATURDAY, APRIL 20TH, 2024



United Way of Lebanon County's annual Day of Caring is the largest volunteer initiative in Lebanon County, for Lebanon County. Last year over 500 volunteers came together to work on over 40 different projects, where cleanups of parks, waterways, and other beautification projects around the county took place. It's a great day for individuals to come together as one community to make an impact on where we live!



Check out our Day
of Caring Impact
from 2023

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**UNITED WAY
DAY OF CARING**

The Ski Club will again take part in the United Way Day of Caring, Saturday, April 20. We will meet at the 9:00 A.M. at the Root Beer Barrel at the Cornwall trailhead of the Lebanon Valley Rail Trail to assist in cleaning and maintenance of the Rail Trail.



**June 8, 2024
Sponsored by the
Lebanon Valley Bicycle Coalition**

Several Ski Club members plan to participate in this year's Tour de Lebanon Valley!!

For information: <http://www.tourdelebanonvalley.com/>



MEMBERSHIPS ARE DUE !!

Renew your membership
(2024 - 2025)

Membership begins April 1 and expires March 31

Don't forget to fill out the membership form at the end of your Newsletter!!



Gettysburg Bike Tour

Friday, September 27
to Sunday, September 29, 2024

If you like the fall, outdoors, bicycling and history you will enjoy this bicycle ride around the historical Gettysburg National Battlefield.

Plans are underway for this ride led by our club member Dean Auchenbach. Dean also serves as the President of Lebanon Valley Bicycle Coalition. Dean is an experienced battlefield guide, historian and reenactor. This guided tour will be a slow-paced historical tour to allow you to get a perspective of the terrain and see the monuments.

Hotel: Inn at Cemetery Hill, 613 Baltimore Street Gettysburg

Reservations: 717-334-9281

People should call the hotel and make their own reservations. They require a deposit of one night's stay when making your reservation. Reference the block of rooms or the "Lebanon Ski and Sport Club". Rooms will be held until August 12, 2024. We put a hold on 15 rooms.

Rate: \$160 per night plus 11% tax. About \$178 total. Per night.

You can reserve for two nights -- Friday September 27 to Sunday September 29. They do allow a one-night stay so you can reserve for just Saturday night. A free breakfast is provided at the hotel from 6:30 am to 10 am. If you make a reservation and later need to cancel, their policy is cancellations done seven days prior to check-in will be refunded. People staying overnight may store bicycles in their hotel room. The hotel is within walking distance of restaurants, shopping, and pubs.

The bicycle tour on Saturday will leave from the Hotel parking lot, time to be determined (probably around 10 am or so).

If people are just coming in for Saturday night at the hotel, or just coming in for the ride and not staying overnight, they should meet the group at the hotel parking lot.

The tour will be about 15 miles total with a slow pace and several stops at areas to highlight monuments, battlefield events and stories of what happened.

Length of tour will be what the group wants but figure 4 hours plus.

Any questions, please contact either of us:

Trip leaders: Dale Auchenbach - 717-304-1453

Linda Billmyer - 717-512-3556

Powder Mountain  **/Snow Basin**  **March 2024**

What a great trip we had at PM/SB. Over 26" of snow at Powder Mountain and over 18" at Snow Basin. We had a little rocky start with not being able to arrive at Salt Lake City airport on time due to high winds. As we were bouncing through the air, the pilot came over the intercom stating we had a small window to land with all the high winds, the nose of the plane started to descend and then two minutes later the nose of the plane started to rise and we knew the window closed; so off to Denver we went to sit on the tarmac for 1 ½ hours before the winds died down enough so that we could fly/land in SLC airport.

The small in numbers but mighty group (19) arrived to brave the elements of Powder Mountain and Snow Basin. The first day Powder Mountain was snowy/windy. Our bus broke down on the way to PW but that didn't deter us. Luckily, we stopped at a Country Club Golf course to use their facilities and tour the pro shop. We were a little late but we got dressed and off we went to explore the mountain. Some of us took a PM Ambassador tour so we would know a little about PM when we returned on Thursday/Friday.

Off to Snow Basin on Monday/Tuesday. Snow Basin Lodge was spectacular and the mountain was awesome. We had plenty of snow to play/ski. Monday and Tuesday were not bluebird days, with some snow/winds/fog but we braved the elements and enjoyed the fresh powder. There was a lot of pushed powder, moguls, to be conquered.

Back to Powder Mountain on Thursday/Friday. The winds finally died down but it was still snowing on Thursday, (bring on the fresh powder.) Friday was a bluebird day and we could really see/enjoy the fresh powder. Most of the group went to Mary's Bowl. After this ski season Mary's Bowl will become private. We started down Hippy Hill, a black Diamond-making fresh tracks. Most of the group stayed at Mary's Bowl all day-enjoying the unending powder.

On the trip we made some very nice friends (new members) and saw some old friends we hadn't seen for a while. The Tru Hotel was very nice and had a great breakfast each morning and having our own private bus made the quick 30-minute trip to the slopes a lot of fun.

Thank you to everyone who went on this adventure and helped make great memories/stories to share.

Trip Leader:
Anne Shutter
420 Rexmont Road
Lebanon, PA 17042
7179262137-Cell 7172734346-Home



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

MEMBERSHIP YEAR 2024/2025

Membership begins April 1 and expires Mar 31st

All trip participants must be current LSSCI Members

Membership Type: New Member Renewal

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

Family - \$35.00 Individual - \$25.00

Family Memberships are for families residing at the same house
address including children age 25 or younger.

NAMES: _____

Address _____

City: _____ State: _____ ZIP: _____

Phone: _____ Cell _____

Email address: _____

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 voluntary 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** _____

LEBANON SKI & SPORT CLUB, Inc. (LSSCI) - TRIP/EVENT REGISTRATION FORM 2024/2025

1. TRIP/EVENT SIGN-UP AND PAYMENT

- A. Everyone participating in Club trips must be a current member of the LSSCI INITIAL
- 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 involving overnight stays, payment, or common transportation, 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 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. INITIAL
- 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. When it is **beyond the clubs control** (ie, weather, airlines etc) any cost incurred will be the responsibility of the participant, not the club. INITIAL

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. INITIAL

TRIP REGISTRATION FORM Please use this form for club trips as noted. Attach a check made payable to the **Lebanon Ski & Sport Club** for your deposit/payment and either mail or give it to the trip leader at the club meeting.

Trip/Event _____ Trip Leader _____

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

Name 1: _____

Name 2: _____

Address: _____

Circle one:

I/We wish to fly with the club on their available air package.

I/We will be responsible for our own flights and ground transportation.

Email Name 1 _____

E-Mail Name 2 _____

Phone Name 1 _____

Phone Name 2 _____

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. _____ Deposit Amount \$ _____ Date _____

Name 1: Birth date: ____ / ____ / ____
Month Day Year

Name 2: Birth date: ____ / ____ / ____
Month Day Year

PARTICIPANT SIGNATURES Name 1 _____ Name 2 _____



UPCOMING EVENTS!

- April 9, 2024 – Membership Meeting, Heisey’s Diner
- April 13, 2024 - Hike at High Bridge Reservoir
- April 20, 2024 - United Way Day of Caring
- May 4, 2024 - Kayaking on Swatara Creek with Swatara Watershed Sojourn
- May 25, 2024 - Schuylkill River Trail bike ride to Valley Forge National Historic Park
- June 8, 2024 - Tour de Lebanon Valley
- June 13 or 14, 2024 - Bronx Wanderers, Mt Gretna Theatre
- July 13, 2024 - Music, GET THE LED OUT, at Pat Garrett’s Amphitheater, Strausstown
- July 20, 2024 - Memorial Lake Kayaking/Trail Loop/Picnicking
- August 5-6-7-8, 12 & 13 - Cicadafest, Mt. Gretna
- TBD -Nissley Winery Concert
- September 21, 2024 - Welcome Back Picnic at Yeagley’s Farmette and start Food Drive For Rescue Mission
- September 28-29, 2024 -Gettysburg Battlefield Bike Ride
- October 8, 2024 – Membership Meeting, Heisey’s Diner
- October 19, 2024 - Wolf Sanctuary Full Moon Tour
- TBD -Bus to Atlantic City
- November 3, 2024 - Bowling at Fredericksburg Center
- November 12, 2024 – Membership Meeting, Heisey’s Diner
- November 23, 2024 - Lebanon Holiday Parade
- November 30, 2024 - Myerstown Holiday Parade
- December 10, 2024 - Membership Meeting and Holiday Dinner (w/ 50/50; games; Ugly Sweater Contest; food, and Food Drive for Rescue Mission Collection finale)

Members are encouraged to suggest and/or plan activities!!