

LEBANON SKI AND SPORT CLUB
GENERAL MEMBERSHIP MEETING
April 9, 2024
Heisey's Diner

President Chris Riegel called the meeting to order at 7:30 pm
Approximately 34 members were in attendance. Noah Sanders, a guest of Steph Butler, was introduced.

TREASURER REPORT

G. Shutter reported a beginning balance of \$7,795.22, receipts totaling \$1,055.00, expenses totaling \$2,454.60 and a bank balance of \$6,395.62. There are three outstanding checks totaling \$550.00 leaving an actual balance of \$5,845.62. On motion of Dave Cutcliff, 2nd by Heidi Allison, the treasurer report was accepted.

SECRETARY REPORT

Minutes of the March 12, 2024 meeting, as presented by D.Bachman and posted on the Club's website, were accepted on motion of Elaine Ludwig, 2nd by Jane Miller.

2025 SKI TRIPS

President Chris Riegel announced the upcoming ski trips. They are Western: Banff, AB Canada week of February 8-15 ; Snowmass, CO week of March 8-15 and Sunday River TBD.

GUEST SPEAKER

Christie Adams introduced tonight's speaker. Ann Kirby, from Kirby Acupuncture, spoke about the 3,000 year plus Chinese practice of using very small needles, as a therapeutic technique, for pain relief and many other discomforting symptoms. She spoke of her own experience with pain due to her musical instrument playing as her path to education about acupuncture. A host of physical ailments can be relieved through the painless insertion of needles in specific points of the body. It is meant to be used as a preventative, not a cure, to keep you healthy and balanced as it is routinely practiced in China alongside massage, diet and herbs. Ann ended her thirty minute presentation with a lengthy question and answer segment by the curious audience.

ANNOUNCEMENTS

Saturday, April 13 – Hike at High Bridge Reservoir. Meet at 12:45, hike begins at 1:00

Saturday, April 20 – United Way Day of Caring. Meet at 25th St., Colebrook or Cornwall trailhead by 9:00 am. Work until noon.

Saturday, May 4 – Swatara Watershed Sojourn – kayaking down the Swatty! See their website for information and registration.

Saturday, May 25 – Schuylkill River Trail bike ride to Valley Forge National Historic Park. Arrive at trailhead at 10:30. Depart by 11:00. Sign-ups are a must no later than

Thursday, May 23.

Friday, June 14 – Bronx Wanderers at Mt. Gretna Playhouse

Paul Horst ended the announcement section by reviewing the holiday float project. Help, in all forms, is very much needed. The hope is to have a float ready for holiday parades at the end this year.

Meeting adjourned at 8:35 on motion of P. Horst, 2nd by C. Adams