

Lebanon Ski and Sport Club

General Membership Meeting

February 10, 2026 Heisey's Diner

President Chris Riegel called the meeting to order at 7:32 pm.

There were 28 members in attendance and 1 guest.

TREASURER REPORT

Tom Jannett reported we had a beginning balance on 1/1/26 of \$22,782.43. Receipts were \$2,458.00 with zero total expenses. Leaving us with a final balance on 1/31/26 of \$25,240.43. On a motion by Fred Johnson and a 2nd by Don Bemederfer the report was accepted.

SECRETARY REPORT

Minutes of the January 13, 2026 meeting were posted on the website and were accepted on a motion by Deb Binkley and a 2nd by Heidi Allison.

MEMBERSHIP REPORT

Deb Binkley reported we have 95 members as of today.

GUEST SPEAKER

Linda Billmyer introduced our speaker Anna Deraco of Family First Health of Lebanon County who spoke about "Walk with a Doc " program. This program started in 2007 by a cardiac physician in order to help patients get started with an exercise program. At present there are 500 to 600 chapters throughout the country. The local Lebanon chapter meets the 3rd Saturday of each month at 10:00 am at the Union Canal Tunnel Park. Anna Deraco mentioned they average approximately 20 people per walk. As February is heart healthy month she also gave several heart healthy tips for daily living. 1) diet 2) active life style – recommended 150minutes/week of cardiovascular exercise. 3) good sleep 7-9 hours/night 4) limited alcohol consumption.

TRIPS

-President Chris Riegel gave a review of the Elk Mt. trip. There were 36 travelers over the 3 day period. It was recommended from the floor that next year we should have a sign up sheet for who is bringing what amount of food as there was way to much food brought for this trip.

- Chris stated that the Copper Mt. Colorado trip had better than expected snow and that everyone who went to A-basin for the one day of skiing found it to be very enjoyable. A thank you was extended to Heidi Allison as the trip leader for a well run and efficient trip.

- Seven Springs, PA. Scheduled for February 17-19. Anne Shutter reports approximately 8 people are going as of tonight.

- Sunday River, Maine Scheduled for February 22-27 Chris states 18 people are going with 7 people flying out of Baltimore.

ELECTION OF OFFICERS

The following slate of officers was presented by President Riegel. Voting for the officers will occur at our March meeting.

President: Chris Riegel

First Vice President: Jeff Sterner

Second Vice President: Linda Billmyer

Treasurer: Tom Jannett

Secretary: Fred Johnson

Membership: Deb Binkley

Publications: Deb Bemederfer

Social Director: Anne Shutter

Past President: Jack Billmyer

NEW BUSINESS

- Dean Auchenbach mentioned we can all look at the Lebanon Valley Bicycle Coalition website to see the local bike rides planned to commemorate America's 250 anniversary. On May 16th they will host a ride to the Cornwall Iron Furnace.
- Fred Johnson mentioned perhaps the members would be interested in a ride along the Northwest River Trail in Lancaster County from Falmouth to Marietta and Columbia.
- Wayne Wampler mentioned that April 18 is the United Way Day of Caring this year.

The next ski club meeting will be on March 10th of this year.

The meeting was adjourned at 8:13 pm on a motion by Gordon Shutter and a 2nd by Heidi Allison

Respectfully submitted,

Fred Johnson (secretary)