The Sitzmark

THE NEWSLETTER OF THE HIGH LIFE SKI AND SNOWBOARD CLUB

August 2025

Check for updates regarding in person meetings!

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Submission Deadline for the September Issue is August 29

Send items to: youngne1965@gmail.com

President's Message

President, 917-577-3737

Submitted by Paul Roy, pauldenisroy@aol.com.

My 99 1/2 year old father (John L. Roy) passed away in mid-July. He led a long and active life. Growing up in Quebec City, he started skiing on slopes without chairlifts. Later in life he ran in the New York City Marathon and continued running, biking and walking well into his later years. After he passed, I started to think about how he inspired me. I realized he gets much credit for my interest in skiing and other winter sports. From my childhood through early 20's, he took me, my siblings and my friends on numerous ski trips to Quebec, Vermont, New Hampshire and of course the old local ski areas, Great Gorge, Vernon Valley, Craigmeur and Snow Bowl. He had snowshoes and provided ice skates for us kids. Thanks Pop!

On November 1, 2025, there's a Club 60th anniversary dinner gala at Tavern 73 in Pine Brook. You'll be asked to sign up soon. Hope you can join us!

For your quick reference, here is High Life Ski Club's Executive Board for June 2025 through May 2026:

President – Paul Roy
Administrative VP/Membership – Carol Cooney
Officer at Large – Linda Burns
Treasurer – Jeffrey Zega
Recording Secretary – Sal Pulitano
Corresponding Secretary – Barbara Capsouras
Parliamentarian – Ron Smolt

Meetings and Other Events

The Executive Board met July 8. At the following membership meeting we had a strong summer turnout with 21 attending. The Lodge Trustees had a Zoom meeting July 22. There was no membership meeting that night.

(President's Message Cont pg 12)

LODGE REPORT

The Lodge Committee hopes you are having a wonderful summer. Though most of our members' skis and snowboards are enjoying their warm-weather slumber, the High Life Lodge continues to offer year-round opportunities to enjoy Vermont (and cooler temperatures). Many of our members and friends have enjoyed hikes, golf, fishing, and the vast array of mountain bike trails at Killington. August is wide open at the Lodge! Come enjoy a weekend away!!

The Lodge Committee would like to thank Melody Wenger (and housemom Donna Long) for once again hosting the popular Rodeo Weekend in Vermont!! Everyone enjoyed a weekend filled with great food and fun at the Pond Hill Ranch!! This unique weekend highlights the benefit of the availability of our amazing Lodge in the summer and the enthusiasm of our members to organize a memorable experience!!

Many of our members and friends took the opportunity to play golf together at some of the award-winning courses in Vermont. John Bossolt coordinated tee-times and dinner, and our foursomes enjoyed great golf in the cooler temperatures of Vermont. Big thanks to Steve Anderson for subbing in as last-minute house mom!

Please note: The Lodge Committee has some upcoming maintenance which may require a membership vote to secure funding (as is required by our bylaws for any non-budgeted expense over $500). You may see an email requesting attendance at an upcoming Club meeting to ensure a quorum. If asked, please do your best to attend one of these meetings. We thank you in advance!!

Motorcyclists….have you aspired to ride the scenic roads of Vermont? Join John Bossolt and other High Life friends and tour the beautiful Green Mountain State from August 23-26th. Check out the Lodge schedule in this Sitzmark for Lodge signups…and call/email John with any questions about the rides. John can be reached at
(973) 951-7606 or skier632@aol.com.

Labor Day weekend falls at the very end of August! Looking into early September, the next Lodge Work Weekend will be September 4-6. Make your plans now!! A reminder that autumn weekends are pretty wide open. If you would like to run a special event at the Lodge this autumn, please reach out to any Lodge Committee member and let's get your special event on the schedule!!!

Please read the updated guideline article included in the Sitzmark. This article is designed to help each of us navigate the Lodge reservation process. The guidelines continue to evolve based on feedback from members, Lodge Trustees, and Club Leadership. Please read the article and call me if you have questions. Thank you in advance!!

The Lodge Committee wishes everyone a great August!!



See Everyone Soon!!
-Chris Cooney
Lodge Chairperson

JULY EVENTS

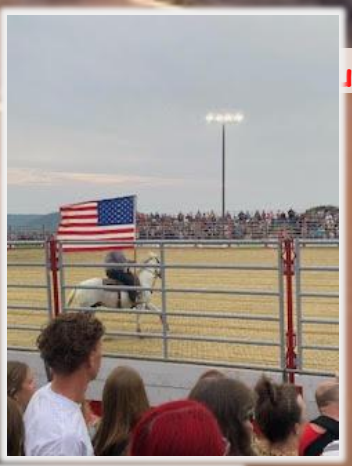
July 26

Another great rodeo weekend at the Lodge with Barbara, Jimmy, Cheryl, Joan, Melody, Bob, Phil, Rob, Donna, Marvalynn, Dominic and Tom. Happy hour appies followed by a barbecue buffet with chicken, ribs, corn, potatoe salad, coleslaw, salad, beans, lemon cake, apple pie, ice cream and cookies! All yummy! Pond Hill Ranch held a wild and crazy rodeo with cowboys flying off of bulls and broncos!

And Melody made this comment:

Great time had by all. Thanks to my posse for making this another successful high life rodeo weekend.

Submitted by













JULY EVENTS CONT.

July 28

Concert in the Park

The Kootz were absolutely fantastic. They rocked the house with a great selection of tunes. I highly recommend them. You can catch them at the High Life 60th anniversary party.







Submitted by Cliff Gawel

LODGE GUIDELINES

Hello High Lifers!

With the increasing demand of Lodge use the Lodge Committee would like to streamline the communication process as it pertains to making Lodge reservations. This document is meant to be dynamic and will be continuously updated as we figure out what works and what doesn't. The Lodge Committee asks all members to take the below guidelines into consideration as you make your Lodge reservations. Remember....the key to an effective reservation is to have clear and comprehensive communication with your House-mom. As of November 1st, the Lodge will be collecting Winter rates for Lodge use. Please see the Lodge Rules and Regs for the current rates or ask your House-mom.

All reservations must be confirmed directly with a house mom before a payment is made. *Failure to do so will result in a mandatory $5 penalty to be paid into the Lodge Supply Bucket*.

Guidelines for paying for Lodge stays through Zelle

For those who wish to utilize Zelle to pay for their Lodge usage, please be aware of the following guidelines:

1. **Members (only) can pay for Lodge stays and events electronically using the Zelle app on their mobile device.**
2. **NO ZELLE PAYMENT is allowed until after you've communicated with the house-mom and have a confirmation for your stay. If a payment is made prior to confirmation from the house-mom, a *$5* penalty will be assessed.**
3. **Zelle can ONLY be used for payments. *No refunds will be made once a Zelle payment is confirmed*. If a change to a reservation is made and is compliant with the Lodge rules, a credit will be issued.**
4. **If a member uses Zelle for payments, the member is responsible for ensuring they know how to correctly use the Zelle application. High Life Ski Lodge, Inc. is not responsible for any user error, application malfunction, or security of the relationship between Zelle and your bank account.**

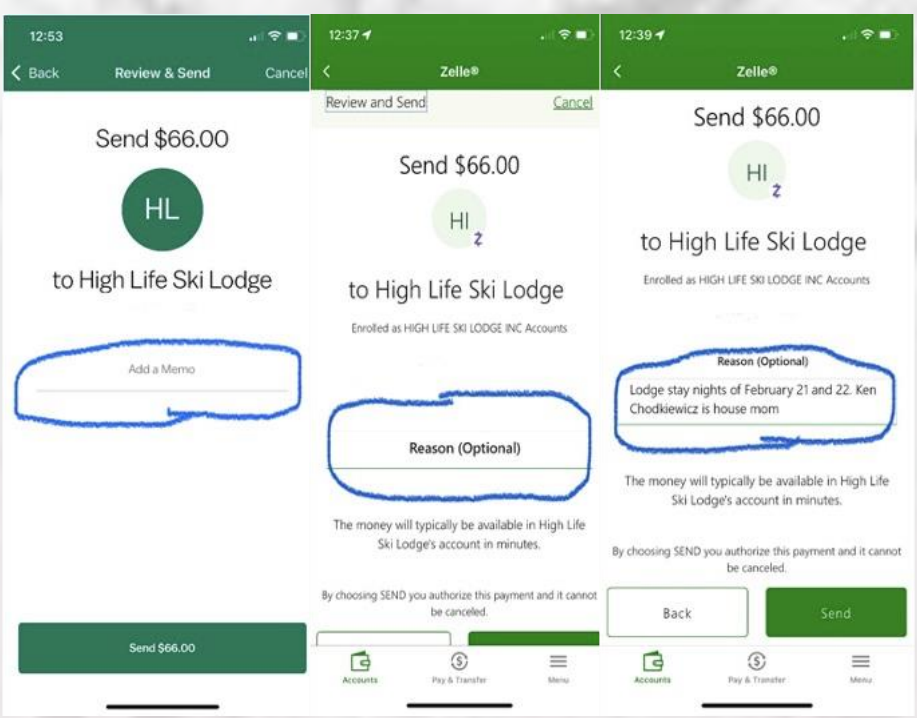
To pay using Zelle, please follow these instructions:

Confirm the recipient information with the House-mom. Input this information per House-mom instructions.

In the comment section, (may be listed as "Reason", "Add a Memo" or something similar based on your banking or Zelle app), please list dates of your intended overnights (ie. Jan 4,5,6) and the name of the corresponding house-mom. Including this information in the comment section eases tracking for your payments. Please note: This field is NOT required by Zelle to execute a transaction....you must consciously input the requested information. See Screenshots below. Failure to include this information will result in a $5 penalty to be paid to the Lodge supply bucket.



LODGE GUIDELINES CONT.



Note: Your bank or Zelle app may look different. These are for example only.

Once you've completed the payment, please inform the house-mom. Optionally (if your personal banking information is not visible) you could additionally forward a screenshot or confirmation email.

REMINDER: ***Making a Zelle payment prior to receiving house-mom confirmation of your reservation or failing to fill in the Reason/Memo section of the Zelle transaction will result in a $5 penalty.***

Reservations are taken in person at Club meetings as per the dates on the Lodge schedule, which is posted on the Club Web Page (or you can ask a House-mom to email you the .pdf). After that meeting house moms will accept reservations by email or phone call only!! No initial contact with a House-mom via text-message.

Please call during reasonable hours of the day (hint: if you have to ask yourself if it's a reasonable time, chances are it isn't)....*and remember that many of our House-Moms still work and might not be able to respond for several hours*. Our House-Moms do their best to acknowledge your communication as quickly as possible, but at times an immediate response is not possible. If you'd like to go to the Lodge, please allow ample time for your House-Mom to get back to you. During your initial communication please include the following information

*****The High Life Lodge Committee loves our storm-chasers as well as those who love to spontaneously journey to Vermont. Please keep in mind that as you try to communicate with the house-mom, they may already be at the Lodge (especially if you are calling from Thursday-Monday). Please be sure to try calling the Lodge (802-773-9742) if you have difficulty communicating with the house-mom for your spontaneous plans.**



LODGE GUIDELINES CONT.

Your full name

2. Number in your group and composition (ie a couple, kids (ages), family, member or guest, etc) and their full names.

3. Date and day of arrival, the number of nights, and the date/day of departure

4. Your intended Payment method (Zelle, mailing a check, payment upon arrival, gift-card, voucher, etc)

-Below are some examples of the type of information that would best-help your communication with your House-mom. These are not intended to be all inclusive.... they're just samples.

Example 1

Hello my name is "John Smith". I would like to arrive at the lodge on Friday, Dec 1st and stay for 2 nights, leaving the morning of the 3rd. I will be alone. If I can get bed XYZ, that would be great but will take what is available. I can give you a check upon arrival or mail to you. Thank you

Example 2

Hello my name is "John Smith" My wife "Jane Smith" and I would like to arrive at the lodge on Friday, Dec 1st and stay for 2 nights, leaving the morning of the 3rd. Jane is also a member and we would like a couple's room if available. I can Zelle the payment and so as you can confirm. Thank you.

Example 3

Hello my name is "John Smith". I would like to make a reservation for myself, my son "Adrian Smith", my brother-in-law "Steve Harris" and his son "George Harris". Steve and George are not members. We would like to arrive at the lodge on Friday, December 1st, stay for 2 nights, and depart on the morning of the 3rd. If possible, I would like all of us in one room. I can mail you a check or give you a check upon arrival. Thank You.

Once you have your assigned bed, you are not allowed to change your sleeping location without approval from your House-mom. This includes taking a perceived empty bed in another room or in the attic.

There've been a few occasions when we have had members arrive late at night only to find someone in the bed/room they have been assigned. Mayhem and chaos ensue.

As House Moms we do our best to facilitate your reservation and make your Lodge experience as enjoyable as possible. We take into consideration each scheduled member coming-and-going, changes of plans (extending/shortening their stay), groups that would like to bunk in the same room, short notice requests and overlapping stays that cover two or even three different House Moms. Eighteen hundred bed nights is awesome...but can be a bit to juggle...so please, talk to the House Mom before moving from assigned bed/room. We promise to do our best to help.

We thank you for your cooperation and look forward to a wonderful Summer.

The Lodge Committee.



AUGUST EVENTS

August 13

Motorcycle Touring



Big shout out to Tom Jarick who took a lodge day to clear out the path to our private stream. Thank you!







Submitted by Melody Wenger

LOOKING AHEAD

Cape Cod in Fall time: Thursday September 4 to Thursday 11th.

We are back at Kingfisher Lodging, 177 Main Street, Dennis, MA 02638.

Price per room per night is $105 for club members ($110 for non club members) which includes pizza dinner. As always, it's first come first served so contact me now if you are interested. Your room is reserved when I have your money so mail or Zelle me.

Please make checks out to me Phil Uhler and mail to:
371 Finch Lane, Bedminster, NJ 07921. Or Zelle me the money.

No minimum number of nights for the fall trip.

Things we've done in the past:

P'town sand dune tour with wine
bikes trips on awesome trails
fishing
Golfing- bring your golf clubs
Mimi golf
kayaking
Whale watching,
deep sea fishing
train excursions
trips to Nantucket or Martha's Vineyard
Lobster roll cruises
Group dinners
Cranberry bog tours
Glass blowing demonstrations
Shark museum
Marconi museum
Etc.



Your recreation possibilities are boundless.

This trip may fill up fast so act accordingly.

Phil Uhler
908-295-4457

September 6 Join your fellow High Lifers for a Work Weekend to ready the Lodge for the season ahead.

LOOKING AHEAD

November 1, 2025.

Save the Date: High Life Ski Club 60th Anniversary Celebration

Get your tickets now!

Save $5 by end of August and reserve your seat for the 60th anniversary gala on November 1. Fabulous food, live music, and great friends. Event is at Tavern 73 in Pine Brook from 6-10 pm. Semi-formal dress optional. No jeans please.
See website for flyer.

Submitted by

Melody Wenger

SKI TRIPS 2026

1. ZERMATT/PARIS 2026 JANUARY 30- FEBRUARY 7, 2026 IS NOW ACCEPTING WAITING LIST SIGN UPS ONLY. PLEASE CONTACT NINA TUDOROWSKY FOR FURTHER INFORMATION: tudorowskynina@gmail.com or 973.900.4412
2. WHITEFISH, MONTANA FEBRUARY 21-28, 2026 IS OPEN. PLEASE CONTACT CHARLES KIRK FOR FURTHER INFORMATION cfkirk@hotmail.com or 973.650.7925.

Racer Ready?

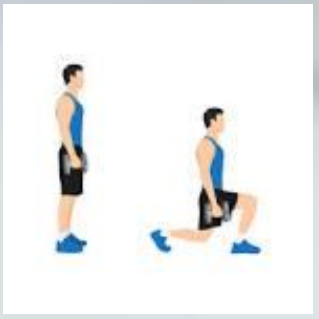
Midsummer and time to start training for the next season. General fitness: stretching, yoga is great if you are so inclined. But try to stretch at least 10 minutes each day. Ride an exercise bike, row or walk the treadmill; get moving so you can get moving down the slopes. Exercises, start with lunges, stretch those quadriceps and glutes and squeeze your internal muscles. Try and hold a tuck position. Get down on the floor and crunch your abdominals, twist your obliques, tighten your lower back. Roll over, hold a pushup position and just tighten up, it's called a plank, try and hold it for a minute or two. Try this routine out now and by Fall you'll be ready for weight bearing exercise to really up your technique on the hill. Never quit, always forward, in control.

Attention skiers; The Killington Race Camp has blocked out the dates of camp, the 5 day GS training camp is Dec 8th-12th, the 2 day SL training camp is Dec 13th and 14th, Details on pricing to be announced as soon as available. This is always a great time to prep your ski skills early season. You don't have to be a racer to work on your techniques.













Submitted by
David Young

Club Finances

The Club is in good shape financially, with over $34,000 in the General Operating Account, and another $20,000 plus interest earned in a certificate of deposit. This is a direct result of strong membership enrollment.

Trips and Activities

The Club's Zermatt Switzerland trip is January 30 to February 7, 2026. Whitefish, Montana is February 12-28, 2026. Contact Nina Tudorowsky to sign up. The New Jersey Ski and Snowboard Council offers trips too. Check the website: njssc.org

Below are the upcoming Club meeting dates. The next membership meeting is August 12. The next Zoom meeting for all members will be October 7. Check the Club website and your email for the latest schedule.

High Life Ski Club Meetings Schedule

- Tuesday August 12 at Exchange Restaurant
  - 6:30 pm Executive Board Meeting
  - 7:30 pm Membership Meeting
- Tuesday August 26 at Exchange Restaurant
  - 6:30 pm Lodge Trustees
  - 7:30 pm Membership Meeting
- Tuesday September 9 at Exchange Restaurant
  - 6:30 pm Executive Board Meeting
  - 7:30 pm Membership Meeting
- Tuesday September 23 at Exchange Restaurant
  - 6:30 pm Lodge Trustees
  - 7:30 pm Membership Meeting
- Tuesday October 7 Zoom
  - 7:00 pm Membership Meeting
- Tuesday October 14 at Exchange Restaurant
  - 6:30 pm Executive Board Meeting
  - 7:30 pm Membership Meeting
- Tuesday October 28 at Exchange Restaurant
  - 6:30 pm Lodge Trustees
  - 7:30 pm Membership Meeting
- Tuesday November 11 at Exchange Restaurant
  - 7:30 pm Membership Kick-off Meeting

HLSC Lodge 2025 Summer Season

WEEKEND Saturday	Dates	Event	START SIGN UPS Tuesday	Trustee	Combo
3-May	04/30-05/06		22-Apr	Chris Cooney	
10-May	05/07-05/13		29-Apr	Dave Young	
17-May	05/14-05/20	Work Weekend	6-May	Donna Long	
24-May	05/21-05/27	Memorial Day	13-May	Jim Ferrone	
31-May	05/28-06/03		20-May	Chris Moser	
7-Jun	6/4-6/10		27-May	Steve Anderson	
14-Jun	6/11-6/17		3-Jun	Nancy Mathieson	
21-Jun	6/18-6/24	Work Weekend	10-Jun	Mike Burbridge	
28-Jun	06/25-7/1		17-Jun	Ken Chodkiewicz	
5-Jul	7/2-7/8	July 4th	24-Jun	Jack McDevitt	
12-Jul	7/9-7/15		1-Jul	Kerry Klotz	
19-Jul	7/16-7/22	Golf Weekend	8-Jul	Chris Cooney	
26-Jul	7/23-7/29	Rodeo Weekend	15-Jul	Donna Long	
2-Aug	7/30-8/5		22-Jul	Steve Anderson	
9-Aug	8/6-8/12		29-Jul	Nancy Mathieson	
16-Aug	8/13-8/19		5-Aug	Chris Moser	
23-Aug	8/20-8/26	Motorcycle Touring	12-Aug	Chris Cooney	
30-Aug	8/27-9/2	Labor Day	19-Aug	Jim Ferrone	
6-Sep	9/3-9/9	Work Weekend	26-Aug	Jack McDevitt	
13-Sep	9/10-9/16		2-Sep	Mike Burbridge	
20-Sep	9/17-9/23		9-Sep	Donna Long	
27-Sep	9/24-9/30		16-Sep	Jim Ferrone	
4-Oct	10/1-10/7		23-Sep	Kerry Klotz	
11-Oct	10/8-10/14	Work Weekend	30-Sep	Ken Chodkiewicz	
18-Oct	10/15-10/21		7-Oct	Nancy Mathieson	
25-Oct	10/22-10/28		14-Oct	Jack McDevitt	
1-Nov	10/29-11/4		21-Oct	Mike Burbridge	
8-Nov	11/5-11/11	Work Weekend	28-Oct	Chris Cooney	
15-Nov	11/12-11/18		4-Nov	Steve Anderson	
22-Nov	11/19-11/25		11-Nov	Jim Ferrone	
29-Nov	11/26-12/2	Thanksgiving	18-Nov	Ken Chodkiewicz	
6-Dec	12/3-12/9		25-Nov	Chris Moser	

DONNA LONG (201) 317-7830 dannl100@yahoo.com	KEN CHODKIEWICZ (973) 919-1962 kchod27@gmail.com
KERRY KLOTZ (973) 420-5444 kerryklotz@ymail.com	NANCY MATHIESEN (201) 400-2597 nhackelberg@yahoo.com
JIM FERRONE (973) 650-7060 jimbikeski@aol.com	MIKE BURBRIDGE (973) 610-3692 tyrus8@aol.com
JACK MCDEVITT (845) 988-6081 jack.mcdevitt@gmail.com	STEVE ANDERSON (201) 739-4380 hilifesc@outlook.com
CHRIS COONEY (201) 400-4021 chriscooney5150@gmail.com	CHRIS MOSER (856) 905-7960 jeager1234@yahoo.com
HL Lodge 802-773-9742	