The Sitzmark

THE NEWSLETTER OF THE HIGH LIFE SKI AND SNOWBOARD CLUB

September 2025

Check for updates regarding in person meetings!

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Submission Deadline
for the October Issue is September 27

Send items to:
youngne1965@gmail.com

President's Message

Submitted by Paul Roy, President, 917-577-3737 pauldenisroy@aol.com.

Happy September everyone! The cooler weather we're enjoying in late August reminds me of what's eventually coming this winter. Vermont has had some very snowy winters the past few years, enabling our members to use the Lodge and ski more and more. We're seeing more members visit Monday through Friday. It's great to have the Lodge in use seven days a week.

We mourn the passing of long term member Doug Otte (August 18, 2025). For decades, Doug was a consistent attendee at Club meetings and trips, and always promoted local concerts and great discounts for senior skiers. We'll miss you Doug!

On November 1, 2025, there's a Club 60th anniversary dinner gala at Tavern 73 in Pine Brook. Please sign up soon for great company, food and live music.

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
NJ Ski and Snowboard Council Representative – Bob Zega
Ski Trip Chairperson – Nina Tudorowsky
Activities Chairperson – Cliff Gawel
Newsletter Editor – Andrie Young
Social Media Coordinator – Jason Briggs

(President's Message Cont pg 12)

LODGE REPORT

September is one of Nature's most vivid months of transition. September begins with the warmth of summer's conclusion and concludes with the brisk splashes of orange, red, and yellow coloring out trees. If you haven't visited the High Life Lodge since this past winter (or even if you have), September is a wonderful month to take a few days and spend them in Vermont.

September begins the autumn Work Weekend series! Our first autumn work weekend at the Lodge will be held September 5th through 7th. As always, September provides a wonderful opportunity to touch up some outdoor painting. In addition, the Lodge Committee is planning to re-insulate the basement of our Barn....so bring long-sleeve clothing, hats, masks and safety glasses. All workers will receive complimentary Friday/Saturday night Lodge fees and lunch on Saturday. Jack McDevitt will be hosting the September work weekend. Reach out to Jack and have a great time taking care of our beautiful Vermont Lodge. Can't make it in September? We also have Work Weekends October 10-12th and November 7-9th. Mark your calendars now!!

August saw the return of the Motorcycle weekend. For the third straight year, member John Bossolt hosted approximately a dozen riders for a bit more casual exploration of the roads of Vermont. Of those who joined John, 5 or 6 had also attended prior year's rides (a testament to John's hospitality). Check out some photos in this Newsletter.

The Lodge calendar is pretty open this fall (other than the work-weekends) so if you have any interest in hosting an event, please ask any Lodge Committee member!!

Please be aware that Vermont has been a bit dry over the past several weeks.....so please be conscious when disposing of hot BBQ coal, cigarette/cigars, etc. In addition, please follow your housemom's guidance for the disposal of garbage is we have had some issues with wildlife getting into our garbage bins.

The Lodge Committee has some large upcoming projects (driveway resurfacing, AED purchase, and an update to our bylaws) which require a membership vote. To secure a vote we need a 10% membership quorum (AKA 37-38 members) at a meeting. The Committee is asking members to attend the September 23rd general meeting so we can address these topics. Plus.....great opportunity to renew your membership for the 25/26 season, hear about Club events, and sign up for the 60th Anniversary Party. We thank you in advance!!

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 joyous Labor Day and September!!

See Everyone Soon!!
-Chris Cooney
Lodge Chairperson



IN LOVING MEMORY OF DOUGLAS OTTE

1/29/1943 – 8/18/2025



Words cannot express how lost I feel without Doug's presence. Without him, I would never have come to know the wonderful people in High Life, joining in so many memorable ski trips, outings and parties. Doug was larger than life, with all the many adventures, his infectious smile and 'how can this shy, poor farm boy, school teacher be so lucky to be surrounded by these beautiful women's flirt.' He couldn't get enough of skiing once the season started, skiing more than 60 days a year, even through this past winter at 82 years old. The slopes will never be the same without his flaming Mohawk on his helmet.

I wish to thank everyone in High Life for your support, prayers and kind words. It was so wonderful to see so many of you join in his celebration of life service. It has helped me tremendously through this difficult time. Doug will be forever loved and missed. May you rest in peace and forever be fondly remembered.

All my love,

Nancy



David and I had the pleasure of spending fun time with our late friend Doug Otte at the concert where the band Reminisce performed August 8th. We sang and danced together. It was the last time David and I saw him.

Rest In Peace Good Friend.

AUGUST EVENTS



August 23

Motorcycle Weekend



Submitted by Chris Cooney









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.**

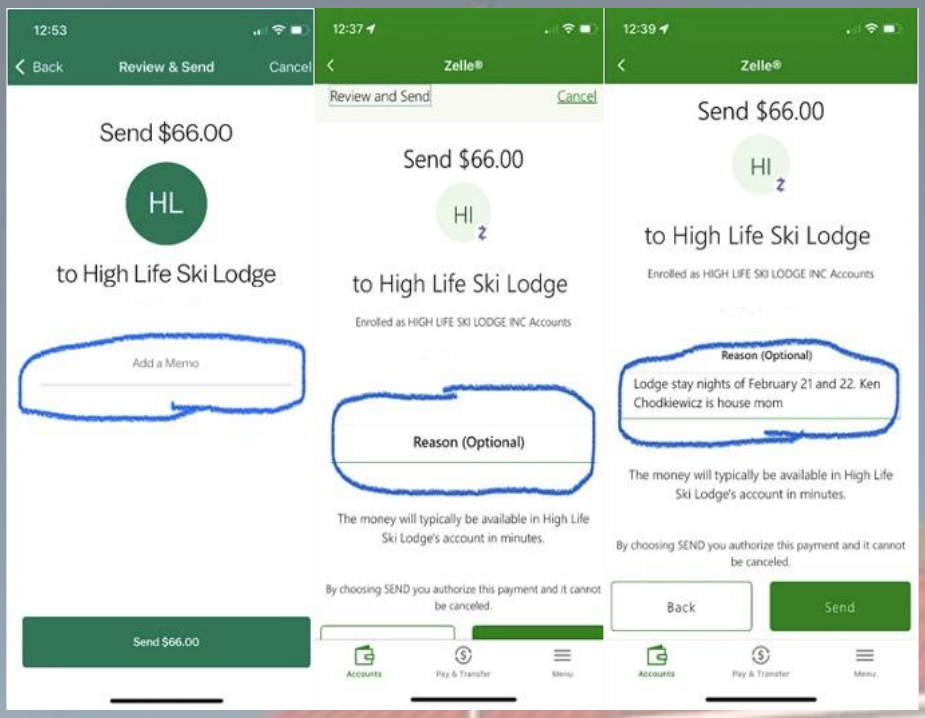
To pay using Zelle, please follow these instructions:

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 Fall.

The Lodge Committee.



SEPTEMBER EVENTS

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.

September 22 — First day of Fall. This is also known as the autumnal equinox, when the sun is directly over the equator.



SEPTEMBER EVENTS CONT.

Fall Free Concerts at PNC Bank Arts Center

Here is the information on the fall free concerts at PNC Bank Arts Center. Tickets should be requested by contacting me by cell phone 973-713-4951 or email bcapsouras@aol.com

Meetup and tailgating will be for the September 9 show and the September 19 show. The others are on your own unless someone else wants to organize a meetup.

Garden State Arts Foundation - Free Fall 2025 Concerts

HERMAN'S HERMITS-STARRING PETER NOONE & THE ASSOCIATION

TUESDAY, SEPTEMBER 9 – 1:30PM

Peter Noone is a multi-talented English entertainer – singer, song writer, guitarist, pianist and actor – who has been delighting audiences nearly all his life. His classic hits include "I'm Into Something Good", "Mrs. Brown You Have A Lovely Daughter", "I'm Henry VIII I Am', and many more.

THE ASSOCIATION

The Association is a legendary American sunshine-pop and folk-rock band formed in Los Angeles in 1965, with chart-topping hits including "Along Comes Mary," "Cherish," "Windy," and "Never My Love".

FRIDAY, SEPTEMBER 19 – 7:00PM: MALT SHOP MEMORIES LIVE III

Featuring an all-star lineup including Bobby Wilson, Frankie Pizarro, The Knockouts, The Classics, The Fortunes, The Duprees, Jay Siegel's Tokens, The Coasters, Johnny Farina, Pop Divas Through the Decades with the Chiclettes, Sounds of the Street, Tommy C., and beloved WABC Radio Personality Vinnie Medugno.

MONDAY, SEPTEMBER 29 – 1:30PM. AN AFTERNOON OF MUSIC & MEMORIES

A stellar lineup of beloved performers: John Scupelliti & The Reactions (Earth Angel) Vito Picone & The Elegants (Little Star), and Bob Miranda & The Happenings (See You In September). Backed by the talented Coda Band, and with host and singer Rhett J.

LOOKING AHEAD

MORE CONCERTS

FRIDAY, OCTOBER 3 AT 7:30PM. COUSIN BRUCIE PRESENTS. THE RASCALS- 60TH ANNIVERSARY FAN APPRECIATION SHOW. & GARY LEWIS & THE PLAYBOYS

The Rascals 60th Anniversary Fan Appreciation Show featuring the iconic Felix Cavaliere and Gene Cornish. (A Beautiful Morning, Groovin', A Girl Like You, How Can I Be Sure, Good Loving). Joining the celebration are fellow hitmakers Gary Lewis & The Playboys (This Diamond Ring, Count Me In, Save Your Heart For Me, Everybody Loves A Clown, She's Just My Style, Sure Gonna Miss Her, and many more.)

Any questions, let me know.

Barbara Capsouras

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

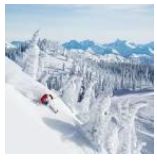
SKI TRIPS 2026



WHITEFISH, MONTANA REMINDER:
Final payment is due September 1, February 21-28, 2026. ski trip. Please contact Charlie Kirk at: cfkirk@hotmail.com or 973.650.7925 for further information. There are some spaces available at this gorgeous location. Air, transfers, lodging, 5 day lift tickets and breakfast all included. Follow link to register: http://www.highlifeskiclub.org/Data/TripFlyers/49.pdf

ZERMATT/PARIS JANUARY 30 - FEBRUARY 7, 2026, 3 night extension to Paris returns on February 10, 2026. Sign up for the waiting list at this time. Contact Nina Tudorowsky, tudorowskynina@gmail.com or 973.900.4412 for information.

CHILE, SOUTH AMERICA SKIING: our group has left for this ski trip. Valle Nevado, Tres Valles The group is led by Frederick Ensminger (fred@educated1.com) who is our expert skier and contact for this region of the world.
SUBMITTED BY: N. TUDOROWSKY



Racer Ready?







Race camp dates: 5 day GS training,
Dec.8th-12th. 2 day SL training,
Dec 13th and 14th at Killington Vermont,

More details as soon as available. Remember race camp is not just for racers, any intermediate skier will benefit from small group coaching and instruction. The skills of being able to make quick turns, avoiding obstacles and anticipating your next transition are applicable to any downhill skier.

Time to train.
Getting in shape is the best way to avoid injury on the slopes. Improve aerobic capacity by riding your bicycle or exercise bike regularly (hint, vary your pace to build strength and conditioning.) Stretch every day, reach for where your stretch becomes uncomfortable, hold it and release, stretch again and repeat. Stretching should be a gentle conditioning exercise not ballistic plyometrics. As to plyometrics, yes you can jump around, it will build muscle. But practice, Moderation, you've a full season ahead. Deep knee bends will help you get ready to tuck and transition from leg to leg as you unweight to edge those turns. Keep training, don't quit. You've got a little time before November and those first tracks of the season.

Submitted by David Young

Meetings and Other Events

The Executive Board met August 12. At the following membership meeting we had a strong summer turnout with 24 attending.

The Lodge Trustees met August 26. They are working on a lot of big projects, plus work weekends are coming up September 6, October 11 and November 8. At the following membership meeting we had yet another strong turnout, with 23 there.

Pres

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 or Charlie Kirk 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 two membership meetings are on September 9 and 23, so see you in September! 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 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	

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