



The Sitzmark

THE NEWSLETTER OF THE HIGH LIFE SKI AND SNOWBOARD CLUB

Visit our website at www.highlifeskiclub.org

March 2018

**Club Meeting every
Tuesday.**

*All Club meetings begin
at 8:00 p.m., at the Exchange
Restaurant, downstairs room,
160 E. Main St., Rockaway.*

*Executive Committee and
Lodge Committees start at
6:30 pm at the Exchange..*

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**Submission Deadline
for the April Issue is
March 25**

Send items to:

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farleyescb@gmail.com

President's Message

It's amazing how time flies! Last month's Presidents message was written in the 12th hour prior to leaving work the Friday before departure to Telluride. It's not that late as today is Monday (2/26/18) but once again, I'm scrambling to get the President's message written prior to departure to Chamonix in several days. This is a personal 1st for me, because I've never skied anywhere in Europe. I've been to several EU countries for business in the winter, but never took time to ski while there (stupid, right). I know that Europeans think they have the epitome of ski terrain and possibly they do, but it's got to be quite impressive to outdo Telluride which would impress even the most-traveled skier. Before I leave the subject of Chamonix, I'd like to state that I am presenting another slide show this Tuesday (2/27/18) as I did prior to going to Telluride. For too long, such presentations have been overlooked at High Life and they shouldn't be. A good slide-show with pictures and life-sustaining information should be standard prior to departing on any ski trip, especially one heading out-of-country. I'm kind of kidding about the 'life-sustaining' part but you get the idea.... information about the who, what, and where of any destination is good to have and will give all trip participants and edge which hopefully prevents negative surprises from occurring.

STACEY IS BACK! Now that the 2018 Winter Games have ended many of us will turn our attention to the Paralympics of 2018. If you've been watching TV commercials showing the young woman with one leg re-learning how to walk and the male sled-hockey (amputees with one or no legs), you have to be amazed at their will-power and tenacity to overcome. Most of you will remember NJ's local heroine, the Paralympic athlete Stacey Mannella from a few years ago. Stacey is the partially-sited girl from Randolph who both High Life Ski Club and NJ Ski & Snowboard Council helped sustain by donating money. In fact, financial backing from NJ Ski Council, who donated consistently over several years helped get Stacey and her then guide (Kim SeEVERS) to the Paralympics in Sochi, Russia four years

ago. Stacey can see about as far as the length of her skis but is an excellent ski-racer who thrives on SPEED. She didn't fare well in the Sochi games because of stiff competition from another female Paralympian and a case of pre-race jitters. However, like all Olympic athletes, Stacey has incredible will and after taking a 1-year hiatus to focus on school work, she returned to her ski-racing career while furthering her education at Dartmouth College in New Hampshire. Stacey has been doing quite well, consistently winning world cup races and qualified for the 2018 Paralympics in Pyeongchang. As a result of competition throughout 2017, Stacey is currently rated in the top 10 Paralympian ski racers in the world!



***Stacey Mannella (right) and her
Guide Sadie DeBraun hope to
bring home the Gold in March!!***

UPDATE ON YOUR SKI LODGE

By Jim Lent

Conditions are always good in Vermont! Killington has had a good season over all!

Hi everyone & welcome to March. March, where the weather can take exciting swings. March, where Vermont sometimes gets 100 inches of fresh snow. March, where your ski lodge is humming with activity as our skiers & boarders seek warmer weather, fresh turns & don't forget the sunblock.

Contact Chris Cooney for a not to be missed Saint Patrick's party on 3/17 in our barn emporium. Did I say Irish drinks? Chris will be in France from 3/3 – 3/10 but leave him an e-mail & he'll take care of you. chrisx@optonline.net

Where would we be without our lodge & barn? I want to take a solemn moment to remember a great high lifer. Our hearts go out to lodge Chairperson Donna Long & her sister Robin. They lost both Mom & Dad in a 3 week period.

Dad was Jim Long, without whose efforts in the core group, we might not be where we are today. In the summer of 1972, the core group of early club members decided to look for a property to use as a "ski house". Jim Long was a leader in finding & buying the lodge property. He was one of 5 members who signed the mortgage, helped establish the lodge corporation, planned the physical layout and participated in all the early work that made a great ski house. Without those efforts and hundreds of members thereafter, we all would not have our home away from home in Chittenden, Vt.

Back to the present ... use your lodge, enjoy spring & keep an eye out for another special event on "pond skinning weekend" in April.

Please think clean. With everyone helping out, we keep a great lodge running in the 46th season ... and remember ...

Participation is the heartbeat of High Life!

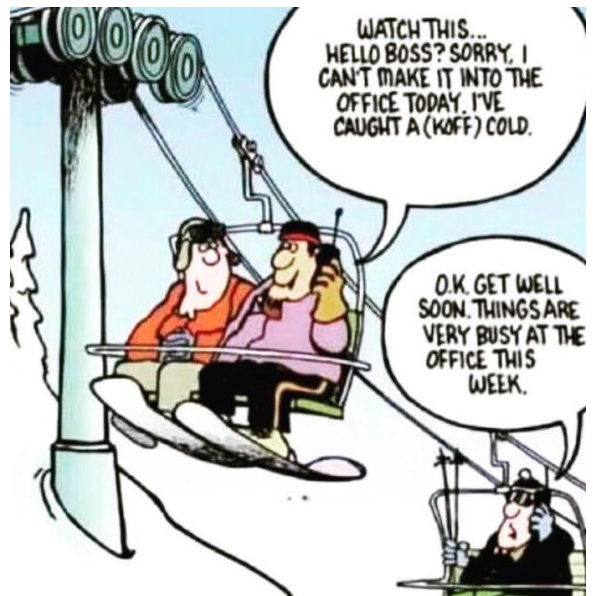
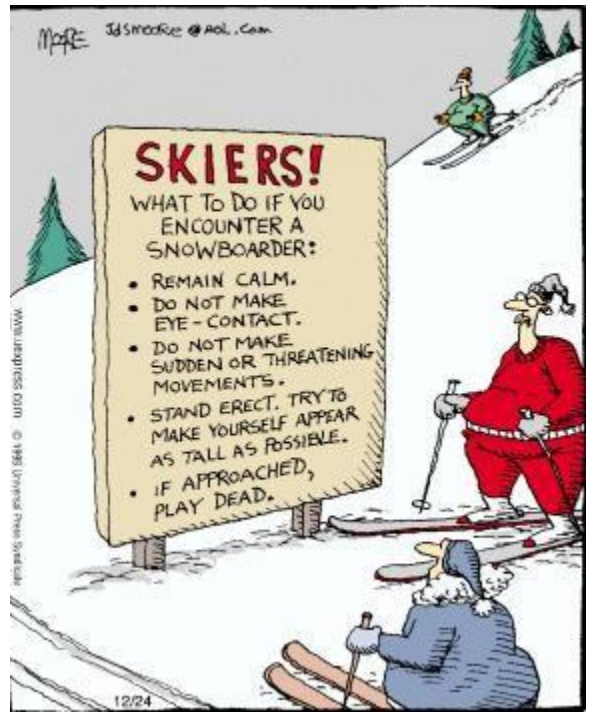
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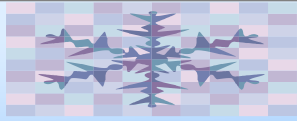


West Point Concert

By Bob Liput

High Life goes back to West Point--A group of High Lifers went to free concert at "The Point" on a cold, windy rainy day in Feb-- but the music and company warmed us all up.---Plenty of just wonderful music and singing by the oldest Army Band (200 year old)---after the concert, the gang went to the Mahwah bar and Grill where they had a Beer Tap in with new and unusual types of beers---of course we had to try some of the offerings--all in all--raw, cold day turned into a great memory event for High Life





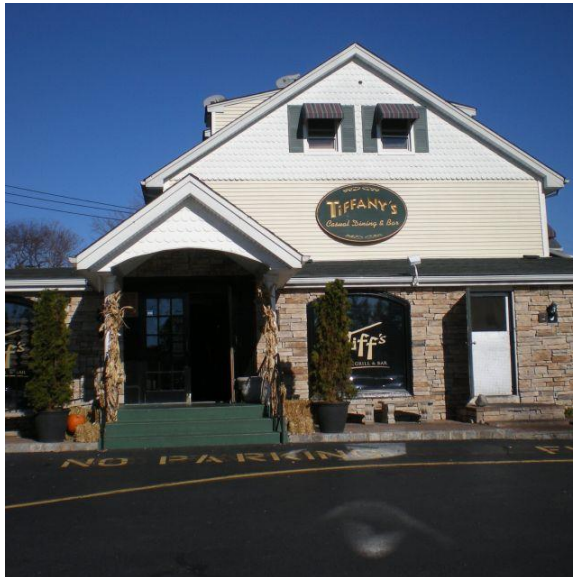
Club Activities



Date	Activity/Event	Event Leader &Phone
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3/17 Sat	St. Patrick's Da at the Lodge Spend the weekend, soak up springtime on the slopes then eat, drink and dance in our barn. Enjoy great homemade Irish cooking and good friends.	Chris Cooney chrisx@optonline.net Cell: (201) 400-4021
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4/6 Fri	Happy Hour at Tiffany's One more time--enjoy the gang and share a drink or two with fellow High Lifers--some finger food will be on the tables--and also available for purchase--Tiffany's Restaurant Rt 46 Montville--happy hour prices 4 to 7 pm--stay later if you wish--enjoy the evening	Bob Liput bobski711@optonline.net Phone: (973) 839-9124
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4/14 Sat	A Night at the Races Price is still \$12--Beer, wine, hot and cold buffet and back by popular demand--Hot Dogs after the 5th Race--American Legion Hall 20 Cortland Place Newark--off street parking--food is served at 6:00 pm --races start at 7:00 pm	Bob Liput bobski711@optonline.net Phone: (973) 839-9124
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HIFELIFE Lodge SCHEDULE 2017 Winter FINAL

WEEKEND Saturday	EVENT	START SIGN UPS Tuesday	TRUSTEE	COMBO
4-Nov		24-Oct	Cliff Gawel	
11-Nov	Work WeekEnd	31-Oct	Chris Cooney	
18-Nov		7-Nov	Donna Long	
25-Nov	Thanks/WorldCup	7-Nov	Kenny Chodkiewicz	
2-Dec		21-Nov	Jim Ferrone	
9-Dec		28-Nov	Mike Burbridge	
16-Dec		5-Dec	Chris Cooney	
23-Dec		12-Dec	Jim Lent	
30-Dec	New Years Party - Dec31	Dec 5 Party Goers/ Dec 19 Others	Cliff Gawel	
6-Jan		26-Dec	Bill Swayze	
13-Jan	Kid	2-Jan	Chris Cooney	
20-Jan		9-Jan	Mike Burbridge	
27-Jan		16-Jan	Jim Tobey	
3-Feb	SuperBowl	Jan 09 Party Goers/ Jan 23 others	Donna Long	
10-Feb		30-Jan	Mike Burbridge	
17-Feb	Kid	6-Feb	Kenny Chodkiewicz	
24-Feb		13-Feb	Cliff Gawel	
3-Mar	Trips Week	20-Feb	Jim Lent	
10-Mar		27-Feb	Bill Swayze	
17-Mar	St Patricks	6-Mar	Chris Cooney	
24-Mar	Kid	13-Mar	Kenny Chodkiewicz	
31-Mar		20-Mar	Chris Cooney	
7-Apr		27-Mar	Mike Burbridge	
14-Apr		3-Apr	Donna Long	
21-Apr		10-Apr	Amanda Zega	
28-Apr		17-Apr	Jim Ferrone	
5-May	Summer Season	24-Apr	TBD	
12-May		1-May	TBD	
DONNA LONG	201 317 7830	JIM TOBEY	973 202 7028	
BILL SWAYZE	973 479 5055	KEN CHODKIEWITZ	973 919 1962	
JIM FERRONE	973 650 7060	JIM LENT	973 670 8827	
CHRIS COONEY	201 400 4021	AMANDA ZEGA	201 213 3637	
CLIFF GAWEL	201 394 0623	MIKE BURBRIDGE	973 610 3692	
HL Lodge	802-773-9742			