

The Sitzmark

THE NEWSLETTER OF HIGH LIFE SKI
AND SNOWBOARD CLUB

Visit our website at www.highlifeskiclub.org

February 2019



**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 March Issue is
February 25**

Send items to:
Stephen Bolcar, Sitzmark Editor
farleyscb@gmail.com

President's Message

In November it looked as though we were going to have an old-fashion Vermont winter with consistently cold temperatures. Unfortunately cold weather has been sporadic, broken by tropical bursts of warm weather and rain hitting the slopes locally and in New England. I am hoping as we near the end of January that the current cold-trend remains so the resorts can recover and continue to build base depths. I am writing this on 1/28/19 and just returned from Vermont where we had several days of cold, snowy weather. This followed on the heels of last Thursday's monsoon whose affect was obvious as we drove North to Sugarbush on Friday. It was apparent everywhere that water cascaded from higher elevations and flooded fields which then turned into frozen lakes along Route 100 North. I must however, give the Resorts tremendous credit for what they accomplished in 24-48 hours with snowmaking as the conditions were not bad at all. It was icy in spots but the snow coverage was extremely good at the Beast and Sugarbush.

High Life member mines Gold! High Life Member Linda Silbert struck GOLD big time! This past weekend was the New York State Ski Council State Race at Pico. Linda known by many as a top female racer in the old ASRA circuit was recruited by Metro-Land Ski Club to lead their charge down the hill. Lead the charge she did as Linda took FIRST PLACE in the **Slalom, Giant Slalom and Combined** to give her THREE GOLD MEDALS. Hopefully Linda will be wearing her gold at our meeting tomorrow night (1/29/19) and everyone should congratulate her for a terrific job.....now if she can repeat the feat next week at the NJ State Race there'll be real WOW factor.

High Life Skier Down: Amanda had an accident this weekend and although not completely diagnosed yet, it appears as a minor fracture in her right leg at the knee. She was totally looking forward to the Council trip to New Hampshire next week and is signed up for Innsbruck which she might??? make. I know Amanda would never look for sympathy but if she shows up at meeting in the next week or two on crutches please give her hugs and kisses. Positive email and Facebook posts will go a long way to buoy her spirits and nurture her return to the slopes, hopefully in time to rock Innsbruck!

Optional Vermont Winter Adventures: Melody and I went snowshoeing on a road around part of the Reservoir and spotted a totally beautiful and very large Barred Owl sitting in a tree along the road. We saw some people ice-fishing on the reservoir and quite a few
(president's message Continued on pg. 4)

The Lodge update!

A huge thanks to our members and guests who've stayed at the Lodge and taken advantage of the fantastic winter conditions. The Committee loves when the Lodge is full of happy skiers, snowboarders, hikers, snowshoers, and winter-lovers.

While the snowpack levels in New Jersey have been minimal, Vermont has been north of the rain/snow line the entire month. Don't let the view in your backyard fool you....the conditions in Vermont are fantastic!! The Killington area received almost a foot of snow the last week in January!!

February features a couple of fun events at the Lodge including the NJSSC State Race at Pico on February 2nd, our Super Bowl Barn Party on February 3rd, and a Family-friendly Lodge weekend Feb 15-17th. Plus...you never know when a random dance-party is going to break out in the Barn. Be sure to reach out to the respective House-moms for each week and see what's happening at our Lodge!!

Finally...a reminder to everyone staying at our Lodge to please complete your assigned chores and do your best to be neat and tidy during your visit. The extra few minutes it takes to clean a bathroom or mop a floor helps keep our Lodge costs in-check....which allows us to keep our nightly rates as low as possible.

Happy Winter!

-Chris Cooney
Lodge Committee Vice-Chair

PS....some changes coming to our Work-Weekend schedule this year...including (weather permitting) our first Work-Weekend being held while Killington is still open. Details coming soon.....

Join High Life at the Snow Flake Festival!!

Join your fellow members at the First Annual High Life Snowflake Festival to be held in-lieu of our regular meeting on Tuesday, February 26th at 8PM. Don't miss this fun night downstairs at The Main Street Exchange in Rockaway as we celebrate the fun and joy of Winter. Dance the night away with our DJ, grab a drink from the cash bar, and enjoy a great evening with your High Life Friends. Have any friends or family interested in joining High Life??? Bring them along and let them see just how awesome our Club is!!

Congratulations to Linda Silbert on her Winning her 3 gold medals at the New York State Ski Council Race held at Pico Mountain.



(President's Message continued)

trucks towing snowmobiles parked on the road leading in. Ice-fishing and cross-country skiing are allowed but snowmobiling is only allowed only in 'Designated Corridors'. I don't know where the 'designated corridors' in the area are but it's not at or on the reservoir as there were no tracks anywhere that I saw. The Vermont division of Fish and Wildlife offers free Ice-Fishing clinics throughout the winter. If interested log onto their website to get the dates and Locations. Yes I know none of this is downhill skiing or boarding BUT if your stay at the Lodge is a week-long you might take a break from skiing and get to eat "line-caught" fresh fish to boot!

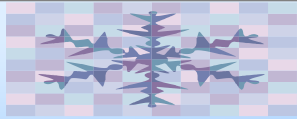
Guest Speaker Tuesday February 12th: High life will host a talk by Dr. Brett Hodshon, son of member Karen Hodshon. Karen's son Brett (with encouragement from Mom of course) attended Med. School and became a Chiropractor. Brett asked if he could do a presentation before High Life on the benefits of Chiropractic and we gratefully accepted. Please come to the High Life meeting on 2/12/19 to hear Dr. Brett Hodshon speak!

JEFF ZEGA needs a job! Jeff like many of us who have been down-sized at one time or another is OOW (out of work). Jeff would appreciate job leads in the area of Finance, Accounting, Marketing, Project Management. Jeff himself would never ask but I'm not as proud and hopefully someone out there might know of something. Winter is short, so get out and SKI!

Bob Zega

Cullen and Wilbur families
enjoying time at the lodge with
Bob Zega.





Club Activities



Date	Activity/Event	Event Leader &Phone
Now Through March	<p>NJ Ski Council Awareness Days Check the website for the flyers that list all of the Ski Council Awareness discount days for Jack/Frost Big Boulder, Hunter Mountain, and Attitash/Wildcat mountains. You can find tickets as low as \$17</p>	
2/23 Sat	<p>Craft Beer Festival Tickets on sale starting Jan 12-at POA office or online at Eventbrite.WMLCraftBeer.com-\$25 for WML members--\$30 for guests--7:00 pm -11:00 pm--20 + Beers & Ciders (including local NJ Breweries)--Local Bands. Local Food Trucks--</p>	<p>Bob Liput bobski711@optonline.net Phone: (973) 839-9124</p>
2/26 Tue	<p>High Life Snowflake Festival Join your fellow members at the First Annual High Life Snowflake Festival to be held in-lieu of our regular meeting on Tuesday, February 26th at 8PM. Don't miss this fun night downstairs at The Main Street Exchange in Rockaway as we celebrate the fun and joy of Winter. Dance the night away with our DJ, grab a drink from the cash bar, and enjoy a great evening with your High Life Friends. Have any friends or family interested in joining High Life??? Bring them along and let them see just how awesome our Club is!!</p>	<p>See Chris Cooney at a regular meeting.</p>
3/23 Sat	<p>Spring Fling Dinner/Bance White Meadow Lake Club House--7:00 pm--Doo Wop of the 50's and 60's--singing group "Desire"--\$40 per person includes buffet dinner-(cash bar available)</p>	<p>Bob Liput bobski711@optonline.net Phone: (973) 839-9124</p>



SKI-ING

Hmm, sliding down a steep mountain... on a pair of wooden sticks....

This pastime, looks like....

It was started...on a DARE

HL Lodge 2018-19 Winter

WEEKEND Saturday	EVENT	START SIGN UPS Tuesday	TRUSTEE
24-Nov	Thanksgiving	30-Oct	Kenny Chodkiewicz
1-Dec		20-Nov	Jim Ferrone
8-Dec		27-Nov	Jim Tobey
15-Dec		4-Dec	Bill Swayze
22-Dec		11-Dec	Cliff Gawel
29-Dec	New Years	18-Dec	Chris Cooney
5-Jan		18-Dec	Mike Burbridge
12-Jan		18-Dec	Chris Moser
19-Jan	KIDS / King Weekend	8-Jan	Bill Swayze
26-Jan	Metro Race	15-Jan	Amanda Zega
2-Feb	SuperBowl Mt Bachelor Leaves	22-Jan	Donna Long
9-Feb	Mt Bachelor Returns	29-Jan	Jim Tobey
16-Feb	KIDS / Presidents Weekend	5-Feb	Chris Moser
23-Feb		12-Feb	Chris Cooney
2-Mar		19-Feb	Cliff Gawel
9-Mar	Innsbruck / SnowMass	26-Feb	Bill Swayze
16-Mar	Ski Trips Return St Patrick	5-Mar	Bill Swayze
23-Mar	KIDS Weekend	12-Mar	Kenny Chodkiewicz
30-Mar		19-Mar	Donna Long
6-Apr		26-Mar	Chris Moser
13-Apr		2-Apr	Mike Burbridge
20-Apr		9-Apr	Amanda Zega
27-Apr		16-Apr	Jim Ferrone
4-May		23-Apr	Chris Cooney
11-May		30-Apr	Cliff Gawel
18-May		7-May	Donna Long
25-May		14-May	Mike Burbridge
DONNA LONG	201 317 7830	JIM TOBEY	973 202 7028
BILL SWAYZE	973 479 5055	KEN CHODKIEWICZ	973 919 1962
JIM FERRONE	973 650 7060	AMANDA ZEGA	201 213 3637
CHRIS COONEY	201 400 4021	MIKE BURBRIDGE	973 610 3692
CLIFF GAWEL	201 394 0623	CHRIS MOSER	856 905 7960
HL Lodge	802-773-9742		