



# The Sitzmark

THE NEWSLETTER OF THE HIGH LIFE SKI  
AND SNOWBOARD CLUB  
October 2024

**President's Message.**

President, 917-577-3737

Submitted by Paul Roy,

pauldenisroy@aol.com

**Check for  
updates  
regarding in  
person  
meetings!**

## In this Issue

Pres. message	pg 1
Lodge Report	pg 2
Sept. Events	pg 3
Oct. Events	pg 4-5
Lodge Guidelines	pg 6-7
Looking Ahead	pg 8-9
Pres. msg. cont.	pg 10
Lodge sign ups	pg 11

**Submission Deadline  
for the November Issue  
is  
October 28**

**Send items to:  
youngne1965@gmail.com**

Let's discuss the Lodge. I attend the monthly Lodge Trustees meetings and cannot emphasize enough how hard that group works to get ready for a busy Fall and Winter. There's endless details to attend to (firewood delivery and more) and projects that need to get done (like roof leak repair). I remind you that the Trustees have 2 vacant positions. They will be filled soon. There's more news about all this here in this newsletter and in future meetings and email blasts. October will be busy. There's weekly Monday late morning golf at Lake Lackawanna Golf Club (thanks to Phil Uhler), the October Cape Cod trip (again, thanks Phil!), and a big motorcycle group at the Lodge. In November we have the member kick-off event November 12 with lots of tricky tray prizes (Barbara Capsouras is already getting them). And, Thanksgiving weekend is the 2024 Stifel Killington Cup, a womens' Audi FIS World Cup ski race at Killington. It's always a great, festive, well attended event! October is the last month of regular membership renewal - if you wait to renew until after October 31, you'll have to pay more. The Club is running two ski trips in early 2025. The New Jersey Ski & Snowboard Council has interesting winter trips coming up too (see the website). With all the membership renewals coming in, the Club's bank account is solid at \$53,000.

## Meetings and Other Events

There will be a Zoom meeting for all members October 1. We had 28 at the membership meeting on September 24. Lots of members showed up to renew, and new members signed on too. The Lodge Trustees met that night. The Executive Board met September 10.

(President's Message Cont. pg 10)

## LODGE REPORT

Happy October!! Cooler temperatures, colorful leaves and shortened daylight mean that winter is right around the corner. Before you begin dusting off your winter boots or sharpening the edges on your skis or snowboard, don't miss the opportunity to enjoy the vistas Mother Nature provides or the fun of the autumn season. High Life's Lodge provides a great autumn escape and an opportunity to view some early-season peak foliage!

Huge thanks to everyone who helped at the September Lodge Work Weekend. The weather cooperated and allowed most of the indoor and outdoor projects to be completed. In addition, Donna Long and her team cooked up a wonderful dinner on Saturday evening. Because of our Work Weekends, the Lodge is in great condition for our autumn events and is primed for a fantastic winter!

The next Work Weekend will be held from October 11-13<sup>th</sup>. Ken Chodkiewicz is taking signups for the event now ([kchod27@gmail.com](mailto:kchod27@gmail.com) or 973-919-1962). In addition to a great weekend of painting and yard cleanup, the weekend will feature an Oktoberfest dinner, an opportunity to view some beautiful foliage or extend your long-weekend stay. All workers enjoy complimentary Friday/Saturday night Lodge fees as well as a complimentary lunch on Saturday! Can't make the October Work Weekend?? Put the final Work Weekend of the season on your calendar from November 15-17<sup>th</sup>!!

Ladies!! Don't miss the Vermont Women's Retreat from October 18-20. This popular weekend features yoga, scenic hikes, Lodge History, amazing food, stimulating conversation and fun for all women. Members are certainly encouraged to bring their friends!! Ann Solis and Maryanne Mecca will be coordinating the agenda, and Kerry Klotz is taking reservations ([kerryklotz@ymail.com](mailto:kerryklotz@ymail.com) or 973-420-5444)!! Check out the flyer in this edition of the Sitzmark!!

Only a few of the \$25 seasonal lockers are left for rental. These lockers are located behind the cipher lock on our Barn and can fit most skis or snowboards! Contact Chris Moser for rental details ([jeager1234@yahoo.com](mailto:jeager1234@yahoo.com) or 856-905-7960)

The Lodge Committee currently has a vacancy. We hope to fill this vacancy during the fall. If you have interest in serving on the Lodge Committee, we'd love to chat with you!! Please reach out to any Committee member to learn about the responsibilities of the position and express interest.

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 beautiful October!!

See Everyone Soon!!

-Chris Cooney

Lodge Chairperson



## SEPTEMBER EVENTS

### September Fun at PNC Bank Arts Center

Ski Club friends at PNC to see an Elvis impersonator, the Flamingos and the Stylistics!



Another fun concert with ski club friends Rich, Anita, Cliff, Judy, Tom, Tim, Linda and Oscar! Cousin Brucie presents The Happenings, the Cowsills and Chubby Checker!



Arrival From Sweden - ABBA tribute band with High Life Ski Club friends Linda and Oscar, Tim, Tom, Linda B, Melody and Bob, Kathy and Anita.





## OCTOBER EVENTS



**October 2**

### Holiday City Bike Rescheduled

Arrive at 11 AM for an easy 10-mile flat, paved ride through Holiday City in Toms River. Peddling on relatively traffic free streets. Afterwards, relax at Linda & Oscar Viera's home for food and socializing with your fellow bikers.

ADDRESS: 17 Panama Ct., Toms River

**BRING YOUR BEVERAGE OF CHOICE AND A DISH TO SHARE.**

Please RSVP to Melody so we know how many people to expect.

Email [melwengerHL@gmail.com](mailto:melwengerHL@gmail.com) or text 973-632-5090.

Be sure to include your name. Thanks.



**October 3 - 10**

### Cape Cod trip in the Fall

Contact Phil Uhler for further information.

Phil Uhler 908-295-4457  
AARP® Smart Driver Instructor  
AARP® Legislation Advocate



**October 5**

### Long Valley Brewpub Oktoberfest & Columbia Trail Bike Ride

Meet 9:30 am upper back parking lot of LVB-depart 10am.

1 Fairmount Rd Long Valley 07853

Bike ride Columbia rail trail with terminus/turnaround in Highbridge 11 miles each way. Great scenic, mostly flat ride that crosses Ken Lockwood Gorge. After meet back at LVB Oktoberfest 12-6 pm.

Gerard Gomez [Ggomez731@hotmail.com](mailto:Ggomez731@hotmail.com)



**October 5**

### Vermont Motomarathon

If interested, contact John Bossolt at 973-951-7606

or [john@motomarathon.com](mailto:john@motomarathon.com).



**October 12**

### Work Weekend

Join your High Life Friends to better and ready our Lodge for the season ahead.





# OCTOBER EVENTS CONT.



## Women's Retreat

Friday - Sunday, October 18-20, 2024

Feeling a need to connect? Yearning to breathe Vermont's fall air? Need to relax and get away? Come to yet another wonderful High Life Ski Club's Women's Retreat where any woman of any age, skill level, and body type is embraced and celebrated.

### Details:

In addition to nightly seasonal Lodge Fees, please bring \$25 per person for a catered Saturday dinner.

**Location:** High Life Ski Lodge, 127 Chittenden Rd., Chittenden, VT

For Program info, please contact Ann at [ann\\_solis@hotmail.com](mailto:ann_solis@hotmail.com) or Maryanne at [maryanne.mecca@gmail.com](mailto:maryanne.mecca@gmail.com)

Registration is open! Contact Kerry Klotz at (973) 420-5444 or [kerryklotz@ymail.com](mailto:kerryklotz@ymail.com)

Hiking  
Gentle Yoga  
Pumpkin Carving  
Catered Dinner  
Laughter

### What to bring:

- Breakfast & Lunch for yourself
- Optional Friday Potluck Dinner contribution
- Hiking Footwear
- Comfy Clothes
- Yoga Mat (we can provide if you don't have one)
- Pumpkin to carve (we supply the tools)
- Open Heart



# 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 1<sup>st</sup>, 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.***

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, 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. 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.

Reservations are taken in person at Club meetings 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.



# LODGE GUIDELINES

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.**

- 1. 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 Dec 1<sup>st</sup> and stay for 2 nights, leaving the morning of the 3<sup>rd</sup>. 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 Dec 1<sup>st</sup> and stay for 2 nights, leaving the morning of the 3<sup>rd</sup>. 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 December 1<sup>st</sup>, stay for 2 nights, and depart on the morning of the 3<sup>rd</sup>. 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



## LOOKING AHEAD

### RACING. 2024-2025

Why do we race? A pristine course you can traverse as fast as you can; the thrill of it all. An opportunity to improve on technique, feedback and video review. Camaraderie, esprit des corps, et après ski. Why not?

Race Camps, Killington, (GS 12/09/24-12/13/24) (SL 12/14-12/15)

Race Camp, Hunter Mountain GS and SL 1/06/25 -1/09 with racing to follow.

Contact me for details and I'll pass on prices and contact people, these are not Highlife Events, but you can certainly make reservations to stay at our lodge.

Skiers who would like to get an early start on the season and hone their skills should consider attending the Killington race camp. Though it is titled racers it is appropriate for all intermediate to advanced skiers. As a qualifying High Lifer registering under the group rate Race camp options the rates are as follows:

#### 5-Day Camp

5-day Race Camp: 12/9/24 to 12/13/24

Retail Guest = \$739.

Group Rate 5-day Race Camp = \$458

6-day Ticket cost add on = \$170

Total Group Rate Cost w/Ticket = \$628

#### 2-Day Camp

2-day Slalom camp: 12/14 & 12/15

Retail camp is \$424

Group Rate for camp is \$263

Retail ticket is \$174

Group Rate for ticket is \$61

Total Group Rate Cost w/ticket = \$324

Contact- Andrew Barnett: [andy@skipure.com](mailto:andy@skipure.com)

#### Race Leagues:

Mid Atlantic Masters [www.racing@mamasters.org](http://www.racing@mamasters.org)

United States Ski and Snowboard Association [www.us skiandsnowboard.org](http://www.us skiandsnowboard.org)

Michelob Ultra Ski Bum Race Series - Killington- Pico [www.killington.com](http://www.killington.com)

Nastar- [www.skiracing.nastar.com](http://www.skiracing.nastar.com) events in PA. Shawnee, Bear Creek, NY. Hunter Mountain, Vt. Okemo and Sugarbush

Racing schedules are posted on individual association websites for places of events, dates and times.

I'll keep you posted as to upcoming race events and training days throughout the season. Remember race camps are a great way to train and improve your skills for the upcoming season. Contact me if you have any specific questions and I'll do my best to get back to you with the right info or contact. David Young: [youngdavid020@gmail.com](mailto:youngdavid020@gmail.com)

If you are interested in racing for Highlife, contact Linda Burns [lbsilbert@aol.com](mailto:lbsilbert@aol.com)



## LOOKING AHEAD CONT.

### HLSC SKI TRIPS

**January 4 - 11 2025**  
**Aspen/Snowmass**



**February 21 -March 1, 2025**  
**Bormio, Italy**



**Both trips are filled.**

**If you would like to be on the waiting list for either trips, please call or email Nina**

**Tudorowsky 973.900.4412 [tudorowskynina@gmail.com](mailto:tudorowskynina@gmail.com)**

**Meetings and Other Events Cont.**

We had 16 at the membership meeting to hear Brandon Pearce talk about the wonderful Winter4kids program in Vernon, NJ. Winter4kids teaches kids from all over how to ski, snowboard and cross country ski. They need instructors - no prior experience necessary, and you get paid! For more information contact:

Brandon Pearce, Academy Director, winter4kids

[brandon.pearce@winter4kids.org](mailto:brandon.pearce@winter4kids.org),

973-846-8250 ext. 208

winter4kids.



Melody, Linda, Brandon Pearce of Winter4kids, me and Chris Cooney

Here are the October-December meeting dates, mostly at the Rockaway Exchange Restaurant. Check the Club website, Facebook, and your email for the latest schedule.

**High Life Ski Club Meetings Schedule**

● Tuesday October 1 on Zoom (see Zoom email blast to membership)

7:30 pm Membership Meeting

● Tuesday October 8 at Exchange Restaurant

6:30 pm Executive Board Meeting

7:30 pm Membership Meeting

● Tuesday October 22 at Exchange Restaurant

6:30 pm Lodge Trustees

7:30 pm Membership Meeting

● Tuesday November 12 at Exchange Restaurant

6:30 pm Kick-off meeting set-up team

7:30 pm Kick-off meeting (led by Barbara Capsouras)

● Tuesday November 26 at Exchange Restaurant

6:30 pm Lodge Trustees

7:30 pm Membership Meeting

● Tuesday December 10 at Exchange Restaurant

6:30 pm Executive Board Meeting

7:30 pm Membership Meeting

● Tuesday December 17 at Exchange Restaurant

6:30 pm Lodge Trustees

7:30 pm Membership Meeting

### HLSC Lodge 2024 Summer Season

WEEKEND Saturday	Dates	Event	START SIGN UPS Tuesday	Trustee	Combo
4-May	05/01-05/07	Work Weekend	23-Apr	Chris Cooney	
11-May	05/08-05/14		30-Apr	Donna Long	
18-May	05/15-05/21		7-May	Ken Chodkiewicz	
25-May	05/22-05/28		14-May	Chris Moser	
1-Jun	05/29-06/04	Vermont Hike	21-May	Dave Young	
8-Jun	6/5-6/11		28-May	Jim Ferrone	
15-Jun	6/12-6/18		4-Jun	Chris Cooney	
22-Jun	6/19-6/25	Work Weekend	11-Jun	Ken Chodkiewicz	
29-Jun	6/26-7/2		18-Jun	Kerry Klotz	
6-Jul	7/3-7/9	July 4th/Kayak	25-Jun	Dave Young	
13-Jul	7/10-7/16		2-Jul	Jim Ferrone	
20-Jul	7/17-7/23		9-Jul	Mike Burbridge	
27-Jul	7/24-7/30		16-Jul	Donna Long	
3-Aug	7/31-8/6		23-Jul	Chris Cooney	
10-Aug	8/7-8/13		30-Jul	Ken Chodkiewicz	
17-Aug	8/14-8/20		6-Aug	Kerry Klotz	
24-Aug	8/21-8/27		13-Aug	Chris Moser	
31-Aug	8/28-9/3	Labor Day	20-Aug	Jim Ferrone	
7-Sep	9/4-9/10	Work Weekend	27-Aug	Donna Long	
14-Sep	9/11-9/17		3-Sep	Dave Young	
21-Sep	9/18-9/24		10-Sep	Jim Ferrone	
28-Sep	9/25-10/1		17-Sep	Kerry Klotz	
5-Oct	10/2-10/8	Motomarathon Weekend	24-Sep	Chris Cooney	Special Event Weekend
12-Oct	10/9-10/15	Work Weekend	1-Oct	Ken Chodkiewicz	
19-Oct	10/16-10/22	Women's Retreat	8-Oct	Kerry Klotz	
26-Oct	10/23-10/29		15-Oct	Chris Moser	
2-Nov	10/30-11/05		22-Oct	Mike Burbridge	
9-Nov	11/06-11/12		29-Oct	Dave Young	
16-Nov	11/13-11/19	Work Weekend	5-Nov	Chris Cooney	
23-Nov	11/20-11/26		12-Nov	TBD	
30-Nov	11/27-12/3	Thanksgiving	19-Nov	Ken Chodkiewicz	
DONNA LONG (201) 317-7830 dannl100@yahoo.com			KEN CHODKIEWICZ (973) 919-1962 kchod27@gmail.com		
KERRY KLOTZ (973) 420-5444 kerryklotz@gmail.com			DAVE YOUNG (609) 571-5002 youngdavid020@gmail.com		
JIM FERRONE (973) 650-7060 jimbikeski@aol.com			MIKE BURBRIDGE (973) 610-3692 tyrus8@aol.com		
CHRIS COONEY (201) 400-4021 chriscooney5150@gmail.com			CHRIS MOSER (856) 905-7960 jeager1234@yahoo.com		
HL Lodge		802-773-9742			