The Sitzmark

THE NEWSLETTER OF THE HIGH LIFE SKI AND SNOWBOARD CLUB

JUNE 2026

Check for updates regarding in person meetings!

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Submission Deadline for the July Issue is June 27

Send items to: youngne1965@gmail.com

President's Message **Submitted by Paul Roy**
President, 917-577-3737 **pauldenisroy@aol.com.**

Membership

Your Club's membership is as high as it's been in many years. That's happening for many reasons including these: Carol Cooney's dedication to membership inquiries, applications and renewals; enthusiasm for the Club consistently expressed to potential members; the Club's reasonable membership rates; the Lodge's reasonable rates; the general impression the Club makes on the website; and the appeal and location of the Lodge.

Trips

The Cape Cod trips are June 11-18 and September 10-17. Contact Phil Uhler to sign up.

There will be no Club ski trips this coming winter, for a variety of circumstances. One, is the excellent trips scheduled by the New Jersey Ski and Snowboard Council -go to **NJSSC.org** for details.

High Life Ski Club Officers

Below is the High Life Ski Club's Executive Board for June 1, 2026 through May 31, 2027. Thanks again Sal Pulitano for your service as Recording Secretary in recent years, and welcome Maryanne Mecca as the Club's new Recording Secretary!

President – Paul Roy
Administrative VP/Membership – Carol Cooney
Officer at Large – Linda Burns
Treasurer – Jeffrey Zega
Recording Secretary – Maryanne Mecca
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
Chair of the Lodge Trustees - Chris Cooney

(President's Message Cont. pg 17)

LODGE REPORT

The weather is warming. Flowers are blooming. The final remnants of a memorable 2025/26 winter season are melting away. Now that Killington has brought another legendary ski/snowboard to a close with classic spring turns over Memorial Day Weekend, our skis and snowboards can be tucked away and focus can shift to cycling, golf, kayaking, and hiking. Your High Life Ski Lodge is eagerly awaiting anyone who would love a summer retreat in Vermont. The summer schedule is included in this edition of the Sitzmark. Join the Lodge on a fun activity weekend…or create you own activity. We'd love to see you in Vermont this summer!!

The first Lodge Work-weekend was held in May. An ambitious group of High Lifers were blessed with a beautiful Saturday to have the Lodge ready for the summer. In addition to cleaning (inside and outside), property maintenance, deck-construction and painting….the highlight of the weekend was the delivery of the 10 new mattresses!! Check out some of the photos in this edition of the Sitzmark!! After a great day of work (including a tasty lunch) everyone enjoyed some char-grilled burgers and hotdogs for dinner. Special kudos to member Steve Zatenka who worked his tail off on Saturday then put in a few Sunday turns on Superstar!!

The next Lodge Work Weekend will be held June 26-28, 2026. This will be the last formal Work Weekend until September. All workers receive complimentary Lodge fees on Friday and Saturday nights as well as lunch on Saturday. Steve Anderson is the House Mom…and signups are open. Steve can be reached at hilifesc@outlook.com or (201) 739-4380.

The new Lodge schedule has some save-the-date event weekends (don't miss the golf weekend in July!!) yet still has plenty of space for anyone who'd like to plan an event….just reach out to any Lodge Committee member! Be sure to pay attention to club emails for specific details on upcoming events. In addition, be sure to check out Killington Mountain's webpage for exciting resort activities including free concerts!!

A reminder to all locker holders….if you have not done so already please be sure the contents of your locker are vacated and the locks removed as soon as possible. If you have any questions, please contact Chris Moser.

Lodge summer rates are now in effect. A reminder that all non-member guests at the Lodge are required to sign a waiver before participating in any activity or staying at the Lodge. Waivers are available on the breakfast-nook bulletin board. Waivers can also be signed electronically by talking to your House Mom. The Club thanks you in advance.

Wishing of our High Life Dads a Happy Father's Day!!

-Chris Cooney
Lodge Chairperson

MAY EVENTS

May 9

Everyone had a great time, even though it was a little rainy the scenery was great and the Free barbecue food was even better at the end.

Submitted by Cliff Gawel

HLSC participated in the annual HUDSON FARM CHARITY HIKE on MAY 9th. 2026.

Nine HLSC members were able to hike the 4 miles around the property. Breakfast is served starting at 7:00am followed by BBQ at the end of the hike. Donations were made to local fire departments, school clubs, EMS. and the library.

The Hudson Farm Foundation was founded in 2000 with the purpose of supporting nonprofit organizations in the immediate vicinity of Hudson Farm. The foundation is funded by the Clubs Members, each of whom contribute a portion of their dues annually. Approximately $11,000,000 has been distributed to qualified charities since inception.

The next HOPATCONG CHARITY HIKE is scheduled to begin OCTOBER 17 at 7:00am (bagel breakfast) and end at 1:00pm (hot dogs, hamburgers) Hudson Farm GPS location: 270 Stanhope Sparta Road, Andover, NJ 07821

We will send out reminders in early October. Please join us for the next hike!! Rain or shine, we will be there!

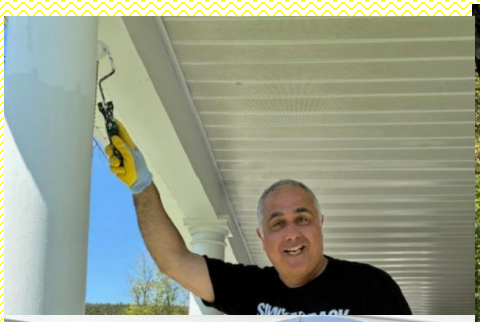
Submitted by Nina Tudorowsky

MAY EVENTS CONT.

May 16 Work weekend-Thanks to Mike Burbridge for coordinating the painting. Thanks to Carol, Donna, Chris and their crew for a wonderful lunch and barbecue dinner. Thanks to all who devoted their time and effort to get our lodge ready for the season ahead. If you missed this work weekend hope you join us next time.

MAY EVENTS CONT.

May 16



MAY EVENTS CONT.

May 21

We had a great time Catching up over drinks and appetizers in the Beautiful atmosphere of Seasons 52.

Submitted by Cliff Gawel

MAY EVENTS CONT.

May 28

A group from High Life enjoyed a gorgeous night at PNC Bank Arts Center with awesome music listening to Herman's Hermits and Tommy James and the Shondells introduced by Cousin Brucie!

What a fun night!

Submitted by Barbara Capsouras

MAY EVENTS CONT.

May 29

A group from High Life enjoyed beautiful music at the Roxbury Township Beach Blast at Horseshoe Lake, Succasunna. Thank you Nancy for arranging the event.

We all had a wonderful time.

MAY EVENTS CONT.

May 30-June 1

A group of High Lifers had a sweet time in Rhode Island this weekend. We biked 20 miles on Block Island and camped at Fisherman's Memorial Campground on the mainland, an hour long ferry ride away. Pictured below are Bill Goers, Tom Jarick, Suzanne Hall, Karen Hodshen, Maryanne Mecca, Ton Ryan, Nadia Bogovic, Judy Garcia and Cliff Gawel. Also in attendance but not pictured were Jason and Kelly Briggs. We also toured the mansions in Newport, including the Breakers (famed home of the Vanderbilts). It was a great weekend for all.

Submitted by Maryanne Mecca

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:

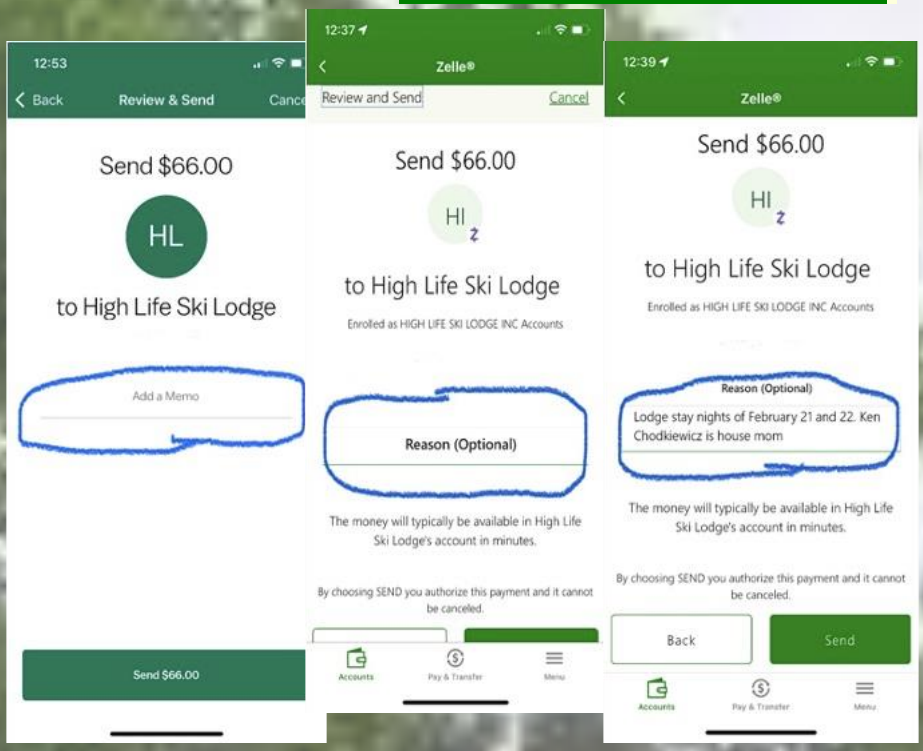
1. Members (only) can pay for Lodge stays and events electronically using the Zelle app on their mobile device.
2. NO ZELLE PAYMENT is allowed until after you've communicated with the house-mom and have a confirmation for your stay. If a payment is made prior to confirmation from the house-mom, a *$5* 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.

JUNE EVENTS

June 21 First day of Summer

ATTENTION HIGH LIFERS:

OUR CAPE COD SPRING AND FALL DATES ARE SET

June 11-18 at Kingfisher Lodging in Dennis Cape Cod.
As always, we have the run of the place meaning it is before their official opening (June) or after closing (September) and there is no maid service/daily cleaning.

For June, we are taking full week reservations only. For September, 2-7 night reservations will be accepted. All are $105 a night per room for club members. How's that for holding down prices!

Reservations are open now and 1/2 the amount will reserve your room. Full amount is due 30 days before arrival.

On June 17th we will hold a group lobster dinners for those wishing to participate. $30 per person, payable in at time of your final room reservation payment (1 month before arrival) -no exceptions as I have to order this large amount of lobsters in advance.

Forms of payment: check written and payable to Philip Uhler sent to 371 Finch Lane. Bedminster, NJ 07921 Or Zelle to Philuhler@ hotmail.com 908-295-4457 if you prefer.

Feel free to contact Phil Uhler for more information

June 26--28 **Work Weekend.** - Another chance to join us for a fun work weekend to better and ready our Lodge for the season ahead. Hope to see you all ther

HAPPY FATHER'S DAY

HIGH LIFE SKI CLUB APPAREL

Attention All High Life Members – New and Old:

Support the club, show pride in your membership, and advertise the club to new prospective members. Just place an order for High Life Ski Club apparel. We finally reached the minimum order and all who received their High Life apparel were very happy with the products.

We have some extra available for sale. I'll bring them to the meetings for all members to see. We have denim shirts, sweatshirts, tees, and polo shirts available.

Below is a list of what we will now offer with the High Life logo embroidered on each item:

High Life Apparel Pricing

Item	Price
Fleece Jacket (Full Zip)	$37
Fleece Vest	$32
Denim Shirt – long sleeve	$32
Denim Shirt-short sleeve	$30
Short Sleeve Tee	$15
Long Sleeve Tee	$18
Crewneck Sweatshirt	$25
Hoodie Sweatshirt	$30
Moisture Wicking Golf Shirt	$25
Baseball hat	$15
Knit Hat	$15
Embroider your own item	$10

Most colors are available with each item. Just let Sal know that color you want, and he will do his best to accommodate you. Merchandise can be picked up at the regular Tuesday night meeting or it can be mailed to you for a small fee. Payment can be made by check, cash, or credit card.

To place an order, email me at sal@thestratisgroup.net and tell me what item you want, the size, the color and how you'll pay for it as well as how you'd like to receive the order.

LOOKING AHEAD

ATTENTION HIGH LIFERS:

OUR CAPE COD SPRING AND FALL DATES ARE SET

September 10-17 at Kingfisher Lodging in Dennis Cape Cod. As always, we have the run of the place meaning it is before their official opening (June) or after closing (September) and there is no maid service/daily cleaning.

For June, we are taking full week reservations only. For September, 2-7 night reservations will be accepted. All are $105 a night per room for club members. How's that for holding down prices!

Reservations are open now and 1/2 the amount will reserve your room. Full amount is due 30 days before arrival.

On June 17th and September 6th, we will hold a group lobster dinners for those wishing to participate. $30 per person, payable in at time of your final room reservation payment
(1 month before arrival) -no exceptions as I have to order this large amount of lobsters in advance.

Forms of payment: check written and payable to Philip Uhler sent to
371 Finch Lane. Bedminster, NJ 07921 Or Zelle to Philuhler@ hotmail.com
908-295-4457 if you prefer.

Feel free to contact Phil Uhler for more information.

LOOKING AHEAD CONT.

July 1

FREE CONCERTS AT PNC BANK ARTS CENTER

Free tickets are available for the following shows at PNC Bank Arts Center in Holmdel, NJ for High Life Ski Club members:

Wednesday, July 1 - 7:00 pm
The Sound of America: A Semi-Quincentennial Concert Celebrating the U.S. 250th Birthday Featuring The US Army Field Band with opening act American Bombshells

Please contact Barbara Capsouras for tickets.

Bcapsouras@aol.com
Text: 973-713-4951

July 17-20

Lodge Golf weekend

NOTES FROM SKI TRIP CHAIR

It's the beginning of the summer and we have to think about and prepare for the 2026/2027 ski season. At this point, HLSC will not have a European trip until 2027/2028. This coming season will be all about DRIVING TO DESTINATIONS We will use our Vermont ski lodge for trips within driving distances and of course local day trips from New Jersey. This way people can use their IKON AND EPIC PASSES. Think about Camelback and Blue mountain resorts. Belleayre, Gore, Whiteface. Stratton, Killington, Pico, Sugarbush...New Hampshire, Maine. I will be sending out information about skiing day trips or other extended domestic trips through EMAIL BLASTS AND SITZMARK NOTIFICATIONS

FREQUENT SKIER CARD: You can ski Belleayre, Whiteface or Gore Mountain for a discount by checking their websites for information. Here's one that I checked. https://www.belleayre.com/seasonpasses/#tab+pass-perks

COUNCIL TRIPS PLANNED: If your schedule doesn't permit you to join HLSC members lodge/ day trips, you may wish to take advantage of ski opportunities presented by the New Jersey Ski and Snowboard Council. Visit their website for ski trip details. Some of the HLSC members have signed up or are on the waiting list for the Mont Tremblant, Quebec, Canada driving ski trip.

Submitted by Nina Tudorowsky
tudorowskynina@gmail.com
973.900.4412

Meetings and Other Events

Thanks to Cliff Gawel the Club had well attended happy hours April 23 (Tommy's Tavern) and May 21 (Seasons 52). Cliff and Barbara Capsouras are presenting excellent concert options for Club members and guests throughout spring and summer.

The Executive Board met May 12. At that night's membership meeting we had 12 attendees. Some Lodge Trustees met informally May 26 and after that we had 10 at the membership meeting. There's more on Lodge and Club meetings and events elsewhere in this newsletter and on the Club website. Below are upcoming meeting dates.

There will be only one membership meeting in June, and one in July as well. The next Zoom meeting for all members will likely be October 6.

High Life Ski Club Meetings Schedule

- Tuesday June 9 at Exchange Restaurant
  - 6:30 pm Executive Board Meeting
  - 7:30 pm Membership Meeting
- Tuesday July 14 at Exchange Restaurant
  - 6:30 pm Executive Board Meeting
  - 7:30 pm Membership Meeting
- Tuesday August 11 at Exchange Restaurant
  - 6:30 pm Executive Board Meeting
  - 7:30 pm Membership Meeting
- Tuesday August 25 at Exchange Restaurant
  - 6:30 pm Lodge Trustees
  - 7:30 pm Membership Meeting

HLSC Lodge 2026 Summer Season

WEEKEND Saturday	Dates	Event	START SIGN UPS Tuesday	Trustee	Combo
2-May	04/29-05/05		21-Apr	Steve Anderson	
9-May	05/06-05/12	**Mother's Day**	28-Apr	Chris Cooney	
16-May	05/13-05/19	**Work Weekend**	5-May	Donna Long	
23-May	05/20-05/26	**Memorial Day**	12-May	Jim Ferrone	
30-May	05/27-06/02		19-May	Nancy Mathiesen	
6-Jun	06/03-06/09		26-May	Mike Burbridge	
13-Jun	06/10-06/16		3-Jun	Chris Moser	
20-Jun	06/17-06/23	**Father's Day**	9-Jun	Ken Chodkiewicz	
27-Jun	06/24-06/30	**Work Weekend**	16-Jun	Steve Anderson	
4-Jul	07/01-07/07	**July 4th**	23-Jun	Jack McDevitt	
11-Jul	07/08-07/14		30-Jun	Jim Ferrone	
18-Jul	07/15-07/21	**Golf Weekend**	7-Jul	Kerry Klotz	
25-Jul	07/22-07/28		14-Jul	Nancy Mathiesen	
1-Aug	07/29-08/04		21-Jul	Chris Cooney	
8-Aug	08/05-08/11		28-Jul	Mike Burbridge	
15-Aug	08/12-08/18		4-Aug	Ken Chodkiewicz	
22-Aug	08/19-08/25		11-Aug	Donna Long	
29-Aug	08/26-09/01		18-Aug	Jack McDevitt	
5-Sep	09/02-09/08	**Labor Day**	25-Aug	Steve Anderson	
12-Sep	09/09-09/15	**Work Weekend**	1-Sep	Chris Moser	
19-Sep	09/16-09/22		8-Sep	Jim Ferrone	
26-Aug	09/23-09/29		15-Sep	Kerry Klotz	
3-Oct	09/29-10/06	**Motorcycle Touring**	22-Sep	Chris Cooney	
10-Oct	10/07-10/13	**Work Weekend**	29-Sep	Ken Chodkiewicz	
17-Oct	10/14-10/20		6-Oct	Nancy Mathiesen	
24-Oct	10/21-10/27		13-Oct	Jack McDevitt	
31-Oct	10/28-11/03		20-Oct	Mike Burbridge	
7-Nov	11/04-11/10		27-Oct	Donna Long	
14-Nov	11/11-11/17	**Work Weekend**	3-Nov	Chris Cooney	
21-Nov	11/18-11/24		10-Nov	Kerry Klotz	
28-Nov	11/25-12/1	**Thanksgiving**	17-Nov	Ken Chodkiewicz	
5-Dec	12/2-12/08		24-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
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