



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

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Submission Deadline

for the October
Issue is
September 28

Send items to:

youngne1965@gmail.com

The Sitzmark

THE NEWSLETTER OF THE HIGH LIFE SKI
AND SNOWBOARD CLUB
SEPTEMBER 2026

President's Message

President, 917-577-3737

Submitted by Paul Roy

pauldenisroy@aol.com.

High Life Ski Club's website is over 20 years old. While it still functions well, we need an updated look and feel. Club member Mike Fitzpatrick created a new website in early 2026. The new site has better security and advanced tools that will allow us to enhance capabilities in the future. The site still needs work. The Executive Board recently engaged a paid consultant to complete the website development project. The consultant is Lisa Ciancarelli of Quark Insights. Jason Briggs, the Club's elected Social Media Coordinator, is working with Lisa on completing website development. Stay tuned for further news.

Barbara Capsouras is starting to collect items for the November 10 kick-off meeting. This is an immense project every year. Barbara always makes the event a big success. Please help her if you can.

Membership

It's time to renew your membership. Please do and remember to complete both pages of the renewal form!

High Life Ski Club Officers

Below is the High Life Ski Club's Executive Board for the June 1, 2026 through May 31, 2027 term.

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 12)

As September begins wrapped in a warm summer embrace, it's hard to believe that our first winter ski and snowboard turns are less than 90 days away (maybe less if Mother Nature provides favorable conditions). Your Vermont Lodge provides an amazing location to witness the transition to cooler temperatures and enjoy the beautiful colors of Autumn. Call your High Life friends and enjoy some time in Vermont!!

September begins the Autumn Work Weekend series! Our first Autumn work weekend at the Lodge will be held September 11-13th. As always, September provides a wonderful opportunity to touch up some outdoor painting, clean up the property, and complete some needed repairs. All workers will receive complimentary Friday/Saturday night Lodge fees and lunch on Saturday. Chris Moser will be hosting the September work weekend. Reach out to Chris and have a great time taking care of our beautiful Vermont Lodge. Can't make it in September? We also have Work Weekends October 9-11th and November 13-15th. Mark your calendars now!!

Membership renewal season is open! Don't forget to renew your club membership. In-person meetings are back to a twice-a-month schedule (2nd and 4th Tuesdays). We hope to see you at a meeting!!

Motorcycle weekend returns October 1-4th! If you've ever wanted to explore Vermont on your motorcycle, join John Bossolt and other High Lifers for an amazing weekend!! If you have questions about logistics, itinerary, etc. you can give John a call at 973-951-7606. Chris Cooney will be the house-mom for the weekend so be sure to contact Chris for your bed in the Lodge! Don't miss this opportunity to ride and enjoy Vermont (ride as much or as little as you want) with some great people.

A reminder to everyone who visits the Lodge...please be sure to stay in contact with your house-mom if you see anything that requires maintenance. Don't wait until you get home to call your house-mom....let them know as soon as possible. Problems are almost always better addressed in a timely fashion. If you have difficulty contacting your house-mom, please do not hesitate to contact an officer....everyone's name and number is posted in the Lodge foyer. The Lodge Committee thanks 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



AUGUST EVENTS

August 26

Montville Summer Series
Concert

A few of us had a very enjoyable evening, listening to Three Day Weekend playing their top classic rock hits, as we watched the beautiful sky behind the stage at sunset.



Submitted by Cliff
Gawel



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.

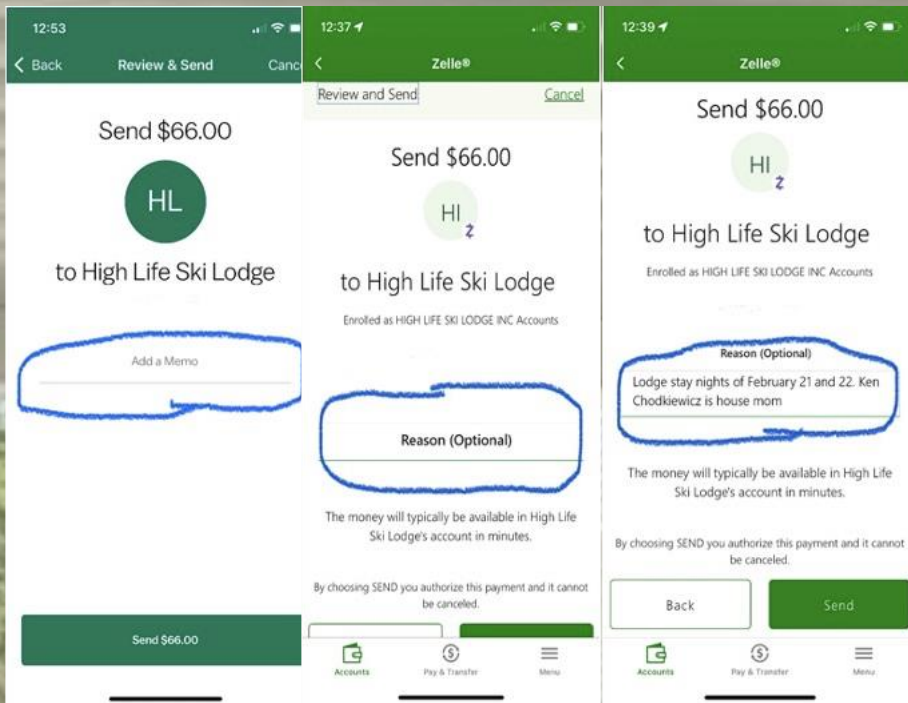
To pay using Zelle, please follow these instructions:

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



September 7

Labor Day

September
12

Work Weekend - As we say goodbye to Summer and hello to Fall, let's join your High Life Friends to get to better and ready our Lodge for the season ahead. Join us!!



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.

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.



September 22

First Day of Fall



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

<u>Item</u>	<u>Price</u>
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.

NJ SKI COUNCIL NEWS

1) Teton Gravity Research is offering its annual (Warren Miller type) ski movie. Unfortunately, it is not scheduled for a New Jersey showing unless Big Snow or Mtn. Creek picks it up. Currently it's being offered at two venues in NYC. but it isn't cheap. Pricing is according to the number of people sitting at the same table. An example is a table for 2 or 3 people will set you back \$317.50. The price goes up from there according to people/table. If you want more info. regarding this event, log onto NJ Ski Council website or email me....NJSkiman@gmail.com

2) NJ Ski Council Trips

- a. Loon New Hampshire: this trip still has openings
- b. Mt. Tremblant, Canada: this trip is closed
- c. Banff, Canada: this trip still has openings
- d. Hakuba Valley Japan: this trip still has openings

3) Note Regarding NJ Ski Council Trips: Pricing for the last trip is still not firm due to fluctuations in airfare. Apparently as long as the skirmish in the mid-East continues the air fare will fluctuate. Once it's locked in, I will communicate it to you. Council trips typically have options for room type, and some trips have more than one air fare depending on what airline and day of departure you choose out of those offered. Both of these items require participant choice and rather than risking the possibility of misquoting a price for air fare or room type, I highly recommend that members log onto the NJ Ski Council website (NJSSC.org) to get accurate and timely information.

4) Killington: Although I value my teeth and bodily structure, hundreds of other apparently don't place the same value on theirs and go mountain biking. Killington offers mountain biking throughout the summer and fall. While I ride a bicycle on flat surfaces, I have yet to rocket down a mountain fall line on two wheels. However, if you are so 'inclined' (yes a pun was intended) log onto Killington's website to get the latest update on Mountain biking events.

Happy Summer everyone,

Bob Zega
NJ Ski Council Rep
High Life Ski Club

LOOKING AHEAD

August Sitzmark NJ Ski Council Announcements

NJ Ski Council is sponsoring several trips next winter as follows:

1) February 7 - 12/2027 - Mt. Tremblant, Canada: This trip is full and closed. There may be an opportunity via the wait list but officially the trip was closed when signups reached 150.

2) February 28 - March 5/2027 - Loon Mtn. New Hampshire

3) March 1 - 24/2027 Hakuba Valley, Japan: This is an Epic pass trip and includes skiing at TEN ski resorts. Several add ons are offered to different cities if you want to see some part of Japan.

The dates for this trip depend on what option you choose:

1) three days/nights in Tokyo returning home on March 24,

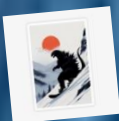
2) three days/nights in Kyoto and three days/nights in Tokyo returning home on March 27

3) three days/nights skiing in Niseko and three days/nights in Tokyo returning home on March 27

The biggest challenge arranging this trip has been the price of air fare. We've gone back and forth with United and although this is less expensive than our first quote, we're astonished at how much it has gone up relative to trips to Japan last year. We will try and rebook at a lower price as we get closer to 2027, however we can't make any promises. If you are interested in this trip, please log onto the NJ Ski Council website frequently to check for updates. If any are issued, I will also report them in the Sitzmark.

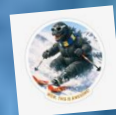
Note on Japan. The price will be high. Room choices range from US \$4K to \$5K. Airfare is not yet available.

Bob Zega



Skiing / Snowboarding in Japan

Submitted by David Young



LOOKING AHEAD CONT.

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.

[tudorowskynina@gmail.](mailto:tudorowskynina@gmail.com)



973.900.4412.

Tudorowsky

Submitted by Nina

President's Message Cont.

Trips

The Cape Cod trip is September 10-17. Contact Phil Uhler to sign up.

There will be no High Life Ski Club-sponsored ski trips this coming winter, for a variety of reasons. If you want to join a ski trip, check the excellent trips offered by the New Jersey Ski and Snowboard Council - go to NJSSC.org for details. Tremblant is booked but there are openings for Lake Tahoe, Loon Mountain (NH), and Japan.

Meetings and Other Events

The Executive Board met August 11. The Lodge Trustees had a Zoom meeting August 25. In the warmer weather, the Lodge Trustees devote substantial effort to maintaining and upgrading the Lodge. The work weekends are just part of all the work needed. The list of Lodge projects is long, including the big fridge, painting, water pressure, and more. On the fun side, there's mountain biking, motorcycling and hiking weekends coming up, and the Stifel Killington Cup will be November 27 to 29. 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 membership meetings at the Exchange Restaurant September 8 and 22. The next Zoom meeting for all members is October 6.

High Life Ski Club Meetings Schedule

- Tuesday September 8 at Exchange Restaurant
 - 6:30 pm Executive Board Meeting
 - 7:30 pm Membership Meeting
- Tuesday September 22 at Exchange Restaurant
 - 6:30 pm Lodge Trustees
 - 7:30 pm Membership Meeting
- Tuesday October 6 on Zoom
 - 7:00 pm Membership Meeting
- Tuesday October 13 at Exchange Restaurant
 - 6:30 pm Executive Board Meeting
 - 7:30 pm Membership Meeting
- Tuesday October 27 at Exchange Restaurant
 - 6:30 pm Lodge Trustees
 - 7:30 pm Membership Meeting
- Tuesday November 10 at Exchange Restaurant
 - 7:30 pm Brief Membership Meeting and Annual Kick-off Event

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/Kayak Weekend	23-Jun	Jack McDevitt	7/4 Kayak Event
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-Sep	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	***Hike from 11/16-11/20***
21-Nov	11/18-11/24	Mid-week Hike	10-Nov	Kerry Klotz	***Hike from 11/16-11/20***
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@gmail.com			NANCY MATHIESEN (201) 400-2597 nhackelberg@yahoo.com		
JIM FERRONE (973) 650-7060 jimbikeski@aol.com			MIKE BURBRIDGE (973) 610-3692 tyrus8@aol.com		
JACK MCDEVITT (845) 988-6081 jack.mcdevitt@gmail.com			STEVE ANDERSON (201) 739-4380 hillfesc@outlook.com		
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