



# *The Sitzmark*

THE NEWSLETTER OF THE HIGH LIFE SKI  
AND SNOWBOARD CLUB  
December 2025

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

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Submission Deadline  
for the January  
Issue is  
December 28

Send items to:  
youngne1965@gmail.com

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

November was a great month! Saturday November 1 was the Club's 60<sup>th</sup> anniversary dinner-dance at Tavern 73 in Pine Brook. With 100 people attending and The Kootz band playing, it was a festive night with lots of dancing. I extend much gratitude to Melody Wenger for initiating and putting on this event, and thanks to other members who helped: Carol Cooney, Amanda Zega and Chris Cooney.

Tuesday November 11 was the Club's annual kick-off event with 77 attending. The tricky tray auction and 50/50 raffle raised a combined \$2,000 for the Club and Lodge. Many thanks to Barbara Capsouras for organizing this annual event, and much gratitude to her team of members: Jackie Washack, Cheryl Gangemi, Linda Burns and Jackie Spurr.

I'm very happy to report that your Club just concluded an extraordinary membership renewal cycle. As of late November 2025 we had 346 members, a whopping 31 more than November 2024. Thank you Carol Cooney for your dedicated, professional attention to processing member renewals and new member registrations.

The best news of all is... winter is coming. On Thanksgiving Day Killington had 20 trails open and a 12" base. There's below freezing temperatures and snowfall in the forecast through early December.

For your quick reference, here is High Life Ski Club's Executive Board for June 2025 through May 2026:

President – Paul Roy  
Administrative VP/Membership – Carol Cooney  
Officer at Large – Linda Burns  
Treasurer – Jeffrey Zega  
Recording Secretary – Sal Pulitano  
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

**President's message cont. pg. 17**

## LODGE REPORT

On behalf of the Lodge Committee, I hope you and your family had a wonderful Thanksgiving celebration. Once again, our Lodge had a fantastic "warm-weather" season, and the Committee is extremely grateful for everyone who volunteered their time and talents at a Work Weekend, participated in one of our fundraisers or special events, or just enjoyed our Beautiful Vermont Lodge. The Lodge is in prime shape and is ready for a memorable 2025/26 winter season, the lifts are spinning at Killington, Sugarbush and Stratton...and more trails are opening each day. The Committee is looking forward to its place in your winter experience.....we can't wait to see you at the Lodge!!!

The final Lodge Work-Weekend was held November 7-9th th . A crew of twenty-six High Lifers did some major cleaning and preparation for the winter season, enjoyed a great "November-fest" dinner from Donna Long, and relaxed with some tasty cocktails from Kerry Klotz! Though Killington had not yet opened, a light Sunday-morning dusting of snow had everyone excited for the upcoming season.

The Committee would like to again thank everyone who contributed to our Work Weekends. This edition of the Sitzmark contains a tribute from Donna Long for everyone who attended a weekend this year. Our Lodge maintains its pristine appearance and affordability because of the hundreds of volunteered Work-weekend hours and the chores and special projects conducted on a daily and weekly basis. The Lodge Committee tips its cap in appreciation!!

At the November Lodge Committee meeting, the Trustees conducted a basic review of the Lodge signup procedure and our basic communication process. While no changes were made to the signup process, this review was intended to improve our efficiency. As a part of this review, the Committee asks every Member to review the updated guideline article included in the Sitzmark. The Lodge Committee wants to accommodate our members as best they can....but we ask our members to follow the guidelines, give as much notification as possible for your reservation, keep our Lodge clean (ie...wash/dry/put away your dishes promptly) and complete assigned chores. Working with your House-mom will make everything easier for you and your fellow members!!!

That being said, the Winter Schedule is posted in this edition of the Sitzmark and on the High Life Web Page!!  
We can't wait to see you!!

Warmest Holiday Wishes and Happy New Year!!

-Chris Cooney

Lodge Chairperson





November 1

## NOVEMBER EVENTS

On November 1st, 99 High Lifers past and present gathered for our 60th anniversary celebration. By sharing memories, life updates, laughter, good food and dancing, this event showed the spirit that makes our club so fun and great!





# NOVEMBER EVENTS CONT.



High Life  
Ski Club

60<sup>th</sup> Anniversary



Submitted by Melody Wenger



November  
8

## NOVEMBER EVENTS CONT.

Work Weekend.  
Thank you all!!





**NOVEMBER EVENTS CONT.**





# LODGE WORK WEEKENDS ATTENDEES

Thank You for your Lodge Work Week End Support!

2025

		More than 1
Steve	Anderson	*
Greg	Ammerman	
Steve	Apostolov	
Elaine	Bagley	
Peter	Bagley	
Renee	Berger	*
Mike	BurBridge	
Linda	Burns	
Kenny	Chodkiewicz	*
Carol	Cooney	*
Chris	Cooney	*
Kristie	DeSousa	
Jack	DeSousa	
Mike	Dolimount	*
Lynn	Dozier	
Tom	Duffy	
Jim	Ferrone	
Judy	Garcia	
Cliff	Gawel	
Tom	Jarick	*
Chris	Kee	
David	Klayman	
Kerry	Klotz	*
Paul	Kollias	
Bob	Liput	
Donna	Long	*
Florence	Lotrowski	
Peter	Lucas	
Jack	McDevitt	*
Nancy	Mathiesen	*

## LODGE WORK WEEKENDS ATTENDEES

Bob	Miller	
Chris	Moser.	*
Joe.	Nimec	
Dominick	Paravati	
Carol	Reilly	
Tim	Reilly	
Steve.	Scovzen	
Shane	Sexton.	*
Don	Sledgeski	
Anne.	Solis	
Drew	Solis	
Tammy.	Smith	
Rich	Stelick	
Steve	Tarioff.	*
Phil	Uhler.	*
Heidi	Vehmas	
Tom	Warrick	
Jackie	Washack	
Andie	Young	*
Dave	Young	*
<b>Guests</b>		
Tom	Burbridge	

Submitted by Donna  
Long



November  
11

## NOVEMBER EVENTS CONT.

Another successful Kick off Event. Thank you to Barbara Capsouras for organizing this annual event, and much appreciation to her team of members: Jackie Washack, Cheryl Gangemi, Linda Burns and Jackie Spurr.





# 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.***

## 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.

12:53 Review & Send Cancel

Send \$66.00

HL

to High Life Ski Lodge

Add a Memo

Send \$66.00

12:37 Zelle® Review and Send Cancel

Send \$66.00

HL

to High Life Ski Lodge

Enrolled as HIGH LIFE SKI LODGE INC. Accounts

Reason (Optional)

The money will typically be available in High Life Ski Lodge's account in minutes.

By choosing SEND you authorize this payment and it cannot be canceled.

12:39 Zelle®

Send \$66.00

HL

to High Life Ski Lodge

Enrolled as HIGH LIFE SKI LODGE INC. Accounts

Reason (Optional)

Lodge stay nights of February 21 and 22. Ken Chodkiewicz is house mom

The money will typically be available in High Life Ski Lodge's account in minutes.

By choosing SEND you authorize this payment and it cannot be canceled.

Back Send

**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 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 Friday, 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 Friday, 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.





**DECEMBER**



#### **FUN FACT**

**12/21/25**

In Norse mythology, Ullr was the god of archery, snow, and hunting. He was said to have superior skiing and skating abilities, and to have made his home in the Yew Dales, a wood of Yew trees, the best wood for making bows.





# Racer Ready

## 5-Day Race Camp Killington

- Dates: December 8-12, 2025
- Camp & Lift Ticket: \$651
- Camp Only (IKON/Pass Holders): \$481

**12/10/25** Killington/Pico ski Bum racing registration party, 4:00-7:00 at JAX on the Killington Access road.

Registration includes all Happy Hours and Buffets, locations to be announced.

### Projected Opening Date of Pico 12/12

Generally opening day for season pass holders is the day prior to opening day for the general public. Pray for snow.

## 2-Day Slalom Camp Killington

- Dates: December 13-14, 2025
- Camp & Lift Ticket: \$340
- Camp Only (IKON/Pass Holders): \$276

**Wednesdays January 7th - March 18th. 10:00 AM - 1:00 PM**

Killington Ski Bum racing on Highline,

Registration includes all Happy Hours and Buffets, locations to be announced.

**Thursdays January 15th - March 12th. 1:00PM-4:00PM**

Pico Ski Bum racing,

Registration includes all Happy Hours and Buffets, locations to be announced.

**Dates are based on the opening of the Resorts**

Nastar at Bear Creek, Tuesday, Wednesday 6:30

Montage Adult Race League, Thursday evenings

Mt. Southington Race League, Monday, Tuesday evenings

Ski Sundown Nastar, Thursday evenings

## Mid Atlantic Masters, tentative schedule

\* Jan 5-8: Lisa Ballard Camp @ Hunter, NY

[CONFIRMED]

\* Jan 9-10: Season Opener GS/SL @ Belleayre, NY

[CONFIRMED]

\* Feb 7: GS @ Catamount, NY

\* Feb 13-15: SG/GS/SL @ West Mountain, NY

[CONFIRMED]

Submitted by David Young



Ski Skills Tune-Up Day will be held December 20<sup>th</sup> at Blue Mtn, Pa. Each year NJ Ski Council goes out of its way to organize this 1- day event with ski or snowboard lessons. If you have an Ikon Pass, the price is \$99 or \$193 if you need a ticket which also includes the lessons. Groups of 10 people/1 instructor. The resorts are reluctant to offer such deals especially if turn-out the year before was low. See the Council Website to register. You **MUST** register no later than 12/17 which is when the final list goes to Blue Mtn as they need to know how many instructors to have on hand.

Discount Lift Ticket (Voucher) program: Unfortunately, NJ Ski Council's voucher program is not yet operable. As these things go, each time another 'Tekkie' makes it on board, it's suddenly time to 'upgrade' the system. Vouchers hopefully will be available for Killington & Pico early in December. When it goes live, I will let you know.

Stratton & Whiteface offer discounted tix to members of Council affiliated clubs and yes, High Life is one on them. To obtain discounted tix to these two resorts, log onto the NJ Ski Council website. Click Discount Programs, scroll down to 'Membership Discounts' and look for 'Stratton' and 'Whiteface'. Click on the respective link to purchase a discounted ticket to either resort. NOTE: you **CANNOT** get this discount by going directly through the Stratton or Whiteface websites. Stratton also offers 20% off Lodging.

Council Trips that have openings:

a) Sunday River, Maine - March 1-6.....a VERY reasonably priced trip for approx..\$450-\$550. (see Council website for more information)

b) Banff -Feb 21-28: Prices range from \$1400 to \$3,000 depending on accommodation choice and flights. Various lift ticket schemes are available. You **MUST** register for this trip on-line. (see Council website for more information)

NJ Ski Council Sponsored Happy Hours: The Council runs several Happy Hours in the early season for members of different clubs to 'Mingle'. It's a nice way to meet people from other parts of NJ who share similar interests.

a) Monday, 12/15, The Shannon Rose in Ramsey. 5pm to 7pm. Flyer available on Council website.. Ugly Sweaters or Holiday apparel **ENCOURAGED**. This happy hour draws people from clubs in Northern and Eastern NJ.

b) Monday, 1/26, Mountain Creek. Discounted lift ticket information will be sent as soon as Mountain Creek releases their pricing. Last year, the evening (discounted) lift ticket went live at 3pm so we'll probably have a 3:30 pm group ski meetup at the base of the cabriolet. Happy hour 6pm to 8pm at the Shuss Bar/Restaurant with karaoke after. Another great way to meet folks outside of High Life.

Websites: Make it a practice to regularly log onto High Life's website **WITH** your password. Go to Activities and scroll to NJ Ski Council because as events come up, I post them there. Also make it a practice to log onto the NJ Ski Council website throughout the season because the Council itself posts various events and discounts as they develop.

National Ski Council Federation: This body is the parent organization of state ski councils. The Federation itself offers some discounts, trips etc. You can log onto their website directly or by using a link on the NJ Ski Council Website.

See you on the slopes,  
Bob Zega, NJ Ski Council Rep.  
High Life Ski Club



## LOOKING AHEAD

January 30 - February 7, 2026. Zermatt Switzerland

February 12-28, 2026 Whitefish Montana

Contact Nina Tudorowsky [tudorowskynina@gamil.com](mailto:tudorowskynina@gamil.com) or 973.900.4412. or

Charlie Kirk [cfkirk@hotmail.com](mailto:cfkirk@hotmail.com) or 973.650.7925. to sign up.





### **Trips**

The Club's Zermatt Switzerland trip is January 30 to February 7, 2026. Whitefish Montana is February 12-28, 2026. Contact Nina Tudorowsky or Charlie Kirk to sign up.

The New Jersey Ski and Snowboard Council offers trips too. Check the website: [njssc.org](http://njssc.org)

### **Meetings and Other Events**

The Lodge Trustees met November 25. At that night's membership meeting we had 25 attending, another strong turnout.

Below are the upcoming meeting dates. The next Zoom meeting for all members will be January 6, 2026. Check the Club website and your email for the latest schedule.

#### **High Life Ski Club Meetings Schedule**

##### ● **Tuesday December 9 at Exchange Restaurant**

6:30 pm Executive Board Meeting

7:30 pm Membership Meeting

##### ● **Tuesday January 6 Zoom**

7:00 pm Membership Meeting

##### ● **Tuesday January 13 at Exchange Restaurant**

6:30 pm Executive Board Meeting

7:30 pm Membership Meeting

##### ● **Tuesday January 27 at Exchange Restaurant**

6:30 pm Lodge Trustees

7:30 pm Membership Meeting

##### ● **Tuesday February 10, 2025 at Exchange Restaurant**

7:30 pm Membership Kick-off Meeting

##### ● **Tuesday February 24 at Exchange Restaurant**

6:30 pm Lodge Trustees

7:30 pm Membership Meeting



HLSC Lodge 2025-26 Winter Season

WEEKEND Saturday	Dates	Event	START SIGN UPS Tuesday	Trustee	NOTES
1-Nov	10/29-11/4		21-Oct	Mike Burbridge	
8-Nov	11/5-11/11	Work Weekend	28-Oct	Chris Cooney	
15-Nov	11/12-11/18		4-Nov	Steve Anderson	
22-Nov	11/19-11/25		11-Nov	Jim Ferrone	
29-Nov	11/26-12/2	Thanksgiving	18-Nov	Ken Chodkiewicz	
6-Dec	12/3-12/9		25-Nov	Chris Moser	
13-Dec	12/10-12/16		2-Dec	Jim Ferrone	
20-Dec	12/17-12/23		9-Dec	Jack McDevitt	
27-Dec	12/24-12/30		16-Dec	Donna Long	Christmas
3-Jan	12/31-01/06	New Year's	23-Dec	Chris Moser	New Years
10-Jan	01/07-01/13		30-Dec	Mike Burbridge	
17-Jan	01/14-01/20	MLK Weekend	6-Jan	Jack McDevitt	Family Weekend
24-Jan	01/21-01/27		13-Jan	Kerry Klotz	Family Weekend
31-Jan	01/28-02/03		20-Jan	Chris Cooney	
7-Feb	02/04-02/10	Superbowl	27-Jan	Nancy Mathiesen	
14-Feb	02/11-02/17	President's Weekend	3-Feb	Steve Anderson	Family Weekend
21-Feb	02/18-02/24		10-Feb	Ken Chodkiewicz	Family Weekend
28-Feb	02/25-03/03		17-Feb	Steve Anderson	
7-Mar	03/04-03/10		24-Feb	Chris Moser	
14-Mar	03/11-03/17	St. Patrick's Dinner	3-Mar	Chris Cooney	
21-Mar	03/18-03/24		10-Mar	Nancy Mathiesen	Family Weekend
28-Mar	03/25-03/31		17-Mar	Donna Long	MCSC Weekend
4-Apr	04/01-04/07	Mogul Challenge	24-Mar	Jack McDevitt	Easter
11-Apr	04/08-04/14		31-Mar	Mike Burbridge	
18-Apr	04/15-04/21		7-Apr	Kerry Klotz	
25-Apr	04/22-04/28		14-Apr	Jim Ferrone	
2-May	04/29-05/05		21-Apr	Steve Anderson	
9-May	05/06-05/12		28-Apr	Chris Cooney	
16-May	05/13-05/19		5-May	Donna Long	
23-May	05/20-05/26		12-May	Jim Ferrone	Memorial Day
30-May	05/27-06/04		19-May	Nancy Mathiesen	
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