

February, 2022



**Outdoor Club
of
South Jersey
NEWSLETTER
FEBRUARY 2022**



Snowy Hike in Black Run Preserve

President's Message

Joe Fabian

As President of the OCSJ, I am required to provide leadership and have principal responsibility for the club. I have been attending lots of hikes and leading many this winter to stay in touch with our membership and leaders. They often have much to say. I also bike often when the weather is a bit warmer. I am also considering organizing a few local kayaking trips in the late spring. I try to take what I hear from the members into consideration in how best to manage the club. There are many details and procedural issues such as how the board meetings are run that need to be addressed.

I am happy to report that our former club president, Barbara Brandt, has stepped up to assume the role of Cross Country Ski Chair. We appreciate her volunteering to fill this long vacant slot after the former chair, Mrs. Greve, moved from our area. We are looking forward to more cross country events being planned.

On a less positive note, I used my authority and discretion to dissolve the Social Committee. To be clear, there was never an official establishment of a Social Committee by the governing board of our club and as such, events under that category will be discontinued. Feedback received from members indicated that the activities offered were not in line with our core goal of being a non-profit organization dedicated exclusively to outdoor activities. Going forward, social events will be organized by the various activity chairs and leaders.

On another matter, I have been meeting a lot of new members who were tired of being cooped up due to the fears and restrictions associated with COVID 19. Our membership numbers continue to increase which require the need for new activity leaders. I am also asking our existing leaders to add a few more events to their schedules.

Stay safe and enjoy the great outdoors,

Joe Fabian, President OCSJ President@ocsj.org



OCSJ hike photo from Long Valley NJ at ruins of church

Vice President's Message

Barbara Berman

I would imagine everyone thinks that the Vice President's job is to support the President and oversee things when he/she is unavailable. That is true, but the Vice President has additional responsibilities as well. There are several projects I am working on, and I thought it would be a good idea to fill you in, as members, on what I have been doing for the past couple of years.

- Organizing the Leaders' Banquet – We have just begun organizing this for the 2021 qualified leaders. The date is 05/01/22. Additional information to follow.
- Documenting board members roles and responsibilities – This is being done in the event one of our board members or leaders is unable to fulfill his/her responsibilities. We will then have a starting point with which to train someone taking over.
- Facilitating Executive Board Meetings – The Executive Board (those elected) meet monthly to iron out some of the more pressing issues prior to our discussing the issues with the rest of the board.
- Creating and/or updating club policies (for example – the complaint policy) – Things change through the years, and policies need to either be developed or updated based on current trends.

As with any job description, there is always the "Other duties as assigned". This goes for any position on the board. We are constantly working to make this club even better than it already is. Please let us know if there is anything you would like to see done, and we would be more than happy to review and prioritize your request.

Barbara Berman, Vice President OCSJ vp@ocsj.org

Activity Chair's Message

Frank Pearce

- Do you have a favorite place to Bike, Hike, or Paddle, but are often on a wait list?
- How can you make sure you aren't left out?

The solution is easy...become a leader. You get to go where and when you want, and we can help you get started. Contact the Chair of the activity you are interested in:

Backpacking/Camping: Kevin Drevik KDrevik@aol.com

Bicycling: Neil

Kornhauser nkornhauser@gmail.com

Hiking: Diane Mason hiking@ocsj.org

Canoe/Kayak: Frank Pearce 856-767-2780

XC Ski/Snowshoe: Barbara Brandt bbrandt46@gmail.com

They can show you what is required. Paperwork can be as easy as the familiar sign-in waiver. You are never alone. are always there to help. You can act as a co-leader until you feel you are ready to lead solo.

Frank Pearce hornet71@verizon.net

TRAIL MAINTENANCE NEWS

**Trail Maintenance Representative:
Ro Mason**



The OCSJ trail crew is currently assisting the Wharton State Forest staff with recreating a trail that followed a former logging road from the late 1700's. The trail will pass through Mordecai's Swamp to connect the Batona Trail to the Buttonwood camp sites. Target opening date is late April or early May.



Trail Crew friends are the best!

Ro

Rosmarie Mason, Trail Representative

To volunteer, email Ro at romason@comcast.net

[Click for Trail Maintenance Events](#)

Cross Country Skiing/Snowshoeing News

Cross Country Ski Chair: Barbara Brandt

This winter the cross-country ski/snowshoeing schedule is beginning to recover after COVID with its restrictions and personal hesitancy about attending overnight trips. Thirty people attended our 7-day trip to North Conway, NH. Thanks to winter storm Izzy, we had wonderful snow conditions the entire week and participants are anxious for a repeat next season.

A huge thanks to two new leaders running trips later this month, Ken Mayberg and Evan Ernest. There is likely still room on both trips if you want to go. See details below and on our Bicycling/Cross-Country Meetup site.

We have two more people interested in leading a trip or two next season, but we need more people to volunteer so we can get back to a busy winter ski schedule. I have information on past trips that would be easy to pull together and would be glad to give you information on what's involved.

We're also hoping to get back to our popular "Apres Ski" Party" this May and are looking for somebody to offer their yard/house as a venue. It's a fun social event for all skiers and prospective skiers and a time to find out about next winter's schedule. Please get in touch with me if you have any further questions, or want to volunteer.

Cross Country Skiing in Snowy Pulaski NY

1880 House, Pulaski, NY

Friday, February 18, 2022 to Monday February 21, 2022

<https://www.meetup.com/Outdoor-Club-of-South-Jersey/events/283221529/>

Cross Country Skiing in Vermont

Colonial House Inn, Weston VT

Thursday, February 24, 2022 to Monday, February 28, 2022

<https://www.meetup.com/Outdoor-Club-of-South-Jersey/events/281492864/>

Barbara Brandt bbrandt46@gmail.com

[Click for XC Ski Events](#)

CYCLING NEWS

Cycling Chair: Neil Kornhauser



Everyone sweats when riding in the woods on a mountain bike, EVEN IN THE COLD WEATHER...

Picture this scenario: You are riding your mountain bike in the woods in the winter. The ride is 18 miles long and there is a rest stop at mile 9. When it is time to saddle up, you put your gloves back on and they are wet. THIS IS A BAD SITUATION... your hands never really warm up for the remainder of the ride. This is not only uncomfortable, but it is potentially dangerous.

There is nothing better than putting on a DRY pair of gloves after the rest stop. I always carry a second pair of gloves in my backpack...it's my "*secret weapon*" for being extremely comfortable for the remainder of the ride.

In the summer months, a second pair of fingerless gloves is also welcome along with a second pair of dry socks if you are on a very long ride. This all may seem extreme to some people, but trust me, once you experience dry clothing, you won't go back!

Neil Kornhauser nkornhauser@gmail.com

[Click for Cycling Events](#)

HIKING NEWS

Hiking Chair: **Diane Mason**



Do you know how long it takes a discarded orange peel to biodegrade? In average conditions, it could lay there among the pine needles looking out of place for six months. In arid conditions, it might stay indefinitely. This leads to this month's topic:

Your Lunch and Leave No Trace

When most hikers think of Leave No Trace, they think of trash, plastic, and those mylar balloons. But, did you ever think about "organic" waste, like an apple core tossed in the weeds, or a banana peel left next to the trail? Of course, they don't magically disappear, and many are not eaten by animals. It may come as a surprise, but according to experiments done by the Leave No Trace organization banana peels can last up to two years; pistachio

shells over three years. We can ask our own Biking group about apple cores. They've been making observations of a discarded core. So far, it's been hanging around since last summer.

The next time you plan a hike, include a way to pack out your food trash, hopefully without using a plastic bag. As I was recently reminded on a hike, the plastic is not good for the environment either. Then, leave your lunch spot just as nice (or nicer) for the next hiker to enjoy. As for those orange peels, as a citrus fruit they contain a natural insecticide. Even the ants won't eat them.

*Meetup Tip: If you try to RSVP to a hike, and you get a message asking you to join the group, make sure you are signed into Meetup. Look for your profile picture at the top of your screen. If you don't see you, chances are you were inadvertently logged out of Meetup.

See you on the trails,
Di

Diane Mason hiking@ocsj.org

[Click for Hiking Events](#)

Backpacking/Camping News

Backpacking/Camping Chair: Kevin Drevik

Tentative plans include:

April 2nd: Beginner backpacking demo

April 16-18: Backpacking in central VA

May 21-22: Beginner Backpacking at Mullica River Campground

June 11-13: Backpack in Vermont

July: Backpack in New Hampshire

Aug: Backpack in New Hampshire

Sep: Backpack in NJ or PA

Oct: Backpack in Virginia

Nov: Backpack in Virginia

The events will be posted on Meetup when they resume.

Kevin KDrevik@aol.com

[Click for Backpacking/Camping Events](#)

KAYAKING/CANOEING NEWS

Kayaking/Canoeing Chair: Frank Pearce

For most, the paddling season resumes in April.

Here are two helpful guides to protect your kayaks and canoes:

<https://www.rei.com/learn/expert-advice/kayak-storage.html>

<https://www.rei.com/learn/expert-advice/canoe-storage.html>

If you are goal oriented, consider participating in the Mileage Club. For more information on the mileage club go to <https://ocsj.org/PADDLING-MILEAGE-GUIDE>

To make the 2022 paddle season even better than 2021, consider becoming a leader.

Benefits: Not being on a wait list, paddling when and where you want, complimentary membership for the following year after leading 3 paddle trips in 2022, and invitation to the leaders' event for you and a guest.

[Click for Kayaking/Canoeing Events](#)

Member Spotlight
Spotlight On: Ken & Nora Kolano

by: Vera Stek



Ken said,

“Our advice is to stay active for as long as you can and enjoy the company of other like-minded friends. We hope for many more years to be able to go on more great adventures together and with the friends we have made in the club.”

Ken and Nora have been members of the Outdoor Club for more than 30 years and recently they decided to become hike leaders, sharing their enthusiastic embrace of staying active and their lessons learned on the trail with others.

We've all heard the axiom "a body in motion tends to stay in motion." Ken and Nora Kolano are proof positive that this is so. Both active hikers, backpackers, bikers and kayakers for decades, they have continued their lifestyle throughout their adult years and well into retirement. They even added winter sports to their outdoor activities after they reached their sixties.

Here's their story:

Q. Tell us about yourself.

KEN: I grew up in Elmwood Park, N.J. Nora, my wife of 49 years, grew up in West Cork, Ireland, and emigrated to the U.S. as a teenager. We live in Tabernacle, have a son, Kenneth, who occasionally hikes with the club. I have a B.S. Degree in Biology and a M.A. in Public Health and managed the Food and Drug Program with the New Jersey State Department of Health and have been retired for 21 years. Nora worked for the Dean of Academic Affairs at Rowan College of Osteopathic Medicine and is also retired.

Q. When and why did you join the Outdoor Club?

KEN: Before moving to Tabernacle, we belonged to the Short Hills Outing Club, where we established a love for the outdoors. Sadly, the club is now defunct. We joined the OCSJ in the 1990's and have been hiking, kayaking, and since our 60s, cross-country skiing and snowshoeing. The club has enabled us to make many friends, whom we travel with on rails-to-trails bike trips and international hiking and biking adventures. Recently, I agreed to run some hikes, after being approached by Faye Bray.

Q. Do you only hike with the club or do other activities? What's your most important piece of hiking equipment?

KEN: We primarily hike and kayak locally with the club and bike with friends. We have hiked since our 20s and over the years have found out that our hiking poles are now needed to safely negotiate the steep, rocky trails.

Q. Do you have goals such as a certain number of miles per year? Did the pandemic interfere with your activities?

KEN: We hike year round and, during the pandemic, it was a wonderful way to get outside. We no longer go on the 10-12 mile hikes we did in our younger days and now participate in shorter hikes.

Q. What are some important hiking safety tips?

KEN: Staying hydrated is one of the most important activity tips. In winter, the key is to dress in layers that you can quickly remove or add and not get overheated and then chilled. When group hiking and backpacking, the leader should always wait at intersections for the group to catch up. We have lost friends for hours on some backpacking trips.

On a recent club hike, on a snow covered trail in Basto, the soles separated from my snow boots which I hadn't worn in four years. Someone had duct tape, but it was in his pack so long that it didn't stick. Fortunately, others came to my rescue with rope, bungees and ice grippers which enabled me to complete the hike. I guess I'm going to have to rethink what to bring on day hikes.

Q. What are some of your favorite hikes?

KEN: Our favorite hikes are not in New Jersey. Internationally, we have hiked the Dingle Way in Ireland, the South Downs Way and North Downs Way, and the Lake District in England, the Tatra Mountains in Poland, Mt. Villarrica in Chile, New Zealand and the Blue Mountains in Australia. In the U.S., Gunsight Pass in Glacier National Park, Cascade Canyon in the Grand Tetons National Park, the Pacific Crest Trail and Mount Whitney in California were great. Closer to home, we really like Acadia National Park where we always hike up Cadillac Mountain, and have hiked many trails in New Hampshire including Mt. Washington.

Q. Do you go on hiking or active vacations?

KEN: In our younger days we did a lot of backpacking. I have hiked about 500 miles of the Appalachian Trail; a highlight was the 100 mile wilderness in Maine, but not the hike up Mount Katahdin in a storm that closed the trail just after our group started. Another great trip was going across the Sierra Nevadas, culminating with the hike to the top of Mt. Whitney, the highest mountain in the lower 48.

We tend to go on active vacations with friends. Some of our favorite trips were the OCSJ trip to Yellowstone National Park in winter; Iceland; kayaking the canals in Venice; hiking to the Refugios in the Dolomites and Cinque Terre in Italy; hiking the Le Puy Camino in France, and volunteering to work at Machu

Picchu. We have traveled to over 60 countries and continue to add more. We have a few bucket list places such as Patagonia, Africa and Antarctica.

Q. What are some of your other interests?

KEN: Besides hiking, we like to go on extended rails-to-trails bike trips and have been on several Bike/Barge trips in Europe. We love cruises and usually go on one or two each year. Our favorite trips have been up the Amazon river and the Galapagos Islands. COVID put a damper on cruises, but we are hoping to go to the Sea of Cortez in April, where snorkeling with whale sharks is on Ken's bucket list.

Other interests include woodworking and we also have a large vegetable garden in the front of the house. Planning trips around planting and harvesting is always a challenge.

Q. What's something about yourself that might surprise others to know?

KEN: It may be a surprise to know that I like needlepoint and quilt making while watching TV at night and our home is decorated with many creations.

Introducing: Our New Corresponding Secretary

If you know of an OCSJ member who would benefit from a card of congratulations for a milestone birthday, life event or a note of condolence, contact the Corresponding Secretary and a card will be sent on behalf of the club.

Have you experienced a leader on an event that exceeded your expectations? Has a particular person gone above and beyond in their capacity as a leader or a participating member of OCSJ and you want to shout it out? Tell your experience in an email to the Corresponding Secretary and we will publish it in our next Newsletter.

Maura Mawn, Corresponding Secretary mmawn@comcast.net

ANNUAL MILEAGE CLUBS

For members who like to set goals and keep track of activity, join a Mileage Club and get a token of your achievement at the end of the year.

The Grand Mileage Club - Hike 1000 miles per year. Report your mileage monthly to Jenny Buffington at jbuffington924@gmail.com

500 & 750 Mileage Club - Hike 500 or 750 miles per year. Report your mileage monthly to Ann Palaitis at ann.m.palaitis@gmail.com.

Bicycling Mileage Club - Cyclists report their miles annually to Neil Kornhauser at nkornhauser@gmail.com.

Kayaking Mileage Club - Kayakers report their miles annually to Frank Pearce at hornet71@verizon.net.

"THE OCSJ MARKETPLACE"

The Place to: BUY - SELL - GIVE - BORROW

FOR SALE:

14 foot Necky Skeg Touring Kayak \$300 Includes cockpit cover and skirt
Purchased 2004 some scars but floats and maneuvers
fine sgtp414@gmail.com pick up near Ocean City, NJ

Women's Medium Dry Suit Top: \$100 or best offer.

Never worn. Like new condition. Sells new for \$250. Fits small to medium woman. Mindy Gummingner mgummingernsn@gmail.com

For Sale: Thule 2 bike trunk mount rack \$ 100.

Text Christine 856-904-941.



For Sale: Gary Fisher Mountain Bike "HooKooeKoo" Model



Blue and gray color, 26" wheels with 26x2.0 knobby tires. Shimano Deore LX rear derailleur, 12-45 9-speed rear cassette, triple 12-45 chainring, and rim brakes. No pedals. Seat not included. Believed to be a 2009 model with less than 300 miles on it. EXCELLENT CONDITION. Asking \$150 but will consider reasonable offers. Call Jeff at 609-412-7021

For Sale: Women's 1980's Trek 2300 Multitrack Bike \$200. Upgrades and Newer Tires.

Elaine Epauli@optimum.net



For Sale: Gregory Backpack- \$25

Men's Medium. Purchased at REI about 10 years ago.

Mrichardspt@gmail.com 609-304-3898



For Sale: Women's Merrell Moab Mid waterproof hiking boots Size 7.5 Like new: \$45

jlmsw01@gmail.com



For Sale: Women's Columbia Newton Ridge waterproof hiking boots. Size 7.5 Like new \$45 jlbmsw01@gmail.com



To Give: FREE: 2 Ocean Kayaks 15' Sit On Top Approx. 30 years old. 2 paddles included. They have been stored outdoors and need cleaning. Very heavy. Mrichardspt@gmail.com 609-304-3898



Submit your REQUESTS and OFFERS to: i9padge@gmail.com for publication in the next Newsletter and on our Website.

Include a description of the item you are requesting or offering, photos, price or terms of loan, and your contact information. All transactions will be conducted privately between the individuals.

****Please update when items are no longer available****

VOLUNTEER OPPORTUNITIES

Your club is made up entirely of volunteers. You will get more out of it, if you put more into it! There are many opportunities to help behind the scenes and on activities. Ask about it on your next event. Let the leader know if you have any time or talents you would like to share with the club.

Board of Trustees - The OCSJ Board meets on the 2nd Thursday of each month at 7 pm. Currently, our meetings are on ZOOM. To attend the meetings, contact the OCSJ President, Joe Fabian, at president@ocsj.org

Website/Computer/Social Media - Help Wanted - We are actively seeking someone with website/database/computer knowledge. Contact the OCSJ President, Joe Fabian at president@ocsj.org

OCSJ MEMBERSHIP



There are several ways you can join or renew your OCSJ membership.

1. Click the button below.
2. Go to **OCSJ.wildapricot.org** or download the Wild Apricot app to your mobile device. Click on the “**Join OCSJ Here**” button and follow the prompts.
3. Mail a check payable to: "OUTDOOR CLUB OF SOUTH JERSEY"

Mailing address:

Outdoor Club of South Jersey
PO Box 74
Oceanville, NJ 08231

Membership Level:

- Family Member - **\$25.00** Subscription period: 1 year (No automatically recurring payments)
- Family Auto Renewal - **\$25.00** Subscription period: 1 year Automatic renewal (recurring payments)
- Single Member - **\$20.00** Subscription period: 1 year (No automatically recurring payments)
- Single Auto Renewal - **\$20.00** Subscription period: 1 year Automatic renewal (recurring payments)

Membership Questions: Please contact OCSJ at membership@ocsj.org

[Click to Join OCSJ](#)



OCSJ follows and encourages practicing the
7 Principles of Leave No Trace

[Click for LNT Info](#)



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outdoorclubsj