



**Outdoor Club
of
South Jersey**

Newsletter

January 2023



"Trail Work Tuesday" by Mae Cox

President's Message

Joe Fabian



"Christmas Day Hike at Batsto"

As president, I receive lots of complaints from all sides. The latest one was interesting. Our member Joe Hummel is now 93 years old. No, this was not a complaint that our club consists of many older folks. New blood is very much appreciated as we aim to increase our membership towards 2,000. We can do this easily if you invite friends, no matter what age, to join our club and enjoy the great outdoors. The complaint about Joe Hummel? ***He walks too fast!*** We all marvel at his energy and strive to keep up!

I am really looking forward in 2023 to some significant improvements with our admittedly amazing club...more activities and more members. I hope that despite the weather going from bitter cold to almost spring-like, that our members ventured outdoors to enjoy our Holiday Hike, New Year's Eve and New Year's Day hikes. One advantage to winter activities is the lack of bugs like green heads, ticks or chiggers! I don't miss those guys.

Our holiday events out of Pakim Pond were great which included a couple bike rides and three hikes of varying lengths. Minding the kitchen under the roof were: Chris Denneler, who made the exceptional vegetarian lentil soup (I had three bowls); Ro Mason, who worked her magic organizational skills; Pat Burton and Frank Pierce. We also had music. Thank you to all who contributed to the great food and helped out.

Following up on last month's request for a replacement Newsletter Editor, we have a couple of interested candidates. We welcome others who are interested to come forward. The position only requires a couple hours a month. If anyone else wants to be considered, please contact me.

We are looking forward to a wonderful New Year. How can it be 2023?

Joe Fabian, President, OCSJ



"Hike in the New Year at Wells Mills Park"

Joe Fabian, President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

Happy New Year! It is hard to believe 2023 is upon us already. OCSJ has done an outstanding job at keeping everyone active during the last 3 years with the pandemic looming above us.

We have tons of activities planned for this year, and I hope you are able to take advantage of many of them. This might be the year you try something new. If you've never biked, try that. If you've never hiked, try that. The worst that happens is that you might meet some nice people with similar interests. You may even want to introduce your friends and/or family to the club.



Let's toast to health and peace in the new year.

Barbara Berman, Vice President OCSJ vp@ocsj.org

Activity Chair's Message

Frank Pearce

Meetup Answers

With the steps below you can easily recover your Meetup account if you forgot your password:

Open Meetup app on your device and tap on *login*

Enter your email and click on *forgot password*. Enter the email address where you want Meetup will send you a verification code
Open the link and click on *reset password*. Type in your new password and reenter your password to continue.

Change Email Address:

Go to your Meetup.com group and login to your account
Click on your picture in the upper right, or spot where the picture would go. A dropdown menu will appear

Click on *Settings*

Under Settings, click on *Account Management*

Under Account Management You will see your current Email address

Delete your old email address and type in a new email address

Click Save Changes

Stay safe,

Frank Pearce hornet71@verizon.net

TRAIL MAINTENANCE NEWS

**Trail Maintenance Representative:
Ro Mason**

The OCSJ trail crew is currently trimming and re-blazing the Batona Trail between Quaker Bridge and Tuckerton roads. This is a remote area within Wharton State Forest. We also re-blazed sections of the Mullica River Wilderness Trail that was impacted by the wildfire last June.

Next up: improving the hiking trails in the Franklin Parker Preserve.

Ro

Rosemarie Mason, Trail Representative

To volunteer, email Ro at romason@comcast.net

[Click for Trail Maintenance Events](#)

CYCLING NEWS

Cycling Chair: Neil Kornhauser



This is my last writing of the cycling portion of the OCSJ newsletter. 6 years has flown by really fast as chairman. I totally enjoyed working with our awesome leaders and wonderful members. Paul Beatty will be taking over as the new cycling chair and I know he will do an excellent job. Paul leads excellent bike rides and multi day adventures too! He has already been performing some of the tasks that go on behind the scenes. He will also continue with the newsletter as I hand him the baton. I really appreciate Paul for taking over.

We had another fantastic year with great biking adventures both on the road and on the trails. Looking back at our 2022 calendar, I tallied the number of rides we had not counting all the ones canceled because of inclement weather. We had 346 rides in 2022. That is an incredible number of rides. This is in the ballpark of the number of rides we have had every year for the past several years.

Our club only exists because of the dedication of people stepping up to lead events. I want to thank the following leaders for leading 5 or more rides in 2022. They are our "qualified leaders" which means they will receive a free one year extension of their membership and an invitation to our annual leaders banquet. If you have been riding with our club for a while please think about leading rides. If you had trouble waking up to attend a ride that started say at 8:00 am, no worries... as the leader you set the time, place, mileage and pace. More leaders equal more rides. It is so easy to get started. You will not be alone! All of our leaders are eager to help you out. Remember this club only

exists because of the people that step up to lead. Here is the list of our 2022 qualified leaders:

MICHA ABRAMS PAUL BEATTY
JIM BODNAR JOE BROSKI
CARMEN CORTES TED DAILY
JOHN DEL VACCHIO MATT EDWARDS
MIKE ENGEL BRUCE ERDMAN
ANDRE FERLAND KRISTIN FESKO
JOHN FRANGIPANI MONA FREEDMAN
KEN HOFFNER FRAN HORN
NEIL KORNHAUSER TIM PEEK
EUGENE RESNICK DONNA SALIGAN
GEORGE THEODORIDIS COLETTE WALKER

See you on the roads and trails!
Neil Kornhauser nkornhauser@gmail.com

[Click for Cycling Events](#)

HIKING NEWS

Hiking Chair: Becky Strickland

It's a pleasure to take over the position of Hiking Chair. I've been involved with the club on and off since 1985, and especially since 2000. Prior to 1985, the club listed events in the newspaper and members received The Trekker 4 times a year. Due to printing times, hikes needed to be planned months in advance, with no easy way to schedule or cancel one at the last minute. Hikes were mostly on weekends and there were not many.

The hike options currently range from a few miles to many; from Pine Barrens treks (which never get old!) to urban and suburban jaunts; to boardwalk and beach walks; from easy pace to moderate/brisk/fast; and at various time of the day. "Only for those who can keep up the pace" was once the mantra of the Friday Night Fitness Hikes. All of this happens thanks to our leaders!

If you're thinking of leading a hike (for those who don't already), understand that the hike can be anywhere for any distance. We have members throughout South Jersey, from the ocean to the Delaware river. Schedule a hike and people will show up.

If anyone has problems signing up for a hike, try signing in to Meetup again. Sometimes it signs people out – for no reason at all! Many thanks to Di Mason and Ro Mason and all the chairs and board members who have been helpful to me.

Becky

becky.ocsjhike@gmail.com

[Click for Hiking Events](#)

Cross Country Skiing/Snowshoeing News

Cross Country Ski Chair: Barbara Brandt



Cross Country Ski Season is Here

There is not much time left to join the snowy fun on our ski trips. Sign up before it's too late. Look for links to trip details on the drop down xc ski menu at <http://OCSJ.org>.

North Conway NH, January 16-22

Six nights for skiing/snowshoeing the beautiful White Mountains of New Hampshire. Five excellent groomed ski venues and oodles of hiking trails are in the area.

Stowe Vermont, January 22-27

This is an old club favorite offering several fantastic ski centers, easy backcountry, iconic New England town and cozy lodging.

Presidents' Day Weekend, February 17-20

Three days and nights for cross country skiing/snowshoeing in the lake effect snow capital of upstate New York. Several excellent groomed ski venues and lots of free skiing/snowshoeing/hiking trails are in the area. We will be staying in the 1880 House in Pulaski.

Snowy Boonville New York, February 20-24

Boonville boasts a great variety of XC ski opportunities and near guaranteed snow. It's located on the eastern edge of the large Tug Hill Plateau where all the moist air from Lake Ontario cools and dumps as lake effect snow.

Weston Vermont, February 24-28

We will be staying at the Colonial House Inn in Weston and skiing at Wild Wings and Viking XC ski areas (and perhaps Prospect Mountain).

Also, don't forget about the more local cross country ski clinics at Washington Crossing Park January 15 and February 19. Please register using the Park's Meetup <https://www.meetup.com/washingtoncrossingstatepark>

Barbara Brandt bbrandt46@gmail.com

[Click for XC Ski Events](#)

KAYAKING/CANOEING NEWS

**Kayaking/Canoeing Chair:
Frank Pearce**



If a cold weather paddle is offered, remember the following policy:

Paddling in Cold Weather Policy as approved by board will be:
During months of November through March, paddlers must wear wet or dry suits subject to approval of leaders.

Frank Pearce hornet71@verizon.net

[Click for Kayaking/Canoeing Events](#)

BACKPACKING/CAMPING NEWS

**Backpacking/Camping Chair:
Kevin Drevik**

Check Meetup for backpacking and camping events.
See you on the trail,

Kevin KDrevik@aol.com

[Click for Backpacking/Camping Events](#)

Member Spotlight

Spotlight On: Steve Francis by: Vera Stek

It took Steve Francis of Green Bank about a nano-second to find out about the Outdoor Club of South Jersey and join up when he moved here from Virginia just a year ago. Then, it only took a few moments longer for him to get involved and start volunteering.

Perched on the Mullica River and only a short distance from Wharton State Forest, he and his wife Dana have a convenient place from which to conduct their active lifestyle, but that doesn't mean he stays local. He has traveled extensively and has more plans for hiking and biking in other states in the near future. In fact, you might see Steve on the trails with a backpack loaded with 35 pounds of equipment as he trains to hike the Vermont Long Trail.

Here's his story:



Q. Tell us about yourself.

STEVE: I'm a 53-year-old semi-retired physical therapist currently living in Green Bank and enjoying life. I grew up in Fairfield, CT, went to the University of Scranton for physical therapy, and met my wonderful wife Dana who is from Southern NJ. Fortunately, while we were in college, she saw something that she considered worthy. God only knows what, I probably would not have dated me in college!

After getting married we worked as traveling PTs and when our daughter was born, we ultimately decided to settle down in Winchester, VA. We lived there for nearly 30 years and worked for a wonderful health system in that region. It was a fantastic place to raise a family and enjoy some of the best parts of the outdoor world. However, when our children graduated from college and set off on their own, we saw an opportunity to move back to Dana's home town to be near her family and help as needed. We moved here in December 2021 and have changed from full time PTs to part-time (Dana) and per diem (me).

Q. When and why did you join the Outdoor Club? What benefits do you feel you've gained by belonging? How and why did you step up to help with building the bridges on the 1808 Trail?

STEVE: If you're going to have success in a new area, you have to make new friends and establish new social networks. During the weekend we moved back to New Jersey, I happened to see a group of bicyclists including one couple on a tandem bike stop right in front of our home. Since Dana and I are into tandem biking, I went out and talked to them and learned about the OCSJ.

That night Dana and I signed up as members and over the past year we've had the opportunity to meet new people and share some fun experiences. We hiked the entire Batona Trail last winter with Val and Paul as our leaders and I was lucky enough to be introduced to the trail crew in early January. They were just starting the creation of the 1808 Trail and I had an absolute blast working with everyone last winter and spring. It's amazing how much a group of dedicated people can accomplish when they consistently get together and knock off a mile or so at a time.

In terms of building bridges, I didn't do anything special, I just helped lug heavy boards and put them where they needed to be. I really credit Rosemarie Mason and Vince Kuczynski with the real planning and design of the bridges. However, my new claim to fame that I proudly announce to anyone willing to listen is that I had the honor of being personally asked by "Sir" Anthony Venti if I would be willing to help paint blazes on the Batona this season.

Did I want to help? Are you kidding? I learned about him last winter while hiking the Batona. I asked if anybody knew how some of the blazes were so perfect. That's when I was told "That's an Anthony blaze." Soon after that I joined the trail crew and met Anthony. I felt like I was meeting the Michael Jordan of trail blazers. He's the best blaze painter I've ever seen! His edges are nearly perfect. I certainly have some of the same OCD qualities so when he asked, I was thrilled to lend a hand with providing trail markings.

Q. What outings do you participate in with the club?

STEVE: Although it was the biking that drew me to the group, 99 percent of our activities have actually been hiking or trail work related. I need to get a mountain bike so I can get back into the woods.

Q. Why did you get certified to lead long bike rides? What kind of bike do you have and what kind of equipment do you recommend for others?

STEVE: I've enjoyed biking all my life. It's a great way to get out and exercise and have time to just think. I've never been dedicated to any particular type of bike or terrain, I've dabbled in all of them over the years, but as I've gotten older I've gravitated to a simple straight bar hybrid as well as a tandem. When our youngest child went off to college, my wife and I took up tandem biking. It's been a great way for us to find a comfortable speed and share experiences together.

In terms of leading others, this year I started working for a company called Wilderness Voyageurs based out of Ohiopyle, PA. A couple of years ago, Dana and I rode across Ohio with Wilderness Voyageurs and I thought it would be fun to be a guide with the company when I retired. So when we decided to move and stop working full time, I took the opportunity to apply for a position with the company and was fortunate enough to be hired.

I spent a week in Ohiopyle learning about the company, how to perform basic bike maintenance, how to drive the rig (14-passenger van and 16-foot trailer that serves as the storage area, kitchen, and bike repair area all-in-one), and how to effectively provide an enjoyable experience for our guests. I had 5 trips in PA and NY varying from 3-5 days this past season. However, I signed up for 10 trips this coming year and will hopefully be leading groups in GA, FL, WI, NY and MD.

Q. What's the farthest you've ever hiked/biked/backpacked? Do you have goals such as a certain number of miles per week or per year? Do you hike/bike year round? Has the pandemic interfered with your outdoor activities at all?

STEVE: I hiked/backpacked 80 miles with the Boy Scouts at Philmont. I'm planning to hike the Long Trail through VT this summer with a childhood friend.

However, biking has been the one activity that I've logged the most mileage in. Dana and I have ridden Rail Trails from Washington, DC to almost Indiana's eastern border in 4 segments. My goal is to complete a segmental trip across the country following The Great American Rail Trail. Hopefully I'll be able to do that in the next 10-15 years.

In terms of the pandemic, my life did not change all that much. I still had to go to the hospital every day and see patients and when it came to outdoor activities the only difference was that more people were outside on the trails.

Q. Do you have any hike/bike safety tips?

STEVE: Always wear a helmet, use bike lights and bright clothing so others can see you, and remember the car wins the battle, so be smart. Don't take unnecessary risks. In terms of ticks, those buggers are quite a problem! Just assume they are out there and looking to feed on us. Use tick repellants as directed, proper light colored clothing is helpful, and above all inspect yourself when you get a chance. I've learned the hard way that even the best plans fail, so don't be afraid to contact your doctor if you find a tick on your skin. I can't tell you how many patients I've seen over the years that had untreated tick borne diseases for years and end up with all kinds of systemic problems.

Q. What are some of your favorite places to hike/bike?

STEVE: I've always enjoyed Shenandoah National Park for hiking. When it comes to biking, I really do like the Green Bank area since it has such wide bike lanes. If I think about Rail Trails, there are so many that I still have to experience, but so far my favorites are the C&O and the GAP Trails. They just provide wonderful naturescapes and historical landmarks and they were right in my backyard when we lived in VA.

Q. Do you go on active vacations? Any places on your bucket list?

STEVE: I'd describe our vacations as time away from the normal routine and usually they involve some type of outdoor activity. It might just be jogging on the beach or taking a day to go hiking, biking or kayaking. It's always a balancing act of full relaxation by lake or with a book for some in our group and keeping others happy with some form of exercise. Suffice it to say, I'm usually the one who needs to get out and move. I rarely just sit around and chill. The one truly active trip that I intentionally booked was with Wilderness Voyageurs and we biked from Cincinnati to Cleveland in 6 days. That was heaven for me: biking 50-60 miles each day with great hotels and meals each night.

The one bucket list trip I hope to take is a month-long trip to New Zealand where I can enjoy a bunch of outdoor activities like biking and hiking with nice hotels and ridiculously wonderful meals every night.

Q. What are some of your other interests?

STEVE: I enjoy woodworking and listening to podcasts.

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

STEVE: My wife swears that my superpower is organizing space and I have to admit that tackling my father-in-law's pole barn this past year and putting things in an easily identifiable place has been pretty enjoyable.

Q. Anything else you'd like to say about anything?

STEVE: Dana and I are really looking forward to 2023 and early 2024 since both of our children will be getting married.

Cover Photo: send in your best shot!

by Mike Engel



As you may have noticed, there was no photo contest this year. It was a combination of technical difficulties and logistics. Moving forward, we have come up with a different format that we hope will attract your interest.

Our club's newsletter has been a great success and the centerpiece of club information. Now we want to make it a showcase for our members' best photographs!

We are asking that you send us only *one* of your best photographs taken on an OCSJ activity. If your photo is chosen, it will be the cover photo on the next newsletter. While we all like great landscape pictures, we are also looking for photos that show a member or members participating in an activity.

The rules are simple:

- Any member can send in ONE photograph in a calendar month.
- Caption your photo and include your name, the date taken and the activity.
- The chosen photo will be shown with your name and caption in the next month's newsletter.

Send your best photograph to [:ikemengel@hotmail.com](mailto:ikemengel@hotmail.com)

OFFICIAL OCSJ LOGO SHIRTS

The Outdoor Club of South Jersey is happy to announce the availability of club T-Shirts through **Print Shop Shirts**. Ordering will be ongoing, submitted regularly when there is a quantity sufficient to place the order.

We have 13 different styles to choose from ranging from simple ring spun cotton shirts, moisture management/antimicrobial performance fabric, to moisture wicking to UPF sun protection. Short sleeve and long sleeve with many different colors to choose from. Choose from full back printing only, or front left breast printing only, or both front & back printing.

The ordering process from Print Shop Shirts is simple:

Please have all orders emailed to: orders@printshopshirts.com

OCSJ T-Shirt Order

Form: <https://ocsj.wildapricot.org/EmailTracker/LinkTracker.ashx?linkAndRecipientCode=SNkLkizs6lVG6poYBuQLJzjFy%2FiNE3lIRxhHVepJEYa7FZVQ8PBp2f027gj%2BCbON5DnbCAKaltRDUhOv1pQdlQ4%2BjLXrookMfwysyQo5k7mg%3D>

Corresponding Secretary

Maura Mawn

Caring Cards: If you know of an OCSJ member who would benefit from receiving 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.



Shout Outs: Want to submit a "Shout Out"? 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 let everyone know? Tell about your experience in an email to the Corresponding Secretary and it will be published 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

Only newly added items will appear in the newsletter.

Submit your REQUESTS and OFFERS to: j9padge@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****

Check the Website under Items for Sale. Click the link to see all Items:

[Marketplace Items](#)

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](https://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](#)

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 your leader about it on your next event. Let them 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

Newsletter/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 follows and encourages practicing the
7 Principles of
Leave No Trace

[Click for LNT Info](#)



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#outdoorclubsj**