

Outdoor Club

of



South Jersey

June Newsletter



June Calendar Photo - "WATER LILY AT ATSION" by Tom McGee

President's Message

Joe Fabian

OCSJ Members,

The topic of the month is: Tales Along the Trail, Road or River, so, I wanted to tell you a story about an interesting bicycle ride with a well known former club cycling leader.

On a warm summer day in the late 1980s, our leader, John DiFiori, stopped with his group of about 25 B level cyclists at Buzby's General Store to hydrate and grab some snacks. John had already announced that we were going to be riding to Green Bank, about 15 1/2 miles south on Route 563.

Before the cyclists were ready to pull out, John and a teen-age kid took off unannounced. I quickly grabbed my helmet and jumped on my Raleigh in pursuit. This was very uncharacteristic of John, who was a very considerate leader and always introduced us to one another. What gives? The other participants were caught off guard. The three of us going very quickly got a mile down the road with no one else in sight. John and the kid ran into the woods and yelled for me to follow and hide. I would be remiss if I did not mention that he later attended the Olympic training camp in Colorado). Anyway, John mischievously said as we pulled off the road, "Hide, duck, they are coming." Sure as shooting, the rest of the group passed us, without noticing. We waited a few minutes until all had passed and were out of sight. We started riding south and over many miles caught most of the group.

When we finally reached the intersection of Route 563 and Route 542, where the Green Bank Inn was situated, two fellows, John and Lou, who we never caught, were waiting. They swore they could see the three of us up ahead and just could not catch up. LOL. They must have seen mailboxes ahead on the county highway and thought those mailboxes were the three of us who had hidden!

John convinced me somehow, in 1991, to attend a massive cross state bike tour in Iowa, known as the RAGBRI. (As an aside, Iowa is not flat, at least our route was not). The following year, he retired as a science high school teacher in Philadelphia and joined organized group cycling across the United States. He held court at Raymond's, a pizzeria in Erlton, on Tuesday and Sunday nights and had a son who is a physician. He passed away at age 83 in June 2016, and is much missed.

My message is: Get out there on club events and make some memories!

Joe Fabian President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

OCSJ is very lucky to have so many members who want to lead activities for our club. The leaders do this because they love the club and want to continue making it the success that it is. We are going to officially recognize the outstanding leaders and board members at the Leaders Banquet and mention their names yearly in the newsletter.

To qualify for this annual recognition, the criteria is as follows:

- Hiking: leading 6 or more hikes per year
- Biking: leading 5 or more rides per year
- Cross-Country Skiing: leading 1 or more trips per year
- Backpacking: leading 2 or more trips per year
- Canoeing/Kayaking: leading 3 or more trips per year
- Board Members: attending 7 or more board meetings per year

Going forward, we will do this on a yearly basis, but because of COVID, we are going to include 2019 and 2020 in this year's leaders' recognition.

If you are thinking about volunteering, please contact me or any of the activity chairs. We would be more than happy to help you get started.

Barbara Berman Vice President OCSJ vpocsj.org

Activity Chair's Message

Frank Pearce

Want to get more involved with the Club? The club is made up of volunteers. All leaders, board members and section chairs are volunteer members. There is a club meeting once a month that you may attend, presently via Zoom, where the business, overhead and other matters of the club is managed. Most trips and events are created and organized by individual leaders themselves and posted on our and Meetup sites.

How do I become a leader or helper? The first step may be to approach a leader to volunteer. You may start out by helping the leader or find out more information on how to become a leader and what our requirements are. You

can contact any board member, as well, for that information. We encourage you to be involved.

Reminder: Do not forget to remove your name from activities if you cannot attend. When you do not remove your name, you prevent someone else from their chance to participate. There are consequences for not being considerate. You can have your privilege to attend events canceled for periods of time based on how often it occurs.

Frank Pearce hornet71@verizon.net

BIKING

www.meetup.com/Outdoor-Club-of-South-Jersey/
Message from the Cycling Chair:

Neil Kornhauser



As cycling clubs go, OCSJ has always been very diverse in our offerings of types of rides and many different start locations. We offer rides in all pace categories from entry level (D) to fast paced (B/B+) and everything in between. I am very happy to report that our D and C offerings are on the rise as we have more people stepping up to lead.

A very big thanks to our newest leaders, Paul Dice and Joe Brosky for stepping up to lead C rides. Thank you also to Ken Hoffner for returning to lead the ever-popular Kenz Krooz rides, also C paced. Another big thanks to Jerry Martina for his popular entry-level road rides out of Brendan Byrne. Another leader returning from hiatus, is Bruce Erdman. Bruce leads great C+/B rides; his rides have been missed.

I also want to recognize Paul Beatty for leading an excellent adventure/hill ride in Cream Ridge, NJ with a very fine social get together after the ride. Carmen Cortes leads great entry level through C paced rides in the

Williamstown/Glassboro area. Carmen also led a fabulous ride on the Columbia Trail. Mona Freedman led a wonderful 29-mile ride on the towpath from Washington's Crossing to Bull's Island. Eileen Kuriskin also led a D&R Canal ride with a stop to visit beautiful gardens. John Kerney led a great entry-level ride on the Atlantic City Boardwalk. Andre Ferland has continued his series of C rides "Andre's Excellent Adventures". Watch out Bill and Ted! Kristin Fesko has an upcoming hill ride out of Pennington, NJ. Keep an eye on our calendar for more hill rides from Kristin!

Of course, I have to give special accolades to Mike Engel and his never-ending trail and road rides all over South Jersey and into Pennsylvania. Mike has quite the following on all of his rides. You can be certain to eat well on his road rides as Mike always makes sure to satisfy our craving for pizza, tacos, BBQ, etc. There is a group of people that crave pineapple pizza and he never disappoints. [Note: I am not a fan of this unnatural pairing of tastes!]

One final note, the Memorial Day all paces rides was very well attended with approximately 44 riders going on the 4 posted rides. The next all paces rides will be July 4. I am looking for leaders.

Monthly DIY Tip:

Everyone will experience the joy of a flat tire eventually. In order to set the tone for an easy removal of the tire from the start, make sure you begin taking the tire off on the other end OPPOSITE the valve. Place the tire lever under one bead of the tire opposite the valve and hook the lever under a spoke. The reason for this is that there is more tube rubber by the valve and the tire is tighter there, looser opposite the valve. I have seen people try to take the tire off at the valve side and the frustration level escalates within 10 seconds!

Putting the tire back on STARTS AT THE VALVE and ends opposite the valve. The last part of getting the tire back on should end where the tube is not as bulky. No tire levers are used to put the tire back. Remembering this sequence will definitely make flat fixing much easier!

As always, thank you and see you on the road and trails.

Neil Kornhauser nkornhauser@gmail.com

TRAIL MAINTENANCE

www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/

Message from the Trail Maintenance Chair:

Ro Mason



Pictured: walkway on the Batona that the crew raised and rebuilt

The OCSJ trail crew cleared 5 miles of trails in May plus rebuilt 175 feet of the swamp walkway on the Batona in Brendan T Byrne State Forest. We enjoyed an end of the trail season BBQ at Batsto celebrating 2000 (!) volunteer hours accumulated from October to June 1.

The crew is on summer hiatus with requests already for trail work that will begin in October.

Thank everyone who came out this season to work on keeping our hiking trails open!!!!

Ro Mason is our Trail Representative.

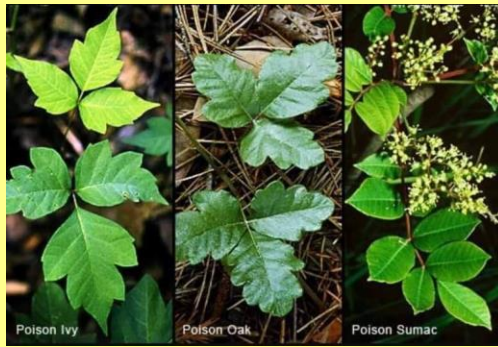
To volunteer, email Ro at romason@comcast.net

HIKING

www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/

Message from the Hiking Chair:

Evelyn Minutolo



It's time to remind hikers of what to avoid in the woods. If in doubt avoid! I use Tecnu after exposure, and wash with soap and water ASAP.

Spotted lantern flies are back, I have seen a lot in Cherry Hill. Kill them if you can. They jump about five feet the first time, but quickly run out of energy, so if you miss, watch where they go. The second and third jumps are very short. Also, get them from the front because they will jump under your foot.

Please, continue to pick up trash on your hikes. And a special thank you to our fantastic volunteer leaders!!!!

Let's go hiking!!!

Evelyn SunsetWaterfall@aol.com

For more information on the

7 Principles of Leave No Trace, click the link....

click here

Backpacking/Camping

www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/

Message from the Backpacking/Camping Chair:

Kevin Drevik

We've been busy with backpacking, especially our "beginner" hike in May. I put it in quotes, because the level of trail difficulty was really too high for a beginner group, and for that I apologized to everyone. Still, we had 33 folks make the trip (my gosh) and everyone was able to negotiate the trail and return without injury. I was very impressed and very proud of everyone, especially for those who attended and it was their first trip!

I asked for some feedback and lessons learned from everyone, and here are the comments I got so far:

Cap it at 12 with a waitlist, please!

The s'mores were awesome!

You did a great job with the organization, but I think a cap on numbers may be a good idea.

I think in the future a better description and assessment of the trail and the skill level of the group would be a good idea. While the distance wasn't too long, the level of rockiness and difficulty of the trail was not "beginner"

I always feel so comfortable going on your hikes knowing that I will stay in the back of the pack with people that are my speed and level. I know sometimes friends like to stay with friends, but hiking at a faster speed can make a hike miserable and be a game changer. I would encourage people to not be afraid or discouraged to go on your own, at your own pace or fall back with the next group if needed.

Loved the trip, still on my high and can't wait until the next. The marshmallows and fire time is nice. Thank you for being so patient.

The paper forms you provided were very informative and maybe having those linked/attached may have forewarned everyone of the rock scrambles that we were facing.

I had a backpacking buddy that I discussed the hike with to make sure we were ok to tackle this together.

I think many were surprised at how many rock scrambles there were as well as how long the rock scrambles and there were some definite steeper/scarier parts.

I set up our tents further up the trail as there wasn't a lot of room at the shelter area which at first I was sad about as I would have liked to have gotten to talk to more people, but by the time we settled and ate most were heading back to their tents anyway. Maybe we could start a little earlier in the morning so there may be more time to hang out with everyone.

The group was very large, but was grateful to it as otherwise I would not have gotten on the go list.

We have trips scheduled for August (weeklong) and two weekend trips in September. Anne is back, and Tom and she are planning trips for June/July – so be on the lookout in Meetup.

Stay safe!

Kevin

*If you would like to organize a trip or for backpacking information, contact Kevin at KDrevik@aol.com

KAYAKING

www.meetup.com/Outdoor-Club-of-South-Jersey-Canoeing/

Message from the Kayaking Chair:

Frank Pearce



The paddle season has begun. We had 9 trips last month and 7 scheduled so far this month.

If you have any questions such as, if your canoe or kayak is suitable or if your ability level is adequate for the trip, contact the leader. Do not forget to bring sunscreen, whistle, and plenty of liquids. Wear closed toed footwear. Allow extra time to attend. Do not expect the leader to wait if you are not on time. That is not fair to those that did. Shuttles are not considered part of the activity. It is your choice if you want to participate. If you do, take an active role.

PFDs are required to be worn. If you do not, you are not considered part of the activity

See You on the Water!

Frank Pearce HORN71@VERIZON.NET

Cross Country Ski and Snowshoe Trips

www.meetup.com/Outdoor-Club-of-South-Jersey/

Cross Country Ski Chair: Vacancy - Volunteer Needed

Spotlight On: Frank Burke

by: Vera Stek

Recently there was a 'Thought For the Day' in the Press of Atlantic City from American novelist, Edgar Watson Howe: "If you don't learn to laugh at troubles, you won't have anything to laugh at when you grow old." Many of us might have found this to be all too true, especially in these restricted times when we have been unable to do the things that brought us joy in the past.

Outdoor Club member Frank Burke definitely appreciates the value of a good laugh, as well as being outdoors and enjoying nature. Here's his story:

Q. Tell us about yourself.

FRANK: I was born in Philadelphia in 1951, went to Rutgers in New Brunswick and finished up a bachelor's degree at Glassboro State years later. I was a union Boilermaker and worked in refineries, power plants, trash-to-steam, nuke plants for many years. I retired in 2014, and have lived in the same house in Washington Township for 60 years and have traveled some. I am married and have no kids, just 5 cats and 3 dogs now (lost two last year).

Q. Why did you start kayaking? Do you have multiple kayaks? When did you join the Outdoor Club and do you have goals such as kayaking a certain number of miles each year?

FRANK: I love being outdoors on the many fine rivers of South Jersey. I think one way to be happy is to find out what you like to do and just keep doing it. Paddlers, for the most part, are very good people. It's very enjoyable to be with people that are doing what they like to do; play is too often the opposite to work.

There is so much one can learn from water, think Taoism, the "watercourse way" or the words of "row, row, row your boat...life is but a dream," but I've a tendency to espouse.

I joined OCSJ in 2017. I think I got 300 miles in 3 years, but only counted once. I have 5 kayaks: two 10-foot, two 13-foot and one 16-foot and an old canoe that's too heavy to move.

COVID has cancelled a lot of trips, but I've got my shots now and some trips are starting to be posted. I think my longest trip was with "Calling All Kayakers" on the Mullica.

Q. What are some of your other interests?

FRANK: I am a 9.8 leader rock climber (for those that know what that means), mostly at the Gunks. (Note: That's the Shawanagunks Mountain or Ridge, near New Paltz, NY, extending from the northernmost point of New Jersey to the Catskill Mountains.)

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

FRANK: What people don't know about me? I'm a Pez head and since "The Queen's Gambit" and the pandemic, I've started to get back into chess (anyone want to play?).

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

FRANK: I think I might be intellectualizing this too much, but some simple questions are important. The wife of a good friend once asked me "what are you good at?" and I had to think and having thought, I decided that I was good at amusing myself.

I think (and here's one of my favorite quotes), that humor is important and every time you make yourself laugh or make someone else laugh, you add 10

or 15 minutes to their lives and 10 minutes, 10 minutes, 10 minutes, to use a Guido Sarducci punchline from SNL (pay for your sins), "...it adds up."

And other things people may not know about me, I was once the Vice President of the United States and I have a very big...(SOMEBODY PLEASE STOP ME)!

SOCIAL COMMITTEE

John Kerney - Coordinator

Hi Members,

Our Social Committee recently hosted a very successful picnic/game day at Cooper River Park. The Committee wants to thank all of you who attended and made it relaxing and so much fun. For those of you who were unable to attend, we missed you and hope you will join in on our next event.

We are looking at hosting another Movie Night, so be sure to check Meetup for more information on this and other fun events we are planning.

We welcome any ideas or suggestions you may have for other activities. If you would like to become a member of the Social Committee, send me an email. We look forward to your input and are always looking for more fun-loving people to join us.

John Kerney Social Committee Chair

crewkern@live.com

"THE OCSJ MARKETPLACE"

The Place to: BUY - SELL - GIVE - BORROW

Do you have too much stuff? Want to upgrade and get some cash for your used gear or simply gift it to another outdoor lover? Have you been wanting to try something new, but do not want to commit to purchasing the equipment before you know if you will enjoy it? Well this is the place to go!

Submit your REQUESTS and OFFERS to: j9padge@gmail.com for publication in the next Newsletter and immediately on our Website. Include a description of the item you are requesting or offering, price or terms of loan, and your contact information. All transactions will be conducted privately between the individuals.

Reminder: Photographers

Many of you are taking and posting amazing photos of OSCJ events. There are definitely some winners out there! Why not save your favorite pic and submit it for our Annual Calendar Contest?

If you think you have a great photo, save it to your phone, camera or PC, so you can find it when it is time to submit your entries. Photos must be taken between September 2020 through September 2021 to be eligible for the 2021 contest.

Any questions, contact Mike Engel

ikemengel@hotmail.com



...save your photos!

ANNUAL MILEAGE CLUBS

Some of our members like to keep track of their annual mileage and have formed groups within the club. If you would like more information, please contact them.

The Grand Mileage Club - These hardy folks strive to hike 1000 miles per year. They report their mileage monthly to Jenny Buffington at TotallyBuff@comcast.net

500 & 750 Mileage Club - These folks strive to hike either 500 or 750 miles per year. They report their mileage monthly to Ann Palaitis at ann.m.palaitis@gmail.com.

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

Kayaking Mileage Club - Kayakers report their miles annually to Erika Blank at powerofpink58@verizon.net.

VOLUNTEER OPPORTUNITIES

We Need You

Board of Trustees - Interested in joining the OCSJ Board? 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

Publicity - Are you an influencer? Love social media and publicity? We would like to get the word out and have the OCSJ appear in more places both in print and online. Contact Janine Padgett at j9padge@gmail.com with any ideas or if you would like to help.

Social Committee - Seeking fun-loving people to help plan our social events. If you would like to join our Social Committee, contact John Kerney at crewkern@live.com

Website/Computer - Help Wanted - We are actively seeking someone with website/database/computer experience. 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. 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.
2. Mail a check payable to: "OUTDOOR CLUB OF SOUTH JERSEY"

Our mailing address is:

Outdoor Club of South Jersey

PO Box 1681

200 Walt Whitman Ave

Mount Laurel, NJ 08054-9998

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

OCSJ PARTICIPATION POLICY

OCSJ is a member organization. Membership funds pay for insurance and other organizational overhead costs.

Prospective members and Guests of OCSJ members may try one regular activity from each of our activity sections without joining. Thereafter, they must join to be eligible to attend future events and activities.

Participants on activities that charge a fee, must be members of OCSJ, except where the trip is a joint trip with another club and the participant is a member of that club. If there is space available, members of OCSJ may bring guests on a day trip charging a fee. Participants on overnight trips that charge a fee must always be an OCSJ member.

***NOTE - PRIORITY ON ACTIVITY PARTICIPATION WILL BE GIVEN TO PAID MEMBERS AT THIS TIME.**

Any comments please contact: Joseph Fabian (president@ocsj.org)

MEETUP

To receive up-to-date club events and activities, join Meetup. It is helpful to include a photo of yourself on your Meetup profile. This is helpful for the leaders to properly identify and welcome you to the activity you are attending. Our activities are listed on the following Meetup sites.

Click Links Below to Join and View

- * [Hiking/Camping/Backpacking Events Link](#)
- * [Biking Cross Country Skiing Events Link](#)
- * [Kayaking Events Link](#)

[Note: You must join each Meetup group separately](#)

If you are planning on attending an event, do not forget to RSVP in Meetup. This is important information for the leader. Of course, if your plans change, please cancel your RSVP. Meetup will automatically send you an email if the activity is cancelled by the leader.

TREKKER

The latest printed Trekker is available quarterly from Board Members and Leaders. The printed Trekker is also available at The Print Shop, White Horse Pike in Stratford, NJ.

Contact Doug Hillebrecht at 856-309-8817



click the icons

Like us on Facebook:

Outdoor Club of South Jersey

Follow us on Instagram:

outdoorclubsj