



# Outdoor Club of South Jersey NEWSLETTER

## March 2022



**Trail Work Tuesday**

**President's Message**

## Joe Fabian

Hints of spring are everywhere. I had my bike tuned up at a shop and tried snowshoeing and ice hiking before the melt. On a more general note, NJ has finally enacted a 4-foot passing law for passing cyclists, pedestrians and wheelchairs. It's a shame that a club member had been struck and killed while being passed by a vehicle traveling at a high rate of speed. However, the fine for violating the law is only \$100 but \$500 if injuries result.

I will also note that our recording secretary Eloise Williams is stepping down. We thank her for her many years of service and contribution towards our club. We are pleased to announce that Vicky Gordon has volunteered to be our next Recording Secretary. Finally, I want to again thank our board members, activity leaders, and countless volunteers for all they do.

Stay safe and enjoy the great outdoors,

Joe Fabian, President OCSJ [President@ocsj.org](mailto:President@ocsj.org)



Icy Hike in Rickett's Glen with OCSJ Friends.

## Vice President's Message

### Barbara Berman

The Outdoor Club takes complaints very seriously. Because of this, we decided to update our Complaint Policy. We detailed the timeframes and the steps that should be taken should you wish to lodge a formal complaint against anyone. We also developed a Complaint Form for you to use if you would like. If you don't use

the form, please make sure you include all the information that is on the form. You can find the policy and the form on our website under the tab that says Policies/Forms. You can then scroll down to find the Complaint Policy and Complaint Form.

Links: <https://ocsj.wildapricot.org/resources/Documents/Complaint%20Policy.pdf>  
[https://ocsj.wildapricot.org/resources/Documents/OCSJ%20Complaint%20Form.p  
df](https://ocsj.wildapricot.org/resources/Documents/OCSJ%20Complaint%20Form.pdf)

Barbara Berman, Vice President OCSJ [vp@ocsj.org](mailto:vp@ocsj.org)

## Activity Chair's Message

**Frank Pearce**

The club membership has been growing steadily. We have been fortunate to have members stepping up to become leaders. Events do have limits for reasons such as safety, parking, and location.

Please do not keep others from attending an event by signing up for more than one event at a given time. Remove your name from the list in sufficient time for others to attend, even if a limit isn't listed. Being Considerate of others will have benefits for you. There are always circumstances that may prevent you from removing your name from an event, but continued failure has consequences.

Policy on Late Cancellations and No Shows (9-2019):

Members who RSVP for an event and do not show up 5 times within 12 months will be removed from Meetup for a period of 6 months. They will be reminded of this policy and given a warning after 3 no shows. Members who RSVP for an event and cancel at the last minute (within 24 hours of the event) 10 times within a 12 month period will be removed from Meetup for a period of 6 months. They will be reminded of this policy and given a warning after 5 last minute cancellations.

Frank Pearce [hornet71@verizon.net](mailto:hornet71@verizon.net)

## TRAIL MAINTENANCE NEWS

### Trail Maintenance Representative: Ro Mason



The OCSJ trail crew is continuing the work of reviving a trail/ logging road from the 1700's in an area known as Mordecai's Swamp in Wharton State Forest.

Ro

Rosmarie Mason, Trail Representative

To volunteer, email Ro at [romason@comcast.net](mailto:romason@comcast.net)

[Click for Trail Maintenance Events](#)

## Cross Country Skiing/Snowshoeing News

Cross Country Ski Chair: **Barbara Brandt**



The cross country ski season has ended for this year, but we are busy planning our yearly Apres Ski Party. This is a chance to get together to celebrate the past season, announce trips for the upcoming season, and introduce prospective skiers to our activities. We are shooting for a date in May, but are still finalizing a date. Keep your eyes open for an upcoming announcement with final details.

Meanwhile we are also planning for next season's trips. It was wonderful to have two new leaders this year, but are still looking for more trip leaders to fill out our schedule. Please contact me if you are interested. I have trip suggestions and information on how to plan a ski trip, and will be happy to help you get started.

Barbara Brandt [bbrandt46@gmail.com](mailto:bbrandt46@gmail.com)

[Click for XC Ski Events](#)

## CYCLING NEWS

**Cycling Chair: Neil Kornhauser**



Have you heard about New Jersey's new Safe Passing Law? The law, which went into effect March 1, 2022, provides new, clearer rules of the road for all motorists about when and how to safely pass people traveling on the roadway network on foot, bicycle, scooter, or wheelchair.

The law states that drivers:

- Follow all current no passing, no speeding laws AND move over a lane if there's one to move into.
- On a single lane road, drivers must allow at least 4 feet of space when passing vulnerable road users or must slow down to 25 mph and be prepared to stop until they can pass safely.
- For more info check out this link: <https://njbwc.org/team4nj/>

Do not be lulled into a false sense of security! We all know that people will still drive distracted, will still be in a hurry; so no matter what the law is PLEASE ride defensively. Never assume a motorist sees you, always make yourself known and ride with the notion that motorists will not follow the law. As always, be safe and if you do not cycle with a rearview mirror GET ONE!!

Neil Kornhauser [nkornhauser@gmail.com](mailto:nkornhauser@gmail.com)

[Click for Cycling Events](#)

# HIKING NEWS

Hiking Chair: Diane Mason



When a leader posts a hike, they include in their description the distance you will go, how fast you will walk, and special conditions you will encounter. It is very important to review these descriptions before clicking on that “Attend” button. With that in mind, this month’s topic is Hike Descriptions.

The OCSJ uses the following standard pace descriptions. Of course, these are only averages; actual results may vary due to factors such as surfaces (trails vs roads), terrain (bushwhacking vs clear), elevation changes (hilly vs flat), and weather. If the group often waits for you, think about going on slower adventures. If you often wish the leader would hurry up, try going on faster or longer hikes.

## EASY

Less than 2.5 mph (25+ minute mile)

Slower walking with more frequent rest breaks

For the slower walker.

### MODERATE

2.5 - 3.0 mph (20 - 25 minute mile)

Comfortable walking with occasional rest breaks.

For the average walker.

### BRISK

3.0 - 3.5 mph (17 - 20 minute mile)

Faster walking with occasional rest breaks.

For the average, better conditioned walker

### FAST

Over 3.5 mph (17 or less minute mile)

Fitness walking with few rest breaks.

For seasoned, fit conditioned walkers

Hike descriptions help you figure out if you'll enjoy the hike or suffer frustration. On a "Low and Slow" hike expect lower mileage and a stop-and-go pace. If a leader mixes the paces, such as "Moderate to Brisk", be able to walk the faster of the two. On a "Silent Hike" you'll hear nature but not chit-chat. There may be additional information to factor into your decision, such as "Expect wet feet" or "No restrooms". If rocks and hills are mentioned, you'll need strong legs and stamina. Carefully reading the Hike Description will help you select the hike that is right for you.

Hiking Tip: If you hike with trekking poles, keep their tips down when not being used. Carrying them over your shoulder or tucked under your arms may result in injury to the hiker behind you.

See you on the trails,

Di

Diane Mason [hiking@ocsj.org](mailto:hiking@ocsj.org)

[Click for Hiking Events](#)

## **Backpacking/Camping News**

**Backpacking/Camping Chair: Kevin Drevik**

Backpacking is kicking off in April with a 3 hour introduction demo on April 2nd from 11am – 2pm at the Bass River State Park. We'll have numerous camp setups to review, experienced backpackers and leaders to ask questions of, a lottery drawing for equipment (including a tent) and folks will be bringing excess/used gear to sell. This is a great opportunity to check out backpacking!

Link: <https://www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/events/283440077>

For the second quarter, we have trips scheduled in April, May and June, including the beginner hike to Mullica River campground in May. It's going to be a busy spring.

Kevin [KDrevik@aol.com](mailto:KDrevik@aol.com)

[Click for Backpacking/Camping Events](#)

## **KAYAKING/CANOEING NEWS**

### **Kayaking/Canoeing Chair: Frank Pearce**

Process to become a Canoe/Kayak Leader:

- Contact me of your interest.
- Factors considered are number of trips and length of time paddling with the club, level of paddling skills and experience, and safety awareness. Input is solicited from other OCSJ trip leaders that have paddled with you the prospective leader. You will be taught how to use Meetup, the sign-in waiver, and any possible other paperwork.
- On your first trip, you must be accompanied by either me, Canoe /Kayak Chair, or an alternate assigned by me to make sure OCSJ rules are followed. The trip leader's skill should match or exceed the location. We stress that trip planning is such a crucial requirement for any trip leader.

Looking forward to paddling with you,

Frank Pearce [hornet71@verizon.net](mailto:hornet71@verizon.net)

[Click for Kayaking/Canoeing Events](#)

## **Member Spotlight**

### **Spotlight On: Al Dicianni**

**by: Vera Stek**



In about 5 decades of hiking, Al Dicianni of Berkeley Township has never run out of enthusiasm for the great outdoors and the value of keeping moving. Formerly of New York and North Jersey, where the hiking is surprisingly good (most people think of that area as being over-developed and industrial), Al has traveled much of the U.S. hiking.

After moving to South Jersey some seven years ago, he joined the Outdoor Club of South Jersey to continue his passion and soon became a hike leader. He leads frequent hikes, longer hikes and likes to go to places "off the beaten

path, so to speak. "I am always looking for new places to hike. I love being in the outdoors," he said. Here's his story:

*Q: Tell us about yourself.*

**AL:** I was born in Brooklyn, New York, on the day of Bobby Thompson's "shot heard around the world." (Note: The Shot Heard 'Round the World refers to Bobby Thomson's game winning home run for the New York Giants in the 1951 playoff against the Brooklyn Dodgers, considered one of the most famous hits in baseball history.) After retiring as a pre-K-grade 6 physical education teacher, my wife (also a retired teacher) and I retired to Berkeley Township.

*Q: When and why did you join the Outdoor Club? What benefits do you feel you've gained by belonging? What made you step up to being a hike leader?*

**AL:** I joined the Outdoor Club in 2015. I was looking for a club that did hikes close to my home. Since I enjoy meeting people, being outdoors and walking, the Outdoor Club was a perfect match for me. I went on a hike at Jakes Branch that Faye Bray was leading, and she gave me the inspiration to become a hike leader.

When I lived in Parsippany, I was a hike leader with the Tri-State Ramblers and Interstate Hiking Group. With these groups, I led hikes in the Ramapo Mountains, the Ramapo Valley County Reservation, Norvin Green, Patriots Path, Pyramid Mountain, Turkey Mountain, Wyanokies, and Ringwood State Park.

*Q: How long have you been hiking?*

**AL:** I started hiking when I lived in Sierra Vista, Arizona, in the mid 1970s. Many of my hikes were in the Huachuca and Chiricahua Mountains. There were some hikes that I led for children while working as a recreation supervisor at Fort Huachuca in the summer months.

With the Outdoor Club, I usually lead hikes, but I have also participated in hikes with different leaders.

I am also a member of the Shorewalkers and the FreeWalkers. Many of the hikes are in New York.

*Q: How much do you hike and what's the farthest you've gone? Has the pandemic interfered with your hiking at all?*

**AL:** I walk over 5 miles a day in my neighborhood. When I lead hikes, I like to go 10-12 miles. With the Shorewalkers and FreeWalkers, I have completed 25-mile hikes several times. During the pandemic, I did some hikes with a smaller group or I hiked on my own. In addition to hiking, I also ride my bicycle for about 10 miles a day in the warmer weather.

*Q: What are some safety tips you can pass on? Any advice for newer hikers?*

**AL:** New hikers should start off with hikes that are short in distance and gradually move to longer hikes. This holds true for hikes on flat surfaces and for hiking at higher elevations. Good hiking boots are very important and also dress for the weather. It is very important to stay hydrated.

*Q: What are some of your favorite hikes?*

**AL:** I love hiking in the Palisades. Some of my favorite hikes include starting at the George Washington Bridge Bus Terminal and continuing over the George Washington Bridge and then taking the Long Path through Tallman Mountain State Park and then into Piedmont, New York.

The Shorewalkers have the Great Saunter event every May that covers 32 miles. This hike circumnavigates Manhattan Island. I have completed 24 miles. Another hike that I like is the Great Manhattan Bridge Walk This hike is 31 miles and you walk over every pedestrian-friendly bridge in Manhattan around the perimeter of Manhattan Island.

In South Jersey, I like hiking in Franklin Parker Preserve on the red trail, Wells Mills, and Brendan Byrne. I also like hiking on the boardwalks seeing the Atlantic Ocean. I like the Barnegat Branch, Union Transportation, Henry Hudson Trails, and Mercer County Park.

*Q: Do you go on hiking or active vacations? If so, where have you been?*

**AL:** Jo Ann and I enjoy visiting the National Parks. We have been to Olympic National Park, Crater Lake, Capitol Reef, Arches, Canyonlands, and the Grand Canyon. The vacations are very active and we do a lot of walking. However, we do not camp.

*Q: What are some of your other interests?*

**AL:** Since 1995, I have been winning contests on radio stations. I have won at least 1,000 times. The best prizes have been trips: Las Vegas to the Mike Tyson Fight at MGM Grand; Sandals Resort in the Bahamas; Universal Studios in Florida; Savannah, Georgia; South Beach, Fort Walton, and Siesta

Key in Florida. I have also won tickets to many concerts and tickets to many Broadway shows. There have also been some shows with after-parties, such as one with Ray Romano. I have also won lottery tickets and gift certificates for restaurants and other merchandise.

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

**AL:** I come from a musical family and I used to play trombone. I played in the senior band during my high school graduation at Carnegie Hall.

## 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](mailto: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](mailto: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](mailto:ann.m.palaitis@gmail.com).

**Bicycling Mileage Club** - Cyclists report their miles annually to Neil Kornhauser at [nkornhauser@gmail.com](mailto:nkornhauser@gmail.com).

**Kayaking Mileage Club** - Kayakers report their miles annually to Frank Pearce at [hornet71@verizon.net](mailto:hornet71@verizon.net).

## "THE OCSJ MARKETPLACE"

### The Place to: BUY - SELL - GIVE - BORROW

Only newly added items will appear in the newsletter. Check the Website under Items for Sale. Click the link to see previously listed Items

[Marketplace Items](#)

Submit your REQUESTS and OFFERS to: [j9padge@gmail.com](mailto: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\*\***

## 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](mailto: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](mailto: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](mailto: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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