

To: WEBSITE

AUGUST 2020 7 30 am

Evelyn Minutolo Spotlight

By Vera C. Stek



It was through the Outdoor Club of South Jersey that Evelyn Minutolo found a new life after moving to the U.S. to start a new career.

A world traveler, Evelyn has found a home in South Jersey and a world of people to share her interests with. "I've met wonderful people and had so much fun hiking, biking and canoeing with the club members," she said.

Her experiences with the club were so overwhelmingly successful that when a new hike chair was needed to replace the retiring David Biking, Evelyn didn't hesitate to step up.

Here's her story:

Q. First, tell us a little about yourself.

EVELYN: I was a military brat and wife and have lived all over the world; I love to travel and miss it dearly. I live in Cherry Hill, where I also teach high school business classes.

I'm 59, single and have to say the outdoor club saved me when I moved here from another country, started a new career and had no friends or relatives nearby.

Q. When and why did you join the Outdoor Club? What benefits do you get from belonging? And what made you take on the job of hiking chair?

EVELYN: I joined the first time back in the early 2000s; I left for a number of years and rejoined 7 years ago. I don't enjoy riding, hiking and canoeing alone so the club is a godsend. David Bicking did a great job as hiking chair and I wanted to try and help out by stepping up.

Q. What are some of your favorite hikes? Do you go on hiking vacations? Any places on your bucket list you'd like to visit some day?

EVELYN: Locally the Wissahickon is by far my favorite hike, but further afield I love the Palisades and the Delaware Water Gap.

I have a list of the best hiking treks around the world and have been slowly checking them off: Kalalu Trail in Hawaii, Machu Pichu trek, The Great Wall of China, Mount Blanc, Glacier National Park, Banff, Mt. Rainier, Denali, Dingle Way in Ireland, Cloud Forest in Costa Rica, Yosemite, and Cinque Terre in Italy have been some of my favorite hiking spots. Left on my bucket list is the John Muir Trail, New Zealand great treks and Croatia, to name a few.

Q. How has the current situation (Covid-19) affected your hiking?

EVELYN: I've had my hiking vacations cancelled, Havasu Falls and the Rockies in Colorado. I can't visit my son who is moving from Australia to Germany, so it is easy to get depressed. The club helps a lot by offering the chance to join others and get outside in the fresh air, and friends make everything better.

Q. Do you have hiking goals, such as a certain number of miles per week?

EVELYN: I don't set goals in terms of miles, but I try to get out at least 4 times a week. I do participate in biking and kayaking, besides hiking, and was looking forward to the DC trip this year.

Q. What other interests and hobbies do you have?

EVELYN: I read A LOT.

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

EVELYN: I was born in Japan and at the age of 10 came to the U.S. for the first time in my memory; we lived in Germany when I was a child.

Q. Do you have any advice for relatively new hikers?

EVELYN: A good pair of hiking boots is a must; I have 4 pairs. In the heat, wicking materials and quick-drying clothes are necessary.

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

EVELYN: Please consider becoming a leader, and inviting younger folks to join the club and get more involved. There is a lot you can do with and for the club that will make it more enjoyable for you and others.

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President's Message



Our beloved club has had a productive summer considering the challenges we faced. Neil Kornhauser as biking chairperson has helped coordinate many enjoyable summer bicycles rides. Evelyn Minutolo has continued her very solid efforts as chairperson of the hiking section. We have also made major donations to several local non profits who were stressed financially due to the Coronavirus19 outbreak. The donations went to the Wildlife Refuge, Woodford Cedar Run Preservative, and the Pinelands Preservation Alliance.

While I am primarily known as a lone wolf cyclists and hiker, I bought a couple kayaks last fall to learn about another outdoor activity. And have been trying my hand at kayaking. Fran Horn and I recently did an exploratory trip on the Delaware River from Pond Eddy NY to Milford PA. 15 miles is a bit far. We did spot several bald eagles, watched a fly fisherman catch a three pound smallmouth bass plus teenagers cliff diving. Stay tuned for an event update.

Enjoy the rest of your summer in the great outdoors!

Joe Fabian

President (President@OCSJ.org)

Vice President's Message

The club is actively looking for members to become more involved with the operation. Please contact Barbara Berman, Vice-President, vp@ocsj.org, if you are interested in getting more involved with the club.

The club needs people to serve on the board and aid in the processes that keep the club in operation. If you wonder how the club is organized and how it runs, or what leaders do, join us at a monthly board meeting. It's your club, and we welcome you to get involved.

We meet the 2nd Thursday of every month. Because of Covid-19, we are currently meeting on ZOOM. We will be sending an email out to the members as the time gets closer to our meeting. You are more than welcome to join us. We will be limiting participation to the first 10 members who respond to the Zoom invite.

PHOTO CONTEST

Our annual photo contest is about to begin.

Although it has been a trying year for all of us, hopefully you still have been going out, enjoying the outdoors and taking great pictures of your adventures.

Due to the continuing virus situation, we are going to do something different this year. We will not be printing the calendar, but it will be available on line for all to view. And, all submissions will be displayed in a slide show on our website.

There will be the twelve monthly winners plus the overall best picture for the cover. These thirteen selected will then receive a mounted canvas print of their photograph. So, save your best photographs and keep them in their original format. If yours is selected to be printed on canvas we will need as large a file as possible.

Contest rules and method of submission will be available shortly.

Mike Engel ikemengel@hotmail.com

Message from the Activity Chairman:

Frank Pearce

The Covid-19 pandemic has introduced a new dimension of risk to our community, one that must be clearly understood and carefully evaluated. The disease can be transmitted by individuals who are not experiencing any symptoms, making it particularly difficult to control. Any contact among people introduces the risk of transmission: closer contact and/or more people increase that risk. The OCSJ is not a medical organization and cannot provide medical advice, however we recognize that larger groups present greater risk and have adjusted group size. All participants must understand that protection against exposure to Covid-19 cannot be guaranteed. Everyone should follow local, state and CDC recommended guidelines: Hand Hygiene, Face Coverings, Social Distancing, Surface Cleaning especially of shared Equipment, prolonged close contact should be avoided. We suggest all participants consider wearing face coverings while on land. Windows down when in vehicles with non-family members.

We will get thru this with everyone's help.

OCSJ MEMBERSHIP

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

1. Go to **OCSJ.wildapricot.org**. Then, click on the "**Join OCSJ Here**" button and follow the prompts.
2. Download the Wild Apricot app to your phone. Then, click on the "**Join OCSJ**" button and follow the prompts.

You have the option of paying on-line or mailing a check. If you are mailing a check, make it out to Outdoor Club of South Jersey. Our mailing address is OCSJ, PO Box 46, Atco NJ 08004

Our annual membership rates are:

Individual - \$20

Family - \$25

Because of the Covid-19, we are extending our memberships by three (3) months to all who have paid or will pay in 2020.

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

OCSJ PARTICIPATION POLICY

1. OCSJ is a member organization. Membership funds pay for insurance and other Club overhead. However, 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 for the hundreds of activities and events available every year.

2. Participants on trips which charge money 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 money. Participants on overnight trips charging money 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 information, we encourage everyone to go to our website and to join our Meet-up groups. 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](#)

[*Kayak Events Link](#)

Note: You must join each meetup group separately

If you are planning to attend an event, do not forget to RSVP. This is important information for the leader. And of course, if your plans change,

please cancel your RSVP. Meetup will automatically send you an email if the activity is cancelled.

TREKKER

The new 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 if you need more information.

Like us on Facebook

Outdoor Club of South Jersey

www.facebook.com/ocsj.org

BIKING

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

**Message from the
Cycling chair:**

Neil Kornhauser



Message from the cycling chair:

During this time of uncertainty OCSJ cycling has not missed a beat! We have continued to offer rides for all abilities ranging from beginner rides to rides for seasoned cyclists, both on the road and trails in the woods. I want to take this opportunity to acknowledge our leaders that have been the backbone of cycling in 2020.

First and foremost let me recognize our 2 newest leaders; our first is Andre Ferland. Andre has led a half dozen C paced rides on Sundays since June and he has quite the following! These C paced rides are not beginner rides but are designed for people that have some experience and are not super long or fast. The pace is between 12 and 14 miles per hour. Andre started out riding

20 miles and has been adding a few miles each week and now is up to 30+ miles. Keep up the great work Andre!

Our second newest leader is Carmen Fradera. Carmen has stepped up to lead our entry-level rides (D pace). Hybrids, mountain bikes and road bikes are all welcome on these rides. The pace is a leisurely one on both roads and some trails depending on the route. She has taken groups of riders on the Williamstown/Glassboro bike path (paved with no cars) and the Elephant Swamp Trail, both in Gloucester County. She has many great rides planned and is building up a nice following also. Stay tuned and watch our calendar for more of these adventures. Thank you Carmen!

I want to also thank the following people for all their time and effort in leading, creating routes, and keeping our rides safe and fun.

They are: Fran Horn, John Neidzwski, Kevin Ferroni, Matt Edwards, Micha Abrams, Mike Engel, Mona Freedman, Paul Beatty and Ted Daily. A BIG THANKS to all of these wonderful people that make our cycling very successful.

Our club only exists because of people that step up to lead rides. If you have been riding with us for a while please think about giving back and leading at least one ride. Contact Neil Kornhauser (nkornhauser@gmail.com) if you are interested. You set the time, place, pace, mileage. We have a Ride with GPS club account with almost 600 tried and true routes. Use any of them or use one of your own. We also have online sign in so the days of paper sign in sheets are over! It is so easy.... we will mentor you and be there to help out.

Monthly DIY Tip

If you do not have a bike gps, you can still follow routes on your smartphone. If you are a member of our club Ride with GPS account you can download any of our 600 routes and get voice turn-by-turn directions. You can even keep your phone in a jersey pocket or bike bag and when you are approaching a turn you will be notified which way to turn! If you go off course a chime will notify you. If you are not yet a member of our club account, you must email Neil (nkornhauser@gmail.com) to get the free link to join! You must be a dues paying member of OCSJ.

Thank you and see you on the road and trails!

Neil Kornhauser (cycling chairman)

nkornhauser@gmail.com

TRAIL MAINTENANCE

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

**Message from the Trail
Maintenance Chair:**

Ro Mason



Trail maintenance crew is on summer hiatus. We have multiple projects waiting for us when the cooler weather arrives.

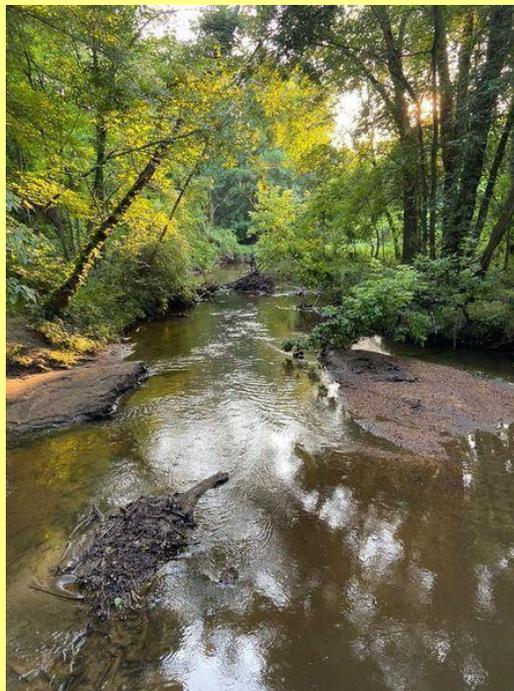
Ro Mason is our Trail Representative. Every Tuesday, she will be organizing work days for the BATONA Trail. To volunteer, please contact Ro at romason@comcast.net

HIKING

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

Message from the Hiking Chair:

Evelyn Minutolo



It's been very hot and humid so the hikes are not as plentiful in August and yet Aug 15 we have three to offer, so there is something for everyone, 2 are in PA and one in the Pine Barrens. Just remember to hydrate and wear sunscreen and bug replant. I would like to encourage our members to bring a bag and pick up trash as we hike along, let's try to leave the woods better than we found them.

More leaders are using the online sign in, but if your hike doesn't offer that option, bring your pen to sign in and remember to self monitor the social distancing and have a mask in case that is not always possible.

The club has extended membership for an additional 3 months for all members both brand new and renewals. It was already the best \$20 bargain and now even better!

The club is trying to attract more youthful hikers, so please get the word out and we'll try and have some hikes for the under 40 crowd.

David Bicking is leading a walk through Moorestown on the first Tuesday night of each month, it's a great way to stretch your legs without much elevation and a nice pace for seeing the sights.

Please remember if you sign up for a hike with a limit and cannot make it, please change your RSVP ASAP. That way anyone on the waiting list can enjoy the hike. No shows and last minute cancellations prevent waitlist folks from hiking. If you continue to do this you will be removed from the hiking group.

**If you do not see hikes that fit your pace or distance then it is time to step up and lead a hike yourself!

IT COULD NOT BE ANY EASIER!!!

More leaders = more hikes! If you need help setting up a hike or have questions or if you are interested in leading, email Evelyn Minutolo at sunsetwaterfall@aol.com

Monthly Tip:

Water with added electrolytes is great for hydrating, I use NUUN, they are tablets that dissolve in water and come in various flavors. Available at Target and REI. Happy Hiking, looking forward to cooler temps and lower humidity!

Thank you and see you on the trails.

Evelyn

Backpacking/Camping Trips

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

Message from the Backpacking/Camping Chair:

Kevin Drevik

Backpacking and Camping has been slow "off the mark" due to the Virus and its needs for protection. As things ease up, we are finally getting ready to start the year. In late August, there will be a week-long trip in Vermont on the Appalachian Trail. A mid-September hike in Virginia is also on the Calendar. The other trip leaders are currently looking at scheduling other events, and there are potential trips in October (NH) and November (VA) as well, just in time for the cool fall weather! Looking forward to seeing everyone on the trail!

I've been asked by some folks new to backpacking if they think they can "make it" on the hike. The advice I always tell people is that backpacking with 20-30 lbs on their back (vs. just hiking with water & lunch) takes a lot out of you. I always estimate for them that if it's a level hike, cut their hike distance in half for backpacking, and if it has hills, cut their hike distance to 1/3. For example, if you can hike a max of 9 miles, then a backpacking trip on level ground you can do 4.5 miles without too much of a problem, and 3 miles if its got major ups & down (that is in a day).

See you on the trail!

Kevin

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

Cross Country Ski and Snowshoe Trips
www.meetup.com/Outdoor-Club-of-South-Jersey/

Message from the Ski chair:

Eileen Greve

The Cross Country ski and Snowshoe trips are now on the OCSJ Website. For more information, please contact our Cross Country Ski-chair Eileen Greve (egreve212@gmail.com) 609-204-6451.

Please note:

To confirm your place on the trip, you must contact the leader by phone or email. All payments are non-refundable without finding a replacement.

KAYAKING

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

**Message from the kayaking chair:
Frank Pearce**

Everyone must sign the sign-in sheets.

- - PFD's must be worn when on the water.
 - Footwear must be closed toe-no flip-flops.

Rules for minors on the OCSJ website.

Leaders have final say on participation based on safety concerns. Examples would be bringing small children or pets. Some will ask about limits on trip size. This might be set by safety concerns or limited parking. If you have a question, please contact the leader first.

Enjoy the season but stay safe.

Happy Paddling

If you would like to organize a trip, contact Frank at

HORN71@VERIZON.NET

OCSJ SOCIAL COMMITTEE

Our social committee activities have been difficult to plan and execute due to the pandemic. We are trying to plan the following:

Day trip to Cape May - which may include a morning hike, an afternoon hike at the light house and a Whale Watching Cruise.

2nd Annual Fall Social in November is still in planning stages.

OCSJ Photo contest - hosted by Mike Engel is still good. Look for upcoming contest details.

OCSJ Picnic - Postponed until later in the fall.

John Kerney - Social Committee Coordinator - crewkern@live.com

Leaders Banquet

Our Banquet will be at the Ramblewood Country Club. The date is TBD. Leaders who lead the required number of trips in 2020 will be notified by email.

VOLUNTEER OPPORTUNITIES

Board of Trustees - Interested in joining the OCSJ Board. Come out to a couple of meetings or contact the OCSJ President at President@ocsj.org

Publicity - We would like to have the OCSJ name appear in more places both in print and online. Contact Fran at franhorn@aol.com if you have ideas and would like to help.

Social Committee - If you would like to help with the 2020 Planning, contact the John Kerney at crewkern@live.com

Website/Computer - We could use some help from people with computer or website experience. Contact the OCSJ President at president@ocsj.org



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